

# WHAT DIET IS **Best** FOR YOU?

Too many holiday treats? Jump-start your slim-down with one of these Hollywood-favored eating plans **BY SARAH GROSSBART**

## IF YOU... Have the Cash

**TRY The Fresh Diet**  
meal delivery service

**WHAT IT IS** Meals based on the Zone principle of 40 percent carbs, 30 percent protein and 30 percent healthy fat are delivered daily. (From \$35 a day, [thefreshdiet.com](http://thefreshdiet.com))

## IF YOU... Like to Cook

**TRY The Eat-Clean Diet**  
by Tosca Reno

**WHAT IT IS** Say goodbye to sugar, white flour, alcohol and processed foods on this straightforward plan. Focus is on fresh ingredients, proper portion sizes and eating regularly.

## IF YOU... Love Fruits and Veggies

**TRY Eating in the Raw and The Raw 50** by Carol Alt

**WHAT IT IS** The supermodel lauds the benefits of consuming food not heated above 116 degrees. The uncooked food contains more enzymes, which may help you lose weight.

## IF YOU... Can't Give Up Carbs

**TRY The 5-Factor Diet**  
by Harley Pasternak

**WHAT IT IS** This plan (about 1,300 calories per day) mixes low-glycemic carbs, low-fat protein, healthy fats and fiber. Follow it six days a week; on day seven, eat whatever you want.

## IF YOU... Want to Go Vegan

**TRY Skinny Bitch in the Kitch**  
by Rory Freedman and Kim Barnouk

**WHAT IT IS** This sassy tome swears off animal products (including fish, chicken and dairy), caffeine and simple carbs. But there's no calorie counting and you can eat dessert.



### CELEB FANS

Paula Abdul,  
Brooke Hogan,  
Dean McDermott



### CLEAN-EATING FANS

Nicole Kidman,  
Halle Berry,  
Emmanuelle Chriqui



### CELEB FANS

Demi Moore,  
Pierce Brosnan,  
Alicia Silverstone



### CELEB VEGANS

Natalie Portman,  
Lake Bell, Pamela  
Anderson

### Sample Menu

**Breakfast** Lychee-stuffed whole wheat French toast with fresh berries

**Morning snack** Carrot cupcake muffin with cream cheese frosting

**Lunch** Whole wheat vegetable pizza with broccoli, tomato and mozzarella cheese

**Afternoon snack** Mushrooms stuffed with mozzarella cheese, bell pepper and garlic

**Dinner** Grilled sea bass over morel mushrooms and creamy onion sauce with sweet potatoes, carrots and radish leaves



### Sample Menu

**Breakfast** Egg white and ground turkey (or tofu) scramble with tomatoes and shredded spinach

**Morning snack** Blueberry buzz smoothie with flaxseed, applesauce and nonfat yogurt

**Lunch** Stir-fried chicken, broccoli, mushrooms and carrots over brown rice

**Afternoon snack** Almond-date biscotti with a cup of tea

**Dinner** Caribbean style swordfish with ginger tahini sauce on soba noodles



### Sample Menu

**Breakfast** Oatmeal with almonds, raisins, cranberries and fresh berries drizzled with honey

**Morning snack** Hummus served with flaxseed crackers

**Lunch** Guacamole and lettuce burritos, chili, and raspberry sorbet

**Afternoon snack** Raw corn chips with mango salsa or guacamole

**Dinner** Squash spaghetti with garlic, oil and pine nuts, Tuscan bread, field green salad with creamy black pepper and sage dressing and lemon cream pie



### Sample Menu

**Breakfast** Smoked salmon omelet with cream cheese, whole-grain toast and orange segments

**Morning snack** Strawberry oatmeal bars dipped in yogurt

**Lunch** Mediterranean-style chicken salad with quinoa, plum tomatoes, fresh parsley and lemon juice

**Afternoon snack** Multigrain pesto crisps topped with sliced tomatoes, basil and nonfat ricotta cheese

**Dinner** Bison steak served over cauliflower-carrot mash with brown rice on the side



### Sample Menu

**Breakfast** Whole wheat English muffin sandwich with tofu, vegan Canadian bacon and vegan cheese

**Morning snack** Whole wheat cranberry orange muffin

**Lunch** Whole wheat Mediterranean pasta salad with sun-dried tomatoes and olives

**Afternoon snack** Handful of organic nuts

**Dinner** Tofu stir-fry with mushrooms

**Dessert** "Bitchtastic" brownie (using whole wheat flour)

**EXPERT ANALYSIS** "It's a great way to lose weight for special occasions," says L.A. nutritionist Christine Avanti ([christineavanti.com](http://christineavanti.com)), adding that the low-calorie intake (1,200 to 1,300 a day) may be difficult to sustain.

**EXPERT ANALYSIS** "Eating proteins with carbs at every meal stabilizes blood sugar," says Avanti. But eating every few hours (1,800 to 2,400 calories per day) and preparing all meals is tough on busy schedules.

**EXPERT ANALYSIS** "There's no calorie counting on the plan!" says Avanti, who does warn: "It may be tedious to learn to soak, germinate and sprout seeds, beans and nuts [which are integral to the diet]."

**EXPERT ANALYSIS** "The healthy balance of proteins, carbs and fats will stave off sugar cravings," says Avanti. Though she isn't a fan of the splurge day: "One cookie [when you want it] will do less damage."

**EXPERT ANALYSIS** While Avanti praises the low-glycemic carbs, which keep you full longer, she says that it might be tricky to lose weight on the plan, as calorie information is not included.



"I try not to eat once I get into bed," 5-Factor fan Kate Beckinsale tells Us.