

## Diet Tips of the Stars

The experts behind your favorite celebs' diets share their secret weapons to keeping weight down and energy up all day long

By Emily G. W. Chau **fitbie**

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### Jeremy Piven

A big fan of organic, local, and sustainable fare, Jeremy Piven avoids packaged foods. However, he still finds healthy—and tasty—ways to serve sweet treats. "This past summer I made my famous coconut vanilla cupcakes and my gluten-free chocolate raspberry brownies for a beach party he hosted at his Malibu estate," says Avanti. "Jeremy wanted me to make these desserts because I cook with unrefined coconut palm sugar, coconut oil over butter, whole wheat flour for the cupcakes and gluten-free flour for the brownies."

Try these **guilt-free chocolate desserts!**