

2013's breakthrough WEIGHT-LOSS

Use up holiday leftovers and lose 10 lbs a week using a delicious new soup recipe proven to control hunger!

Can you get a jump on your 2013 weight-loss resolution while your fridge is still full of holiday leftovers? "Yes, you can!" proclaims Los Angeles nutritionist Christine Avanti, author of *Skinny Chicks Eat Real Food*. Her secret: "Grab ingredients you need to use up anyway—things like turkey, roast beef, veggies, potatoes, fresh herbs—and whip up a powerful weight-loss soup!" Avanti's special recipe, *bottom right*, makes it a cinch. "Soup is comfort food—warm, filling, delicious. It's really a perfect choice to help you transition from holiday eating to healthy eating. You'll feel indulged and satisfied—yet, at the same time, you basically trick your body into slimming down." And if you're someone who has tried a soup crash in the past, you can expect *much* better results this time around...



"Soup-er" results!

"I couldn't stomach cabbage soup for more than a few days," says Texas grandma Barbara Hall, 71, part of a reader team who tested the plan on these pages. "With this new recipe, each batch is a little different, so you don't get bored. And it really is *delicious!*" Barbara shrunk by a full pants size in seven days. Meanwhile, Wisconsin mom Jill Schneider, 45, not only lost a pound a day, she says she can't get over how economical the diet was. "For once, I ate healthy and nothing spoiled in my fridge!" And then there's Arizona mom Jessica Barr, 31. She loved that she could whip up the soup in just 30 minutes and have lunch and dinner for an entire week. "I did this diet practically on autopilot." It was the easiest 10 pounds she's ever lost!

Try these "soup-er" foods! Which soup ingredients boost health and weight loss most? Christine Avanti, C.N., recommends simmering up any (or all!) of the following...

Yummy soup ingredient	Mushrooms	Okra	Artichokes	Kale	Cayenne pepper
How it slims	"They contain some surprising nutrients like selenium, vitamin D and vitamin B, which help the body burn calories."	Okra's high fiber content can slow the digestion of carbs and reduce fattening blood-sugar spikes after a meal.	Artichokes contain inulin, a natural compound that's been shown to decrease hunger hormones.	A compound found in kale is proven to help build metabolism-boosting muscle.	Researchers say this hot spice can boost metabolism by up to 20%!
How it boosts health	Growing research suggests that mushrooms have anti-tumor and anti-viral properties!	According to Avanti, compounds in okra "move through the digestive system collecting cholesterol as they go."	Preliminary studies show that an artichoke antioxidant called silymarin may help prevent skin cancer.	Kale is another cholesterol fighter. And eating leafy greens regularly has been shown to fight diabetes.	Heat-generating cayenne compounds help soothe blood vessels, lowering blood pressure.

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