

15 BEST EVER BUDGET BEAUTY BUYS!

woman



NATALIE
STUFF
THE DIET!

FREE
L'OREAL
LIP COLOUR
WORTH £9
PLUS FREE OR L'OREAL

NEW
SLIMMING
CRAZE

LOSE
10lb
FAST!



THE BABY WHO
REFUSED TO DIE

HOLLY'S
HIDDEN
TEARS

and why she needs to be alone



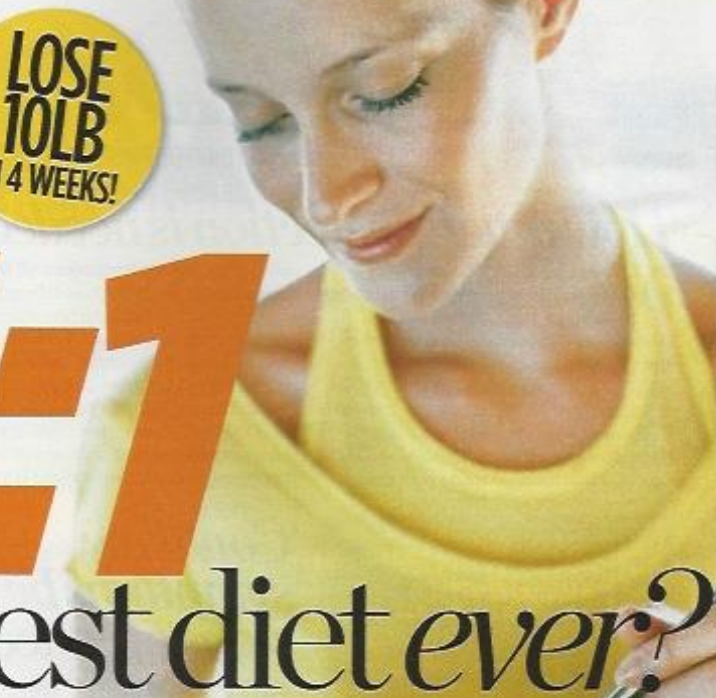
Shoes, people, shoes!



SASSY HEELS



FROM
£15



LOSE 10LB IN 4 WEEKS!

Is the 1:1:1 the easiest diet ever?

It's the new American diet where nothing is banned, you just need to fill your plate the right way. Here's how it works

Balance is what the 1:1:1, a new eating plan devised by US nutritionist Rania Batayneh, is all about. To lose weight, you can eat the foods you love, but every meal or a snack must consist of one protein, one carbohydrate and one fat. It really is that simple.

'Proteins, carbohydrates, fat: they're the perfect trio, with thousands of different combinations,' explains Rania. What makes this diet realistic is that there's no need to deprive yourself. It's very liberating not to have to worry about what foods you can or can't eat,' says Rania. 'Wanting to get healthy and lose weight shouldn't feel like a punishment. This diet is not about vanity, it's a return to sanity.'

The 1:1:1 formula is as effective as it is simple. Eating all three macronutrients (protein, carbohydrates and fat) together rebalances your blood sugar, decreases cravings and makes you feel full. If you

THE KEY TO LOSING WEIGHT IS BALANCE

this is a no-nonsense, back-to-basics approach. There's no calorie counting, or choosing one food group over another – it's a strategy. If you stick to the principles, you'll lose weight – and keep it off.

follow this diet, you can expect to lose at least 10lb in a month.'

So, if years of faddy diets have left you confused about what you should be eating,

WHAT TO DO

1 The most important strategy is that every time you eat, you have
One portion of protein
One portion of carbohydrate
One portion of fat

2 Watch your portion sizes.
Look at food packaging for guidelines.
See right for examples

WHAT TO EAT

Single portions of protein

Protein is essential for growth, rebuilding, healing and strength. We need protein for healthy muscles and tissues.

Protein also helps keep blood sugar levels stable and regulates appetite.

A bit of protein with every meal speeds up the metabolism. Choose one from the list per meal.

- * Hummus: 60g
- * Bacon: 2 strips
- * Cream cheese: 30g
- * Eggs whole: 1
- * Egg whites: 2
- * Cottage cheese: 125g
- * Beans: 125g
- * Chick peas: 125g
- * Meats (eg: poultry, pork, lamb, beef): 125g-175g
- * Fish (eg: cod, haddock, halibut, trout, bass, sole, salmon): 125g-175g
- * Cheese: 30g
- * Milk: 250ml
- * Shellfish (eg: prawns, shrimps, scallops, mussels, crayfish, lobster): 125g-175g
- * Sausage: 90g
- * Yogurt: small pot
- * Soy milk: 250ml
- * Soy yogurt: small pot
- * Protein bar: 1

Single portions of carbohydrates

Carbs are a primary source of energy. Good carbs (wholegrains, fruits etc) are also an important source of health-giving nutrients. Choose one from the list per meal.

- * Baked foods/pastries (eg: bagel, muffin, croissant, roll): 1
- * Beans: 125g
- * Bread: 1-2 slices
- * Biscuits: 1
- * Bulgur wheat: 125g
- * Corn: 125g
- * Chocolate: 1 square
- * Cereal: 125g
- * Beer: 350ml
- * Millet: 125g
- * Chocolate: 1 square
- * Oatmeal: 125g
- * Pitta bread: 1
- * Couscous: 125g
- * Pasta: 125g
- * Rice: 125g
- * Potato: 1 medium
- * Sweet potato: 1 medium
- * Fruit: 1 piece or 125g chopped fruit or berries
- * Dried fruit: 30g
- * Cracker: 2
- * French fries: 12 fries
- * Crisps: 30g
- * Waffle: 1
- * Wine: 125ml
- * Spirits: 1 shot
- * Granola: 30g

Single portions of fats

We need fats for supple skin and silky hair, to help absorb other nutrients more effectively and to keep blood sugar levels healthy. Choose one from the list per meal.

- * Avocado: ½ medium
- * Coconut milk: 125g
- * Cream: 1tbsp
- * Butter: 1tbsp
- * Olives (10 small; five large)
- * Mayonnaise: 1tbsp
- * Sour cream: 1tbsp
- * Salad dressing: 1tbsp
- * Nuts and seeds: 1tbsp
- * Olive oil and vegetable oils: 1tbsp
- * Hummous: 60g
- * Peanut butter: 1tbsp
- * Cheese: 30g

FREE FOODS

You can add as much as you like of any of these foods to your snacks and meals:

- Vegetables:** Asparagus, beetroot, bell pepper, bok choy, broccoli, cabbage, cauliflower, carrot, cucumber, greens (lettuce, kale, chard, watercress etc), leek, sprouts, turnip, courgette, onion, celery.
- Sauces:** Tomato, salsa, hot chilli
- Hot chilli peppers:** eg: jalapenos
- Spices:** Such as cinnamon, black pepper, cumin, ginger.
- Herbs:** Such as basil, oregano, rosemary, thyme and coriander.
- Herbal teas:** or hot water and lemon.

RANIA'S TOP TIPS

- Try to limit tea and coffee to one cup a day** or switch to hot water and lemon or herbal teas.
- Drink plenty of water.**
- Eat regularly** Don't be tempted to skip meals. You will be surprised at how your appetite normalises on this diet.
- Exercise regularly** For best results, at least 30 minutes a day. Can be split into 15 min blocks.

1:1:1 MEAL IDEAS

These are just suggestions - the possibilities to create your own menu combinations are endless

Breakfasts

- * Bowl of porridge (carb) with milk (protein) and walnuts (fat)
- * Scrambled eggs (protein) with cheese (fat) and toast (carb)
- * Greek yogurt (protein) with almonds (fat) and blueberries (carb)

Mid-morning snacks

- * Houmous (protein), with olive oil (fat) and pitta bread (carb)
- * Apple slices (carb), half topped with cheese (protein) and half spread with almond butter (fat)
- * Mini wholewheat pitta (carb) with houmous (fat) and ham (protein)

Lunches

- * Roast chicken (protein) on a roll (carb) with avocado (fat) and tomato (free)
- * Salad of chicken (protein), strawberries (carb), walnuts (fat) and veggies (free). Plus dressing.

- * A scoop of tuna mayo (protein plus fat) with wholegrain crackers (carb)
- * Chilli made with minced beef and beans (protein), rice (carb) and sour cream (fat)
- * Chicken (protein) noodle (carb) soup with vegetables (free) and bread or crackers (carb)

Mid-afternoon snacks

- * Dried apricots (carb) with cheese slice (protein) and almonds (fat)
- * Cottage cheese (protein) topped with blueberries (carb) and chopped hazelnuts (fat)
- * Toast (carb) with roast beef (protein) and Swiss cheese (fat)

Dinners

- * Pasta (carb) with prawns (protein) and a sprinkle of Parmesan (fat)
- * Salmon (protein), asparagus (free), hollandaise sauce (fat) and a glass of wine (carb)
- * Lamb stew (protein), sweet potatoes (carb), veg (free) and side salad topped with avocado (fat)
- * Steak (protein) with rice (carb) and butter or sour cream (fat)
- * Grilled chicken (protein) with a big salad and/or vegetables (free)... save your carb and fat for dessert: fruit drizzled with cream. ☺



Chicken and avocado with bulgur wheat is a winning combination



For lunch, try chili with minced beef and beans and rice, topped with sour cream