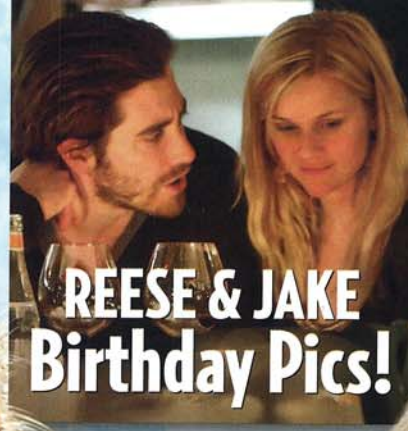


**BEYONCÉ**  
Dropped  
15 Pounds



**REESE & JAKE**  
Birthday Pics!

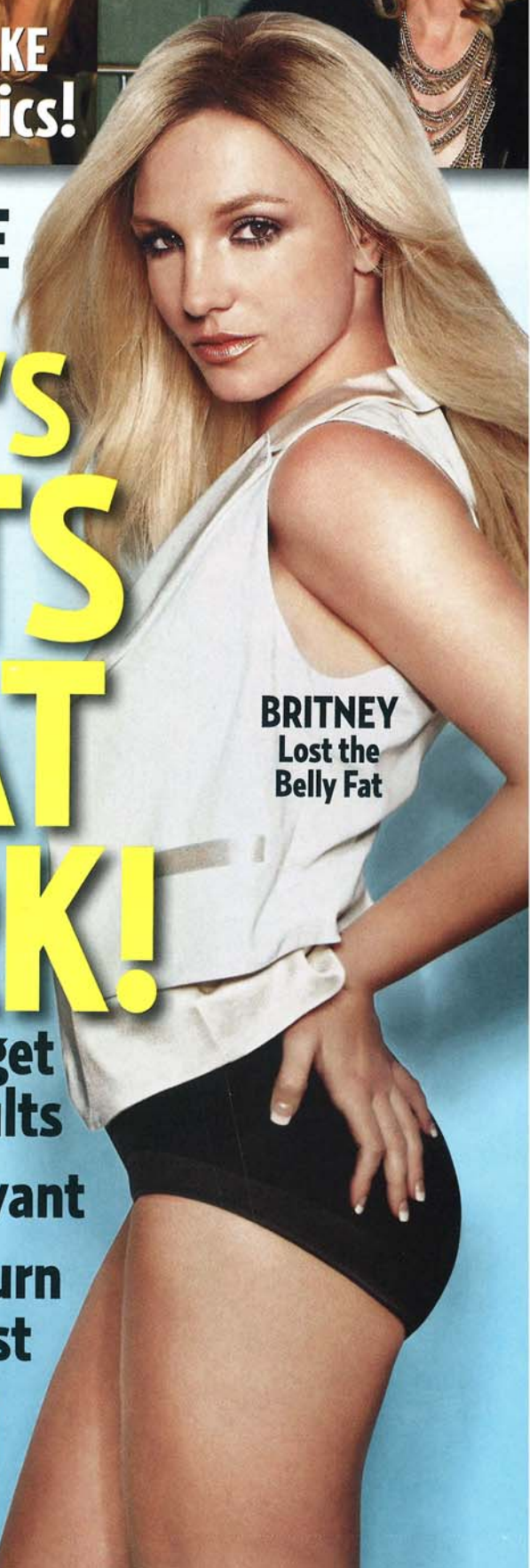
**MADONNA'S**  
20 Year Old  
Boy Toy



**28 PAGE  
BONUS**

# 2009'S DIETS THAT WORK!

**How stars get  
instant results**  
**Food you'll want**  
**How they burn  
calories fast**



**BRITNEY**  
Lost the  
Belly Fat

\$3.99US \$4.79CAN  
02>  
0 74470 08551 5

## BEST DIETS

"If I want to lose just a little bit of weight, I do away with sodas. I go to water, which is so much better for you anyway."  
**Lacey Schwimmer**

"My main thing is not eating processed food."  
**Marisa Miller**

"If I need to lose weight, I



awful to be around!"

← **Lauren Conrad**

"I watch what I eat: I don't eat everything on my plate. I eat half."  
**Ricki Lake**

"I think it's important to eat a healthy breakfast every morning. I try not to eat carbs after 6 P.M."  
**Stacy Keibler**

"I play tennis like a psycho. Two hours every day. Exercise, and then you can eat whatever you want."  
**Elisabeth Shue**

"If you overindulge, just cut back on the bad stuff the next few days, and keep working out."  
**Katrina Bowden**

"One of the best things I've learned is portions. If you just do the portions right, then you'll be good."  
**Ashanti**

"I try to stay active, and I eat five small meals a day."  
**Selita Ebanks**

## Stars' Healthy Snacks

A-list options when hunger sets in

**Cameron Diaz** likes Luna bars — Lemon Zest is her favorite. (\$1.30, [drugstore.com](http://drugstore.com))



maybe apple and peanut butter!"



**Kristen Bell** says please pass the pistachios, which have been proven to lower cholesterol. (\$6 per pound, [fiddymentfarms.com](http://fiddymentfarms.com))



**Jennifer Morrison** tells *Us* she loves oatmeal with a little brown sugar: "It fills you up without having to eat a lot."



**Carrie Underwood** reaches for a Kashi GoLean bar when she needs fuel. (\$1.50, [kashistore.com](http://kashistore.com))



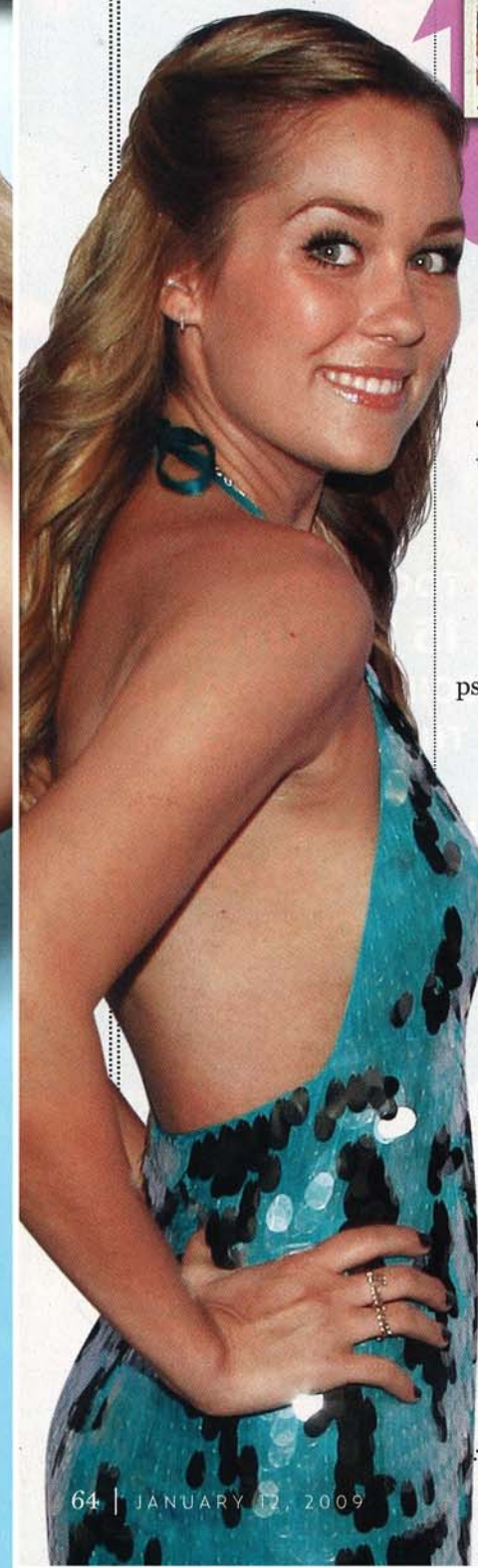
**Carrie Ann Inaba** is a fan of Popchips, with half the fat of regular potato chips. (\$1.30 for a 1 oz bag, [amazon.com](http://amazon.com))



## A NO-FAIL PREP PLAN

The week before a big event, I focus on workouts," *Insider* host **Lara Spencer** tells *Us*, adding that she targets "arms, abs, all the parts that are hard to hide on the red carpet." Though she cuts carbs, on the big day she indulges: "I eat eggs, bacon, the works. It's a long day and no opportunities for a snack break!"

**TUNE IN!** Catch Lara Spencer on *The Insider* weeknights on CBS.



PHOTOS: CHARLES ESKELMAN; MADONNA: JASON MERRITT; REESE AND JAKE: JASON MERRITT; BEYONCÉ: JASON MERRITT; BRITNEY: JASON MERRITT; LARA SPENCER: JASON MERRITT; LUNA BARS: GETTY IMAGES; KASHI: GETTY IMAGES; POPCHIPS: GETTY IMAGES; FOOD STILLS FROM TOP: NEWS/CONK; SHUTTERSTOCK; GETTY IMAGES; (2) NEWS/CONK, NY