

STARSTYLE *bodybli*

12 foods that'll



Take Maria's lead and eat foods that help your body flourish!

Zero time for a juice diet? Can't be bothered counting kilojoules? No worries! Turns out you can whittle your waistline like Hayden and get Maria's bikini bod without losing your social life!

We've found out how, thanks to Emma Sutherland, naturopath and co-author of *50 Foods That Will Change Your Life - A Women's Guide To Health And Vitality*. So pile your plate high and eat your way to an A-list glow!

CLEANSE

These antioxidant-rich staples help your bod fight the baddies, so you'll feel lighter and perkier!

- ALSO**
- ✓Pumpkin
 - ✓Onions



DE-BLOAT

Fibre-rich fruits and healthy herbs hold the secret to a happy - and flat - tummy!

- ALSO**
- ✓Pears
 - ✓Mint



WEIGHT-LOSS WONDERS

Our trim picks are perfect as light snacks, with lots of nutrients and few kilojoules. Win-win!

- ALSO**
- ✓Yoghurt
 - ✓Carrots



SEND PMS PACKING

Make that time of the month a breeze with foods that ease water retention and kick painful cramps to the kerb!

- ALSO**
- ✓Asparagus
 - ✓Fennel



Hayden nourishes her system with protein and greens for lunch!

Hayden Panettiere

"I drink these blended drinks of spinach and kale and apples... so I'm filling myself with nutrients and vitamins my body needs," says Maria.



Maria Menounos

Skippy dinner

Pumpkin, Garlic & Sage Pizza

The easiest diet trick you'll ever try! Pack your plate with superfoods for a light meal that will lighten your load!

Ingredients

- 400g pumpkin – peel, de-seed and slice
- 1 tbsp extra virgin olive oil
- ½ tsp each of sea salt and black pepper
- 4 x 15cm round, thin pizza bases
- 1 cup of tomato puree
- 1 small red onion, thinly sliced
- 2 cloves of garlic, sliced
- 50g of Swiss brown mushrooms, sliced
- 120g fetta or goat's cheese, crumbled
- ¼ cup baby sage leaves

Method

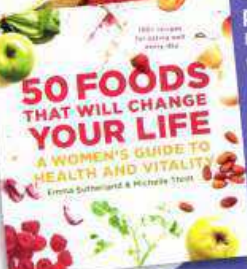
Preheat the oven to 220°C (200°C fan forced). Line a baking tray with baking paper.

In a bowl, toss together the pumpkin, olive oil, salt and pepper. Place the pumpkin on the baking tray and roast for 15 minutes until tender and golden.

Line two baking trays with baking paper and place two pizza bases on each tray. Spread each pizza base with tomato puree, top with onion, garlic, mushrooms, cooked pumpkin and then cheese. Sprinkle with sage leaves.

Bake the pizza for 15 minutes or until the onion is cooked, the cheese has melted and the pizza bases are golden and crispy.

Cut into slices and serve hot.



REFRESH WITH A TEA-TOX

Need a sweet pick-me-up? Swap hot chocolate for a herbal tea that looks fab and will make you feel even better!

The Pukka range (\$7.95 per box, see pukkaherbs.com.au for stockists) is packed with fair-trade herbs and

tailored to specific benefits, whether you want to be uplifted, relaxed, cleansed or soothed.

We love its, erm, Love tea – a delish blend of rose, lavender, elderflower and chamomile. Yum!



the

scale



Espresso Martini
1193kJ



Mojito
710kJ



Cosmopolitan
630kJ



Bloody Mary
523kJ



Margarita
460kJ

Contributor: Monica Phillips. Recipe extracted from 50 Foods That Will Change Your Life - A Women's Guide to Health And Vitality by Emma Sutherland and Michelle Steer. Conception by Julie Renoult (USA, Valand)