

Jump Start Diet

THE 6 Day no- cook DIET

Eat out, order in, even blow off a day—and *still* drop 2 pounds per week. We call it the Jump Start Diet; you'll call it the best diet ever.

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Photographs by Meredith Jenks



YOUR SHOPPING LIST Snap this icon to get the Jump Start Diet ingredients sent to your cell phone.

**Jump
Start
Diet**

CHOW DOWN, SLIM DOWN

Step one: Don't always be so "good."

The JSD is a six-day plan, which means you get one day each week to eat whatever you want. So, yes, you should definitely keep your boozy brunch plans on Saturday. The one teensy caveat: Off days shouldn't be off-the-hook days. Don't go nuts—a pint of Ben & Jerry's Peanut Butter Cup is nearly half a pound's worth of calories, after all, so save a little for next week.

Step two: Take a vacation from cooking.

You won't be turning on the burners for this filling 1,600-calorie plan. Every meal, snack and treat was designed by Patricia Bannan, R.D., author of *Eat Right When Time Is Tight*, to require only easy assembly and maybe pressing a microwave or blender button. Plus, there are lots of eat-out options. The hardest part: Choosing a delish dish from each category every day. Good luck with that.

Score sweet swag!

Who needs *more* incentive to get on board? But here's some anyway: Sign up at Self.com/jumpstart for a chance to win this booty.



GRAND PRIZE
\$3,226

Snag a trip for two to the JW Marriott Cancun Resort & Spa in sunny Mexico.



click!

MORE CHOICES
Find 21 extra no-cook meals, snacks and treats at Self.com/jumpstart.

Step three: Shop for smaller jeans.

Even with a weekly diet-blow-off day, you'll cut enough calories to nix up to 8 pounds in four weeks. (Adding exercise helps solidify success.) Want to keep losing? Simply swap your free day for one free breakfast, lunch and dinner each week to keep your body guessing and your metabolism revved. Start now and you can be slimmer in days!



Prizes galore

- 200,000 1SaleADay.com silver-plate heart necklaces (shown) or pairs of hoop earrings (worth \$20 each)
- 500 tubes of Korres Cherry Full Color Lip Gloss in Golden Pink (worth \$17 each)
- 500 bags of Popchips (worth \$645 total)
- 20 Square Clean Bottles (worth \$40 each)

STILL LIVES. FROM LEFT: COURTESY OF JW MARRIOTT CANCUN RESORT & SPA. COURTESY OF ISALEADAY.COM. COURTESY OF HSN. COURTESY OF POP CHIPS. COURTESY OF CLEAN BOTTLE.

BREAKFAST

Citrus waffles

Top 2 toasted lowfat whole-grain waffles (such as Eggo Nutri-Grain Whole Wheat Waffles) with 1 tablespoon maple syrup and 1 chopped kiwi tossed with 1 sectioned tangerine. Serve with 1 cup skim milk.

Almond cereal

Top 1 cup high-fiber whole-grain cereal (such as Fiber One Cereal Honey Clusters) with 1 cup skim milk and ¼ cup slivered almonds.

Breakfast buffet

1 hard-boiled egg; ½ grapefruit; 1 BlueBran Vitamuffin topped with ½ tbsp butter and 1 tbsp 100-percent-fruit spread

Tropical smoothie

In a blender, process 1 large chopped frozen banana, 1 cup lowfat plain Greek yogurt, ½ cup chopped frozen pineapple, ½ cup chopped frozen mango and ½ cup unsweetened almond milk until smooth. (Add water for thinner consistency.)

Loaded oatmeal

One Starbucks Perfect Oatmeal with Dried Fruit Topping; a grande nonfat Caffè Latte

Grilled cheese with egg

One Panera Bread Egg and Cheese on Ciabatta Breakfast Sandwich; a plain hot tea

Veggie omelet

One IHOP Simple & Fit Spinach, Mushroom and Tomato Omelette with fresh fruit; coffee with 3 tbsp whole milk and 1 tbsp sugar

A JSD breakfast should look like this:

Calories	375–425
Protein	15 g +
Saturated fat	< 4 g
Fiber	7 g +

THE KEY

-  Make & take
-  On the fly
-  Eat out





Four ounces of sake is just 156 calories—skip your treat and have a glass!

LUNCH

Asian chicken wraps

In a bowl, toss $\frac{3}{4}$ cup rotisserie chicken cubes with $\frac{1}{2}$ cup each grated carrots, chopped red bell pepper and bean sprouts. Divide chicken mixture and $1\frac{1}{2}$ tbsp Thai peanut sauce between 2 cabbage leaves; roll up. Serve with 10 sheets Annie Chun's Sesame Seaweed Snacks.

Caribbean avocado salad

In a bowl, mash $\frac{1}{2}$ small avocado with $\frac{1}{4}$ cup lowfat plain Greek yogurt, 1 teaspoon chopped fresh cilantro and juice of $\frac{1}{4}$ lime. Fold in 3 oz (about 10) shrimp; serve over a salad: 2 cups romaine, $\frac{1}{2}$ cup each chopped tomato and red bell pepper, and $\frac{1}{4}$ cup chopped pineapple, tossed with 2 tsp olive oil and juice of $\frac{1}{4}$ lime.

Tuna hummus pita

In a bowl, combine $\frac{1}{2}$ cup drained light, oil-packed tuna with $\frac{1}{4}$ cup cucumber slices, 3 tbsp all-natural hummus, 1 tbsp chopped roasted red peppers, 1 tbsp lowfat plain Greek yogurt, 1 tbsp chopped fresh parsley and a splash of lemon juice; stuff in 1 whole-grain pita.

Chili and chips

In a microwave-safe bowl, nuke 1 cup Amy's Organic Light in Sodium Medium Chili until hot. Serve with 1-oz bag Popchips Nacho Cheese Tortilla Chips.

Sushi

1 tuna avocado roll; one small seaweed salad; 1 cup miso soup

Chicken and soup

One Olive Garden Venetian Apricot Chicken (lunch portion); one minestrone soup

A JSD lunch should look like this:

Calories	375–425
Protein	20 g +
Saturated fat	< 5 g
Fiber	7 g +

snacks

Turkey roll-ups

Divide 2 tsp wasabi mayonnaise and 1 cup spinach among 3 slices (3 oz) low-sodium deli turkey slices; roll up.

Fruit and cheese

1 orange; 1 Mini Babybel Light cheese round

Pistachios

1 oz (about 49) pistachios

Cottage cheese

$\frac{1}{2}$ cup lowfat cottage cheese; 5 whole-grain crackers

Lentil-vegetable soup

In a microwave-safe bowl, nuke 1 cup Amy's Kitchen Organic Lentil Vegetable Soup until hot.

Steak taco

One Taco Bell Fresco Grilled Steak Soft Taco

A JSD snack should look like this:

Calories	150
Protein	8 g +
Saturated fat	< 2 g
Fiber	3 g +

Dinner

Italian bean salad

In a bowl, combine 1 cup low-sodium cannellini beans, rinsed and drained, with ¼ cup (1 oz) diced part-skim mozzarella and 2 tsp extra-virgin olive oil. Season with chopped fresh herbs (such as parsley, basil and oregano), salt and black pepper. Serve with 13 whole-grain crackers (such as Mary's Gone Crackers Herb Crackers).

Falafel sliders

Nuke 2 frozen chickpea patties (such as Veggie Patch Mediterranean Chickpea Patty) as directed on package; cut patties in half. In a bowl, combine ½ cup chopped cucumber, ⅓ cup chopped tomato, ¼ cup lowfat plain Greek yogurt, 1 tbsp chopped red onion and a splash of lemon juice. Cut 1 whole-grain pita into quarters. Divide chickpea patty pieces, cucumber mixture and 2 tbsp all-natural hummus among pita quarters.

Speedy pasta with spinach salad

Nuke a Barilla Whole Grain Fusilli with Vegetable Marinara Sauce Microwaveable Meal as directed on package. Serve with a salad: 2 cups spinach and ½ oz chopped provolone tossed with 1 tbsp each extra-virgin olive oil and balsamic vinegar.

Chili baked potato 🍌

One Wendy's baked potato topped with one small order chili

Shrimp medley 🍤

One PF Chang's Dynamite Shrimp appetizer; one side of Spicy Green Beans; ½ order brown rice

Salmon and mixed vegetables 🍷

One Outback Steakhouse Norwegian Salmon; one side order Fresh Seasonal Mixed Veggies

A JSD dinner should look like this:

Calories	480–530
Protein	20 g +
Saturated fat	< 5 g
Fiber	10 g +



You'll be so full on this plan, you may decide to share your food. Here, kitty, kitty!

TREATS

Chocolate frozen banana

Place ½ sliced banana in a small bowl; drizzle with 1 tbsp hard-shell chocolate syrup; freeze 10 minutes.

Red wine and chocolate

5 oz red wine;
1 Hershey's kiss

Bread pudding 🍷

1 Kozy Shack Cinnamon Raisin Bread Pudding

Ice cream 🍦

One McDonald's soft-serve vanilla reduced-fat ice-cream cone

Tiramisu 🍰

One Starbucks Tiramisu Cake Pop

Sweet potato chips 🍌

1-oz bag Popchips Sweet Potato Chips

Peppermint patty 🍪

1 York Peppermint Pattie

A JSD treat should look like this:

Calories	150
Saturated fat	< 3 g
Fiber	1 g +
Trans fat	0 g