

diets THAT WORK

How Busy Philipps Slimmed Down: The Whole30 Plan

Actress Busy Philipps recently lost weight with the Whole30 diet, which eliminates grains, legumes, dairy, soy, added sugar, alcohol and certain artificial ingredients (like MSG and sulfites). Instead, Busy ate moderate amounts of meat, seafood and eggs, lots of vegetables, some fruit and healthy fats. She started cooking at home more and she also engaged in regular dance-inspired cardio workouts, muscle-sculpting classes, jumping on a trampoline and SoulCycle classes.

CHANGE IT UP

The mother of two and former star of *Freaks and Geeks* and *Cougar*

Town doesn't know how much weight she lost because she doesn't weigh herself (she swore off the scale more than a year ago). But Busy, 38, definitely looks svelte and stunning. Though she didn't work with Busy, registered dietitian Lisa Young, an adjunct professor of nutrition at New York University, says, "She made several very healthy changes — eating a whole foods diet, cooking at home more, doing a lot of exercise and listening to her body. I think the combination of these changes is what made the difference for her, not necessarily the Whole30 diet. [Eating] healthy is the best approach to losing weight." **L&S**



Before: Bigger Busy
"I didn't want to eat junk anymore or be passive in my workouts," Busy says of her sudden inspiration. "I just felt like it was time for me to get serious about my health and wellness."

Now: A Whole Lot Skinnier!

Busy admits the Whole30 plan is challenging. "The first week is really hard," she says. "It helps to have a partner, somebody that is doing it with you."



NO WEIGH!



THE PERKS OF PUTTING ASIDE THE SCALE

The Whole30 plan recommends getting rid of the scale for 30 days, something Busy had done long ago. Instead, the idea is to pay attention to how you feel, how your clothes fit, whether your skin is clearer or you have more energy and other perks you might experience after making dietary changes. "A lot of people obsess over the scale and they weigh themselves every day or even twice a day," says registered dietitian Lisa Young, author of *The Portion Teller Plan*. "To have a healthy relationship with your body, the number doesn't matter. Going by how you look and feel is a healthier way to approach weight loss."

A WHOLE FOODS MEAL PLAN TO HELP YOU SLIM DOWN

	Breakfast	Lunch	Dinner	Snack
Eat This	Bistro Breakfast Salad*: 2 cups curly endive topped with 2 slices bacon, 2 poached eggs, garlicky mustard vinaigrette	Bison Burger With Roasted Shaved Brussels Sprouts and Crispy Shallots*: 6 oz. ground bison, ¼-lb. Brussels	Ginger Shrimp and Zucchini-Noodle Stir-Fry*: ¼ large onion, 6 oz. shrimp, ¾ bell pepper, 2 cups zucchini noodles	A.M.: 1 medium orange, 10 cashews P.M.: 1 cup sugar snap peas dipped in or drizzled with 1 tbsp. ginger dressing
Why It Works	The combination of protein and produce will power up your day with sustainable energy.	Having lean protein at lunch will rev your metabolism and your energy.	Lean protein + veggies = a dynamic duo that provides lasting satiety and calorie-burning effects.	Snacking on fresh vegetables or fruit helps you fill up on fiber and stay hydrated.
Other Options	Sautéed Green Beans and Mushrooms With Fried Eggs*: 1 cup mushrooms, 6 oz. green beans, 2 cups arugula, 3 fried eggs	Hot Beef and Broccoli Salad*: 4 oz. sliced sirloin, ¾ cup broccoli, ¼ bell pepper, 1½ cups spinach, lemon-garlic dressing	Cashew-Crusted Chicken and Wilted Kale Salad*: 6 oz. chicken rolled in almond flour and cashews, served with veggies, bacon	A.M.: 1 medium pear, 10 almonds P.M.: Handful of baby carrots, 1 tbsp. curry dressing

*For more info and recipes, consult *The Whole30 Cookbook* and *The Whole30 Fast & Easy Cookbook* by Melissa Hartwig (Houghton Mifflin Harcourt, 2016 & 2017, respectively).

SMART SWAP



Next time you're in the mood to have a wrap, choose a big outer leaf of lettuce instead of a tortilla

With the trade, you'll save more than 140 calories and 5 grams of fat — and still be able to enjoy the filling of your choice.

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