

DIETS THAT WORK

How Shonda Rhimes Lost Nearly 150 Pounds! The Lifestyle Overhaul Plan

When Shonda Rhimes decided it was time to slim down, she didn't mess around. The über-successful television producer and screenwriter (best known as creator of *Grey's Anatomy*, *Private Practice* and *Scandal*) went full throttle and gave her eating and exercise habits a total makeover. Her "aha" moment came several years ago when she realized she had become too large to fasten her seat belt on an airplane; that's when she decided to tackle her longstanding weight issues head-on so she could be healthy and active for her three children.

HOW TO GET AWAY WITH EATING LESS

Shonda began focusing on eating healthy foods (more veggies, fruits and lean protein), drinking lots of water and reducing her portion sizes. Then she pushed herself to start exercising regularly, something she hated in the beginning. Adjusting her mindset helped her turn these lifestyle shifts into habits — and the pounds

started coming off. "Once I decided it wasn't gonna be fun, I lowered my expectations; it got kind of easier," recalls Shonda, now 47. These days, the TV titan looks trim, radiant and stunning after losing nearly 150 pounds. Though she didn't work with Shonda, registered dietitian Lisa Young, an adjunct professor of nutrition at NYU, says, "I like her attitude — sometimes you have to tough it out. She committed to her health as if it were a job, and she was clear about her motivation and intention: wanting to be there for her kids. That's very important. She forced herself to make these changes and once she got used to them, she was fine with them." It's really a matter of shifting the priorities in your diet and giving yourself time to adjust. "People get used to eating a certain amount of food, not a certain number of calories — so you can have smaller portions of high-calorie foods and big portions of low-calorie foods," says Young, author of *The Portion Teller Plan*. "Shonda was very smart about this." **L.S.**



Before: Carrying Extra Lbs. After years of weight struggles, Shonda reached her breaking point a few years ago. "I just decided," she says, "I was gonna get it together and get healthy."



CLOCKWISE FROM MAIN: GETTY (4); NOURISH; GETTY (6)

Now: Fit & Fabulous!

There are no shortcuts to getting in shape, as Shonda has learned. "I work hard — that's how I succeed," she says. "That's how anyone succeeds."

MIND OVER MATTER

CRAVINGS REHAB

When it comes to cravings, people tend to get hankering for sweets (like candy or cookies) or salty foods (like chips). Either way, a craving doesn't mean your body needs that particular taste or food; it means your mouth or your mind wants it for a feel-good boost.



THE GOOD NEWS: You can reform your cravings by changing your diet. "When you start eating healthier foods, foods you used to like can taste too sweet, too salty or too fatty," explains registered dietitian Lisa Young. "At that point, you're not used to all that fat, salt and sugar, and your body can't handle them anymore." In fact, Shonda says that while she doesn't forbid any particular foods, she doesn't crave the junk foods she used to love. "You change what your palate wants — I'm suddenly craving fish and salad," Shonda says.



While you're retraining your taste buds to prefer healthier fare, it helps to eat a healthy, balanced meal or snack every three to four hours, to keep your hunger in check, Young says. If cravings for not-so-healthy foods do kick in, don't act on them right away; cravings often pass in 10 to 15 minutes, so if you distract yourself for that long, the yen may disappear. If it doesn't, try to substitute a healthy choice (a bowl of juicy berries to satisfy a sweet craving); if that doesn't do the trick and your sweet tooth is still clamoring for attention, slowly savor a square of dark chocolate, then call it quits.

PUT PROTEIN AND PRODUCE ON YOUR SIDE TO DROP POUNDS

	Breakfast	Lunch	Dinner	Snack
Eat This	Portobello mushroom topped with scrambled eggs*, served with ½ cup arugula	Chicken and avocado salad with lime mayonnaise*, served on a bed of watercress	Broiled bluefish with herbs*, broccolini*, frisée and radicchio salad with mustard vinaigrette*	A.M.: ½ cup black berries, 10 almonds P.M.: Snap peas with 2 tbsp. hummus for dipping
Why It Works	A higher-protein breakfast gives you energy and helps you wait longer for your next meal, nutrition expert Fred Pescatore notes.	The trio of lean protein, healthy fats and nutrient-rich produce helps you stay energized and satisfied for hours.	Besides keeping you fuller longer, "digesting protein uses 25 percent of the protein calories you just consumed," Pescatore says.	Besides being loaded with fiber, protein and other nutrients, nuts reduce inflammation and help you feel full.
Other Options	Fried egg and Gruyère on a bed of avocado*, topped with ¼ cup broccoli sprouts	Mushroom and chia seed turkey burger on eggplant*, served with fresh spinach	Sea bass stew* served alongside a kohlrabi (German turnip) salad with vegetable dressing*	• ¼ cup cottage cheese, ½ cup blueberries • Celery with 1 tbsp. almond butter

*From *The A-List Diet: Lose Up to 15 Pounds and Look and Feel Younger in Just 2 Weeks* by Fred Pescatore, M.D. (BenBella Books, 2017)

Star Swap

Instead of having a blueberry muffin, opt for a bag of Nourish Snacks blueberry-apple granola bites

You'll save 280 calories, 25 grams of sugar and 24 grams of fat — while getting a mouth-watering, satisfying taste of blueberries and whole grains. Healthy comfort food!

