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Homepage > Diet & Health > Diet Plans & Tips

The Seven-Day Anti-Aging Diet Meal Plan

By Doran Miller

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By Kate Hutton

Think of this plan, packed with skin-nourishing nutrients, as your blueprint for a younger-looking complexion. We kept tabs on calories so that as you unveil a more youthful appearance, you also can shed up to 10 pounds in four weeks. (Staying at an ideal weight will help prevent the wrinkles and sag that can come from breaking down skin fibers if you keep losing and regaining.) Choose any breakfast (about 300 calories), lunch (400), or dinner (500), and have up to two snacks (125 calories each) every day. For chocolate treats that meet our caloric guidelines, see page 208.

— *Samantha B. Cassetty, M.S., R.D., CDE*
nutrition director

Special Offers

Day 1

BREAKFAST

Chocolatey oats Mix $\frac{1}{2}$ c. fat-free milk with 1 packet instant oatmeal. Microwave until hot. Stir in $\frac{1}{2}$ tsp. cocoa powder, one packet no-cal sweetener, 3 cut-up strawberries, and 2 Tbsp. chopped walnuts. Serve with $\frac{1}{2}$ apple.

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Table of Contents Good Housekeeping Institute Exercise Diet Program

1. Understanding the eBook Good Housekeeping Institute Exercise Diet Program
 - The Rise of Digital Reading Good Housekeeping Institute Exercise Diet Program
 - Advantages of eBooks Over Traditional Books
2. Identifying Good Housekeeping Institute Exercise Diet Program
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Good Housekeeping Institute Exercise Diet Program
 - User-Friendly Interface
4. Exploring eBook Recommendations from Good Housekeeping Institute Exercise Diet Program
 - Personalized Recommendations

- Good Housekeeping Institute Exercise Diet Program User Reviews and Ratings
- Good Housekeeping Institute Exercise Diet Program and Bestseller Lists
- 5. Accessing Good Housekeeping Institute Exercise Diet Program Free and Paid eBooks
 - Good Housekeeping Institute Exercise Diet Program Public Domain eBooks
 - Good Housekeeping Institute Exercise Diet Program eBook Subscription Services
 - Good Housekeeping Institute Exercise Diet Program Budget-Friendly Options
- 6. Navigating Good Housekeeping Institute Exercise Diet Program eBook Formats
 - ePub, PDF, MOBI, and More
 - Good Housekeeping Institute Exercise Diet Program Compatibility with Devices
 - Good Housekeeping Institute Exercise Diet Program Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Good Housekeeping Institute Exercise Diet Program
 - Highlighting and Note-Taking Good Housekeeping Institute Exercise Diet Program
 - Interactive Elements Good Housekeeping Institute Exercise Diet Program
- 8. Staying Engaged with Good Housekeeping Institute Exercise Diet Program
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Good Housekeeping Institute Exercise Diet Program
- 9. Balancing eBooks and Physical Books Good Housekeeping Institute Exercise Diet Program
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Good Housekeeping Institute Exercise Diet Program
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Good Housekeeping Institute Exercise Diet Program
 - Setting Reading Goals Good Housekeeping Institute Exercise Diet Program
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Good Housekeeping Institute Exercise Diet Program
 - Fact-Checking eBook Content of Good Housekeeping Institute Exercise Diet Program

- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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