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# The Seven-Day Anti-Aging Diet Meal Plan

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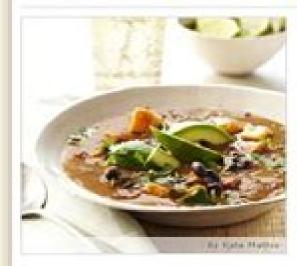












Think of this plan, packed with skin-nourishing nutrients, as your blueprint for a younger-looking complexion. We kept tabs on calories so that as you unveil a more youthful appearance, you also can shed up to 10 pounds in four weeks. (Staving at an ideal weight will help prevent the wrinkles and sags 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 ssacks (125 calories each) every day. For chocolate treats that erect our caloric guidelines, see page 206.

Sandai Offers

- Samantha B. Cassetty, ALS., R.D., GMS nutrition director

## Day 1

#### BREAKFAST

Chaceletey acts Mix V; c. fet-free mili with 1 packet instant gatmed. Microwave until hat. Stir in % top, cocoa powder, one packet no-cal sweetener, 3 cut-up strawbernes, and 2 Thip, chapped walnuts. Serve with to apple

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**Karin Nielsen-Saines** 

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