Good Housekeeping

TRY: Best Cookware + Best Haircote + Ouick Dieners



Food & Recipes

Home & Organizing

Diet & Health

Beauty & Anti-Aging Family & Relationships

Holidays.

Product Reviews

Himtegage - Diet & Health - Diet Flenz & Tips-

The Seven-Day Anti-Aging Diet Meal Plan

the Dwinte Blad





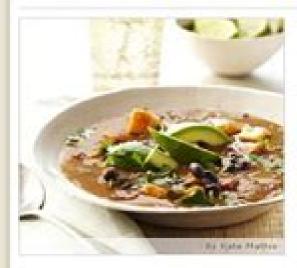












Think of this plan, packed with skin-nourishing nutrients, as your blueprint for a younger-looking complexion. We kept tabs on calories so that as you unveil a more youthful appearance, you also can shed up to 10 pounds in four weeks. (Staying at an ideal weight will help prevent the wrinkles and sags 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.

Sandal Offers

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

Day 1

BREAKFAST

Chaceletey acts Mix V; c. fat-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

BNACK

Connect with GOOD HOUSEKEEPING







DON'T MISS THESE:



- 3 Celebrity Picie Haircuts
- > Get Safe and Healthy Water for Your Family
- > Haircutt that Take Off 10 Years
- > Tablet Computers We Love
- > 5 hast Haircuts of All Time
- > Look 7 Years Younger
- > The VERY Best Anti Aging Products
- 2 Basy Ways to Speed Up Your Housecleaning
- > 50 Best Beauty Secrets
- > Diet Myths That Make You Fat.
- 3 Best Short Hairstyles for Every Face Shape
- > 16 Ways to Beat Bloat
- > 101 Lary Grl Makeever Tips:
- > How to Wear Smoky Eyes
- ⇒ 50 Harstyle DON'Ts and DOs.
- 3 5 Tricks to Sexy, Shiny Bouncy Hair

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Best Walth Makers

These easy-to-use picks will turn out pe... Feed More



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The most switch-worthy

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