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## 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 ½ c. fat-free milk with 1 packet instant oatmeal. Microwave until hot. Stir in ½ tsp. cocoa powder, one packet no-cal sweetener, 3 cut-up strawberries, and 2 Tbsp. chopped walnuts. Serve with ½ apple.

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