Brittny's Smart Slimdown

'How I Lost 10 Lbs. in Six Weeks'

Brittny Gastineau knew she had started "emotionally eating," but the model didn't realize how bad things had gotten until she saw an unflattering red carpet photo of herself this past fall. "I was going through a really rough time," she recalls. "I was so upset to see how I'd let myself go." Brittny, 32, felt even worse when she got on the scale and discovered she'd hit 145 pounds. "I knew it was time to lose weight," she says. Setting a "reasonable" goal — to lose 10 pounds — the 5-foot-9 best friend of Kim Kardashian turned to the gourmet delivery service Z.E.N. for help.

DIAL IT UP

The first line of attack with delivery diets such as Z.E.N. is making portion control a no-brainer. "They put me on a high-protein, 1,200-calories-a-day plan and dropped the meals on my doorstep," Brittny explains. "It couldn't be easier." And with menus that include buckwheat pancakes and chocolate-hazelnut brownies, she adds, "I didn't feel like I was dieting." While studies show delivery diets have a high success rate, you can also go the DIY route: Prepare and freeze balanced meals similar to Brit's Z.E.N. plan (below), building around lean proteins, healthy carbs and monounsaturated fats. The key is to always have healthy, portion-controlled fare at the ready. Now that Brit's dropped two dress sizes in six weeks, "I feel more confident," she says. "I love walking around naked! And I'm proud that I lost the weight responsibly."L&S

Now: 135 Lbs.!
To ensure she stays a slim size 2, Brit's joining the Whole Life Challenge online. "It's more than a fun game or a diet," says the model. "It helps establish a healthy way of life for the long term."

Before: 145 Lbs.
"I didn't want to lose the weight too fast," says Brittny, "because I knew I would just gain it back."

BLAST IT OFF LIKE BRITTNY — AND STILL EAT DESSERT!

	Breakfast	Lunch	Dinner	Snack
Eat This	2 crepes stuffed with ¾ cup fresh blueberries and topped with ½ cup ricotta cream (263 cal.)	4 oz. turkey burger (no bun), ½ grilled onion, ½ cup carrot coleslaw (301 cal.)	4 oz. teriyaki salmon, ½ cup brown rice, 1 cup carrots and snap peas (281 cal.)	• ½ cup edamame, 6 strawberries (145 cal.) • chocolate hazelnut brownie (125 cal.)
Why It Works	"Delivery works because it takes the guesswork out of portion sizes," says Z.E.N.'s Mariana Rossano.	"This turkey burger is comfort food at a third of the calories of many bistro burgers," says Rossano.	Lean protein like salmon builds lean muscle; brown rice boosts energy without blood sugar spikes.	Having a low-cal snack and a daily dessert staves off hunger and makes you forget you're dieting!
Other Options	• 1 cup steel-cut oats, 1 tsp. cinnamon, ⅛ cup slivered almonds, ½ cup fresh berries (277 cal.) • Eggs Benedict (½ portion) (204 cal.)	• 2 cups mixed greens, 4 oz. Cajun chicken, ½ cup black beans, 2 tbsp. vinaigrette (301 cal.) • Caesar salad with 4 oz. grilled shrimp (372 cal.)	• 4 oz. bison steak with ¼ cup red wine sauce, ½ cup pineapple-ham mash, ½ cup carrots (335 cal.) • 4 oz. chicken, sweet potato, 1 cup salad (357 cal.)	• ½ cup cranberry trail mix (190 cal.) • 1 piece pistachio biscotti (148 cal.) • Small red velvet cupcake (230 cal.)

WHOLE LIFE CHALLENGE
The next eight-week online slimdown game (which has been played by over 50,000 people) begins Jan. 17. For more info, go to wholelifechallenge.com.

THINNER... **BY DINNER!**

FRIENDLY GATHERING!

Savvy stars like Camila Alves know that gathered — or ruched — designs play up only your *good* curves. With the Lyssé dress (below), a patent-pending "yoga liner" holds you in place as a pretty top layer defines the waist while concealing lumps and bumps.

Lyssé Marais dress, $168, lysse.com