

DIETS THAT WORK

Beyoncé's New Delivery Diet  
She's Crazy for Vegan

When Beyoncé said sayonara to meat, cheese, fish and other animal products in 2013, the 33-year-old singer lost a whopping 15 pounds in 22 days. Now the singer has teamed up with her trainer, Marco Borges, who first inspired her to go vegan, to create a meal delivery plan — 22 Days Nutrition — and give her fans an effortless way to try a plant-based diet. “I would like for anyone who thinks this isn’t for them, even though they may know of the incredible benefits, to know that they can do it,” says Beyoncé. “If a Houston-born foodie like me can do it, you can, too.”

NO MORE HUNGER PANGS

On the 22 Days plan, a week’s worth of fresh, delicious plant-based meals are delivered to your door. You stay on the plan for 22 days, which is the time psychol-

ogists believe it takes to form a new habit. Meal mainstays include nutritional powerhouses like vegetables, beans, whole grains and nuts. “At first, most people say, ‘This is so much food. Am I going to gain weight?’” says Borges, who details the plan in his new book *The 22-Day Revolution*. “Then they call a week later saying how shocked they are at how much they’ve lost. I have one friend who lost 22 pounds in 22 days!” Why is this plan so effective? “Whole-food plant-based diets are full of fiber, which keeps us feeling satiated longer,” explains Borges. “They also pump up your energy and promote a healthier metabolism,” so you can exercise longer and drop pounds faster. And it’s easier than it seems. “It took a few days to adjust,” Beyoncé admits of her plant-diet stint. “But little did I know the long-lasting effects it would have. I discovered I could still love food, but this time it would love me back.”

ON THE MENU

**22 DAYS DELIVERY**  
A week’s worth of fresh, plant-based meals are delivered right to your door. (You can sign up for plans that provide one, two or three meals a day. To DIY, follow the meal plan below or use recipes from Marco Borges’ new book.)

**MAKE IT A HABIT**  
Stay on the plan for just 22 days, which is the amount of time it takes to establish a new routine. Borges says you can lose up to 22 pounds.

**EAT MINDFULLY**  
Paying attention to every bite and noticing when you are full will prevent overeating and accelerate weight loss, says Borges.

Now: Skinny-licious!  
“I thought that, like with most diets, I would feel deprived,” the 5-foot-7 star says of going vegan. “But what I discovered was increased energy, better sleep and weight loss.”

GO VEGAN, LOSE UP TO 22 LBS. IN 22 DAYS\*

<b>Eat This</b>	<b>Breakfast</b> Hearty Nut Granola with ½ cup rolled oats, ½ oz. walnuts and ½ oz. almonds (373 cal.)	<b>Lunch</b> Stew with 1 cup black beans, 1 cup red pepper, 1 cup broccoli, 1 cup tomato, 1 tbsp. olive oil (446 cal.)	<b>Dinner</b> Curry with ½ cup cauliflower, 4 oz. sweet potato, 1 tbsp. curry powder and 3½ oz. coconut milk (385 cal.)	<b>Snack</b> 22 Days Nutrition Walnut Fudge Brownie protein bar (280 cal.)
<b>Why It Works</b>	Nuts are high in protein, fiber and unsaturated fats, all of which help you feel satiated so you eat less.	A cup of black beans packs a whopping 15 grams of protein — plus they’re virtually fat-free.	Research shows that daily consumption of cumin, a spice in curry powder, can speed weight loss.	A new study found that the phytonutrients in chocolate can help prevent overeating and obesity.
<b>Other Options</b>	• 1 slice Almond Berry Breakfast Loaf (220 cal.) • Wrap with 1 banana, 2 tbsp. almond butter, 2 tsp. maple syrup on lettuce leaves (344 cal.)	• Sesame Cabbage Lentil Bowl with ½ cup lentils, 1 cup carrots, 1 cup cauliflower, 1 cup cabbage and 1 tbsp. sesame oil (359 cal.)	• St. Martin Veggies and Quinoa with 1 cup cooked quinoa, 1 cup broccoli, 1 cup carrots, 1 tbsp. lemon juice and 1 tbsp. olive oil (427 cal.)	• Green smoothie made with 4 stalks celery, 3 cups spinach, 2 cucumbers and 1 apple (246 cal.) • 1 cup organic berries (62 cal.)

\*For recipes and more info, check out *The 22-Day Revolution* by Marco Borges (Celebra, \$28).

THINNER... BY DINNER!

HIDE YOUR MIDDLE WITH COLOR-BLOCKING

Note how that asymmetric panel of black, strategically placed across Julianne Hough's Camilla and Marc dress, visually slims her midsection? Add a flattering high-low hem — to show off the thinnest part of the legs — and there it is in black and white: a slimmer, sexier you!



Ivy & Blue, \$160, modcloth.com

Star Swap



Swap regular dressing for oil-free  
At just 5 calories for a 2 tablespoon serving, Wholesome Goodness Balsamic Dressing has 85 fewer calories than Newman's Own Balsamic Vinaigrette.