

NEW FIXES FOR STUBBORN FAT P. 70

Sheryl Crow
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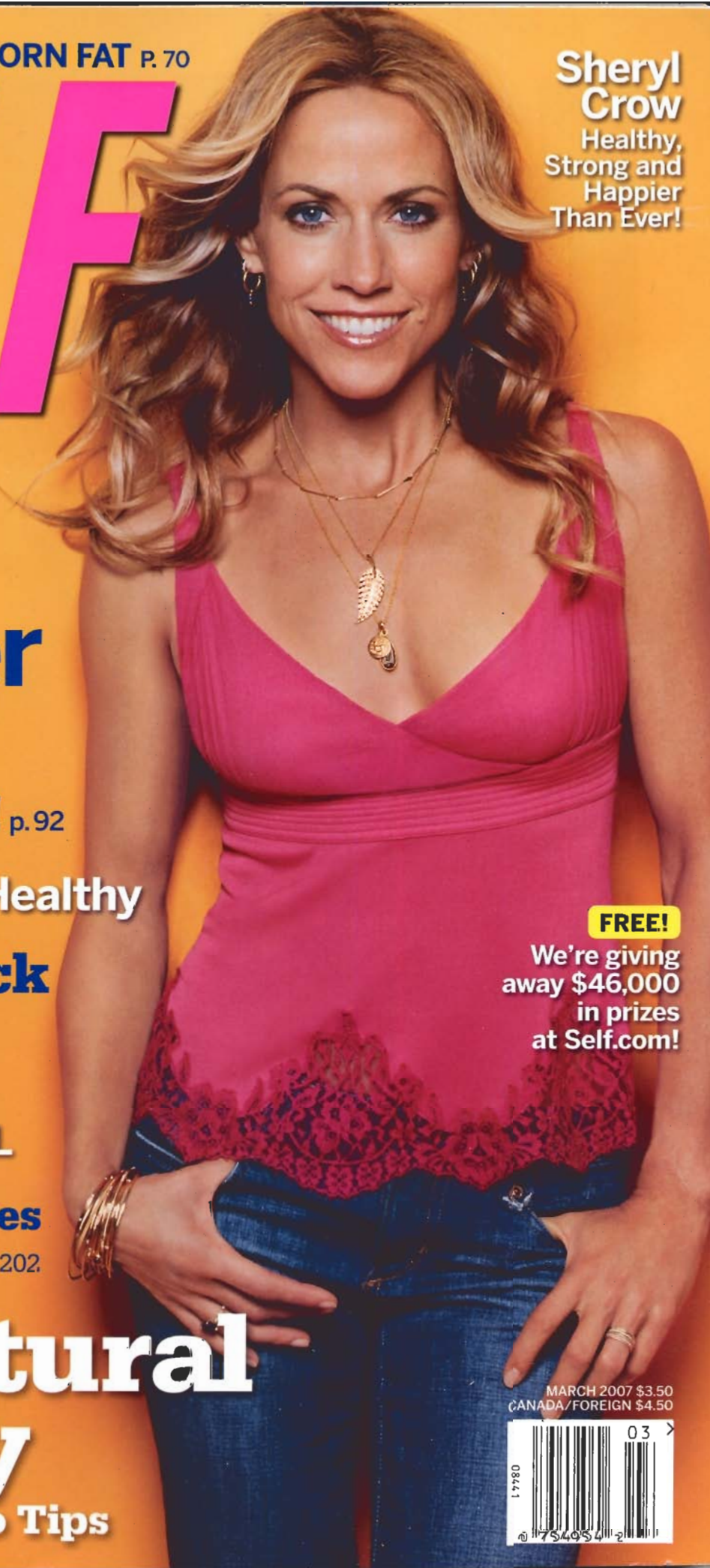
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Weird but worthy breakfast foods

A morning meal jump-starts your energy and metabolism, but scarfing the same sugar-packed cereal can be boring. Instead, try traditional dinner foods for a super nutritious way to begin your day, says Ellie Krieger, R.D., author of *Small Changes, Big Results* (Clarkson Potter).

Try it Turkey, for lean protein and energizing B₆ vitamins

You'll like it Stuff 2 slices turkey breast and lettuce in a whole-wheat pita. For a slim filler, mix ¼ cup nonfat yogurt with 1 teaspoon reduced-fat sour cream, ¼ cup each diced apples, celery and grapes and 1 tablespoon chopped walnuts.

Try it Sweet potato, for cell-protecting vitamins A and C

You'll like it Microwave a potato on high 5 minutes. Top with 2 tbsp lowfat cottage cheese and sprinkle with cinnamon.

Try it Salmon, for brain-boosting omega-3 fatty acids

You'll like it Mix ½ cup salmon packed in water with 2 tbsp lowfat honey-mustard dressing. Spread on a whole-wheat English muffin; top with tomato slices. Enjoy! —Liza Monroy



Get up and go
A sandwich is filling and portable.