

STRIP AWAY POUNDS IN JUST DAYS!

It's Good to Be You™

Women's Health

YOUR SLIM-DOWN SHOPPING LIST

FLAT BELLY FOODS

Delicious Ways to Beat Stubborn Ab Flab!

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IZZE Esque ■

Finally, a soda you can feel good about: This sparkling water is infused with fruit juice. We dig the black raspberry flavor.

Per 12 oz bottle (black raspberry): 60 cal, 0 g fat, 15 g carbs, 5 mg sodium, 0 g fiber, 0 g protein



KEY

- PROMOTES WEIGHT LOSS
- BUILDS MUSCLE
- FIGHTS CANCER
- FIGHTS HEART DISEASE
- BUILDS BONE

DRINKS

Stock up on these liquid assets.

93 Fuze Slenderize ■

Guzzle without guilt! It's super-low in calories (10 per bottle) and contains metabolism boosters like L-carnitine and chromium.

Per 8 oz (tropical punch): 5 cal, 0 g fat, 1 g carbs, 5 mg sodium, 0 g fiber, 0 g protein

94 V8 V-Fusion ■ ■

It's like the produce aisle in a glass: a full serving of fruit and veggies in just one serving.

Per 8 oz (goji-raspberry): 110 cal, 0 g fat, 27 g carbs, 70 mg sodium, 0 g fiber, 0 g protein

95 Trop50 Calcium and Vitamin D ■ ■ ■

It has half the sugar and calories of traditional OJ and delivers as much calcium and vitamin D as a glass of milk.

Per 8 oz: 50 cal, 0 g fat, 13 g carbs, 10 mg sodium, 0 g fiber, <1 g protein

96 EAS Myoplex Shake ■

This post-workout recovery shake now comes in a 14-ounce resealable plastic bottle. New flavors such as dessert-like strawberry cream taste great chilled.

Per 14 oz bottle: 210 cal, 2.5 g fat (0.5 g sat), 23 g carbs, 280 mg sodium, 3 g fiber, 25 g protein

97 Gatorade G2 Low-Calorie Electrolyte Beverage Mix ■

Lose the bulky bottle and tuck one of these petite powder packs in your gym bag. When you're ready, just add the contents to a bottle of water. You'll get fewer calories than with standard sports sips.

Per pouch (makes 16.9 oz): 50 cal, 0 g fat, 14 g carbs, 200 mg sodium, 0 g fiber, 0 g protein

98 Honest T Tropical Mate ■ ■

This fruity mango and orange beverage is light and refreshing, not syrupy sweet.

Per 8 oz: 35 cal, 0 g fat, 9 g carbs, 5 mg sodium, 0 g fiber, 0 g protein

99 Celestial Seasonings Honey Vanilla Chai ■ ■

A delicious honey-laced mix of black and white teas. Stash a box in your desk for a spicy mid-afternoon pick-me-up.

Per tea bag: 0 cal, 0 g fat, 0 g carbs, 0 mg sodium, 0 g fiber, 0 g protein

100 Mighty Leaf Chocolate Mint Truffle Tea ■ ■ ■

The addition of chocolate and mint makes this a perfect dessert tea (with no calories!), and it also packs a monumental antioxidant punch.

Per tea bag: 0 cal, 0 g fat, 0 g carbs, 0 mg sodium, 0 g fiber, 0 g protein

101 Swiss Miss Indulgent Collection Mocha Cappuccino ■

So decadent, this calcium-filled mix will tame any chocolate craving.

Per 6 oz: 120 cal, 2 g fat (1.5 g sat), 24 g carbs, 170 mg sodium, 1 g fiber, 1 g protein

