

SHAPE

Shape

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6,804,092 impressions

BIKINI BODY SPECIAL

lose the last 10 pounds!

No fasting, no cleansing, just 14 simple clean-eating strategies that will help you detox your diet without feeling deprived.

BY CYNTHIA SASS, R.D. PHOTOGRAPHY BY ALEX CAO



TURN TO 'SHROOMS

According to research from the Johns Hopkins Bloomberg School of Public Health, **replacing ground beef with chopped mushrooms in a single meal saved more than 400 calories and 30 grams of fat**, but the meal testers felt just as satisfied and didn't compensate by eating more food later in the day. Make mushrooms the main event at mealtime: Sliced or minced 'shrooms are a great stand-in for meat in burritos, sloppy joes, and wraps, or as a pizza topping.