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7 days to skinny jeans!

Get denim ready in a flash!

Need a kick to squeeze your lady lumps into that online impulse buy? We've got just the expert to help you do it! "Whenever I need to slim down or lean up, my absolute tip is to eat whitefish. It's filling, you get the protein, it's really good for skin and it's delicious," says Tiffany Hall, *The Biggest Loser* trainer and author of children's novel *White Ninja*.

She often puts the same thing on her plate several nights in a row.

"There's nothing wrong with eating automatically like that... It keeps you on track," adds Tiffany.

Nutritionist Susie Burrell (susieburrell.com.au) agrees.

"A few days of light eating can help kick-start weight loss and remind you how fabulous you feel when you're eating light, nutrient-rich foods rather than the high-kilojoule, high-salt foods we're used to," she says.

Stick to *NW's* meal plan for a week and follow Tiffany's tips to feel good in your fave skinnies in no time! *White Ninja* by Tiffany Hall, \$15, is out now.



Your diet diary

breakfast

Eggwhite omelette with asparagus and spinach.

snack

An apple and a handful of raw nuts.



lunch

Four Rye Cruskies with chicken breast, cucumber and leafy greens.

snack

Celery sticks with 1/4 avocado, mashed.



drinks

Two to three litres of water, unlimited green tea, up to two cups of coffee (preferably long black or espresso).

dinner

Whitefish like barramundi, whiting or basa with steamed green vegetables.

