

HOLLYWOOD'S HOTTEST DIETS

A girl's gotta eat! Celeb nutritionist **Christine Bybee** helps you choose the perfect A-list weight plan **BY JENNIFER O'NEILL**

5-Factor Diet

WHAT IT IS With 5factordiet.com's L.A.-area delivery service (\$3,000 a month), you get three 300-calorie meals and two 200-calorie snacks daily, each containing a low-fat protein, low-glycemic carbs, healthy fats and fiber. Or follow recipes from the book, *The 5-Factor Diet*.



CELEB FANS

Katherine Heigl, Eva Mendes, Vanessa Williams, Alicia Keys



CELEB FANS

Tori Spelling, Marie Osmond, Joey Fatone, Sabrina Bryan

SAMPLE MENU

Breakfast Strawberry shortcake power smoothie, egg-white burrito, Ezekiel toast

Morning snack Apple wedges with chocolate-peanut butter dip

Lunch Open-face barbecue bison burger, sweet potato fries with chipotle ketchup

Afternoon snack Hot dog skewers with roasted cherry tomatoes and jalapeño mustard sauce

Dinner Shredded beef, cumindusted brown rice and grilled corn



NutriSystem

WHAT IT IS Clients add fresh protein, fruits and veggies to the microwarable dishes (comprised of 55 percent low-glycemic carbs, 25 percent protein, 20 percent fat) for 1,200-calorie-a-day meals in this \$300-a-month, U.S.-wide delivery plan. (nutrystem.com)



CELEB FANS

Jenny McCarthy, Greg Grunberg, Isaac Mizrahi

SAMPLE MENU

Breakfast Apple-cinnamon oatmeal or blueberry pancakes

Morning snack Honey-mustard pretzels

Lunch Cheese tortellini and assorted steamed vegetables

Afternoon snack NutriCrunch Chocolates

Dinner A NutriSystem hamburger with lettuce and tomato, along with a side salad — and almond biscotti for dessert!



Weight Watchers

WHAT IT IS Every food has a point value (based on calories, fat and fiber) in this plan, which prescribes whole grains, protein, fruits and veggies. Dieters tally daily consumption to stay within their limit. (From \$17 monthly for group counseling or online help; weightwatchers.com)



CELEB FANS

Sarah Jessica Parker, Mary-Louise Parker, Marcia Gay Harden

SAMPLE MENU

Breakfast Cup of plain, fat-free yogurt sprinkled with 1/2 cup of cereal (think Grape-Nuts) and a tangerine

Morning snack A half-cup of grapes

Lunch Spinach and romaine salad with 1 1/2 ounces sliced turkey, sliced pear, cucumber and red onion, with apple cider vinegar and olive oil

Afternoon snack 2 ounces cubed Swiss cheese

Dinner 3 ounces pork tenderloin, a sweet potato and steamed broccoli



Nu-Kitchen

WHAT IT IS Menus rotate daily and seasonally in this NYC delivery plan. Food may be ordered à la carte or in a customized 1,500- to 2,400-calorie-a-day plan (including three servings each of whole grains and veggies, plus a fruit) from \$1,200 a month. (nu-kitchen.com)



CELEB FANS

Denise Richards, Fergie, Salma Hayek, Matt Damon, Neve Campbell, Sela Ward

SAMPLE MENU

Breakfast Stuffed French toast or turkey sausage frittatas and potato hash

Morning snack Choice of spinach-artichoke dip, vegetarian pizza or a granola fruit parfait

Lunch Spiced kumquat and lemongrass-rubbed chicken

Afternoon snack Chai latte brownies

Dinner Vegetarian lasagna served with a side of grilled radicchio



Diet Designs

WHAT IT IS Meals customized for each client (1,000 to 2,400 daily calories depending on athletic need and weight-loss goal) balance 50–60 percent carbs, 20–25 percent protein and 20–25 percent fat. Available nationwide for \$1,000 a month. (dietdesigns.com)

CELEB FANS

Fergie tells Us of Diet Designs, adding, "I feel less bloated on it."

SAMPLE MENU

Breakfast A cup of cooked oatmeal with sliced apples and a half-cup of nonfat milk

Morning snack 10 raw almonds

Lunch Spinach salad with 4 ounces turkey breast, mushrooms, 2 chopped egg whites, dried cranberries and 2 tablespoons low-fat raspberry vinaigrette dressing

Afternoon snack Carrot and zucchini sticks with hummus

Dinner 6 ounces halibut, whole-wheat couscous and green beans



"They deliver meals to my hotels on tour!"

EXPERT ANALYSIS "The healthy balance of protein, carbs and fat reduces sugar cravings, but the low caloric intake (1,300 per day) isn't feasible long-term," says Bybee (christinebybee.com).

EXPERT ANALYSIS Bybee tells Us, "The nutrient balance is good, but you have to go to the grocery store a few times a month to supplement the packaged food — not ideal for someone who needs a delivery plan."

EXPERT ANALYSIS "If you need to lose 50-plus pounds, the point system is easy to learn," says Bybee. The downside? "There's no stress on balancing nutrients at every meal, key to permanent weight loss."

EXPERT ANALYSIS "This is best for those who want to maintain their weight, as the fat content can be high [20 to 30 percent per meal]," says Bybee, who commends the 25 grams of daily fiber and seasonal menus.

EXPERT ANALYSIS "A successful diet plan starts with an analysis of the individual and her nutritional needs," enthuses Bybee of the plan. "This ensures that weight loss is healthy and long-lasting."