

STYLING, LIDA MOORE MUSSO; HAIR, ELIZABETH MORACHE FOR WORKGROUP; MAKEUP, JOY FENNEL FOR MAC COSMETICS; PROP STYLING, CHARLOTTE MALMLOF; SEE GET-IT GUIDE.

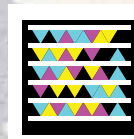


SELF Diet Club

Food. Fitness. Friends.

Grab your girls! In four weeks, you'll each be 8 pounds lighter, without sacrificing the fun stuff—happy hours, brunch dates, b'day dinners!

By Erin Bried Photograph by Ture Lillegraven



SIGN UP, SHAPE UP
Snap this icon with your smartphone to join the SELF Diet Club and register for a chance to win a beach trip for two to sunny Panama! Get the free app for your phone at <http://gettag.mobi>.



Expanding your social circle helps you lose more weight, research reveals.

Join the Club!

The first rule of the SELF Diet Club (aka SDC): Talk about it! Spreading the word to your networks has proven to make fat fall off quicker. It totally works if you...

Sign on up!

Go to Self.com/club to register for the SELF Diet Club, the free four-week eat right and exercise plan that will help you lose 8 pounds with pals.

WHY IT WORKS Having a crew makes you more accountable. People who lost upwards of 10 percent of their weight were 72 percent more likely to be in a diet program than those who dropped less, a study in the *American Journal of Preventive Medicine* finds. So join now!

Facebook 24/7

Create an SDC group at Facebook.com/selfmagazine, and invite your friends to get fit with you. Check in daily—you're there anyway!—to update your status and share workouts, recipes and a cyber fist pump.

WHY IT WORKS Exercisers with access to an online community were more apt to stick to their routine, a study in the *Journal of Medical Internet Research* notes. The same is true of people who frequently post their exercise habits. "Even those who read others' entries but don't post themselves report feeling motivated by those people's struggles and successes," says study author Caroline Richardson, M.D.

Tweet—like crazy

Tell your tweeps your weight loss goal. And every time you do something great—bang out 15 reps of an SDC ab move or make one of our meals—share it with the hashtag #SelfDietClub. That way, you'll find followers to cheer you on. Oh, and you can also tweet in person—you know, have an actual conversation.

WHY IT WORKS Getting support from others increases your self-esteem, go-get-'em attitude and overall happiness, the *Journal of Personality and Social Psychology* reports. Enthusiastic feedback from your peers also makes you more likely to succeed.

Make playdates

One is a boring, lonely number. Recruit a friend (or friends) to sweat, cook and eat with you.

WHY IT WORKS The key word in dinner party: party. Chowing with a group is way more fun, and the same goes for exercising. In fact, having a sidekick at the gym may boost your body's production of feel-good endorphins, a study in *Biology Letters* indicates. Turn the page for a workout that doesn't feel like work.

SELF
Diet
Club

3 HDTVs
Join the SDC on September 13 and you might nab a Westinghouse 42-inch 1080p LED TVs (\$499 each).



GRAND PRIZE

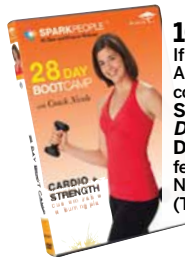
A dream vacation worth \$2,394

Celebrate your hot bod with a cool drink in... wait for it...Panama! The second you sign up for the SDC, you're entered for a chance to win a trip for two, including **four nights at The Westin Playa Bonita**, with a Pacific Ocean-view room, two 80-minute massages, daily breakfast and two \$400 American Express gift cards toward airfare.



**Win,
win, win!**

All of this great stuff is up for grabs! Sign up at Self.com/club and you could cash in.



100 DVDs
If you enroll on August 23, you could score the **SparkPeople 28 Day Boot Camp DVD** (\$17 each), featuring Club trainer Nicole Nichols. (That's her below!)



5,000 fruit snacks
Enlist on August 27 for a chance to snag a pouch of yogurt-covered **Dole Real Fruit Bites** (55 cents each) and a \$1 coupon for more.



500 headbands
Become a Diet Clubber on September 6 and you could get a SELF editor fave: a **Sparkly Soul Wide Non-Slip Headband** (\$17 each).



500 face creams
Register on September 11 and a **Dr. LeWinn by Kinerase Day & Night Cream** (\$25 each) could be yours.

NO PURCHASE NECESSARY. Open to legal residents of the 50 United States and the District of Columbia 18 years or older, except employees of Sponsor, their immediate families and those living in the same household. Odds of winning depend on the number of entries received. Void outside the 50 United States and the District of Columbia and where prohibited. 2012 SELF DIET CLUB WESTINGHOUSE TV ONE-DAY SWEEPSTAKES (three prizes; approximate retail value: \$499 each). Promotion begins on September 13, 2012, at 12:01 A.M. ET, and ends on September 13, 2012, at 11:59 P.M. ET. Sponsor: Conde Nast.



FREE TRAINING
Plus a motivating "You're so awesome!" push. Every Tuesday, Nichols is hosting Facebook.com/selfmagazine.

Meet your trainer!

Nicole Nichols is making house calls. OK, maybe they're virtual, but she still so has your back. She's the fitness expert for SparkPeople.com, a free online weight loss community that has helped millions of women lose millions of pounds. And for the next four weeks, she's all yours.

THE DEETS

STEP 1 Tear out the double-sided cards on the next page—eight are mega calorie burners called plyometrics (which involve a lot of jumping); the other eight are straight-up firmers. Together, they sculpt sexy muscles and burn fat. Three days a week, shuffle the deck and deal yourself six cards. Do as many reps as you can of the moves on one side, 1 minute each. Rest for 90 seconds; flip cards over and do the same for the exercises on the back. Then bang out the whole shebang again.

STEP 2 Tweet total reps of the move that makes you want to drop the F-bomb with #SELFdietclub. (Probable RT: "You did how many Side Burpees?!") Every week, try to best yourself, or start a little friendly competition. You're also going to follow Nichols's 750-calorie-crushing cardio plan. (But more about that on page 92.)

CLOCKWISE FROM BOTTOM: TURE LILLEGRAVEN; STYLING, ELIZABETH MORACHE FOR WORKGROUP; MAKEUP, JOY FENNEL FOR MAC COSMETICS; PROP STYLING, CHARLOTTE MALMLOF, LARSEN & TALBERT; MARK KNIGHT; STILL LIVES; CLOCKWISE FROM TOP: COURTESY OF WESTINGHOUSE TV; COURTESY OF DR. LEWINN BY KINERASE; COURTESY OF SPARKLY SOUL; COURTESY OF DOLE; COURTESY OF ACACIALIFESTYLE.COM. SEE GET-IT GUIDE.

SELF Diet Club

ROTATING SCULPTOR

works butt, thighs, abs, obliques, shoulders

Stand with feet hip-width apart, a weight in each hand at chest, elbows at sides. Squat, lowering right arm to floor as you rotate torso left, extending left arm up, looking at left hand (as shown). Return to start; switch sides. Repeat for 1 minute.

See the video at Self.com/club.



Your
trainer
Nicole Nichols

Firm

SELF Diet Club

SIDE BURPEE

Stand with feet hip-width apart. Crouch and plant hands on floor under shoulders; jump feet to right side, knees slightly bent (as shown). Hop feet back to hands, then quickly jump up to return to standing. Repeat on opposite side for 1 rep. Continue alternating for 1 minute.

 Log this workout at Self.com/club.




Burn

STEP OFF IT

works butt, thighs, triceps, shoulders

Stand with feet hip-width apart, a weight in each hand at chest, elbows out. Curtsy, stepping left foot back and to right as you extend arms to sides at shoulder height, thumbs down (as shown). Return to start; switch sides for 1 rep. Continue alternating for 1 minute.

 Log this workout at Self.com/club.



Firm

FLYING LUNGE

Stand with feet hip-width apart. Jump as high as you can, lifting left knee and right arm, both bent, while driving right knee and left arm back, both bent (as shown). Return to start; repeat quickly for 30 seconds. Switch sides; repeat.

See the video at Self.com/club.



Burn

TWISTING TONER

works shoulders, abs, obliques

Lie on right side, right palm on floor directly under shoulder, legs stacked, a weight in left hand on hip. Lift hips to form a straight line from feet to head, as you extend left arm toward ceiling, to start. Hold plank, raise hips slightly, and reach left arm under body (as shown). Return to start; repeat for 30 seconds. Switch sides; repeat.

See the video at Self.com/club.



Firm

WIDE HIGH KNEE

Stand with feet wider than hip-width apart, hands raised to chest height with elbows bent, palms down. Jog in place, tapping right knee to right palm (as shown), then left knee to left palm. Continue quickly alternating taps for 1 minute.

 Log this workout at Self.com/club.



Burn

REAR RAISER

works shoulders, abs, back, butt, thighs

Start on all fours. Raise knees until hovering above floor to start. Lift right arm in front of you, and bend left leg to ceiling, toes pointed (as shown). Return to start; quickly switch sides. Continue alternating for 1 minute.

 Log this workout at Self.com/club.



Firm

CROSS JACK

Jump into a wide squat, opening arms to shoulder height, elbows bent, fists facing each other like a goalpost (as shown). Jump to center, lowering arms in front of thighs and crisscrossing right arm in front of left and right foot in front of left. Jump back to start; continue alternating arms and feet for 1 minute.

See the video at Self.com/club.



Burn

HINGE KICK

Start with feet hip-width apart, arms down. Lift right knee as high as you can, then hop onto right foot and kick left leg, keeping right arm bent at chest height, left arm down (as shown). Return to start; do as many left kicks as you can for 30 seconds. Switch sides; repeat.



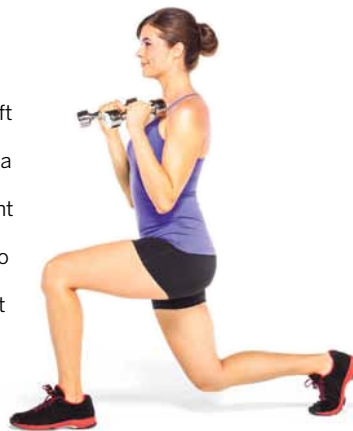
See the video at [Self.com/club](https://www.self.com/club).

Burn

BICEPS BALANCER

works biceps, thighs, butt

Start in a lunge with left leg forward, right knee lightly resting on floor, a weight in each hand, hands at sides. Lift right knee slightly off floor while curling weights to shoulders (as shown). Return to start; repeat for 30 seconds. Switch sides; repeat.



Log this workout at [Self.com/club](https://www.self.com/club).

Firm

AIR SPRINT

Start in a deep lunge, left foot back, right fingertips touching floor, left arm at side, right knee in line with right ankle, like a sprinter. Jump as high as you can, driving left knee up, swinging right arm up as arm bends at shoulder height, left arm behind (as shown). Land in starting position. Repeat for 30 seconds. Switch sides; repeat.



Log this workout at [Self.com/club](https://www.self.com/club).

Burn

RESHAPING REACH

works abs, chest, thighs, shoulders, upper back

Lie faceup with legs together and extended to ceiling, one weight in both hands overhead, hovering above floor. Open legs into a wide V as you lift shoulder blades off floor, reaching weight through legs (as shown). Return to start. Repeat for 1 minute.



See the video at [Self.com/club](https://www.self.com/club).

Firm

TUCK JUMP

Stand with feet hip-width apart, arms overhead, palms facing in. Jump as high as you can, driving knees to chest, sweeping arms down to sides and touching feet with hands (as shown). Return to start. Repeat for 1 minute.



See the video at [Self.com/club](https://www.self.com/club).

Burn

BELLY BUSTER

works abs, obliques, shoulders, biceps

Sit with knees bent, heels on floor, toes up, leaning back slightly, with a weight in each hand, fists lightly touching at chest, elbows out. Lift left knee, rotating torso to left, and touch right elbow to left knee (as shown). Return to start; switch sides. Continue alternating for 1 minute.



Log this workout at [Self.com/club](https://www.self.com/club).

Firm

PLANK JACK

Start in plank. Hold plank as you jump legs into a wide V (as shown). Return to start; do as many reps as you can for 1 minute.



Log this workout at [Self.com/club](https://www.self.com/club).

Burn

BOTTOMS-UP

works chest, back, butt, thighs, hamstrings

Lie faceup with knees bent, feet flat, a weight in each hand. Lift hips as you extend right leg up and straighten arms above chest, palms facing in, to start. Lower right leg toward floor and arms out to sides until hovering above floor (as shown). Return to start; repeat for 30 seconds. Switch sides; repeat.



See the video at [Self.com/club](https://www.self.com/club).

Firm

Tweet us
@SELFmagazine
#selfdietclub;
we'll RT your
awesomeness.

Sweat with friends!

And think of every drop as fat dripping off. Time to heat it up, ladies. Zap 750 calories with cardio each week. Some suggestions:

DO FOUR 175+ CALORIE SIZZLERS

4-day plan

Hill repeats Hop on side-by-side treadmills with your gym buddy. Warm up for 5 minutes at level 4. Level 1 is scrambling eggs; 10 is scrambling up a cliff. Then do speed intervals for 30 minutes: 2 minutes at level 6; 3 minutes at a booty-sculpting 8 incline while you book it at level 8. Repeat 5 times. Cool down for 5 minutes.

Hit the barre. We love barre classes that combine yoga, pilates and ballet to fry fat and shape sexy legs. No studio nearby? Do 40 minutes in your living room with a chair whenever (MyBarre3.com; \$15 a month).

Hop on a new machine. If you want to seriously torch calories, here's a big burn for your buck: the rower. We're talking 8 calories per minute. This is what you do: Warm up for 5 minutes, going from ridiculously easy to a totally manageable level 4. Do intervals for 24 minutes: 2 minutes at level 9—if you can talk, you're wasting your time!—then 2 minutes at level 4, your chance to catch your breath. Repeat 5 times. Cool down for 5 minutes at level 3. Worried about your form? Lean back a bit as you pull handles toward your abs, elbows down and slightly out.

Badass yoga Turn up the temp on your average om session with a hot yoga mash-up such as Ki Power Vinyasa (KiPowerVinyasa.com) in NYC—a SELF editor fave—a hybrid of Vinyasa yoga and martial arts. With the thermostat set around 90 degrees, your bod is transformed into a calorie-blasting furnace for the entire 60-minute sweatfest.

Jump rope! For 14 minutes straight. That's it. Done. You'll incinerate about 13 calories per minute, or 182 total (if you go all out). Got mad jump-rope skills from your playground days? Brag to us @SELFmagazine.

CHOOSE TWO 375+ CALORIE BURNERS

2-day plan

Go really freakin' fast. Pick the form of cardio that feels the least like torture: run, bike, swim. Warm up for 5 minutes at level 4, then sprint as fast as you possibly can—we're talking a you-no-longer-look-cute level 10 here—for 20 seconds. Go easy for 10 seconds at level 4. Repeat for 20 minutes; cool down for 5 minutes. O-v-e-r!

Pop in a DVD. Get after it with 45 minutes of cardio in the privacy of your own home. We're kind of obsessed with *Breathless Body 2: The Edge* by Amy Dixon (\$20; AmyDixonFitness.com) and Nichols's freebie workouts at SparkPeople.com.

Three is better than one. First, warm up for 5 minutes. Then run your fastest mile on the treadmill. Next, get on the stationary bike and pedal like a bicycle thief for 2 miles. Cover 3 miles on the elliptical as if your life depended on it. Compare times with #selfdietclub tweeps.

Have a dance party. Put on your apple-bottom jeans and boots with the fur and get low (low, low, low) with your girls in a club for a solid 80 minutes tonight. Not feeling it? Opt for baggy sweats and Reeboks with straps and shake it in a 45-minute dance class, like Zumba (Zumba.com) or Sh'bam (LesMills.com).

TRY A 750+ CALORIE KILLER

1-day plan

Kick your own butt. Pick your fave cardio. Warm up for 5 minutes at level 4. Remember, 1 is a stroll in the park and 10 is a 5K run against your ex's new flame. Crank it to level 5 for 4 minutes. Then start booking! Go 4 minutes at level 6, then 4 minutes at 7, and keep jumping levels to hit a kick-it-out level 9. Once you're there, lower the intensity every 4 minutes until you're back at 5. Cool down for 4 minutes at level 3. Cap your workout with a 45-minute brisk "victory" walk. A toilet paper finish line, held up by your workout buds, is entirely optional.

Eat with friends

Our flexible diet lets you chow on just about anything with anyone, anytime, anywhere. Because nibbling on raw carrots when your besties are plowing through a pizza is plain sad.

CLUB RULES

FILL UP Forget hunger. This tasty plan from SELF contributing experts Stephanie Clarke, R.D., and Willow Jarosh, R.D., delivers 1,600 calories—the sweet spot for dropping pounds for good—in three meals, plus a snack, *plus* a treat, every day. Turn the page for easy recipes that serve one, two (date night) or four (dinner party!), as well as grab-and-go and restaurant options.

ROLL WITH IT We give you the intel on how to stick with the program when you eat out or at a friend's, or make a dish that's not on our menu, so you can still kiss 2 pounds a week good-bye.

PUT IT OUT THERE Remember, this is a diet *club*, not solitary confinement. Share your goals with friends; lean on those pals if you need to. Your odds for pounds-off success will shoot up!

QUAD:
Lighten for read.



RALLY YOUR PEELPS

Invite friends to swap healthy recipes and eating tips with our new Self Diet Club app. Facebook.com/selfmagazine.

Breakfast



Belgian Waffle

In a small saucepan over medium heat, cook ½ cup raspberries, 2 tbsp orange juice, 1 tsp maple syrup, ⅛ tsp cinnamon, stirring, until berries soften, 5 minutes. Top 1 toasted whole-grain frozen waffle with ⅓ cup nonfat plain Greek yogurt, raspberry mixture, 2 tbsp pumpkin seeds.

THE KEY On the go Serves 2 Serves 4

Speedy Smoothie

In a blender, process 1 cup pineapple chunks, 1 cup kale, 1 banana, 1 chopped carrot, 1 cup unsweetened almond milk, ½ cup nonfat plain Greek yogurt until smooth, 1 minute.

Eggs With Hash

Heat oven to 425°. In a bowl, toss 1½ cups diced potatoes with 1 cup chopped onion, ½ cup chopped red bell pepper, 2 tsp olive oil. Line a baking sheet with foil; spread potato mixture evenly on sheet. Bake 15 minutes; add 1 (2.4-oz) precooked chicken sausage (such as Trader Joe's Spicy Italian Chicken Sausage), chopped, to sheet; bake until potatoes are soft and slightly browned,

5 minutes; stir to combine. In a skillet coated with vegetable oil cooking spray, cook 2 eggs to preferred doneness. Divide hash and eggs evenly between 2 plates; drizzle with hot sauce, if desired. Serve each with 1 cup cantaloupe cubes.

Oatmeal Express

One McDonald's Blueberry Banana Nut Oatmeal; a small nonfat cappuccino

PB and Pear on Toast

Top 1 slice whole-wheat toast with 4 tsp peanut butter, ½ pear (sliced); sprinkle with cinnamon. Serve with remaining ½ pear.

CRAVING SOMETHING ELSE? AIM FOR...

CALORIES	325-375
PROTEIN	8 g +
SATURATED FAT	< 5 g
SODIUM	< 500 mg
FRUIT OR VEGGIES	½ cup +

click! **RECIPES GALORE** Get more tasty, skinny dishes at Self.com/club.

Lunch

Yogurt Parfait and Hearty Sub

One 6-inch Subway Veggie Delight on nine-grain wheat with provolone, cucumber, green pepper, tomato, lettuce, brown mustard, light mayo; a Yogurt Parfait



Turkey-Avocado Wrap

Top two 8-inch whole-grain tortillas each with ¼ cup hummus, 4 slices (4 oz) roast turkey breast, 3 slices tomato, ¼ avocado (sliced). Roll up tortillas; serve each with 1 cup strawberries.

Cheesy Frittata

Heat broiler. Heat a 9-inch broiler-safe skillet over medium heat. Add 2 tsp olive oil, 1 tsp butter; sauté ¾ cup chopped asparagus, ½ cup chopped mushrooms, ½ cup chopped leeks, 4 minutes. In a bowl, whisk 4 eggs with 6 egg whites, ¼ cup shredded reduced-fat cheddar, ½ tsp black pepper, ¼ tsp salt, 1 minute; pour into skillet. Reduce heat to medium-low; cook until eggs begin to set,

3 minutes. Top with ¼ cup shredded reduced-fat cheddar; broil until top is golden, 3 minutes. Divide among 4 plates. Serve each with ¾ cup nonfat plain Greek yogurt topped with ½ cup sliced strawberries, ⅓ cup granola.

Soup and Veggie Pocket

Heat 1½ cups reduced-sodium lentil soup; top with 1 tbsp nonfat plain Greek yogurt. In a bowl, combine ⅓ cucumber (peeled and chopped), ½ medium tomato (chopped), 2 tsp red wine vinegar, 1½ tsp olive oil; stuff inside half of a 6-inch whole-wheat pita.

Dippers and Hummus

1 hard-boiled egg; 1 part-skim string cheese; 1 cup grape tomatoes; ½ cup grapes; half of a 6-inch whole-wheat pita; ¼ cup hummus

We want in!


SELF's nutrition team (that's us) is joining the SELF Diet Club, too, and we'll be tweeting about it and our diet progress. Follow us on Twitter for tips and support. Consider these your new love handles:

- @caringorrell
- @albake01
- @CJNutrition

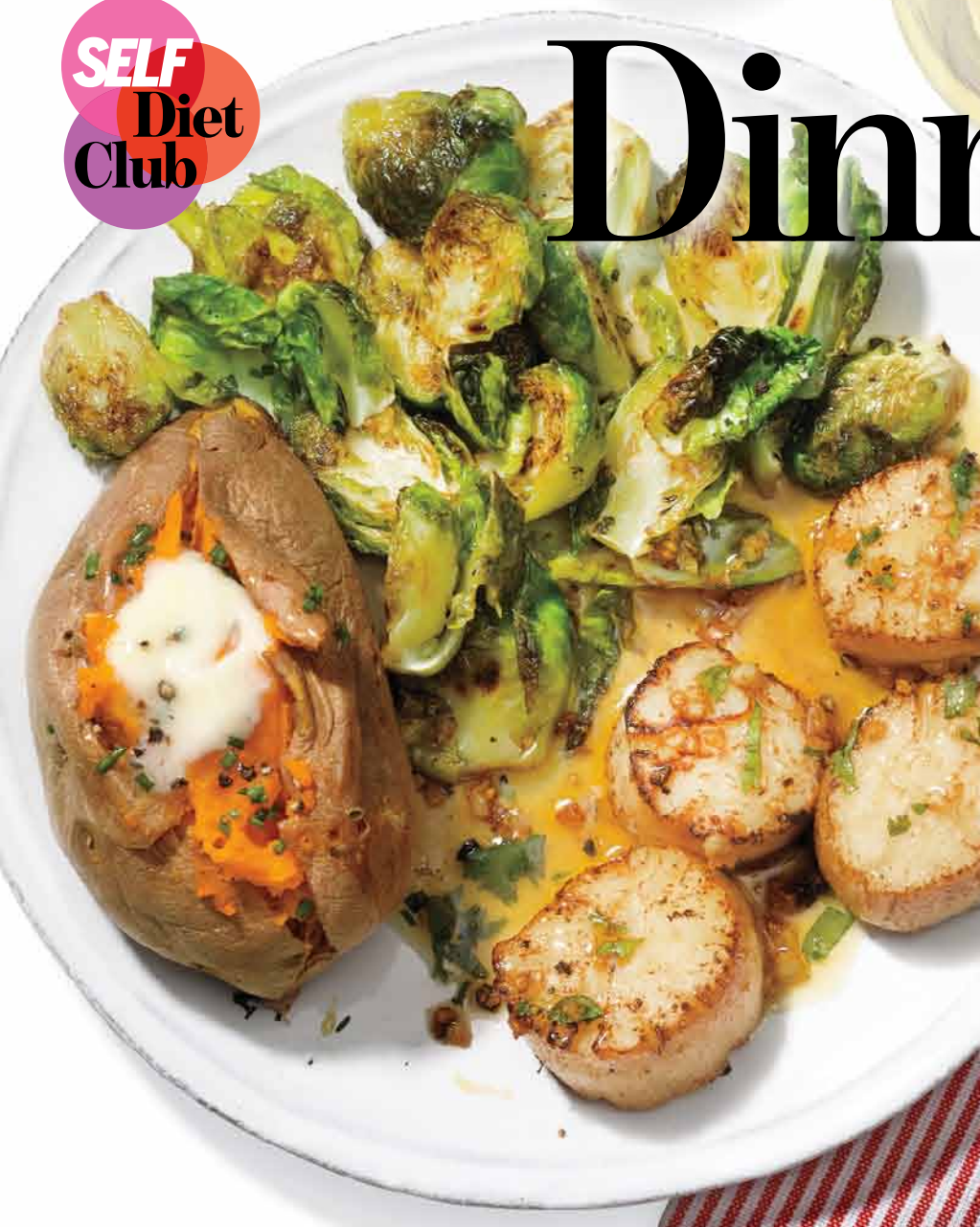


CRAVING SOMETHING ELSE? AIM FOR...

CALORIES	425-475
PROTEIN	12 g +
SATURATED FAT	< 7 g
SODIUM	< 650 mg
VEGGIES	1 cup +

 **ASK THE PROS** Visit Facebook.com/selfmagazine Thursdays for SELF Diet Club support from Clarke and Jarosh.

Dinner



2 Citrus Scallops With Fall Veggies

Heat oven to 450°. Halve 16 small brussels sprouts; toss with 2 tsp olive oil. On a baking sheet lined with foil, roast brussels sprouts, 20 minutes. In a small skillet, heat 2 tsp olive oil over medium-high heat. Cook ¾ lb sea scallops, 2 tsp chopped garlic, turning scallops once, until browned and cooked through, 4 minutes per side; remove from skillet. In same skillet, heat 2 tsp sugar over medium heat, stirring, 4 minutes. Remove skillet from heat; whisk in ½ cup orange juice, 2 tsp white wine vinegar, 1 tsp ground coriander. Bring juice mixture to a boil; reduce heat to medium; cook until thick, 5 to 8 minutes. Remove from heat; stir in 2 tsp unsalted butter. Place skillet over low heat; add scallops; coat with sauce. Divide scallops evenly between 2 plates. Serve each with brussels sprouts, 1 large baked sweet potato topped with 1 tsp butter, 1 tsp chives.

4 Loaded Shrimp Fajitas

In a medium pan over medium heat, sauté 1 yellow onion (sliced) in 1 tbsp olive oil with 1 red bell pepper (sliced), 3 minutes. Add 2 garlic cloves (chopped); sauté 3 minutes. Add 1 lb shrimp; sauté, turning once, until shrimp are pink, 4 minutes. Stir in 1 tbsp water, ¼ tsp ground cumin, ¼ tsp chili powder, ⅛ tsp onion powder. Among four 8-inch whole-wheat tortillas, divide shrimp mixture, 1 avocado (chopped), 1 cup diced tomato, 1 cup shredded lettuce, 1 cup shredded reduced-fat Mexican-blend cheese, 8 tbsp nonfat plain Greek yogurt.

Rotini With Creamy Spinach-Tomato Sauce

Cook ¾ cup whole-wheat rotini as directed on package; drain; set aside. In a medium pan over medium heat, sauté 1 cup halved grape tomatoes in 1 tsp olive oil with ¼ cup chopped onion, 7 minutes. Add ½ tsp chopped garlic, ⅓ tsp salt, a dash of black

pepper; sauté 8 minutes. Add 1 cup baby spinach; cook until wilted, 2 minutes. Reduce heat to low; stir in ½ cup canned cannellini beans (rinsed and drained), 2 tbsp part-skim ricotta. Serve pasta topped with sauce.

Grown-up Grilled Cheese With Tomato Soup

Brush a 6-inch whole-wheat pita with 2 tsp olive oil. Halve pita; fill each half with ⅓ cup shredded reduced-fat cheddar. In a pan, cook pita halves over medium-high heat, turning once, until cheese melts, 1½ minutes per side. In a pot, combine 2 cups reduced-sodium tomato soup, 1 cup baby spinach, ¼ cup chopped onion; warm over medium heat, 5 minutes.

1 Grilled Chicken Kebabs With Salad

One Romano's Macaroni Grill Grilled Chicken Spiedini entrée and one Fresh Greens Salad

CRAVING SOMETHING ELSE? AIM FOR...

CALORIES	525-575
PROTEIN	15 g +
SATURATED FAT	< 7 g
SODIUM	< 750 mg
VEGGIES	1 cup +

Snacks

PB and Grapes on Toast

Top 1 slice whole-wheat toast with 2 tsp peanut butter, 7 halved grapes.

Cinnamon Ricotta

Mix ¼ cup part-skim ricotta with 1 tbsp cashews, 1 tbsp raisins, cinnamon to taste.

Pepper-Dill Popcorn

Toss ¾ cups air-popped popcorn with 1 tsp olive oil, a pinch each of sea salt, black pepper, dried dill.

Greek Yogurt Parfait

Layer 6 oz nonfat plain Greek yogurt with ½ cup chopped pineapple, 1 tbsp granola.

Sweet Potato Chips

1 oz (about 15 chips) Food Should Taste Good Original Sweet Potato Chips

CRAVING SOMETHING ELSE? AIM FOR...

CALORIES	140-160
PROTEIN	5 g +
FIBER	3 g +
SATURATED FAT	< 3 g
SODIUM	< 200 mg
FRUIT	½ cup +

Treats

Ice Cream

¾ cup Edy's/ Dreyer's Slow Churned Light Chocolate Ice Cream

Coffee and Doughnuts

2 Dunkin' Donuts Munchkins (cinnamon cake or plain cake); 1 small coffee with skim milk

French Fries

½ medium order Sonic french fries (Give the other half to a friend!)

Wine

5 oz red wine

CRAVING SOMETHING ELSE? AIM FOR...

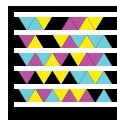
CALORIES	< 150
SATURATED FAT	< 5 g
SODIUM	< 200 mg
TRANS FAT	0 g
FAKE SWEETENERS	None

Dark Chocolate

¾ oz dark chocolate (70 percent cacao)

STOCK UP!

Snap this icon to have your SELF Diet Club grocery list sent straight to your smartphone. Get the free app for your phone at <http://gettag.mobi>.





Bragging rights

Check the boxes each day to keep track of your progress. You'll see, you have so got this.

MONDAY

Food

Diet? Followed.

Fitness

Cardio? Did it!

Cards? *Finito*.

Total reps _____

Friends

We worked out.

We ate together.

We tweeted and RT'd.

We posted on FB.

TUESDAY

Food

Diet? Followed.

Fitness

Cardio? Killed it.

Cards? Ditto.

Total reps _____

Friends

We worked out.

We ate together.

We tweeted and RT'd.

We posted on FB.

WEDNESDAY

Food

Diet? Followed.

Fitness

Cardio? Yep.

Cards? Of course!

Total reps _____

Friends

We worked out.

We ate together.

We tweeted and RT'd.

We posted on FB.

THURSDAY

Food

Diet? Followed.

Fitness

Cardio? Obviously.

Cards? You bet.

Total reps _____

Friends

We worked out.

We ate together.

We tweeted and RT'd.

We posted on FB.

FRIDAY

Food

Diet? Followed.

Fitness

Cardio? Nailed it!

Cards? Uh-huh.

Total reps _____

Friends

We worked out.

We ate together.

We tweeted and RT'd.

We posted on FB.

SATURDAY

Food

Diet? Followed.

Fitness

Cardio? Natch!

Cards? Done that.

Total reps _____

Friends

We worked out.

We ate together.

We tweeted and RT'd.

We posted on FB.

SUNDAY

Food

Diet? Followed.

Fitness

Cardio? So done.

Cards? Check.

Total reps _____

Friends

We worked out.

We ate together.

We tweeted and RT'd.

We posted on FB.