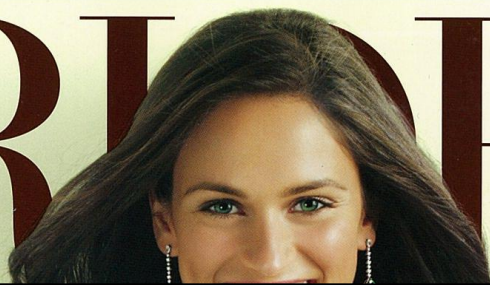


# BRIDES



## [brides fitness]

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**skinny for sale** Can you really buy yourself a svelte shape for the wedding day? A diet delivery service makes it possible to order in to be thin, with super-convenient slim-down solutions.

|         | THE PLAN  | KA-CHING!  | YUM FACTOR   | DIFFICULTY  | RESULTS   |
|---------|---|--|--|---|---|
| FITNESS |  <p><b>JENNY CRAIG DIRECT</b><br/>(jenny-craig.com)</p> | <p>For about \$60 to \$70 a week (plus shipping and a \$36 membership fee), three daily meals plus snacks are delivered to your door. Bonus: You get your own food consultant (via phone or online).</p> | <p>Jenny meals are tasty but tiny; rotini with meatballs, chicken parm, turkey burger get high marks. If you need something more filling, order one of the hearty soups.</p>                           | <p>Minimal effort (prepackaged food you pop in the microwave) meets maximum choice on this program. The one-on-one support makes staying on track a piece of cake.</p>  | <p>Expect to take off between 1 and 2 pounds per week—a healthy, sustainable weight-loss rate.</p>  |
|         | <p><b>DR. SIEGAL'S COOKIE DIET</b><br/>(cookie-diet.com)</p>  | <p>Consider this a sweet deal—\$59 for a week's worth of low-fat cookies. They come in five flavors (banana, coconut, chocolate, blueberry, and oatmeal raisin) and are high in fiber and protein.</p>   | <p>While you'll never mistake these cookies for Mrs. Fields' (oatmeal raisin was our fave), they do satisfy your sweet tooth and fill you up. The downside: After a few days, you're cookieed-out.</p> | <p>This is a simple meal replacement program. In lieu of breakfast and lunch, you eat a total of six cookies (600 calories in all), then have lean 200-calorie protein-and-veggie dinners.</p>                                  | <p>These amino acid-enriched cookies suppress appetite, which can translate into shedding up to 2½ pounds per week.</p>  |
|         | <p><b>CHEF'S DIET</b><br/>(chefs-diet.com)</p>  | <p>Be prepared to shell out quite a few clams (about \$40 per day, plus shipping and handling fees) for this daily delivery program that offers three fresh-cooked entrées and two snacks.</p>           | <p>This food service caters to the gourmet palate with dishes like eggplant rollatini and lobster tail.</p>         | <p>You can pick the type of plan, but not individual meals. The lack of flexibility may make the chef's specials tough to swallow.</p>  | <p>It's possible to enjoy epicurean eats and still lose weight (about 1 to 2 pounds per week) on this 1,200-to-1,400-calories-per-day plan.</p>   |
|         |  <p><b>NUTRISYSTEM</b><br/>(nutrisystem.com)</p>       | <p>These mini meals won't cost you mega bucks. A week's worth of provisions (breakfast, lunch, dinner, plus snacks) and access to an online consultant is \$54.95.</p>                                   | <p>The pictures on the packaging are more appetizing than the actual food. However, the blueberry pancakes, ice cream, pizza, and beef stroganoff are tasty.</p>                                       | <p>If you can open a package, add water, and operate a microwave, you can master NutriSystem. Most of the meals take one to two minutes to prepare—a joy for the time-crunched.</p>   | <p>NutriSystem's 1,200-calorie daily plan typically offers a rewarding 1½-pound-per-week weight loss.</p>   |
|         | <p><b>MEDIFAST DELIVERY</b><br/>(medifast-diet.com)</p>   | <p>Medifast gives you mega value for your meals—food (over 70 menu options) costs about \$11 per day, or \$299 per month.</p>  | <p>Portions are puny (compared to the other plans) but flavorful. Menu highlights: scrambled eggs and the popular Medifast shakes, which work as replacement meals.</p>                                | <p>The signature 5 and 1 Plan is easy: five replacement shakes or foods, plus one protein-and-veggie meal daily. All are quick to fix.</p>  | <p>Medifast works—fast. With a daily allowance of 800 to 1,000 calories, you can lose up to 5 pounds a week, keeping it off once the diet is done is the challenge.</p>                                       |



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