

US WEEKLY



3 DAYS IN TRISTA'S DIET

The breast-feeding mom eats 2,000 calories daily

Although Trista rewarded herself with a brownie sundae after the bikini shoot for Us ("Yes, I ate the whole thing," she admits), the self-described sweets addict has hardly been

indulgent in her daily diet, calculating her daily caloric needs at Revolutionlifestyle.com. "I'm into protein bars and trail mix," says Trista, who's also upped her veggie intake. And forget creamy pasta sauces: "We'll put just a little bit of olive oil on spinach and mozzarella ravioli," she says. "It's actually really good!"

SAMPLE MENU DAY 1

Breakfast A bowl of Frosted Mini-Wheats with skim milk
Snacks Sambazon Supergreens Revolution Organic Açai Smoothie; Muscle Milk Light shake
Lunch Turkey sandwich with light mayo on Oroweat Whole Grain Flax Bread; handful of Honey of Honey taham Sunchips; Uncle Eddies Vegan Cookie
Snack French Vanilla Pria Bar
Dinner Three slices of my's organic nach Pizza and a salad
Snack Six Nestlé Six Dibs

Breakfast Two LifeStream Flax Plus Waffles with 2 tsp Horizon

Trista took two Revolution Abdominal Cuts (workout supplements available at revolutionlifestyle.com) twice daily.

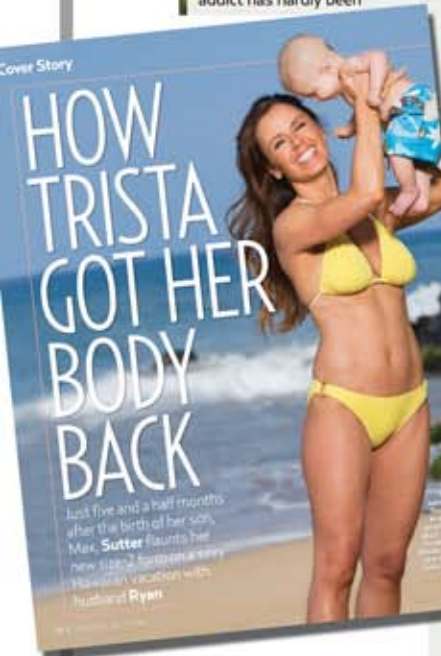
Organic butter and 2 tbsp syrup
Snack Chocolate Peanut Crunch

Pria Bar
Lunch Peanut butter and jelly sandwich on Oroweat bread; Sambazon Original Açai Juice; two Oreos

Snack Muscle Milk Light shake
Dinner Red beans and rice burrito; spinach salad
Snack Six Dibs

DAY 3
Breakfast Two whole-wheat pancakes with Smart Balance spread and syrup
Snack Mix 1 Tangerine drink
Lunch Grilled cheese on whole wheat; bowl of tomato soup
Snack One apple and 2 tsp peanut butter; Muscle Milk Light shake
Dinner Grilled chicken, broccoli and a sweet potato
Snack A few bites of Ben & Jerry's Lighten Up Ice cream

When did Trista feel sexy again with her husband? "I feel a lot more fit and healthy," she says. "And I think that's playing a part in our relationship."



for busy people trying to eat healthy

