

SHAPEUP!

Danielle's diet secrets

Get Danielle Lineker's fab bikini body

Model Danielle Lineker says she swears by inch-loss and toning treatment Hypoxi therapy to get her body beach fit. "You stand in the machine in a suit and the vacuum sucks you in and you walk on the treadmill," says Danielle, 31. The mum-of-one, who's 5ft 6 and a size 8, also refuses to change her diet, saying: "I try to cut down on carbs but my willpower's rubbish. I don't even like eating salads." Instead Danielle has her main meal at lunchtime. She adds: "It's usually fresh pasta and sauce. I try not to have too many carbs for dinner, so go for chicken salad or raw, fresh fish."

NEW! ON THE SHELF

Our round-up of the latest foods - and how healthy they really are



58 CALS
1.3G FAT
1.1G SALT
PER 60G
PACK

→ Weight Watchers Wafer Thin Cooked Ham (£1.39 per 2 x 60g pack). These packs of high-protein, low-fat ham are perfect for portion control and food on the go. Find in Asda.

● Add to tomato-based pasta and veg for a low-fat meal.

→ Colman's Season + Shake Mediterranean Chicken (£1.49 per 33g pack). (✓) This fab pack includes spices, herbs and garlic and comes with a baking bag. Just add veg and chicken to the bag, shake and bake. ● Low-fat but high in salt.



59 CALS
0.7G FAT
5.3G SALT
PER 33G
PACK

SLIMLINE SUPPERS

UNDER
400
CALS!

Choose a ready meal if time is tight, or make our healthy option



BUY IT

Waitrose King Prawn Laksa (serves 1) **294cals**

This spicy noodle soup combines coconut milk with king prawns, rice noodles and spinach - definitely a proper meal in a bowl - and it's absolutely delicious!



MAKE IT

Beef broth bowl (serves 4) **377cals**

Cook 200g basmati rice over a low heat for 20 mins. Fry 2 red onions for 5 mins. Add 1 finely sliced carrot and stir-fry for 2 mins. Add 350g sliced lean beef and stir-fry for 2 mins. Add 2tbsp soy sauce, 900ml hot beef stock, 2tbsp black bean sauce and 1tbsp hot chilli sauce. Simmer for 3 mins. Stir in 115g baby spinach leaves. Spoon chowder over rice to serve.



TOP TIP! If you love adding nuts to cereal but not the cals, try toasting them before chopping. It boosts their flavour so you'll need fewer to get the same delicious taste.

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Kay lost 2st on a Closer diet

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