



# Meal-replacement break through! Lose 11 lbs *fast!*

**A**re cookies replacing diet shakes? They just might be! After we heard a rumor that a reality-show star lost 15 pounds using a healthy twist on oatmeal-raisin treats, we did some digging. Turns out, other folks have shed 40, 60, even 100 pounds or more by eating special cookies in place of their usual breakfast and lunch—and they're raving about how much they love the approach. The secret: opting for goodies baked with ingredients that transform them into "grab-and-go meal replacements high in nutrients like protein, fiber and omega-3 fats—all of which promote healthy weight loss," says Lisa M. Davis, Ph.D., who has conducted meal-replacement research at Johns Hopkins and for Medifast. Davis adds that since cookies are a food we love and crave, using them instead of traditional shakes or bars can actually be more effective at preventing feelings of deprivation as we cut calories. "They're also very convenient and easy to use—even when the stress of the holidays hits!" They get impressive results, too. Susan Allport, M.S., a Tulane University-trained scientist and founder of

Susie's Smart Cookie, says the cookie diet, below—which features her omega-3-packed cookie recipe—can take off up to two pounds in 24 hours. Meanwhile, a formal study on meal-replacement cookies found that they helped dieters drop up to 11 pounds in 14 days while still enjoying hearty dinners. And this isn't just a short-term fix; folks using the omega-3-rich Smart for Life cookie diet (a brand sold at Costco) have shed up to 134 pounds! How much can you lose? Here's everything you need to know to find out . . .

**Tip!** No time to bake? You can order omega-3-rich meal-replacement cookies from SusieSmartCookie.com, SmartForLife.com and AlyssasCookies.com.



## Your quick-start guide

● **What you eat** Our nutrition team worked with Allport to create a simple plan for readers to try. Just have a meal-replacement cookie with fruit for breakfast, another with yogurt or soup for lunch and a healthy 450-calorie dinner. That's all there is to it!

● **Why it works so well** The scientific evidence is overwhelming: "The more meal replacements a dieter uses, the more weight she'll lose," says Davis.

One big reason is that meal replacements—whether in the form of cookies or shakes—help keep calories low and precise. Perhaps even more important, explains Davis, they dramatically reduce the number of decisions we have to make about food—what to eat, how to prepare a meal, how much to eat, whether to have seconds—slashing opportunities to slip up.

On top of that, new weight-loss cookies like Susie's, Smart for Life and Alyssa's Healthy Cookies (a bakery backed by *Shark Tank* judge Mark Cuban) are also typically loaded with fiber—a nutrient proven to trigger fullness and even increase levels of fat-fighting good bacteria in our digestive tracts. The cookies also contain nice doses of hunger-killing and metabolism-boosting protein.

● **The omega-3 bonus** The recipe on this page delivers 2 grams of omega-3 fatty acids per treat—considerably more than you'd get from many omega-3 supplements. Eat two of them, and there's evidence that you'll "increase resting metabolism by 5% in 12 weeks," says Davis. Why? Omega-3s have a strong anti-inflammatory effect, which helps "restore normal cellular function and may improve thyroid function"—both key factors in optimizing the rate at which our bodies burn calories. Squeeze in additional omega-3s at dinner (from salmon, grass-fed beef or canola oil)

A new kind of cookie—one packed with protein, fiber and omega-3s—promises to help you slim down with ease. And we're sharing the recipe right here!



## Eat omega-3 cookies, get healthy!

**Omega-3-rich cookies not only aid in weight loss, they also . . .**

- **Protect your heart!** People who get more omega-3 fatty acids from either supplements or their diet lower their risk of heart disease by 16%, say scientists.
- **Sharpen your memory!** Women over 55 who took in more omega-3s significantly boosted memory and reduced their risk of developing Alzheimer's as much as 70%.
- **Boost your mood!** When researchers asked women diagnosed with depression to supplement with omega-3s for eight weeks, 70% reported improved spirits!
- **Ease arthritis!** Research shows omega-3 fatty acids are converted into anti-inflammatory chemicals called resolvins that help block joint tenderness.

## Use meal-replacement cookies to get slim!

**O**ur nutrition team worked with Susan Allport, M.S., to create this special version of her signature cookie plan for you to try. The basic menu serves up two cookies—one for breakfast, another for lunch—plus healthy sides and a hearty dinner for a total of about 1,300 calories per day (making its nutrient content similar to that of plans proven to take off 11 pounds in 14 days). While using this plan, be sure to drink plenty of water. Add other ultra-low-cal extras (spices, vinegar, zero-cal sweetener) as desired. As always, get a doctor's okay to try any new plan.

### Breakfast

**ENJOY DAILY** ▶  
1 breakfast cookie, recipe right  
1 small piece/  
serving  
fruit



**Not in a cookie mood?** It's fine to swap in any meal under 400 calories that's rich in protein, fiber and omega-3s. Examples: 1/2 whole-wheat bagel, 2 Tbs. lite cream cheese, 2 oz. smoked salmon and a sliced tomato; or any healthy frozen dinner that includes salmon or grass-fed beef—such as Artisan Bistro brand.



### Lunch

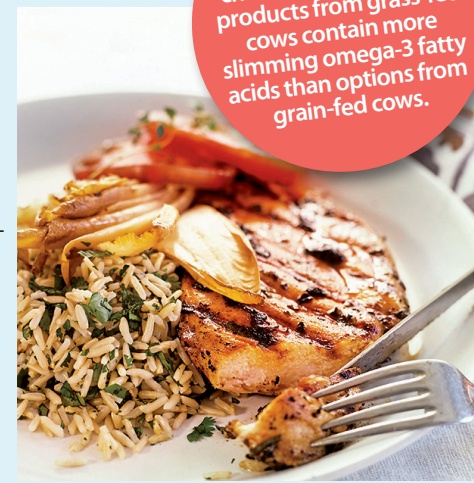
**ENJOY DAILY**  
1 breakfast cookie  
100-calorie cup  
Greek yogurt,  
any variety,  
or 1 cup light  
soup, such as  
Progresso Light



### Dinner

**ENJOY DAILY**

6 oz. broiled, grilled or sautéed fish, chicken or grass-fed meat prepared with herbs, seasonings and lemon juice or Worcestershire sauce to taste  
Unlimited steamed or raw vegetables,  
1 tsp. canola oil or  
2 tsp. canola-based vinaigrette  
1/2 cup cooked brown rice or 1 small baked sweet potato



**Tip!** Opting for steak or cheese? Beef and dairy products from grass-fed cows contain more slimming omega-3 fatty acids than options from grain-fed cows.

### Make your own menus!

Allow yourself about 400 calories at breakfast and 450 each at lunch and dinner. Be sure to emphasize foods rich in protein, fiber and omega-3s. Good omega-3 choices include salmon, albacore tuna, trout, eggs from chickens fed an omega-3-rich diet, beef and dairy from grass-fed cows, flaxseeds, chia seeds, walnuts, canola oil, spinach and Uncle Sam cereal.

## Bake your own fat-burning cookies!

This recipe was created by the founder of Susie's Smart Cookie and is inspired by her popular treats . . .

- 1 stick grass-fed butter
- 2/3 cup canola oil
- 1/2 cup honey
- 3/4 cup brown sugar, loosely packed
- 2 medium omega-3 eggs
- 1 tsp. vanilla
- 1 1/4 cups flour
- 4 oz. ground flaxseed
- 1/4 cup unsweetened cocoa powder
- 1 tsp. salt
- 1 1/2 tsp. baking soda
- 1 grated zucchini, squeezed as dry as possible
- 1 1/2 cups rolled oats

- Preheat oven to 350°F. In large bowl, cream together butter, oil, honey and sugar. Add eggs and mix well. Add vanilla.
- In separate bowl, whisk together flour, flax, cocoa, salt and baking soda. Slowly combine with butter mixture. Stir in zucchini until just combined. Stir in oats until just combined. Add more oats if batter seems loose.
- Form 12 mounds; bake on a parchment-lined sheet for 15 minutes. Cool on a rack and store in an airtight container.



**IT WORKS!**

### Shalini lost two sizes!

When New York mom Shalini Yassin, 36, tried Susie's Smart Breakfast Cookies, she was just looking for a healthy morning meal. "I started to notice I had fewer cravings and more energy," she says. In 12 weeks, she was down a size. "I was barely even trying!" Eventually she did try, following a diet that called for cookies at breakfast and lunch plus a healthy dinner. Down another size in a week, "I was shocked because I wasn't hungry at all," she says. "These cookies work!"

### Shalini's best tip:

● **Beat the urge to overindulge!** Enjoy at least one omega-3-rich cookie daily, and "even when there are sweets everywhere, your cravings will be so much less intense!"

For more great tips on healthy food and diet trends, Lisa Davis, Ph.D., recommends you check out the blog at TerrasKitchen.com.

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