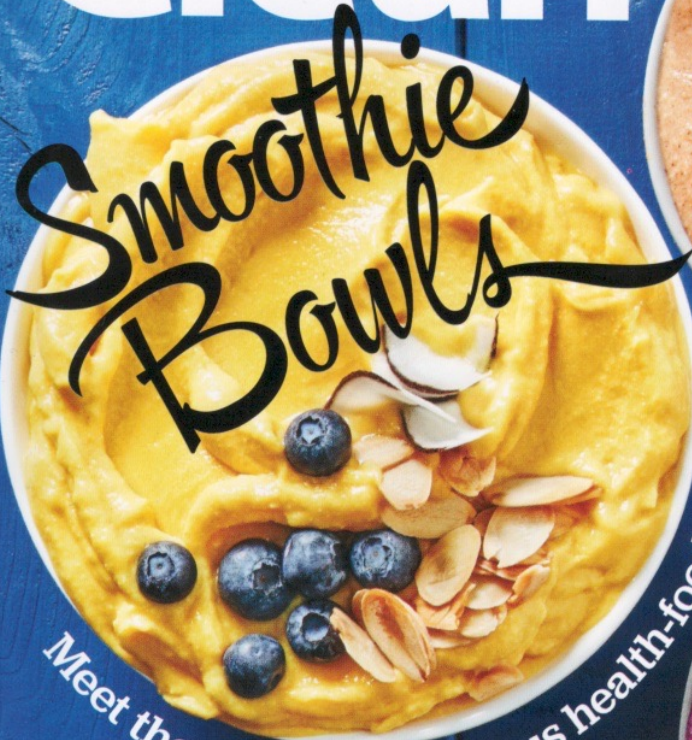


THE NEW RULES OF WEIGHT LOSS
(What really works long-term)

Clean Eating

APRIL 2016



Smoothie Bowls



*Cheap,
Cheerful*
& SERIOUSLY
HEALTHY
FAMILY MEALS



**DROP
5 LBS
IN 2
WEEKS!**

ALL
SLIM,
NO
STARVE

*RING IN
SPRING*
5 GREENS YOU'RE
NOT EATING BUT
SHOULD BE!



WHY
A HIGH-
FAT
DIET
=
A LOW-
FAT
BODY

**5 BLENDERS
THAT STAND THE
TEST OF TIME**



cleaneating.com

APRIL 2016 \$5.99 US



Please display until 04/19/2016

Slimming Snacks & Drinks

Reach your health goals with these easy-on-the-waistline foods and drinks.

BY LAURA SCHOBER

1 LOW-CAL CRACKERS

For a light yet satisfying snack, RW Garcia 3-Seed Sweet Pea Crackers ring in at 130 calories per serving of 16 crackers. They're also gluten-free, non-GMO and made with nutrient-packed peas, flaxseed, sesame and chia. **\$6 to \$6.50, rwgarcia.com for where to buy**



2 SPICY-HOT JERKY

At just 100 calories, the EPIC Chicken Sriracha Bar quashes cravings while firing up your taste buds. It's a moist jerky made from non-GMO poultry that's laced with spices, red pepper flakes, chia seeds, garlic and paprika for a serious hit of spicy heat. **\$3, epicbar.com**



3 HOME ROASTED

The CE team is obsessed with Allgood Provisions Organic Oven-Stoked Roasting Kits, and for good reason. Our fave flavor combo – Black Truffle Rosemary Almonds – takes just 15 minutes to prepare and clocks in at 180 calories per 1-ounce serving. **\$10, allgoodprovisions.com**



4 OUT OF THIS WORLD

That's It. fruit bars are orbiting the earth – literally. Provided as healthy snacks to astronauts aboard the International Space Station (and NASA food lab-approved!), each 100-calorie, high-fiber bar is made with just two ingredients. We recommend the apple and mango variety! **\$2, thatsitfruit.com for where to buy**



5 ELECTROLYTE CITY

Devoid of the added preservatives many other coconut and aloe waters contain, Taste Nirvana Real Coco Aloe is an all-natural, naturally sweet beverage with 60 calories, 400 milligrams of potassium and 2 grams of natural fiber per bottle. **\$2.50, tastenirvana.com for where to buy**



6 WILD WATER

Only 35 calories per serving, Caliwater Cactus Water in Wild Prickly Pear is a refreshing and beautifying electrolyte-rich bevvie. Prickly pear cactus juice contains a high concentration of betalains, antioxidants that help rejuvenate skin. **\$2.50, drinkcaliwater.com for where to buy**

