

DO IT & DIET

Eat Great And Lose Weight With Suzanne Somers' Weight-Loss Secrets On eDiets.com®

(NAPSA)—Suzanne Somers, actress and best-selling author of 16 books on physical and emotional health, has devised a unique weight-loss and lifestyle plan that boosts your metabolism by regulating blood sugar levels. The Suzanne Somers Weight-Loss Plan, offered exclusively on eDiets.com®, focuses on combining the right foods at the right time to fuel your fat-burning metabolism and help you lose weight in a natural way. While following the plan, which includes a plethora of original recipes, you will learn the eating patterns that work best for your particular body.

Suzanne Somers suggests the following tips for weight-loss success:

- When eating protein/fats, it is important to include vegetables as they are an excellent source of fiber. Also, vegetables provide a small amount of carbohydrates, which are necessary to keep your body balanced.

- Never skip meals. Remember, you are training your body to operate more efficiently, and it needs fuel from your three daily meals and snacks to function and avoid insulin spikes, which get in the way of weight loss.

- Listen to your body and eat until you feel satisfied and comfortably full. If you find that you are feeling stuffed, this is a sign



Suzanne Somers has partnered with eDiets.com® to present The Suzanne Somers Weight-Loss Plan.

that you may want to do a better job of listening to your body's natural inclinations.

- Be adventurous when selecting foods and don't deprive yourself of the foods you love.

The Suzanne Somers Weight-Loss Plan on eDiets.com® offers flavorful recipes such as the one below that will help you reach your weight-loss goals without depriving you of the foods you enjoy most.

Chicken Tomato Cilantro Soup

Cooked chicken carcass and any vegetables, sauce,

and juices from roasting pan
Salt and freshly ground pepper
1 can (28 ounces) Italian plum tomatoes with juice
1 teaspoon dried oregano
6 tablespoons chopped fresh cilantro

Remove any leftover meat from the chicken carcass and set aside. Put the carcass in a soup pot and cover with water. Add any leftover vegetables and sauce, then salt and pepper to taste. Heat to boil, then lower heat and simmer for about 3 hours.

Strain the broth and discard the bones and vegetables. Refrigerate broth until fat hardens on top, about 4 hours. Skim off the fat and return broth to the stove to reheat over medium heat.

Roughly chop the tomatoes and add them to the broth with their juice. Then add the oregano, leftover chicken, and additional salt and pepper to taste. Cook over medium heat for 30 minutes, then serve with a sprinkle of fresh cilantro.

For more great tips and recipes, check out The Suzanne Somers Weight-Loss Plan on eDiets.com®.