

August 11, 2008

healthy living made easy



5-ingredient
wow

First

NO-BAKE mmm...

**LOSE 27 LBS
IN 2 WEEKS**

New JUICE CLEANSE rebalances
body pH to burn fat 197% faster

**YOU, SUMMER
BEAUTIFUL**

J.Lo's secret to
post-baby slim

EXCLUSIVE: Dr. Perricone's 10-day
plan transforms skin and eliminates
fatty jiggles—from the inside out

100% HEALTHY

Home remedies
that work wonders

**STRESS—
STOPPED**

5 ways to turn off
your worry hormones

\$2.49



**SUCCESS
SECRETS**

- ☀ Be lucky with money
- ☀ Get him to help around the house
- ☀ Host the perfect summer party

**YOUR
TIREDNESS
CURE**

DISCOVERED! 5 surprising
summer-fatigue triggers—
and easy, proven fixes



mmm... Peachy-keen cuties

A few ingredients and three easy steps yield a fresh and fruity dessert that showcases summer berries in all their glory

Peach Melba Summer Pudding Makes 6

- 1 box (12.5 oz.) frozen French toast, like Aunt Jemima, thawed and divided
- 1 banana
- 4
- ½
- 1 le

In bot
French
crumb
remain
comb
and 1 T
shown i
reserved

Feeling crabby?

ENTER TO WIN A SEAFOOD FEAST

You could be hosting your own Chesapeake-crab dinner party with this delicious dream prize worth \$364, courtesy of **CrabPlace.com**. This family-owned online seafood store is based in Crisfield, Maryland—the crab capital of the world. One lucky *First* reader will receive a summer seafood supper that includes 24 crab balls, 6 (8 oz.) crab cakes, 4 jars (16 oz.) tomato-corn salsa with fresh crabmeat, 12 premium steamed and seasoned blue crabs, 1 jar (8 oz.) cocktail sauce and 1 jar (8 oz.) tartar sauce. To enter, send your name, address and phone number to The Crab Place Giveaway, *First* magazine, 270 Sylvan Ave., Englewood Cliffs, NJ 07632 by September 1, 2008. Turn to page 116 for rules.

Worth \$364!



Time: 5 min. Total time: 15 min., plus
g time
ing: Col. 288 Pro. 6g Carb. 58g Fiber 2g
g Sod. 294mg Total Fat: 4g Sat. 1g Trans. 0g

MASTERS



3 Step three:
Invert and serve
Discard top layer of plastic. Pull up on bottom layer of plastic; invert pudding onto 6 plates. Gently remove plastic and discard.

Summer p

Make pudding that... your favorite flavors when you replace the French toast with a loaf cake from column A, the peaches with a fruit from column B and the lemon juice and zest with a liqueur from column C.



+



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Column A	Column B	Column C
1 banana	chopped plums	rum
2 marble	blackberries	coffee-flavored liqueur
3 chocolate chip	quartered strawberries	orange-flavored liqueur
4 sour cream	pitted cherries	brandy
5 butter loaf	blueberries	cherry-flavored liqueur
6 raisin	frozen mixed berries, thawed	peach-flavored liqueur

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