



JENNIFER GARNER'S POST-BABY DIET



BREAKFAST



1 cup Kashi cereal with
½ cup 1% milk
150 calories



1 cup fresh
blueberries
83 calories

SNACK



Luna Bar (chocolate
peppermint stick)
180 calories

LUNCH



4-oz. turkey burger with
lettuce, pickle, tomato,
onion 216 calories



2 cups mixed green salad,
no dressing
18 calories

SNACK



Medium apple
72 calories
String cheese
80 calories

DINNER



Sushi: 1 tuna roll,
6 pieces yellowfin
254 calories



1 cup steamed
edamame
200 calories

DESSERT



1 almond
biscotti
120 calories

To help lose the pounds she gained while pregnant with Violet, now 4 months, Garner turned to her fitness trainer Valerie Waters, who stresses portion control

Total calories consumed in one day: 1,373