

# STAR'S EASY slim-down tricks



Mariah Carey, 37, slimmed down with small portions.

Five meals help Halle Berry, 40, keep her blood-sugar level stable.

Jennifer Garner ate often to banish her post-baby weight.

These celeb-approved weight-loss tips are the secret to a thin - and filling - new year

Tis the season for resolutions, and conquering the battle of the bulge is often at the top of the list. But rather than a complete diet overhaul, there are simple ways to shed pounds and ring in 2007 with a red-carpet-ready- bod.

### Strive for five meals

New mom Jennifer Garner, 34, did exactly that to get back to her pre-baby bod.

“She watched her portion size, eating three meals and two snacks a day,” Jen’s trainer, Valerie Waters, tells Life & Style.

### Why it works

“Eating smaller meals keeps your hunger levels in check and prevents overeating at the next meal,” And the results speak for themselves! A 1,200 to 1,400 caloric mini-meal diet could result in the loss of tip to 3 pounds a week.



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## A SAMPLE FIVE-MEAL MENU

Meal #1	Meal #2	Meal #3	Meal #4	Meal #5
Start sweet with a whole-wheat pancake, fruit and skim milk <b>Calories: 248</b>	Rev up with fiber-filled almonds, cereal and yogurt <b>Calories: 217</b>	Veggies add crunch to turkey-and-cheese roll-ups <b>Calories: 190</b>	Filling basics like miso soup and edamame stave off hunger <b>Calories: 285</b>	Sit down to a square meal of salmon and sautéed spinach <b>Calories: 265</b>