

**Eat
Clean,**

**Stay
Lean**

Meet real people with true stories of weight loss success.

INTERVIEWS BY MARYGRACE TAYLOR

Eating clean is one of the most effective and sustainable ways to lose weight. It's simple, too: Rather than cutting carbs or counting calories, you eat whole foods that are fresh or minimally processed, with no chemicals or added sugars. You also eat smaller quantities more often, helping rev your metabolism and keep you full. The results are often life changing, as four *Prevention* readers discovered when they ate clean for 6 weeks on the plan in the book *Eat Clean, Stay Lean: The Diet* (Rodale, December 2016). Here, they share how they did it—and how you can do it, too.

Jenny Sucov, 47

Pounds lost: 7

Inches lost from waist: 1.5

I didn't eat much processed food before the plan, but I would have chocolate or cookies as a daily treat, bread when I went out to dinner, and lots of red wine. But when I got to be the heaviest I'd ever been, I knew I had to do something.

I didn't think at first that I could give up sugar and alcohol for 6 weeks, but it turned out to be easier than I thought. What helped—and what I liked best about the plan—is that you can eat more often throughout the day than you can on typical diets. So many people think, *Oh, you can't eat carbs when you eat clean*, but I ate lots of carbs: buckwheat pancakes and whole wheat cereal and pasta.

I learned quickly that having a hearty breakfast set me up to eat clean the rest of the day. If I had a light breakfast, I'd be hungry again shortly after.

The weight didn't come off right away, but after a few weeks, I saw a difference. Not only did the plan work, but it's also a lifestyle that I can maintain because it's not a diet—it's a healthier approach to how you eat.

PORTRAITS BY MATT RAINEY; WARDROBE STYLING BY KATHIE YOUNG; HAIR AND MAKEUP BY CLAUDIA ANDREATA/HALLEY RESOURCES



Steve Block, 52*Pounds lost: 22**Inches lost from waist: 3.5*

I was overweight, and I didn't feel good. I'd lost weight a few times in the past, but I would always go back to eating whatever I wanted. Every night I'd have frozen yogurt or cookies, and then I'd get awful heartburn.

Since I started eating clean, I haven't had heartburn—and I've finally learned how to eat right. I used to eat peanut butter almost like it was ice cream, but now I'll have a tablespoon on an apple and feel satisfied.

The biggest challenge was making sure I had the right foods wherever I went. My girlfriend and I recently took a trip to Iceland, and we brought our own snacks because we weren't sure what would be available. We also rented an apartment and made a healthy breakfast there every day. If I go to the movies, I'll bring a granola bar made with oats and nuts. At a bar, I'll order seltzer with a splash of cranberry juice for flavor.

I was a sugar addict, there's no doubt. But I don't crave it anymore. In fact, I don't crave anything. I could eat like this forever—I've even lost another 10 pounds. I feel better, and I also feel happier.

FOOD PHOTOGRAPHS BY MITCH MANDEL; FOOD STYLING BY KHALIL HYMORE; PROP STYLING BY COURTNEY DE WET

Clean Eating Starts Here

Eating clean to lose weight means having three meals and at least one snack per day (opt for two if you exercise) so you never get hungry. Here are delicious examples of a clean breakfast, snack, lunch, smoothie (your second snack), and dinner, all made from real, whole foods.



PB&J GRANOLA

Makes 2½ cups (1 serving = ¼ cup)

Heat oven to 250°F. In bowl, combine 1½ cups **rolled oats**, ½ cup **puffed brown rice cereal**, ¼ cup **peanuts**, 2 Tbsp **flaxseed**, and a pinch of **salt**. In pan over medium heat, combine 2 Tbsp **olive oil**, 2 Tbsp **peanut butter**, 2 Tbsp **strawberry all-fruit spread**, and 1 tsp **vanilla extract**. Toss with dry ingredients. Spread evenly on sheet pan. Bake 30 minutes, stirring every 10 minutes. Cool. Stir in ¼ cup **raisins**. Serve over **low-fat Greek or plain yogurt**.



Want to try the full 6-week plan yourself? Preorder a copy of *Eat Clean, Stay Lean: The Diet* at rodalewellness.com/ecsdiet.

WEIGHT LOSS



LEMON ROSEMARY WHITE BEAN DIP

Serves 8 (¼ cup each)

In food processor or blender, process 1 can (15 oz) **reduced-sodium white beans, rinsed and drained**; 1 Tbsp olive oil; 2 tsp fresh lemon juice; 1 tsp lemon zest; ¼ tsp sea salt; 1 clove **garlic, chopped**; and 1 Tbsp water until smooth. Pulse in 1 tsp **finely chopped fresh rosemary**. Transfer to airtight container and refrigerate up to 5 days. Serve with **freshly cut carrots, celery sticks, bell peppers, or other fresh vegetables**.



SHAVED VEGGIE SALAD

Serves 2

In bowl, whisk 2 Tbsp **fresh dill, chopped**; 2 tsp olive oil; 1 tsp lemon zest; 1 tsp **white wine vinegar**; ½ tsp sea salt; and ¼ tsp **black pepper**. Using vegetable peeler, shave lengthwise into long ribbons 6 to 8 **asparagus spears**, 2 med **peeled carrots**, 1 **broccoli stalk** (no florets), and 1 med **zucchini**. Toss with dressing and serve.

MaryPat Scorzetti, 54

Pounds lost: 9

Inches lost from waist: 1.5

I spent years chasing an ideal dress size rather than a certain level of health. But when I started eating clean, I didn't set out to lose a specific amount of weight—I realized I'd spent too much of my life worrying about weight and numbers.

What I like about this plan is that it expanded my knowledge of which foods are healthy and which aren't. On other diets, I would stay within the calorie range, but I was eating crappy foods. If I looked at a food label, it was only to check the fat content. But now I pay attention to whether a food has preservatives or is organic—and when I buy organic produce, I think of it as money well spent: I buy only the fruits and vegetables I can use rather than buying regular produce in bulk and letting much of it go to waste.

This plan helped me realize that I need less food than I thought I did. My palate also changed. Instead of ice cream after dinner, I'm satisfied with half of a chocolate-covered banana. And the best bonus of all has been that my joint pain from osteoarthritis has decreased, too.





Richard Mastronardo, 48

*Pounds lost: 21
Inches lost from waist: 2.75*

In the past, I lived to eat. Food was something that could make or break my day. I ate lots of packaged foods and went to restaurants two or three times a week.

I'd tried diets before and stuck to them, but I wouldn't lose even a pound. So I didn't expect this plan to work. But I was motivated: My doctor wanted me to take blood pressure pills, and I didn't want to do that. I knew I had to lose weight.

What I love about eating clean is that I didn't have to think about it. I didn't need to enter anything into an app or figure out whether I could have carbs or not. I did worry about what I'd eat when I traveled for business, which I did 5 of the 6 weeks on this plan. But I learned to order salmon or grilled chicken and swap fries for veggies; if portions were huge, I'd eat half. I also started sharing appetizers with colleagues. I was able to get a taste, which was all I needed.

It takes planning and common sense, but it's easy to eat this way. And I achieved my most important goal: My blood pressure dropped from 145/100 to 121/89—without medication.



GREEN GINGER SMOOTHIE

Serves 1 (Makes 1 ¼ cups)

Blend ½ cup **chopped kale**, ⅓ cup **coconut water**, ¼ cup **fresh or frozen mango chunks**, ¼ cup **fresh or frozen pineapple chunks**, 1 Tbsp **chia seeds or flaxseed**, ½ tsp **grated fresh ginger**, ¼ med **avocado**, and ½ cup **water** until smooth.



ISRAELI COUSCOUS SALAD WITH SALMON

Serves 2

Cook ¾ cup **Israeli couscous** per package directions. In jar with tight lid, combine **juice of ½ lemon**, 2 tsp **olive oil**, and ½ tsp **dried oregano**; shake until combined. Combine cooked couscous with 1 can (5 oz) **wild salmon, drained and flaked**; ½ cup **grape tomatoes, halved**; ¼ cup **crumbled feta**; 8 **pitted kalamata olives**; and ½ **cucumber, peeled, seeded, and chopped**. Toss with dressing and add salt to taste.