

Magic slim-down meals

These dishes all have the Big Three that nutritionists recommend for dropping pounds: 1) filling fiber from whole grains, veggies, and fruits; 2) healthy fats to make your meals satisfying; and 3) protein to speed your metabolism. What makes them magic? Secret ingredients proven by researchers to torch fat. Also—and this is major—they're completely delicious.

BY MARYGRACE TAYLOR PHOTOGRAPHED BY CHARLES MASTERS

A banana has sweetness, fiber, and potassium, which will give your muscles energy to get through a workout

Caffeine can rev your metabolism

Unsweetened cocoa is full of antioxidants that help you burn calories

BANANA-MOCHA SMOOTHIE

- 1 large frozen banana, cut into chunks
- ½ cup cooled coffee (leftover from your morning brew is fine)
- ½ cup 1% milk
- 1 Tbsp cocoa powder, plus more for dusting
- 1 Tbsp almond butter
- Chocolate-covered espresso beans, for garnish (optional)

1. Place banana, coffee, milk, cocoa powder, and almond butter in a blender and blend until smooth, about 1 minute.
2. Pour smoothie into a glass. Dust with cocoa powder and top with a few crushed chocolate-covered espresso beans, if desired.

Makes 1 smoothie. Each smoothie: 284 cal, 11 g fat, 10 g protein, 43 g carb.

Nearly 4 grams of fat-burning protein

