

THE SEXY LEG MOVE
WITH WOW! RESULTS

STOP STRESS EATING!
START DROPPING POUNDS

SHAPE

SHAPE
YOUR
LIFE

EXCLUSIVE!
**THE 15 BEST
POWER
FOODS
FOR WOMEN**
**EAT THESE, GET SLIM
& HEALTHY FAST**

**10 SKIN
RULES
YOU SHOULD
NEVER EVER
BREAK** p. 88

August 2010 | Shape.com



I eat right | NEWS

NEW WAYS TO COOK WITH... **WATERMELON**

Give this barbecue basic a sophisticated spin with fresh ideas from Renc  Herzog, the pastry chef at Clio restaurant in Boston.

◆ **IN A SALSA** Combine diced watermelon with minced red chilis, chopped fresh cilantro, a splash of lime juice, and a pinch of salt; serve with pita chips.

◆ **IN A SALAD** Toss cubed watermelon and jicama with diced cucumber and radishes. Season with salt and pepper and drizzle with a ginger vinaigrette.

◆ **IN A SORBET** Combine 4 cups of pur ed watermelon,   cup simple syrup, and   cup St. Germain Elderflower Liqueur. Freeze in a baking pan, then scoop into small bowls.



One cup of cubed watermelon contains just 46 calories

TOME!
**KOUT
NGED
DY
E LAUGH**
" p. 51

E MONTH!
FIRM
S
,40+
ES A DAY

ASH!
**E, HAVE
SEX
TONIGHT**
p. 112

**HOW MANY CALORIES DO
YOU REALLY NEED? IT'S NOT WHAT YOU THINK**