

MUSCLE & FITNESS

Hers

For women who want more out of fitness



LOSE 10 POUNDS

"In a word, awesome."

Can You Lick the Sugar Habit? pg. 38

7 Moves to Jiggle-Proof Your Thighs

Take Me Away Fun Fitness Vacation

A CUT ABOVE: TOOLS FOR CHOPPED SALADS



- 1 Bonjour Battery-Operated Salad Spinner**
This battery-operated salad spinner not only spins your salads with ease but also comes with a small basket for spinning herbs and smaller ingredients. \$35. www.bonjourproducts.com or 800-280H-JOUEP.
- 2 Toss & Chop by Silvermark**
In a word, awesome. Cuts prep time by at least half and virtually eliminates cleanup. Throw all your ingredients in a bowl and chop to your heart's content for a chopped salad in minutes. For onions or any other strong flavors, chop first to make sure they get chopped finely enough. We found it difficult to chop using one hand, but got great results by using both hands. Make sure all ingredients are thoroughly washed and dried before chopping. Remove seeds from tomatoes and cucumbers before chopping. \$30. www.silvermk.com or 800-231-4114.
- 3 Cuisinart Food Processor with assorted blades**
This is the most powerful food processor we've found. \$150 and up. www.cuisinart.com or 800-726-0190.
- 4 Black & Decker Quick 'N Easy Plus**
This high-powered device shoots the food right into your bowl. \$41.99. www.householdproductsinc.com or 800-743-8635.
- 5 Mushroom Xpress by Ontel**
Excellent for chopping eggs, olives and mushrooms in seconds. \$9.99 at Bed Bath & Beyond, Wal-Mart. www.kitchencollection.com.
- 6 Large plastic lettuce knife**
Only \$2.99 and keeps chopped lettuce from turning brown. At Bed Bath & Beyond.

Food guide

Annie's Naturals 800-454-1234 www.anniesnaturals.com Culcut 888-792-2268 www.culcutherse.com	Laura's Lean Beef 859-799-7707 www.laurasleanbeef.com Seeds of Change 888-762-7133 www.seedssofchange.com	Simply Organic 800-469-3275 www.frontierfoods.com T. Maratti 614-946-2232 www.maratti.com
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