

FEBRUARY 2012

People

AWARDS SHOW SPECIAL

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FANTASTIC
PHOTOS!

BEST-KEPT
STYLE
SECRETS!

THE ULTIMATE RED CARPET GUIDE

DAZZLING GLAMOUR!



STARS' RED CARPET DIETS

SOME GIVE UP DESSERT. OTHERS FORFEIT FOOD ALTOGETHER. HOW CELEBS REALLY SLIM DOWN



"Leafy green vegetables are fantastic for my skin," says Hayek.

SALMA HAYEK

Red carpet plan: Cooler Cleanse, an organic drink line she created with juice bar owner Eric Helms.
When she starts: Five days before.
What she can't eat: All solid food. "I'm drinking organic fruits and vegetables every day, so I'm getting lots of nutrients," says Hayek.
What she can eat: Six juice mixes a day, such as coconut water and a mix of kale, spinach, parsley, celery and apple.
The results: "Award ceremonies take place after Christmas, so I always have a few pounds to lose," she says. But postshow, "I have quesadillas with hot sauce for breakfast."

GWYNETH PALTROW

Red carpet plan: Tracy Anderson Method.
When she starts: Three days before.
What she eliminates: Bagels for breakfast.
What she adds: Protein shakes for breakfast, avocado sandwiches for lunch, fish and veggies for dinner.
What it does: "This regime got me into the best shape of my life, and I continue to return to it when I have a specific event," Paltrow has said.



Almonds are Paltrow's go-to snack on the plan.



TYRA BANKS



Red carpet plan: Heather Bauer's Nu-Train Program.
When she starts: About two to three days before an event.
What she can't eat: Snacks and dessert.
What she can eat: Prepackaged Amy's Kitchen meals, high-fiber foods like Kashi GoLean bars plus extra water.
The results: "Her weight is so steady, she doesn't have to stress over an event," says Bauer, author of *Bread Is the Devil*. "I've never felt healthier," adds Banks. "Once I'm on that carpet, it's about rocking my curves."

Banks has worked with Bauer since 2009.



KYRA SEDGWICK

Red carpet plan: Dr. Frank Lipman's Be Well Cleanse.
When she starts: 14 days before.
What she can't eat: Caffeine, sugar, gluten, alcohol and dairy.
What she can eat: Shakes, supplements and two small meals a day.
What it does: "Kyra always looks after herself, so this is just fine-tuning for her," says Lipman. "She just sparkles more."
The results: "I feel lighter, more energetic, and my skin really glows," says Sedgwick.



"It really pays off!" says Sedgwick, whose diet includes veggies and olive oil on the plan.