

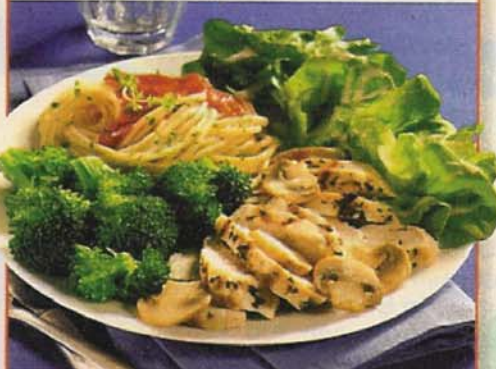
# Uncover your

**W**hen women consume at least 3,200 mg of leucine every day (or at least 100 grams of leucine-rich protein), they *double* their weight loss, according to UCLA researchers. Unfortunately, the best natural sources of leucine happen to be from animals and are high in saturated fat (not to mention low on most women's list of favorite foods).

A better way to get all of leucine's proven benefits: Savor one or two protein-rich milk shakes each day (depending on how quickly you want to lose) in lieu of meals. Then enjoy whatever you want for the other meals. According to studies at the University of Ulm in Germany, substituting two leucine-rich shakes for two daily meals is so effective that women effortlessly lose 92 percent more weight than they would by eating three square meals—even if they don't consciously reduce their calorie intake in any other way!

## Your slim-quick meal plan

Drink a high-quality protein shake in place of one or two meals every day. Then at each of your remaining meals, consume a 4 oz. to 6 oz. serving of leucine-rich protein (such as red meat, fish, yogurt, eggs and nuts), along with a helping of grains and an unlimited amount of fruit and vegetables.



**Shown here:** 5 oz. chicken with sautéed mushrooms; ½ cup spaghetti; 1 cup broccoli; 1 cup green salad with 1 Tbs. Caesar dressing.

## Leucine-rich shakes that will melt fat off your middle

**When you have time for something special...**

Blend 8 oz. skim milk or soy milk, 2 scoops vanilla protein powder and 2 to 4 ice cubes. For a twist, try these tasty flavor infusions:

### Banana Blast

Add ½ ripe banana, ⅛ tsp. black walnut flavoring, a few drops of vanilla extract and a dash of cinnamon.

### Piña Colada Cooler

Add 1 cup frozen pineapple chunks, ⅛ tsp. coconut extract and ¼ tsp. orange extract.

### Mucho Mocha

Use 2 scoops chocolate protein powder (instead of vanilla) and add 2 tsp. instant coffee crystals, ½ ripe banana and a dash of cinnamon.



**Mucho Mocha**

**Success secret**

In a blender on low speed, mix all the ingredients until just combined. Then use the pulse setting to gradually speed up the blending until the desired consistency is reached. This will guarantee a shake that's perfectly creamy—not runny!

**When you're on the go...**

Save time with a mix that you can add to water or milk and drink, suggests David Heber, M.D., Ph.D. "Choose one that contains at least 10 grams of soy or whey protein per serving and that's fortified with vitamins and minerals." Try: GeniSoy Soy Protein Shake (\$14 for 22.2 oz., at [drugstore.com](http://drugstore.com)) or Next Nutrition Designer Whey Protein Instant Shake Mix (\$22 for 3.5 lbs., at [AllStarHealth.com](http://AllStarHealth.com)). If you

prefer premade shakes, try Slim-Fast Optima High-Protein Shakes (\$9 for four 11 oz. cans, at [drugstore.com](http://drugstore.com)).

**Success tool**

Vitaminder ChillMates Chilled Shaker (\$5, at [Herbs Pro.com](http://HerbsPro.com)) has special compartments that let you store powder and liquid separately until you're ready to drink, so you're guaranteed a fresh taste and creamy texture anytime.

## An all-in-one diet kit that makes shedding inches with leucine a breeze!

The women at right lost big, thanks to Shaklee's Cinch Weight-Loss Plan. The kit includes a leucine-rich shake mix; a blend of white, red and green tea extracts; a multivitamin with leucine, and more. It's available for \$224 at [CinchPlan.com](http://CinchPlan.com) or call 877-246-2499. (Become a Shaklee member for \$19.95 to save 15 percent on all Shaklee products.)

