

## Dana Lenetz, public-relations executive

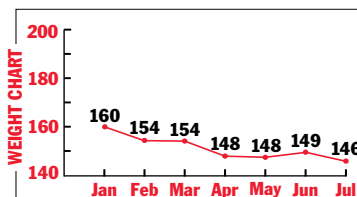
**DIET GOAL:** To limit starchy carbohydrates and eat more lean protein and vegetables instead.  
**HER RESULTS:** "Even though my nutritionist, Lisa Young, said I wasn't eating a lot of carbs, she thought I could still eat fewer. I wasn't sure where I was going to cut back. I used to have oatmeal or whole-wheat toast for breakfast, and I thought if I didn't, I'd be hungry in just a few hours. Surprisingly, when I ate fresh fruit and a hard-boiled egg instead, I was still completely satisfied. I think cutting carbs helped me finally move past my plateau and start losing pounds."



## Shake It Up

By Hannah Morrill

**B**reaking out of a food rut doesn't have to involve molecular gastronomy. As Dana Lenetz, Lauren Semino, and Suzanne Wilson discovered, new foods and preparations are crucial to staying on a diet without dying of boredom. To tip the scale in the right direction, weight-loss expert Stephen Gullo and nutritionist Lisa R. Young spotted each woman's diet weakness—carb-heavy breakfasts, high-calorie lunches, too few lean proteins—and gave them fresh ideas and renewed resolve.

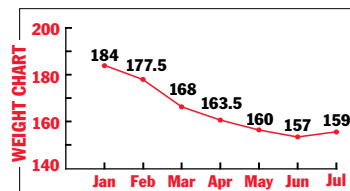


STATS		
	START	NOW
AGE	31	31
HEIGHT	5'2"	5'2"
WAIST	33"	31.5"
HIPS	41.5"	40"
BODY FAT	39.4%	25%
WEIGHT	160 lb	146 lb

"Cutting carbs helped me move past my plateau and start losing pounds."

## Lauren Semino, lawyer

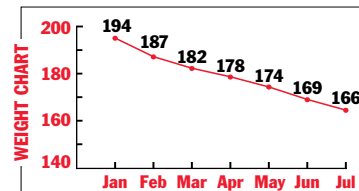
**DIET GOAL:** To avoid the oversize portions, butter, and oil of restaurant meals.  
**HER RESULTS:** "I packed my lunch a few times a week, which was a lot less difficult than I thought it would be. I brought a turkey sandwich on whole-wheat rye, an apple, and carrots, and I liked not having to make a decision when lunchtime rolled around. But still, I gained weight this month—when I was stressed at work, I'd head to the office candy jar in the afternoon and have a glass of wine at home in the evening. Now, though, I've refocused my diet and am back on track for next month."



STATS		
	START	NOW
AGE	28	28
HEIGHT	5'1"	5'1"
WAIST	38"	33"
HIPS	46"	41"
BODY FAT	34%	25%
WEIGHT	184 lb	159 lb

## Suzanne Wilson, advertising consultant

**DIET GOAL:** To eat fish in place of chicken and pork. (Studies have shown that fish oil stimulates metabolism.)  
**HER RESULTS:** "I love fish, but rarely made it at home. I used the motivational website stickk.com and pledged a small amount of money that I would pay if I didn't reach my goal. Once I'd entered my credit-card number, I was determined to eat fish daily. I bought tilapia, salmon, and sea bass, all of which were a great break from chicken. The wager I made helped me keep my goal in mind; now fish is a big part of my diet."



STATS		
	START	NOW
AGE	37	37
HEIGHT	5'8"	5'8"
WAIST	38.5"	34"
HIPS	42"	41"
BODY FAT	37%	27.5%
WEIGHT	194 lb	166 lb

### The 2009 Total Makeover Team

- **Stephen Gullo**, health psychologist and weight-loss expert in New York City and author of *The Thin Commandments* (Rodale)
- **Lisa R. Young**, nutritionist in New York City and author of *The*

- *Portion Teller Plan* (Morgan Road Books)
- **Marcel Brea, Lindsay Dettbarn, and Peter Saad**, trainers at Equinox Fitness Clubs in New York City