

SUCCESS STORY**MELODY
LOST
22 LBS!****Melody Rubie, 48****LOST** 22 pounds and 5 inches from the waist in 5 months!
BEFORE 153 pounds **AFTER** 131 pounds

A LONGTIME ENSEMBLE MEMBER of the hit Broadway show *Phantom of the Opera*, Melody Rubie was often the lone size 12 in a cast of zeroes and 2s. Then, at age 42, she became a mom—and the pregnancy weight only added to her struggle. “I couldn’t get the pounds off, no matter how I tried,” she says.

When Melody heard about *400 Calorie Fix*, something clicked: “I wanted to feel my best for my son and me. But I needed specific diet guidance.” Melody loved that she didn’t have to count calories but instead just measure out portions. She started with three meals a day and lost 5 pounds in 2 weeks; then she added a meal—and continued to lose. “My costumes got loose, especially around my waist.”

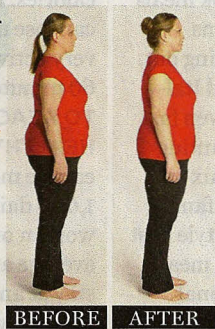
Five months after she started, Melody is down to 131 pounds, wears a size 8—and finds herself with far more energy to dedicate to her son and busy performance schedule. “I still keep track of how much I eat, but I’ve also found ways to fit in my favorites—like éclairs. The other day I bought one and slowly savored half of it before tossing the rest. And I felt totally satisfied. I learned that as long as I make smart choices, I can live without feeling deprived.”

**AFTER****BEFORE****EAT THE
400-CALORIE
WAY!**

SLIM DOWN SIMPLY. For 400 ways to eat 400-calorie meals, a 2-Week Quick Slim plan, plus menus to fit many lifestyles and tastes, buy the *400 Calorie Fix* book (Rodale, 2010) at 400caloriefix.com.

IDEAS IN YOUR IN-BOX. For more meal ideas, to read about other success stories, and to sign up for the free *400 Calorie Fix* newsletter, go to prevention.com/400caloriefix.

ON-THE-GO TIPS. To find 400-calorie meals at restaurants in your area, download the “400 Calorie Fix” app at the iTunes store.

SUCCESS STORY**SANDI
LOST
11 LBS!****Sandi Fagan, 37****LOST** 11 pounds in 2 weeks!
BEFORE 256 pounds
AFTER 2 WEEKS 245 pounds
RESULTS Lost 11 pounds and 9½ total inches (including 2 inches from her waist)**BEFORE****AFTER**