

OK [®] **★ US**

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ISSUE #33



MACAULAY'S

**AMAZING
COMEBACK!**

Clean, Sober & In Love!

**ANGIE
THE
NANNY
TELLS ALL!**



**Khloé & Tristan
WHY HE WON'T
MARRY HER!**



**Ariel Winter
BIG BABY
NEWS!**

“HER KIDS ARE OUT OF CONTROL”

- * Junk food for breakfast & no bedtime
- * She won't let them call Brad!
- * Maddox “has an attitude problem”



OK! BODY & SOUL

24 HRS. OF YUM

THESE HEALTHY, DELICIOUS DISHES WILL HELP YOU EAT WELL AROUND THE CLOCK



CHEF'S TABLE
The Kitchen host Katie Lee shows off her bacon-topped breakfast!

A.M.



Scoop up low-fat yogurt crafted with three types of probiotics

Chobani Smooth Peach, \$2, grocery stores



Delight in a chia-seed oatmeal that has 8 grams of protein and 6 grams of fiber

Dave's Naturals Overnight Oats in Cinnamon Raisin, \$3, davesgourmet.com

P.M.



Bake an almond-and-coconut-flour pizza from scratch

Simple Mills Pizza Dough Mix, \$8, Whole Foods stores



Sip on soups packed with four servings of whole organic veggies

Zupa Noma Zupa Noma Superfood Soups, \$42 for six-pack, drinkzupa.com

DESSERT



Munch on all-natural strawberry ice cream layered with crunchy graham-crinker crust

JC's Pie Pops, \$5, select grocery stores nationwide



Snack on crispy lemon squares at just 120 calories per four-biscuit serving

Snack Factory Lemon Tart Dessert Thins, \$4, Kroger stores



Nosh on a chewy lemon bar with 15 grams of protein

Muscle Milk Protein Bar Lemon Bliss, \$36 for 12 bars, amazon.com



Indulge in a gluten-free toaster pastry drizzled in frosting

Glutino Gluten-Free Frosted Toaster Pastry - Blueberry, \$4, walmart.com



Build a sandwich with a protein-rich multigrain pita

Ozery Bakery OneBun Multigrain sandwich, \$4, Whole Foods



Whip up a plant protein-packed lentil pasta meal in less than 15 minutes

Modern Table Parmesan Pesto Lentil Pasta Meal Kit, \$5.50, moderntable.com



Slurp on a popsicle infused with real fruit juice and no added sugar

Goodpop Organic Freezer Pops, \$16, amazon.com



Break off a piece of creamy, fair-trade cacao free of artificial preservatives

Chuo Pool Party Pretzel, \$4, chuochochocolatier.com

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