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**SCORE A
PERFECT 10
BODY!**

Tone Every Inch at Home

Eat Right

SHELF HELP

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Summer's Hot New Cookbooks

Put the long, lazy days of August to good use learning some fresh tricks in the kitchen. We set three hungry staffers to the task, pairing each with a just-released cookbook geared to help meet her individual eating-well goals. Here's their takeaway.



THE MOM-TO-BE

Sarasvati Muñoz, 39, design director

THE GOAL To make balanced meals that will satisfy my family

THE BOOK *Eat More of What You Love: Over 200*

Brand-New Recipes Low in Sugar, Fat, and Calories, by Marlene Koch (\$27; barnesandnoble.com)

THE LOWDOWN The dishes go light on everything except flavor. And they don't call for unusual ingredients or fussy techniques, so the book is a great starting point for a cook who wants to improve her nutritional profile. I had nearly everything I needed in my cupboards, which saved me a lot of time. With a baby on the way, that's a priority!

FAVORITE RECIPE Stephen's Beef Stew

BEST TIP A tablespoon of cider vinegar can brighten soups and dressings without adding fat.



THE SINGLE GIRL

Laurel Leicht, 30, copy chief

THE GOAL To fill up on healthy food without spending a ton

THE BOOK *Ten Dollar Dinners: 140 Recipes and*

Tips to Elevate Simple, Fresh Meals Any Night of the Week, by Melissa d'Arabian (\$25; amazon.com)

THE LOWDOWN These delicious dinners (plus breakfasts and desserts!) are easy, super-quick, and so affordable—all you need is a pantry stocked with the basics. I especially love how nothing goes to waste. For instance, I made a lentil and celery salad for some friends one night and then used the leftover veggies in a savory crumble the next day.

FAVORITE RECIPE Spiced Tilapia Tacos With Red Cabbage–Jalapeño Slaw

BEST TIP Freeze leftover wine in ice cube trays to use for cooking.



THE EXPERIENCED COOK

Joanna Muenz, 28, associate photo editor

THE GOAL To take my culinary skills to the next level

THE BOOK *Cindy's Supper Club: Meals From*

Around the World to Share With Family and Friends, by Cindy Pawlcyn (\$35; target.com)

THE LOWDOWN This book is loaded with some serious challenges, even for someone who knows her way around the kitchen! (Cutting up a rabbit, anyone?) But it also includes lots of clever substitutions and helpful methods for adapting restaurant-quality meals to a home setting. It was just what I needed to get out of my comfort zone.

FAVORITE RECIPE Georgian Pressed Chicken With Walnut and Beet Sauces

BEST TIP Crack open a coconut using a screwdriver and a hammer.

