ANGIE CONFESSES
I Never
Thought I'd
Fall For Brad

JESS & TONY
Joe Simpson's
meddling drove away
Nick Lachey. Now a
fed up Tony gives desperate
Jess an ultimatum:
TELL DAD TO BACK OFF!

How Dad Is Tearing Them Apart

TATUM O'NEAL ARRESTED FOR CRACK

SEX AND THE CITY
New Secrets Revealed!
Please pass the quinoa! **Winfrey** goes on a 21-day vegan diet to benefit her physical and mental health.

**The plan** What are the benefits of the plant-based diet? "If you do this once a year, it gives the body a chance not only to do the deep cleansing work, but to reset cravings," best-selling author Freston tells Us, adding that an addiction to things like sugar and caffeine "pulls our energy down."

**Experts say** "This is actually the best cleansing diet I've ever seen," says Toby Amidor, director of nutrition at DietTV.com. "Compared to most cleanses, which only permit a few hundred calories a day, it provides three meals a day and is nutritionally balanced." L.A.-based dietitian Ashley Koff commends the plan for endorsing conscious eating and meditation. "It is a total body experience, instead of just about the food," she says. Cons of the cleanse? Amidor warns that some dieters may feel fatigued due to the lack of caffeine and that any weight lost probably won't be sustainable since it's only a 21-day plan. Koff cautions that a vegan lifestyle doesn't suit everyone: "For some people, it might not be good for their digestive system or their overall health."
Three Days in the Detox Diet

Winfrey has personal chef Tal Ronnen to prepare the three vegan meals and two snacks daily, but regular dieters can get the exact recipes from the book Quantum Wellness ($13, amazon.com). Here’s a sample three-day menu from the plan, which doesn’t count calories.

**DAY ONE**

**Breakfast** Seasonal fruit parfait (with layers of soy yogurt, granola or crunchy cereal and fruit)

**Snack** Pita wedges with hummus

**Lunch** Spiced southern tofu wrap (tofu, spinach and steak seasoning in a whole-grain tortilla) with kitchen-sink salad (lettuce, veggies, nuts, beans)

**Snack** 1 ounce bittersweet chocolate

**Dinner** Garlic portobellos over summerly quinoa (cooked with peppers and asparagus)

**DAY TWO**

**Breakfast** Southwestern breakfast tostada (veggies and tofu in a tortilla)

**Snack** Fruit smoothie (protein powder, unsweetened soy milk, blueberries)

**Lunch** Cajun portobello wrap (with mushrooms, avocado and tomato) with cilantro vegan mayo and a jicama slaw

**Snack** Black-bean dip with baked tortilla chips

**Dinner** Wild mushrooms and wheat berries with peas and toasted pine nuts and kitchen-sink salad

**DAY THREE**

**Breakfast** Breakfast tacos (gold potatoes, fresh herbs, vegan sausage and soy cheddar)

**Snack** Celery with peanut butter

**Lunch** Roasted tomato soup with flax crackers and nut butter

**Snack** Applesauce

**Dinner** Pad Thai noodles

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**HIGHLIGHTS FROM HER BLOG**

Winfrey describes the ups and downs of her 21-day cleanse at Oprah.com. Below, some excerpts from week one:

**MONDAY** Wow, wow, wow! I never imagined meatless meals could be so satisfying. I had been focused on what I had to give up — sugar, gluten, alcohol, meat, chicken, fish, eggs, cheese. "What's left?" I thought. Apparently a lot. I can honestly say every meal was a surprise and a delight, beginning with breakfast — strawberry rhubarb wheat-free crepes.

**TUESDAY** I stopped by my favorite restaurant to meet a business associate, but I was so full and satisfied after [a dinner of asparagus "cream" soup, portobello mushrooms, white beans and spinach and sweet potato chips], I only ordered sparkling water. (That's a first!) The smell of garlicky, simmering fillets and steak were wafting all around me, but I had absolutely no problem resisting.

**THURSDAY** I hit a wall today. ... I had done two shows, back-to-back with no break ... people standing in the hallway afterward, photos ... and on and on.

... Circuit overload and no soda or bag of chips to turn to. ... Then I sat down and took some conscious breaths in silence to restore my soul. Drank some lemon water and calmly moved into the next meeting.

**FRIDAY** Just arrived in Vegas. ... Staying in a four-bedroom (high-rolling) villa with a waterfall in the foyer — and full complimentary bar. I've had a long day that started in Telluride [Colorado] interviewing Tom Cruise. Tom's chef prepared ribs and chicken for lunch. I had salad and corn on the cob with no butter and a kale salad, which was also offered. There were also homemade chocolate brownies with marshmallow filling made by Tom's mom, which I also turned down. ... Then I walk into this suite that's so fancy there's an electronic device to flush the toilet, and the first thing I notice is the bar with the cosmos glasses. My assistant, who's on the cleanse with me, says, "Boy, wouldn't a cosmo be great right now?" "Yes, it would," I say ... and I made us an alcohol-free one.