



SHAPE
YOUR
LIFE

BURN
250
CALORIES
IN YOUR
LIVING
ROOM

February 2008

quick & healthy

Sautéed
Swiss chard
with egg supplies
your daily
dose of vitamins
A and C



**DIET
STRATEGY**
Rediscover a
lowfat source
of protein

a fresh take on eggs

Who says they're just for breakfast? For a satisfying meal that's ready in minutes, all you have to do is get cracking.

BY GAYLE PIRIE AND JOHN CLARK