

What's in My

ABLE-BODIED KNOCKOUTS BRAVELY LET US PEEK IN THEIR PRODUCE-LOADED ICEBOXES. HOW COOL!

BEST DIETS

F R I D G E

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Bellamy Young
The longtime vegan, 44, portrays first lady Mellie Grant on ABC's hit *Scandal*, returning Thursday, January 29 at 9 P.M.

"As a child, I loved Snack Pack pudding," says the single star. After nixing dairy in 1988, she found a swap: Zen brand, made with soy milk.

Young grills Field Roast barley burgers for dinner. She says, "I put them on spelt bread with Go Veggie fake mozzarella — so good!"

"I never feel more hydrated than when I drink coconut water," the yogi says of her post-sweat sip. She keeps champagne for fetes!

The actress piles crops into her A.M. hemp-milk smoothie: "I do kale, spinach, bananas and strawberries. You can slip in a lot of nutrients."



At farmers' markets, the salad fan scans for in-season veggies. "I like to experiment," she says. "Right now, it's Brussels sprout time."

"I know this sounds crazy, but I keep things that are tooth-colored in case they get stuck in my teeth," she says of on-set snacks such as apples.



How to Get Even Healthier!

DIETITIAN JOY BAUER, FOUNDER OF NOURISH SNACKS, WEIGHS IN ON YOUNG'S MEAT- AND DAIRY-FREE MEALS

WHAT'S GOOD? Bauer applauds the actress for gravitating toward superfoods: "Pumpkin seeds are loaded with zinc, which is good for your immune system. And apples rule! They're the perfect portion-controlled, high-fiber snack."

COULD BE BETTER? Young's protein picks (think hemp milk, lentils and beans) "are top notch," says Bauer. To add even more of the satiating staple, says the pro, "she could toss black beans or edamame into her salad at lunch."

TO MAKE IT BEST? Get creative with kale. Bauer suggests the *Scandal* standout eat the mineral-rich green as a salad *and* a snack. To make chips, dust the leaves with oil spray, then bake at 400 degrees for eight to 10 minutes.

PROP STYLIST: MARINA MALCHIN. FOOD STYLIST: EMMA FEIGENBAUM. DENIS GUIGNEBOURG/PIPISTUDIOS.COM

BEST DIETS

"I make them myself!" the married 44-year-old says of her jars of pickles. "They're low-calorie, so you can eat a big 'ol pile of them."



The star, who will launch a spirits line next summer, stocks this Italian aperitif for her signature drink: "I'm a big fan of Negroni Biancos."



Essentials of her Paleo diet include veggies (broccoli for breakfast!), meat and this butter "made from cows that eat grass, not grain."



"I eat four tablespoons of peanut butter almost every day," admits the TV host. She has a scoop before her CrossFit workouts.



"My husband and I are obsessed with chicken meatballs — we'll make a batch of 100," says Tyler. She also serves steak and kale.



Aisha Tyler

She's on FX's *Archer* (back on January 8, 10 P.M.) and CBS's *The Talk* (weekdays, 2 P.M.).

How to Get Even Healthier!

WHAT'S GOOD? Bauer deems the meat, egg and veggie diet balanced. She also approves of Tyler's weekend splurges (risotto is a favorite): "Cheat meals help you stay on the straight and narrow the rest of the week."

COULD BE BETTER? Her vegetable variety. Bauer suggests adding more color to Tyler's kale-and-broccoli rotation: "Peppers, spaghetti squash and carrots bring different antioxidants and vitamins to the table."

TO MAKE IT BEST? The pro offers some simple swaps: An omega-3-enriched egg instead of a regular one at breakfast boosts healthy fats, while subbing almond or cashew butter for peanut staves off monotony.

How to Get Even Healthier!

WHAT'S GOOD? Bauer admires the mom's produce and her strategy of only keeping salad-size plates in the house. The trick keeps portion sizes in check, explains Bauer: "The more you serve, the more you'll eat."

COULD BE BETTER? Cameron Bure's daily veggie and egg white breakfast wrap. While Bauer is a proponent of the meal, she suggests the actress mix in one whole egg: "The yolk provides vitamin D and iron."

TO MAKE IT BEST? The star's lunch (salad with salmon) "is supernutritious," says the pro. "But she could jazz it up with out-of-the box toppings." Protein-rich pecans and chickpeas will ward off snacking.

The *Full House* alum, wed to athlete Valeri Bure, 40, makes olives for a snack. She says, "I cook them in olive oil with orange zest."



Candace Cameron Bure
She stars in Hallmark Channel's *Aurora Teagarden* series starting January 11 at 9 P.M.

For dinner, "we eat fish all the time," she notes. "I get wild-caught — whatever is fresh that day." Steak is served a few times a month.

She and her kids (Natasha, 16, Maksim, 12, and Lev, 14) scoop Greek yogurt. Says the actress, 38, "I add berries and they like a little honey."

The Cardio Barre devotee only eats carbs in daytime. When buying bread, "I read the label to make sure there are real whole grains."

"Vegetables are staples in our diet," says the farmers' market shopper. She cooks broccoli with garlic and cauliflower with anchovies.