

SUMMER WEDDING Countdown

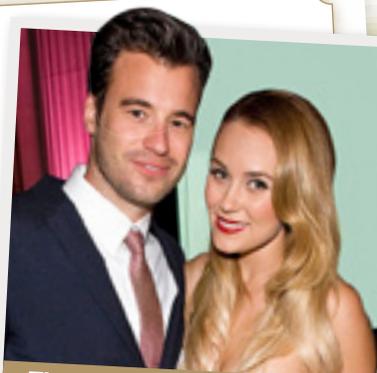
Behold the brides! **Lauren, Jessica** and more share shape-up secrets

BY SARAH GROSSBART

Lauren Conrad

LAUREN CONRAD HAS AN EVENING ritual. En route to the L.A. condo she shares with fiancé William Tell, the *Hills* alum swings past the farmers' market "to stock up on what's available," she tells *Us*. Back home she gets the most out of her produce. "I like swapping ingredients," she says, "and trying to make delicious meals a little healthier." Especially now. With just months to go until her late-summer nuptials, the Paper Crown designer is sticking to a gown-friendly diet. That means whipping up low-cal dishes such as her kale Caesar salad with an egg-white-and-mustard dressing. Indulgences like cake are typically off-limits — unless she's tasting for her wedding. The lifestyle blogger, 28, has been planning her vows like it's, well, her job. "She's very involved in the details," says an insider. "She's known for entertaining and she wants the day to be perfect."

PARTY PLANS She wants to look the part as well. And saying yes to a dress means keeping on top of workouts. The 5-foot-4 star tones with circuits of jumping jacks, squats and pushups. Her cardio fix comes from 5-mile hikes with her law student love, 34. "It's my favorite thing to do," she tells *Us*. Those walks also give the couple of two years time to plan the entertainment (ex-rocker Tell is handling the music, says a friend) and the limited guest list. "If we haven't sat down and had a meal together in the past two years, you're probably not going to be invited," explains Conrad. High school BFF (and MTV costar) Lo Bosworth has made the cut. "All of our close friends will be there," Bosworth tells *Us*. "Everybody's really excited!"



The couple (in 2012) have been engaged since October 2013.



"Picking out a dress has been the most fun for Lauren," says a source.



Stylist Stacy London says a \$1,500 linen J. Crew gown suits Conrad's California elegance: "It's effortless."

What She Could Wear



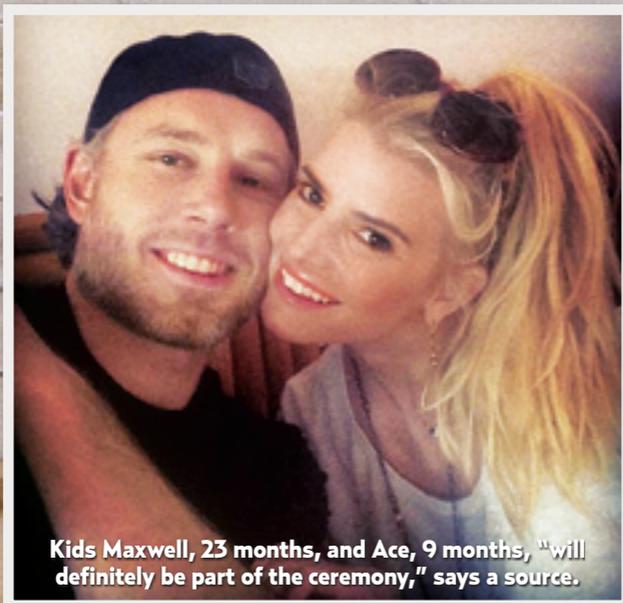
Conrad once said she wanted a "ball gown with . . . lots of tulle." London's pick: a colorful \$4,200 Lazaro.

Jessica Simpson

SIX MONTHS AFTER THE JUNE 30 BIRTH of her second child, Ace, with fiancé Eric Johnson, 34, Jessica Simpson revealed her goal: "To feel the best I've ever felt when I walk down the aisle." The fashion mogul kept her eye on her July wedding date *and* her Weight Watchers points. To stay within her limits, she has a morning oatmeal, a sandwich for lunch and a light fish such as tilapia for dinner. By March, the 33-year-old, who walks at least 6 miles a day, had lost the baby weight and began focusing on making her 5-foot-3 frame as strong as it is slim. Thanks to Harley Pasternak's lunge- and squat-filled sessions three days a week, says a pal, "she loves her legs and butt!" **DRESS DREAMS** Now she's ready to shop. The star, who has been requesting gown sketches from designers since December, "wants something sophisticated that shows off her physique," says a source. She'll need a few extra showstoppers. One pal reveals the star "is planning four or five days of events" for the L.A.-area nuptials. Says the source, "She wants it to be fun and relaxing for all the special people in her life."



"I just feel so proud," Simpson (Feb. 6) has said of her figure.



Kids Maxwell, 23 months, and Ace, 9 months, "will definitely be part of the ceremony," says a source.



This silk organza Peter Langner (price upon request) would "highlight Jessica's curves," says London.

What She Could Wear



The second-time bride may go nontraditional. A \$5,545 tea-length Romona Keveza Collection shows leg.



The pair (last July) got engaged in January.

Little Sis' Big Day!

» Ashlee Simpson isn't racing Jessica down the aisle. The singer, 29, and actor fiancé Evan Ross, 25, "aren't getting married for another year," says an insider. But the 5-foot-7 ex-ballerina is thinking ahead and taking Tracy Anderson dance classes "to get in shape," says a pal. The mom of Bronx, 5 (with ex Pete Wentz), has tapped a wedding coordinator as well: future mother-in-law Diana Ross! "She's a major part of the planning," the insider says of the music legend, who has offered up her Greenwich, Connecticut, estate *and* her talents. Says the source, "She'll likely sing at the reception!"

CLOCKWISE FROM BOTTOM LEFT: COURTESY OF JESSICA SIMPSON/INSTAGRAM; WEIGHT WATCHERS; COURTESY OF PETER LANGNER; JAMIE MCCARTHY/GETTY IMAGES FOR JESSICA SIMPSON COLLECTION; COURTESY OF ROMONA KEVEZA

Meals for the star (on March 12) include chicken and broccoli.



Kim Kardashian

COMMITTING TO ATKINS AFTER daughter North's June 2013 birth helped the 5-foot-2 star shed 50 pounds. By sticking to the protein-packed plan and working out daily (she hikes, runs, takes Pilates and does 100 morning squats), the 33-year-old, says one pal, "loses weight every week."

FRENCH KISS Still, she hopes to drop five more pounds before saying "I do" to Kanye West, 36, on May 24. A crowd of 100 luminaries (Beyoncé and Jay Z are on the list) — plus E! cameras — will witness the multiday Paris affair (Versailles preparty, anyone?). But the honeymoon will be *very* quiet. "North won't be there," says a source. "And Kim's not telling people where it is."



West and Kardashian



Kardashian (in Thailand March 31) will "have several dress changes at her wedding," says a pal.

CLOCKWISE FROM LEFT: SPLASHNEWSONLINE.COM; SETH BROWARNIK / STARTRAKSPHOTO.COM; BRIAN PRAHL / SPLASHNEWSONLINE.COM (2)

"I'm embracing salads," the actress (last June) tells *Us* of her diet.

Jamie Chung

CARDIO IS A KEY component of the 5-foot-6 beauty's wedding prep. "I want to make sure I'm in shape enough to dance all night!" she tells *Us* of her twice-a-week spinning classes at NYC's Flywheel and regular runs. The *Believe* star, 31, also wants "strong arms" for her strapless gown, "so I'm doing yoga and Pilates."

BONFIRE BRIDE She's still on the hunt for the perfect dress ("I'm a fan of Monique Lhuillier," she hints). But she and fiancé Bryan Greenberg, 35 — engaged since December — may have found a venue for their 2015 vows. "We want to do it at this cool campsite. It'll be like glamping!"



Greenberg and Chung



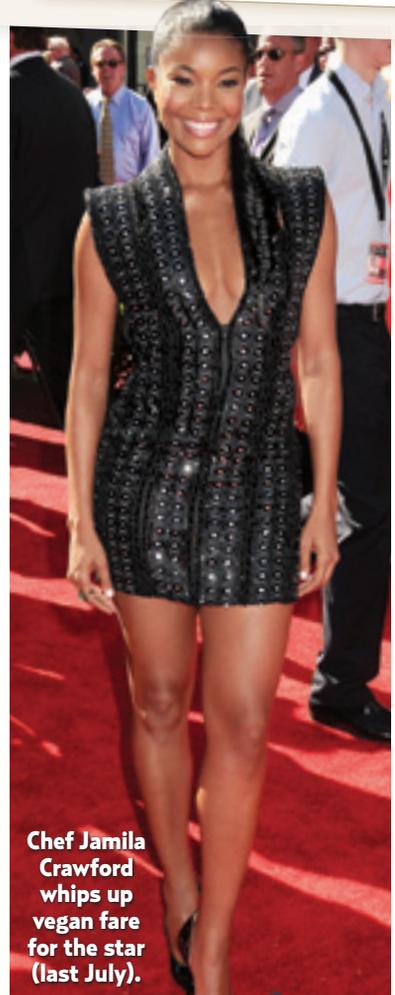
Gabrielle Union

SHE RUNS, JUMPS Rope and does squats. But the star, 41, devotes much of her five-day-a-week, 90-minute training sessions to her guns.

Says her Miami-based pro Ahmad Baari, "She boxes, does triceps work and pushup variations." **CALLING THE SHOTS** When it comes to plans for their summer vows, her NBA-pro fiancé, Dwyane Wade, 32, is doing the heavy lifting. Jokes the *Being Mary Jane* actress, "This is his princess moment."



Union and Wade



Chef Jamila Crawford whips up vegan fare for the star (last July).