



A heavier Lambert performed at the April 7 ACM Awards in Las Vegas.



The singer revealed her whittled waist at the CMA Awards in Nashville Nov. 6.

**H**ER 30TH BIRTHDAY was fast approaching, and Miranda Lambert had just one wish: put an end to her yo-yoing weight battle. For good. So in the months leading up to her milestone day November 10, the sassy crooner made a vow to ditch her beloved Cheetos — but not her favorite cocktails! — and commit to regular sessions with a personal trainer. “People always say, ‘It’s all downhill from 30,’” she explained to *Us* at the November 6

Country Music Association Awards in Nashville. “I wanted to get ahead of the game a little.” Right now, she’s winning it. Even before the “Mama’s Broken Heart” singer nabbed Female Vocalist of the Year, her figure-flattering, down-to-there Roberto Cavalli look took home the red carpet prize. “My wife is so hot, it’s ridiculous,” her husband of two years, Blake Shelton (who won two of the night’s trophies), tweeted. More importantly, *she* knows it.

# MY BODY BEEF

Stunning slimdown! **Miranda Lambert** sheds 25 pounds — without depriving herself (bring on the cocktails!) **BY SARAH GROSSBART**



As she told *Self* last year, "I don't care about being stick thin. . . . I feel my best when I'm a toned, not flabby, size 8." One pal estimates the 5-foot-4 star has lost 25 pounds, bringing her right to her goal. Now that she's hit the mark, "she has a new confidence about her," says a friend. "She feels amazing."

**Her Meal Plan**

And she did it all without giving up her favorite Southern home cookin'. Or at least half of it: At the November 5 BMI Country Awards, for instance, the singer nibbled bites of the steak, cornbread and veggies. Notes a source, "She ate a bit of everything." It's all part of the plan, says a Lambert source. "She's doing portion control," explains the source. "She eats part of what she normally does — it's working!"

Not that every meal is an indulgence. At both the Tishomingo, Oklahoma, farm she shares with Shelton, 37, and the Hollywood Hills rental they use when he's filming *The Voice*, she starts her day with a pre-made green veggie juice. For lunch and dinner, she whips up salmon and green beans or venison she and Shelton hunt themselves. "It's the leanest meat," Lambert tells *Us*. (And a personal favorite — they served it at their 2011 wedding.) Shelton — also a green-juice fan — gets in on the kitchen action too. Says Lambert, "We both cook!"

And they both enjoy their cocktails. "I refuse to give up drinking," Lambert tells *Us*. "Have you met my husband?" A typical



"Blake was so proud," a source says of Shelton, with Lambert in Nashville Nov. 6.

**BLAKE IS HER 'BEST FRIEND'**

Spending weeks apart (two is the max!) is a drag. But Lambert says nights like the CMA Awards "makes everything worth it. I get to celebrate with my best friend!" Indeed, Shelton kidded with a pal that he and his wife had, ahem, a private party after the

show. Says the source, "He joked that they had a great night!" With Lambert's tour wrapped, there's more fun in store. A source says Lambert will be flying to L.A. to hang with the *Voice* star: "They like to chill at home and just be together as much as possible."

tweet from the wisecracking NBC star: "Going on live national television tonight. . . . Drunk." Instead, she concocts a low-calorie treat: Bacardi rum, raspberry lemonade-flavored Crystal Light and a splash of Sprite Zero. She tells *Us*, "I call them Mirandari-tas!" She's even made her Solo-cup swigging hubby switch up his poison, swapping in soda water with a few drops of stevia for the Diet Cherry 7UP he used to mix with vodka. He explained last year, "She says it's healthier."

**Country-fied Cardio**  
Diet-friendly spirits aren't her only secret weapon. The day after her big CMA

Awards body reveal, Lambert gave a shout-out to trainer Bill Crutchfield, tweeting, "I got some compliments last night thanks to you!" In fact, Lambert credits the Tennessee-based pro with getting her to work out *at all*. "I absolutely hate exercise," she admitted last year. "But my trainer is so nice, I want to do push-ups to please him!"

Not to mention sprints, lunges and lots of side planks. Crutchfield designed daily 70-minute circuits for Lambert to do in a hotel or dressing room during her just-wrapped Four the Record tour. "He wrote out the plan for her," says the Lambert source.

"I want to find a happy medium between feeling good about my body and having a beer and barbecue."  
LAMBERT, IN SELF

roaming her 700 acres with her six rescue mutts. After all, who needs boxing when you're lugging gear around hunting gear? Says the source, "She's very physical at home."

**Her New Life**

After years of gaining and losing, Lambert is seeking more than a short-term fix. "She calls it a lifestyle choice, not a diet," says the Lambert source. Promoting her fifth album next spring just gives her added incentive. "I want people to know that I care in all aspects, musically and physically," she said at the CMA Awards. "I want to look the part too." Mission accomplished. **US**

**HER WEIGHT UPS AND DOWNS**

- April 2010**: Lambert drops two sizes in 30 days, telling *Us*, "I have more energy."
- August 2011**: "You start to get snack-y," she has said of spending too much time on the tour bus.
- January 2010**: "I'm a dessert person," the singer admits in late 2009. "Cake, cookies."
- June 2011**: She worked out before her May 2011 wedding, saying, "I want to be toned."
- March 2012**: She admits she's watching her diet, choosing grilled chicken over burgers.
- November 2012**: "I don't mind having a big butt," Lambert said last year. "I like that about myself."

FROM LEFT: LUPITTEBYRBYATT/PHOTO.VIA.NEWS.COM; JON KOPALOFF/FILMMAGIC.COM; QUASAR/STARTRAK.COM; JOHN'S SEA/REX/PHOTOFEST; PACIFICCOASTNEWS.COM; GERSHOFF/WIREIMAGE; JON KOPALOFF/FILMMAGIC