


SPECIAL COLLECTOR'S ISSUE

AUGUST 5, 2013

People


**BABY BOY
CAMBRIDGE**
BORN JULY 22, 2013
8 LBS. 6 OZS.
4:24 P.M.

IT'S A PRINCE!

ROYAL BABY JOY!

19-PAGE SPECTACULAR • INSIDE the PALACE
ROYAL BABY BOYS • WILLIAM & KATE'S PATH to PARENTHOOD

\$4.99



HOMIEY RETREAT

"Cooking in my kitchen is my time to myself—to think and mess around," says Neely (in her Memphis home on June 7).

IN THE KITCHEN WITH...

GINA NEELY

The TV chef shares what she splurges on (bubbly, anyone?) and how she dropped four dress sizes **BY CATHERINE KAST**

Gina Neely decided last year that she was no longer comfortable with her size 8 body: “My high school reunion is coming up. I don’t want my classmates to see me look anything like this!” And when her annual checkup revealed that “my cholesterol was up, and I have a blood-pressure issue,” the TV chef, 48, mustered the willpower to start a diet. In November she began a weight-loss challenge with George Foreman Grills (for which she is a spokeswoman), purging her comfort-food-filled kitchen by swapping ice cream for Greek yogurt and burger buns for lettuce cups. “My daughters (Shelbi, 18, and Spenser, 24) were like, ‘Mom, you’re taking away all the good stuff,’” she recalls. “I told them that we’re just replacing it with better stuff!” Eight months later Neely is 30 lbs. slimmer—and a size 0. “I don’t want to be Miss Prancey, showing my body off,” she says, “but now I wear size 25 jeans!”



How I Lost 30 lbs.

To get to a size 0, the 5’2” Neely planned ahead to make sure she couldn’t “just pull up to the drive-through and order a burger. I put everything for my morning smoothie in a baggie the night before,” she says. She makes time for thrice-weekly workouts including dance classes and runs by her house. Her husband, Pat, 48, who’s dropped 21 lbs. himself, “teases me and says, ‘You’re gonna lose that good booty back there!’” Neely jokes. “But I’m doing my lunges and my squats faithfully because I’m not losing that!”



1. Almond Milk

“I put it in my coffee or in berry smoothies. I like it unsweetened. I always thought it was going to be too nutty for me, but it really isn’t.”

2. Apples

“I put green apples in a bowl on the table so that when my family comes home, they’ll be able to grab one instead of a bag of cookies.”

3. Champagne

“On my cheat day I’m always going to have champagne. I pour myself a glass and enjoy it like I am drinking water from Mother Earth!”

4. Pickles

“I got these from a local place here in Memphis, and they are the best sweet pickles. But they won’t give up the recipe!”

GINA NEELY’S TURKEY SLIDERS

Serves 6

- 1¼ lb. lean ground turkey
- 2 tbsp. your favorite barbecue sauce
- Kosher salt
- Pepper
- 12 whole-wheat slider rolls, toasted
- 2 plum tomatoes, sliced
- Green leaf lettuce, for garnish

1. Preheat grill to medium-high heat.
2. Mix ground turkey and barbecue sauce together in a large bowl. Form into 12 small, ½-in.-thick patties.



Sprinkle with salt and pepper. Grill the patties for a total of 3 to 4 minutes or until cooked through.

3. To assemble burgers, place a patty between the buns and top with lettuce and tomatoes.