

Woman's Day<sup>®</sup> Specials

SUPER-SIMPLE 3-INGREDIENT DINNERS

# Eating Light<sup>™</sup>

## 105 Healthy & Delicious Recipes

### 16 Guilt-Free Snacks

### 58 Meals in 30 Minutes or Less

### 21 Good-For-You Tips & Tricks

**WIN!**  
a Set of  
Copper Pots!\*

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Woman's Day Select Series  
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U.S. \$4.50  
CANADA \$4.99  
Display until  
June 14, 2005  
[www.womansday.com/specials](http://www.womansday.com/specials)  
\*No purchase necessary

#### FITNESS FUN

Still haven't made good on that New Year's Resolution to exercise? Try The Fitness Challenge, a reality board game that will have you completing an eight-week exercise program in no time. \$30. 952-448-1164; [www.fitnesschallenge.com](http://www.fitnesschallenge.com).



#### PRETTY PORTIONS

Perfect for anyone practicing portion control, the new Mesu bowls from Studio Pánepinto range from 1/2 cup to 2 cups and each is marked with a graphic to help you measure your food. \$50 for a set of six. 201-327-5785; [www.mesu.us](http://www.mesu.us).