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DR FISCHER  
THE PARK AVENUE DIET

# Star

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## Now

"Jessica can't get off track, or she will put the weight back on," warns Dr. Fischer, who has not worked with the star.



## Before

Jessica packed on the pounds while dating NFL quarterback Tony Romo.

She's dropped 15 lbs. in 30 days — and she's not done yet!

# WOW! JESSICA'S REVENGE

JESSICA SIMPSON beamed as she struck sexy poses during a nautical-themed Nov. 4 photo shoot in San Pedro Harbor, Calif. "She was having a lot of fun and looked really confident and happy," an eyewitness tells *Star*. She should — in just a month, the 5'3" singer has shed more than 15 lbs.!

"Jessica now weighs 110 lbs.," estimates New York City-based weight loss expert Dr. Stuart Fischer. "She's healthy, radiant and vibrant."

Jessica decided to get back in tip-top shape to prove to ex **Tony Romo** that she's better off without him. And she's adamant about looking her best for her new VH1 reality show, *The Price of Beauty*. "She wanted as little fat on her body as possible when she was in front of the cameras," an insider tells *Star*. "So she knew exactly what needed to be done."

### EXERCISE AND HARD WORK

The 29-year-old jump-started her weight-loss regimen with a three-day fast and cleanse, a source explains. "She dropped five lbs. just from doing that!"

Jessica then targeted what she ate. "She cut meat from her diet," dishes the source. Jessica also eliminated her favorite fatty Mexican foods, like chips and guacamole, and has barely touched alcohol.

The insider reveals Jessica even got help making wiser meal choices from one of her idols, *Top Chef's* **Padma Lakshmi**! "Padma e-mailed her recipes for items like seared scallops with citrus sauce, stir-fry using olive oil and an eggplant parm with low-cal ricotta and skim mozzarella." As for dessert, "she satisfies her sweet tooth with fat-free sorbet," explains the insider.

Jessica is dedicated to a strict fitness routine too. Whenever in L.A., she meets with her trainer Harley Pasternak. "He gave Jessica a workout she can complete anywhere," says the source, explaining that Jessica does squats, lunges and an hour of cardio six days a week.

"Jessica's doing core exercises," adds a close friend. "She wants to get rid of her stomach flab fast!" That means lots of sit-ups, bicycling and Pilates to tighten and strengthen her abs.

Now Jessica's hard work and dedication are showing. An added benefit? She's in a much better mood! "When people are in shape, the body releases endorphins that make them happy," explains Dr. Fischer. "This is the old Jessica we all know and love."

—ABBY TEGNELIA,  
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