

America's 10 Cleanest Cities



Funny Man
Steve Martin
takes on the
'Pink Panther'

**Hidden
Danger on
the Road**

How to Survive

**Money
Rules It
Pays to
Break**

Reader's Digest

19

WEIGHT LOSS TIPS

For People
Who Love
to Eat



July
2005
\$2.99
rd.com

No Time to Cook?

Busy parents often turn to fast food come dinnertime. Now, there's a healthier, no-shopping-required solution: meal assembly centers. You go to a center once a month, after choosing a session and menus online, then spend two hours creating the dishes. As you and other would-be chefs move from station to station, you follow instructions



Cooking at Dream Dinners

using pre-chopped vegetables, marinated meat or spices to create freezable dinners such as Mexican lasagna.

At Super Suppers, a nationwide chain, a six-meal package costs about \$100; each serves

six people. That's about \$3 per person.

The ingredients are fresh, without preservatives. "I really like knowing exactly what goes into each meal," says Lauri Hagan, a working mom who buys eight entrées a month from One... Two... Three... Dinner

in Briarcliff Manor, New York. "You can tailor each meal to your taste; if you don't like dill, leave it out." To find a center, check out dreamdinners.com or supersuppers.com.

CYNTHIA DERMODY

fast fact

It costs just **\$6.69 per day** to eat in accordance with the **new dietary guidelines.**

SOURCE: American Dietetic Association

Diet Soda Bubbles Over

The world of diet drinks sure has changed. Today there's an endless variety. Diet Coke Sweetened with Splenda and Pepsi One, also with Splenda, join the aspartame standbys Diet Coke, Diet Pepsi, their lemon-, lime- and vanilla-flavored variations, and a supermarket aisle full of others. *Beverage Digest's* John Sicher predicts that diet soda sales will likely surpass traditional sodas in the next 15 years. The reason? "Americans are interested in healthier beverages," he says. "And sweetener technology is evolving, so diet products can taste like regular."

LUCIA RAATMA

