

SLIM-DOWN SPECIAL
Life & Style
 WEEKLY
 EXCLUSIVE DIET NO. 2



BEFORE

Super fit pre-baby, Jessica (here in 2006) admits that she didn't plan for her pregnancy or her marriage.

PREGNANT

"I've never felt less sexy," said Jessica, here eight months pregnant in May. "I wanted to get rid of all the weight."

NOW

On July 7 (a month after giving birth), Jess stepped out sporting some sexy post-baby curves.

Jessica's post-baby body plan



Staying hydrated is an important part of Jess' routine.

Jessica Alba's getting back her pre-pregnancy body — her personal trainer, Ramona Braganza, tells *Life & Style* how!

Hot mama Jessica Alba doesn't seem to be wasting any time getting back to her killer pre-baby physique. In fact, barely six weeks after giving birth to Honor Marie on June 7, the star has already lost 25 of the 40 pregnancy pounds she gained! "By the end of September, she should be back to her pre-baby weight," Jess' longtime trainer, Ramona Braganza, tells *Life & Style*.

The pair have teamed up to whip 27-year-old Jess into shape — just in time for an early October wedding reception to properly celebrate her marriage to

Cash Warren, 29, says an insider. (The duo exchanged vows during a low-key ceremony at the Beverly Hills Courthouse on May 19.)

But Jess really doesn't have much to stress about. "I lost the tummy just breast-feeding," she says. Now, to ditch the rest, Jess sees Braganza six times a week for hour-long sessions of the trainer's 3-2-1 Baby Bulge Be Gone program, which combines three 10-minute sessions of cardio, two 10-minute sets of circuit training and one 10-minute set of core work. Plus, Jess clocks in some extra cardio on her

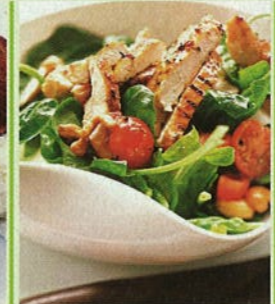
own to kick things into high gear.

She's also traded in the fattening soul food she was eating after she gave birth for Braganza's 3-2-1 nutrition plan, which includes three meals, two snacks and at least one liter of water a day. "Her diet's lower in carbs but features lots of fruits and veggies," Braganza says about Jess' daily intake of 1,800 to 2,000 calories. (Moms need about 500 extra calories while breast-feeding.) Adds the insider, "Jess has amazing self-control. She rewards herself with a shopping spree for every five pounds she drops." Now that's inspiration!

The healthy menu helping Jessica lose pregnancy pounds



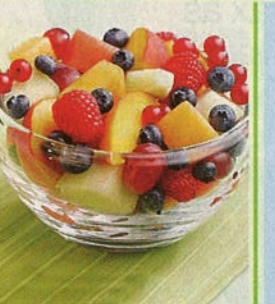
Breakfast
 Trainer Ramona Braganza says Jessica starts her day with an energy-packed meal, like hard-boiled eggs or scrambled egg whites with toast. "She's a regular at Whole Foods," says an insider.



Lunch
 Jessica says she realized "after working out, having fried chicken and mashed potatoes is a little counteractive." So she's gone back to filling up on nutritious foods like salads with chicken or lean fish.



Dinner
 "She eats clean," Ramona says, explaining that Jess doesn't indulge in lots of sauces or high-sodium foods. She sticks to lean meats (she was overheard talking about making turkey meat loaf!) and plenty of veggies.



Snacks
 Ramona suggests her clients have two snacks a day — and for Jessica that includes fruits, vegetables and low-fat cheeses. "She's trying to reach a goal, but if she's still hungry, we increase her calories," explains Ramona.



Drinks
 While Jess chugs two to three liters of water every day, Ramona's also stocked the star's fridge with VitaminWater XXX, which Jess loves because it contains cell-repairing antioxidants from acai berries, blueberries and pomegranates.

FROM LEFT: X17; SPLASH; X17; BUZZ FOTO; STILL LIFE; PHOTOLIBRARY; JUPITERIMAGES (3); NC