



JUNE/JULY

WORK IT!
WHAT *W*'S BEAUTY DIRECTOR,
Jane Larkworthy, IS HOOKED ON
THIS MONTH.



IT'S ALWAYS 3 P.M. SOMEWHERE

Snacking is very important to me, so I'm often on the lookout for healthy options. I'm loving the **BluePrint Bars** from **BluePrint Cleanse** (left, \$3 each, wholefoodsmarket.com for stores), which come in four dried-fruit-and-nut versions. And a friend turned me on to **Mariko's Protein Poppers** (from \$12, marikoproteinpoppers.com). The flaxseed, whey protein, peanut, wheat germ, and honey balls taste like a spa version of a Reese's Peanut Butter Cup. And unlike when I have the real thing, I feel truly satisfied after eating just one of these.