

MUSCLE & FITNESS

FREE!

Special Pullout Workout Poster

# HERS

YOUR FAST TRACK TO FITNESS

## 8-WEEK REBOOT PLAN

The Nutrition  
& Motivation  
You Need

## MEAL PREP MADE EASY

25 SIMPLE  
TIPS & TRICKS

## Ultimate LEG DAY ROUTINES

## ABS LIKE THIS (AT 46!)

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Natalie Jill



LOOK  
INSIDE

## NUTRIBULLET BALANCE & APP

How we love smoothies, let us count the ways! The NutriBullet Balance is changing the smoothie game from sugar-laden mystery sips into “smart” ones—and we’re officially obsessed. Two high-tech innovations include a Bluetooth measuring sensor that can digitally weigh food in real time and a refreshingly thorough yet easy-to-use app.

Together they make smoothie magic: The app comes with hundreds of preprogrammed recipes that are divided into categories like weight loss, high protein, dessert, gluten-free, and more; or you can add your own, of course! Plus, there are tons of recipes for those with food restrictions. The app does wicked-fast calculations to add up your caloric load as you pour in ingredients. As you’re following a recipe, the app dings green when you’ve added enough of the ingredient; and if you overpour, it can immediately account for that. If you want to improvise, just tap the app to let it know what you’re switching up, in what quantities, and in

seconds, your new calories and macros are displayed on your phone or tablet.

All the in-app recipes are optimized for flavor/taste and blendability, and NutriBullet’s team of registered dietitians and food scientists have calibrated the recipes to help you meet your wellness goals. We love that it helps track your nutrition so precisely from day to day and has that telltale NutriBullet 1,200-watt motor to make any smoothie you can dream up. Comes with two shaker tops for the portable blender; the app is free. (**\$180; *nutribulletbalance.com***)

