

# BodyWatch

## THE PEEPSHOW DIET

Mel B. and Kelly Monaco talk about how they keep their bodies sizzling for their Las Vegas stage revue, *Peepshow*

### MEL B.

**HER DIET** “I have to eat,” says Mel B., 33, who relies on the food delivery service Freshology for her daily dose of fish, chicken “and I’m addicted to quinoa.” But once a week she’s on her own: “I splurge on whatever I’m craving—either an In-and-Out cheeseburger or a traditional English Sunday roast.”

### HER WORKOUT

“I do half an hour of cardio and 200 sit-ups three times a day,” says the 5’5” former Spice Girl, who now wears size 28 jeans. “I’ve always been obsessed with doing abs. I change positions every 10 reps. I like how quickly—if you stick to it—you can see results.”

### THE COSTUMES

Her husband, Stephen Belafonte, highlighted all her hard work by designing his wife’s costumes to flaunt her assets. “He added the fishnet to my costumes to make them more sexy,” she says. “He said, let’s take it to another level!”



The PeepDivas together in Vegas on March 29.



“I feel like a million bucks,” says Monaco (performing with Mel B. at Planet Hollywood in Vegas).

### KELLY MONACO

**HER DIET** A longtime vegetarian, Monaco, 32, dines on “mainly raw foods.” Every night it’s a cobb salad with no meat, no cheese and no egg yolks. “Not that her diet is no fun. I have a bite-size Snickers every day. You still have to treat yourself!”

### THE WORKOUT

She does 1,000 sit-ups a day, but the 5’1”, 100-lb. star is much prouder of another part of her body. “I look at my thighs, and they don’t rub together!” says Monaco.

**THE TAN** Despite reports, “I never sunbathe topless,” she says. Instead she uses Lorac Tantalizer Body Bronzing Luminizer and Lorac Award Show Glow to give her entire body that stage glow.

MICHAEL WILLIAMS/STARTRAKS; LONDON ENTERTAINMENT/SPLASH NEWS