Do stars eat than we WHAT I REALLY Dancing With the Stars host Sar Between her hosting duties and running aroun EAT but she makes sure to fit several meals into her surreuc EARLY MORNING about 368 calories What she eats: "I try to eat within an hour of waking up," says Samantha. "We're on set very early, so usually around 5:30 I have Greek yogurt with honey and a granola bar crumbled on top." Oz Garcia gives a thumbs-up to her morning start, as yogurt promotes intestinal health and builds stronger bones, while

dishes with Life & Style about he

daughter Josselyn, Samantha Harris doesn't

balance of protein and carbs with just a little bit of fat in there every three to four hours," the 35-year-old Insider correspondent and sweets lover tells Life & Style. Here's what celeb nutritionist Oz Garcia thinks of her choices.

BREAKFAST about 300 calories

What she eats: "When I get off the set around 9 a.m., I have a breakfast chicken quesadilla with egg whites and light cheese," says Samantha. Garcia says eggs with mozzarella cheese is a power meal, but he would recommend including

the egg yolk. "Many people exclude the volk, but it contains nutrients that aren't found in the egg whites," he explains.

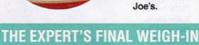
DINNER about 600 calories

chocolate-

from Trader

covered raisins

What she eats: "I'd rather spend free moments with Josselyn and my husband than slave over the stove. So three nights a week we have delivery meals, like salmon, brown rice and asparagus," says Samantha, who caps off the night with dark-



"Eating small, healthy meals throughout the day like Samantha rather than the standard three large meals can help keep your metabolism going and ward off sugarysnack attacks," says Garcia.



honey, especially raw honey, has antioxidant and antibacterial properties that help boost the immune system.

LUNCH about 250 calories

What she eats: Samantha relies on a salad with chicken, or a protein shake with Jay Robb's whey vanilla protein powder. but sometimes she's on the run: "There are days when I'll be running from shoot to shoot and I end

up grabbing a Promax bar' -which Garcia says is great for building muscle before a workout.

HER STAY-

"I don't count calories," says Samantha, who thinks she had too much whole milk and butter as a kid in Minnesota's cow country. "It's about balance and lean protein." Her guilty pleasure? Crispy french fries.