

THE MEAL SHE SWEARS BY

Every morning, Lopez drinks Body Lab's 80-calorie protein TastyShake (\$22 for 21 servings). "It starts me off healthy," says the founder. She also takes fat-burning supplements (\$30 for 60 capsules, both at bodylab.com). "They're formulated for women."



want to be the person who eats a doughnut — and then has a whole box."

On Motivation

"Very rarely will I skip my workout. Sometimes I work too late the night before and I'm like, 'Ugh, I can't do this.' But I tell myself, 'Just do it. It's only an hour.' It's just talking yourself off the ledge of being a lazy bum."

On Meditating

"I try to do it in the morning to have some time by myself before I head out to work — even if I take five minutes. I just try to calm

my mind and see what messages come to me from God or the universe or the angels or whomever. I think it's important to make sure that you're centered in your body and your mind . . . not to get too ethereal and crystal-y."

On Being Single

"In my twenties, I was so focused on my career and on boyfriends, and now I realize it's about focusing on feeling good about yourself. Being single is good. You have no one to answer to, so you can do whatever you want, but I don't think I go wild or anything. I like healthy men. If people don't care

about themselves, how can they care about anyone else?"

On Her Famous Rear

"I don't have a favorite feature . . . but when you do a song like 'Booty,' you'd better own it. There's been a movement this year about being womanly — not having to be skinny or starve yourself. I don't fan-out over people's body parts — I mean, I've admired a man's abs once or twice, but I'm not checking out girls' butts. Still, it's become such a phenomenon. You see these girls who just make me look small. I never thought I would say that in my lifetime!"