

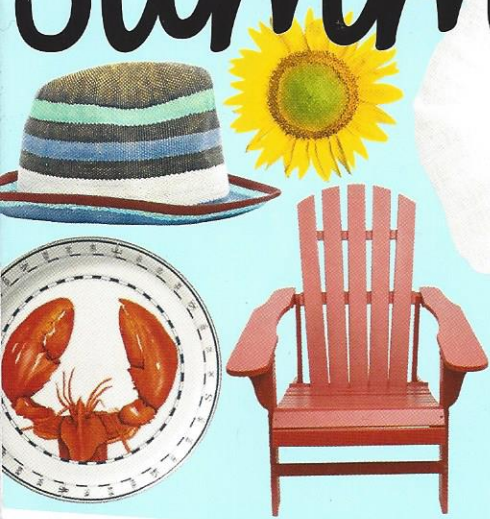
Style • Beauty • Health • Home

# redbook

## 86 NEW WAYS TO LOVE Summer

### Melissa McCarthy

Stories about love & confidence she's never told before



### plus...

### 75 sunny style finds under \$50



### Fun and cheap date night ideas!

### ★ America's best down-home recipes ★

Peach cobbler, anyone?

### Free health advice from top women doctors

### 12 fast fixes for wonky hair days

JULY 2014 \$3.99  
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## Easy outfit, good eats

Stock your cooler with these unwilltable snacks, beloved by registered dietitians Ashley Koff and Sharon Palmer: bite-size pieces of cucumber, jicama, and celery tossed with a bit of cayenne pepper and lime juice; banana and almond-butter sandwiches (freeze whole sammies before packing and they won't get mushy); and cucumber-mint ice tea (brew four bags of mint tea, pour over ice, and stir in fresh mint and slices of cucumber and lemon).

Tee, American Eagle Outfitters, \$15.95.  
Pendant necklace, Lulu's, \$12.  
Long necklace, La Petite Princesse, \$175.  
Skirt, Die Navy, \$22.94.  
Sleeveless top, Pinky, \$16.  
Rose-printing, Melinda Kiera, \$25.  
Sandals, Massimo for Target, \$19.95.

**Win**  
Long, silky flats make champ, but guy's but simple as too hard. "C much mus says LP Diaz (w putt-putt touch—a shortest ro obvious—  
Top, Gap, Loft, \$39.5  
\$17.80. Rin  
\$165. Flats, Fashion ed  
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