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Kayla's eBook, The Bikini Body Healthy Eating & Lifestyle Plan (H.E.L.P.), provides extensive knowledge and a meal plan to support you on your fitness journey. Developed in consultation with nutrition specialists, the plan is b ased around a wholesome and balanced diet including all 5 of the main food groups and contains all of Kayla's nutritional recommendations and tips.

What is the H.E.L.P Nutrition Guide by Kayla Itsines ...

Whether you are purchasing the original 12-week program (Bikini Body Guide 1.0), you want to continue your journey with Weeks 13-24 (BBG 2.0) or you need some help with healthy eating, you can find all of the Kayla Itsines BBG guides.

Bikini Body Guide (BBG) eBooks - Kayla Itsines

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The "Kayla Itsines Healthy Eating and Lifestyle Plan" book (Book) is written by The Bikini Body Training Company Pty Ltd (The Bikini Body Training Company). The content in this Book is written with the assistance of two Accredited Practising Dietitians from NPA Pty Ltd. (Nutrition Professionals Australia). These guidelines

Bikini Body Guide: Healthy Eating & Lifestyle Plan (Nutrition)

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Help ebook nutrition | Kayla Itsines, Kayla Itsines ...

Your nutritional requirements are unique to your body — especially if you have food sensitivities or intolerances to consider. Now that you know the answer when someone asks 'what is nutrition', I want to help you learn more about some key nutritional terms that I use throughout my blogs.

What is Nutrition & Why Does It Matter? - Kayla Itsines

Kayla Itsines, I'm Kayla Itsines, co-creator of the Bikini Body Guides (BBG). I've been a personal trainer since 2008 and in that time I've educated and encouraged millions of women to improve their health and fitness. My 28-minute BBG workouts can help you to increase your fitness and strength, whether you are a beginner or are ready for ...

Kayla Itsines - BBG Trainer & SWEAT Co-Founder

Of course, it wouldn't be a Kayla Itsines workout if you didn't get a little sweaty! ... Strict adherence to the nutrition and exercise guide are required for best results. More Blogs. exercises- ... Grab my eBook for one FREE week of BBG workouts! Subscribe to my newsletter to get free workout tips, nutrition and motivation.

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A smoothie is a great option for girls on the run. Taste this delicious green smoothie recipe. It's so healthy and a great way to kickstart your day!

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