

bikini contest prep diet

bikini contest prep diet is a specialized nutritional strategy designed to help competitors achieve peak physical condition for bikini competitions. This diet focuses on reducing body fat while preserving lean muscle mass, ensuring a toned and defined physique on stage. The journey involves precise macronutrient management, meal timing, hydration, and supplementation tailored to individual body responses. Understanding the fundamentals of a bikini contest prep diet is essential for athletes aiming to optimize performance and aesthetics. This article explores the critical components of the diet, including calorie intake, macronutrient distribution, food choices, and practical tips for successful contest preparation. Additionally, it covers common challenges and strategies to overcome them, providing a comprehensive guide for competitors and coaches alike.

- Understanding the Basics of Bikini Contest Prep Diet
- Macronutrient Breakdown and Calorie Management
- Food Selection and Meal Planning
- Hydration and Supplementation Strategies
- Common Challenges and Solutions in Prep Diets

Understanding the Basics of Bikini Contest Prep Diet

The bikini contest prep diet is structured to achieve maximum fat loss while maintaining muscle tone. Unlike general weight loss diets, this regimen emphasizes body composition rather than just weight reduction. It involves a gradual caloric deficit paired with resistance training and cardio to enhance fat metabolism. The diet typically spans 12 to 20 weeks, depending on the competitor's starting point and goals. Consistency, discipline, and monitoring are crucial throughout the prep phase to make necessary adjustments and avoid plateaus.

Purpose and Goals of the Prep Diet

The primary goal of the bikini contest prep diet is to reduce body fat to a low percentage while preserving muscle mass for a defined, athletic appearance. Competitors aim for a lean physique with visible muscle separation, particularly in the glutes, legs, and abdominal region. The diet supports these goals by providing adequate protein to support muscle repair and growth, controlled carbohydrate intake for energy, and

healthy fats for hormonal balance.

Timeline and Phases

The prep diet typically consists of phases, starting with a moderate caloric deficit to initiate fat loss, followed by a more aggressive calorie reduction as the competition approaches. The final weeks involve fine-tuning macronutrients and hydration to enhance muscle definition and fullness. Each phase requires careful monitoring of progress through body measurements, photos, and weight tracking to ensure the diet remains effective and safe.

Macronutrient Breakdown and Calorie Management

Calorie management and macronutrient distribution are the foundation of an effective bikini contest prep diet. Understanding how to balance proteins, carbohydrates, and fats enables optimal fat loss while supporting training intensity and recovery. Adjusting calorie intake based on progress and energy expenditure helps maintain a steady fat loss pace without compromising muscle mass.

Calorie Deficit Principles

Creating a caloric deficit is essential to lose fat. The deficit is usually moderate, around 15-25% below maintenance calorie levels, to preserve muscle and avoid metabolic slowdown. Drastic calorie cuts can lead to muscle loss and decreased performance. The deficit should be adjusted weekly based on progress to ensure steady fat loss of approximately 0.5 to 1 pound per week.

Protein Intake

Protein intake is critical in a bikini contest prep diet to preserve lean muscle mass during the calorie deficit. Competitors typically consume 1.0 to 1.5 grams of protein per pound of body weight daily. High-quality protein sources such as lean meats, fish, eggs, and dairy are preferred to support muscle repair and satiation.

Carbohydrates and Fats

Carbohydrates provide energy for intense training sessions and should be timed around workouts for optimal performance. Complex carbs like oats, sweet potatoes, and brown rice are favored for sustained energy release. Fats are important for hormone production and overall health, with sources like avocados, nuts, seeds, and olive oil incorporated in measured amounts. Typically, fats constitute 20-30% of total calorie intake in the prep diet.

Food Selection and Meal Planning

Food quality and meal timing are crucial elements in the bikini contest prep diet. Choosing nutrient-dense, minimally processed foods supports overall health, satiety, and performance. Meal planning ensures consistent nutrient intake and helps manage hunger and energy levels throughout the day.

Recommended Foods

Competitors focus on whole foods rich in protein, fiber, vitamins, and minerals. Examples include:

- Lean proteins: chicken breast, turkey, lean beef, white fish
- Complex carbohydrates: quinoa, brown rice, sweet potatoes, oats
- Vegetables: spinach, broccoli, asparagus, bell peppers
- Healthy fats: olive oil, avocado, almonds, chia seeds
- Low-calorie fruits: berries, apples, citrus fruits

Meal Frequency and Timing

Meal frequency varies by individual preference but often includes 4 to 6 smaller meals per day to maintain energy and control hunger. Nutrient timing is especially important around workouts, with carbohydrates consumed before and after exercise to fuel performance and recovery. Protein is distributed evenly throughout the day to optimize muscle protein synthesis.

Hydration and Supplementation Strategies

Proper hydration and targeted supplementation play supporting roles in the bikini contest prep diet. They help maintain performance, support metabolism, and enhance the physique's appearance on stage.

Hydration Guidelines

Water intake is essential for metabolic function, digestion, and muscle fullness. Competitors are advised to consume at least half their body weight in ounces of water daily, increasing intake with training intensity and heat exposure. Proper hydration also aids in reducing water retention and improving skin appearance.

during the final stages of prep.

Common Supplements

While whole foods form the diet's foundation, certain supplements can support the prep process:

- **Whey protein:** convenient source of high-quality protein
- **BCAAs:** may help preserve muscle during calorie deficits
- **Multivitamins:** ensure micronutrient adequacy
- **Fish oil:** supports joint health and reduces inflammation
- **Pre-workout formulas:** enhance energy and focus during training

Common Challenges and Solutions in Prep Diets

Bikini contest prep diets present several challenges, including hunger management, energy fluctuations, and psychological stress. Addressing these issues with practical strategies improves adherence and outcomes.

Managing Hunger and Cravings

Hunger is a common concern due to calorie restriction. Incorporating high-fiber vegetables, lean protein, and healthy fats helps increase satiety. Drinking water and consuming low-calorie snacks such as raw veggies can also curb cravings. Planning meals ahead reduces impulsive eating and maintains consistency.

Maintaining Energy and Performance

Energy levels may decline as calories decrease. Adjusting carbohydrate intake around workouts and ensuring adequate rest supports sustained performance. Incorporating refeed days, where calories and carbs are temporarily increased, can boost metabolism and psychological well-being.

Psychological Strategies

Contest prep can be mentally demanding. Setting realistic goals, tracking progress objectively, and seeking

support from coaches or peers help maintain motivation. Mindfulness practices and stress management techniques contribute to overall prep success.

Frequently Asked Questions

What is a bikini contest prep diet?

A bikini contest prep diet is a structured nutrition plan designed to help competitors reduce body fat while maintaining muscle mass in preparation for a bikini bodybuilding competition.

How many calories should I eat during bikini contest prep?

Calorie intake varies based on individual factors, but typically competitors consume a calorie deficit diet, reducing intake by 15-30% from maintenance calories to promote fat loss while preserving muscle.

What macronutrient ratios are best for bikini contest prep?

A common macronutrient ratio is high protein (30-40%), moderate carbohydrates (30-40%), and moderate to low fats (20-30%), but ratios can be adjusted based on personal response and energy needs.

Which foods are recommended during bikini contest prep diet?

Lean proteins (chicken, turkey, fish), complex carbohydrates (brown rice, quinoa, sweet potatoes), healthy fats (avocado, nuts, olive oil), and plenty of vegetables are recommended.

How important is meal timing in bikini contest prep diet?

Meal timing can help optimize energy levels and muscle preservation; many competitors eat 4-6 smaller meals evenly spaced throughout the day to maintain metabolism and support training.

Can I include cheat meals in my bikini contest prep diet?

Cheat meals can be incorporated strategically to boost metabolism and provide psychological relief, but they should be planned and not excessive to avoid derailing progress.

Should supplements be used during bikini contest prep diet?

Supplements like protein powder, branched-chain amino acids (BCAAs), multivitamins, and omega-3s can support nutrition, but they should complement a balanced diet, not replace whole foods.

How long does a bikini contest prep diet typically last?

Prep diets usually last 12-16 weeks, depending on the starting point and goals, allowing gradual fat loss while preserving muscle for peak contest condition.

Additional Resources

1. *The Bikini Body Diet: Sculpting Your Perfect Contest Physique*

This comprehensive guide covers the essential nutrition strategies for bikini contest prep. It delves into macronutrient balancing, meal timing, and supplementation to help competitors achieve lean muscle definition. With practical tips and sample meal plans, readers can tailor their diet to maximize fat loss while preserving muscle.

2. *Lean and Toned: The Ultimate Bikini Contest Nutrition Plan*

Focused on optimizing body composition, this book provides detailed insights into calorie cycling, carb management, and hydration techniques. It also addresses common challenges like cravings and energy slumps during contest prep. The author includes motivational advice to maintain discipline throughout the dieting process.

3. *Contest Prep Clean Eating: Bikini Edition*

This book emphasizes whole, nutrient-dense foods to fuel bikini competitors through intense training and dieting phases. It features recipes that are both delicious and aligned with contest goals, ensuring variety without compromising results. Readers learn how to prepare meals ahead of time for convenience and consistency.

4. *Macros and Muscles: A Bikini Competitor's Guide to Dieting*

A deep dive into macronutrient tracking, this book teaches readers how to calculate and adjust their protein, fat, and carbohydrate intake for optimal physique changes. It includes case studies and real-world examples from seasoned bikini athletes. The guide also discusses the psychological aspects of dieting and how to overcome plateaus.

5. *Peak Physique Nutrition for Bikini Competitors*

Designed for those aiming to peak on contest day, this book outlines the final weeks of diet manipulation and carb-loading strategies. It explains how to fine-tune sodium and water intake to enhance muscle fullness and vascularity. The author provides a step-by-step timeline to help competitors execute their peak week flawlessly.

6. *Bikini Contest Prep: Meal Plans and Nutrition Strategies*

This resource offers structured meal plans tailored for different phases of contest prep, from fat loss to maintenance and peak week. It discusses the importance of nutrient timing around workouts and recovery. The book also explores supplements that support metabolism and muscle preservation.

7. *Fueling the Bikini Body: Diet and Training Synergy*

Highlighting the connection between diet and exercise, this book demonstrates how nutrition supports training intensity and recovery. It covers nutrient partitioning and how to maximize fat loss while maintaining strength. Athletes learn how to adjust their diet based on workout volume and intensity changes.

8. *The Science of Bikini Prep: Nutrition for Maximum Definition*

Combining research and practical application, this book breaks down the science behind fat loss, muscle retention, and metabolic adaptation. It offers detailed explanations of hormonal influences and how diet affects them during contest prep. Readers gain a deeper understanding of why certain dieting methods work better than others.

9. *Bikini Ready: A Holistic Approach to Contest Dieting*

This book takes a balanced approach by incorporating mental wellness, stress management, and sleep hygiene alongside diet and training. It recognizes the importance of a sustainable lifestyle for long-term success beyond the contest stage. The author provides tools to create a positive mindset and maintain healthy habits throughout the prep journey.

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How to prepare your body for bikini competition like a professional competitor Gain your best figure through weight loss, healthy diet and Cross Fit Workouts!

bikini contest prep diet: *Becoming Bikini Bodybuilders* Nina Michalikova, 2023-10-16

Becoming Bikini Bodybuilders: Challenges and Rewards of Ordinary Women Stepping on Stage offers an insight into the bikini category of natural female bodybuilding by revealing benefits and challenges experienced by ordinary women who decide to become bikini bodybuilders. Nina Michalikova challenges prevailing misconceptions and shows that not all female athletes follow extreme training and dietary measures for prolonged periods of time to achieve their desired physique. By highlighting the positive aspects of bikini bodybuilding, this book breaks the stereotypes of a "typical bikini competitor" as a hyper-sexualized woman with underlying health issues. In addition to studying a little understood population of bikini athletes, the study uses an innovative methodology to examine the topic.

bikini contest prep diet: *Bikini* Samantha Christie, 2015-06-11 NEW UPDATED VERSION (JUNE 2015) WITH FREE GIFT WORTH \$9.99 INSIDE!*Amazon #1 Best Seller - Download it Now!***Are you preparing for bikini competition?Are you trying lean out to look like a figure model?Download Ultimate Bikini Competition Prep Guide for Weight Loss, and Diet and Learn Things Like... Preparing your mind right for your bikini competition How you should approach your Training How you should prep your meals How to grab judges attention so you can get better score**

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bikini contest prep diet: *Fat Talk* Virginia Sole-Smith, 2023-04-25 THE INTERNATIONAL BESTSELLER 'A brave and radical book' - Rebecca Seal, The Observer 'Fearless and game-changing.' - Emily Oster 'Hard recommend.' - Pandora Sykes 'A must-read.' - Aubrey Gordon 'Essential.' - Laura Thomas, PhD 'Revolutionary!' - Bethany Rutter 'Pivotal.' - Anita Bhagwandas Change the way you talk about food, weight, and self-worth, forever. We live in a world designed to make us hate our bodies. By the time children start school, most have learned that 'fat' is bad. As they get older, many pursue thinness to survive in a society that ties their value to their size. Parents worry both about the risks of their kids fixating on unrealistic beauty standards - and about them becoming fat. Meanwhile, multibillion-dollar industries thrive on our insecurities, and the medical system pushes weight loss at almost any cost. Talking to researchers, doctors, and activists, as well as parents and young people, Virginia Sole-Smith lays bare how diet culture has perpetuated a crisis of disordered eating and body hatred. She exposes our internalised fatphobia and shows why we need to let go of shame and start supporting young people in the bodies they have. *Fat Talk* is a stirring, deeply researched, and ground-breaking book that will transform the conversation about

health and size. Praise for Virginia Sole-Smith: 'Sole-Smith writes with warmth and insight about the sheer complexity of eating today'. - Bee Wilson, author of *First Bite: How We Learn to Eat*

bikini contest prep diet: The Hot Body Diet Michelle Lewin, Dr. Samar Yorde, 2018-06-05 A step-by-step diet and exercise plan from social media sensation and fitness guru Michelle Lewin, *The Hot Body Diet* reveals the star's insider tips and tricks for sustainable weight loss and a toned bikini body. How do you maintain a perfect body? For years, fans have been asking Venezuelan fitness model Michelle Lewin this very question. Known for her enviable curves, washboard abs, and super strength, Lewin's physique has earned her millions of fans who are eager to learn her diet and exercise secrets. And now, with help from certified health coach Dr. Samar Yorde, she will share the keys to her weight loss and weight management for the first time. Lewin has created an easy-to-follow, step-by-step diet and exercise plan that has amazing benefits for all body types. She shares stories and struggles from her own weight loss journey, offering support in creating a healthy transformation. With meal plans, recipes, exercise tips, and an FAQ section from actual followers, *The Hot Body Diet* will help women achieve the strong, svelte bikini body that Michelle Lewin has made famous.

bikini contest prep diet: DIETING, 2014-04-13 FOR WOMEN WHO WANT TO LOSE WEIGHT

bikini contest prep diet: More Plants on Your Plate Bailey Rhatigan, 2022-02-08 Eating "plant-forward" doesn't necessarily mean vegetarian or vegan; it simply means eating more veggies, fruits, and whole grains for better health. But you might not be sure how to do it, and you might be afraid that minimizing meat in your diet will leave you unsatisfied and hungry. Bailey Rhatigan removes all of the guesswork and brings you a simple way to make the most out of nature's most nutritious foods with her quick, easy, and outrageously delicious plant-forward recipes. In her new book, *More Plants on Your Plate*, Bailey delivers more than 75 recipes that are primarily plant-based but include smaller portions of meat and other animal products for flavor and satiety. Most of the recipes are designed to feed two with leftovers but can easily be scaled up to feed a larger family, and most can be made ahead of time to feed you throughout the week. Bailey gives lots of tips on meal prepping and having fun with leftovers. Also included are special meals to savor with your partner on date night, meal planning tips, kitchen staples, and more! Gain confidence in the kitchen and pack your plate with nourishing plant-forward meals! Sample Recipes Include: • Veggie Egg Cups • HBE Breakfast Salad • Cauliflower Hash • Chipotle Acorn Squash & Kale Stew • Mushroom Stroganoff • Mexican Quinoa Bake • Blueberry Breakfast Cookies • Strawberry Bliss Balls Whether you're a plant-based pro, a meat lover looking to increase your consumption of veggies, or somewhere in between, Bailey's recipes will have you feeling your best and loving every bite!

bikini contest prep diet: *The Diva's Guide to an Acne-Free Life* Dawn Amador, 2012-06-05 *The Diva's Guide* is about the journey of a girl who became so obsessed with wanting clear skin again that some would say it took over her life. In the author's desire for acne-free skin, she has read pretty much every skin care and nutrition book published. She has tried nearly every remedy suggested and tested every product invented. She even invented homemade products, which she diligently tested on any willing friend. Join her on this journey—a culmination of tireless research and a true passion to live a happy and acne-free life.

bikini contest prep diet: Big Fat Food Fraud Jeff Scot Philips, 2016-10-18 *Big Fat Food Fraud* gives the public an unprecedented and eye-opening inside look at the corrupt practices of the food and weight-loss industries, which have combined to raid Americans' wallets and to decimate their health. Equal parts *The Wolf of Wall Street* and *Fast Food Nation*, *Big Fat Food Fraud* takes the reader on Philips's colourful, personal journey through the dark underbelly of America's food industry.

bikini contest prep diet: *The Resistance Training Revolution* Sal Di Stefano, 2021-04-27 Burn fat, build lean, sexy muscles, lose inches, and feel healthier, more energetic, and youthful than you ever have in your life...with a revolutionary new approach to resistance training. Tired of spending hours on the treadmill? Dealing with the joint pain of high impact exercise? And seeing very few results in terms of fat-burning and weight loss? If so, it's time to join the revolution. Brought to you

by Sal Di Stefano, the founder of the mega popular Mind Pump podcast, *The Resistance Training Revolution* reveals how resistance training is the best form of exercise to burn fat, boost metabolism, and achieve health benefits you cannot obtain from other forms of exercise. Di Stefano breaks down fitness misconceptions, shares his decades of industry knowledge, and brings you a comprehensive, accessible guidebook that will give you the body you've always wanted—in as little as 60 minutes a week. This book features: Over 60 fat-burning, metabolism-boosting workouts you can do at home to sculpt your body and maximize your health and longevity Raw fitness truths that will show you what works and what doesn't. You'll be shocked at how easy it is to build lean muscle and lose fat once you understand these truths, and once you train your body the right way The newly discovered health benefits of resistance training in terms of heart health, bone strength, joint protection, and especially antiaging The exact formula for nutrition that makes losing fat, while sculpting your body a breeze and for the long term. Dozens of self-assessments to track your progress, and much more The *Resistance Training Revolution* also reveals how to optimize your workout time following Mind Pump's Muscular Adaptation Programming System (MAPS)—a system that ensures that you keep making progress without the frustrating plateaus. Isn't it time you joined the revolution?

bikini contest prep diet: Dancing With Danger Kimberly Griggs, 2024-08-13 From author Kimberly Griggs comes a hula-va Hawaiian mystery! What's a Southern Belle to do when she dreams of being a hula dancer? Move to Hawaii, of course! Native Georgian Ruby Bell has her work cut out for her finding her niche among hip-swaying dancers of Kauai. But when she creates Hula Fit, a unique fusion of fitness and Hawaiian culture, she lands herself a job at the premier Aloha Lagoon Resort and Spa. Her class sparks attention from locals and vacationers alike, making Ruby feel she's finally found her bliss. Unfortunately things go from delightful to downright deadly when Ruby discovers her new friend, Phoebe, strangled by a coconut bra in the back of Ruby's studio! With the local police investigating on island time, Ruby fears it's up to her to find a killer, save her studio's reputation, and bring justice to her friend's memory. Navigating through a maze of deceit and betrayal, Ruby uncovers a cast of suspects more colorful than an island sunset, including a bodybuilder ex-boyfriend with a volatile temper, a troupe of senior citizens caught at a clothing-optional pool party, a jealous rival, an awkward admirer, and even the hunky owner of the local Smoothie Hut who seems to have his eye on Ruby. Between blackmail, deception, and a mysterious box of incriminating photos, Ruby finds herself tangled in a deadly dance. Can she hula her way through the shadows and unmask the killer... before the music stops for good? What critics are saying: I LOVE this series, and anytime I can open one of these books and escape to the coast of Kauai in Hawaii and hang out at the Aloha Lagoon Resort, I am going to do it!!! ~ Cozy Mystery Book Reviews The whole series is a marvelous tropical treat...Join in! ~ Kings River Life Magazine Whether this is your first Aloha Lagoon Mystery or your fifteenth, you are in for a rollicking good time! ~InD'Tale Magazine This cozy series will hook you so you'll want to read all that came before, as I do. ~ Book Review Crew About Aloha Lagoon: There's trouble in paradise... Welcome to Aloha Lagoon, one of Hawaii's hidden treasures. A little bit of tropical paradise nestled along the coast of Kauai, this resort town boasts luxurious accommodation, friendly island atmosphere...and only a slightly higher than normal murder rate. While mysterious circumstances may be the norm on our corner of the island, we're certain that our staff and Lagoon natives will make your stay in Aloha Lagoon one you will never forget! Visit us at alohalagoonmysteries.com Rating: This story does not contain any graphic violence, language, or sexual encounters. Its rating would be similar to PG-13 or what you would find on a Hallmark Channel movie or TV series.

bikini contest prep diet: Perfect Fit: The Winning Formula James Haskell, 2018-01-17 In his guide to fitness and nutrition international rugby star James Haskell leads you seamlessly through every step of the journey towards transforming your body and reaching your fitness goals. With an 8-week plan that can be done at home, suitable for those who have not trained before, and a 12-week plan for those who already train regularly, there is something for everyone and James encourages and challenges you to become fitter, stronger and leaner than ever before. Alongside the training programmes James provides detailed advice about nutrition, helping you to understand how

to eat to achieve the results you are aiming for, as well as delicious recipes and meal plans to ensure you stay on track. James's ambition is to dispel the fog - to provide clarity, understanding and to motivate as well as inspire you train hard and fuel your training effectively in order to transform your body. If you found James's Introduction to Becoming and Remaining Rugby Fit helpful, Perfect Fit will help you to take your training to the next level with its more detailed workouts, nutritional advice and recipes.

bikini contest prep diet: *Bikini Competition* Emily Brooks, 2019-05-03 It takes a lot of self-discipline and control to be able to look fit in time for a bikini competition. You need to understand the different kinds of diet plans that you can try to keep your body fit and toned. In this book You can get some tips and information about bikini competitions and what the judges look for when judging the contestants. This will at least give you an idea what to improve on and what to avoid before joining the competition. You will also learn about different supplements that you can take before the competition to maintain your fit and toned physique. For you to be fully equipped for your bikini competition there are certain procedures and criteria for it. First, you will need coach. Both beginners and professionals need coach. Novices need mentors. Professionals need mentors. You need an expert who will guide you through out the competition. Your coach will guide you and explore you to important facts you need to know about the competition. Your mentor might need to take a close watch on you, monitoring your diet and fitness. Finally, this wonderful book by Emily Brooks will also give you some tips and techniques to keep your motivation high, and will also help you win the competition. After all, it is important that both your mind and body are in excellent condition if you want to be declared as the winner. GET YOUR COPY OF THIS BOOK TODAY

bikini contest prep diet: *Someone I Love Lives Here* Justine Moore Sloan, 2021-10-19 At the peak of Justine Moore Sloan's fitness career, she appeared to have it all— two million followers on social media, chiseled abs, lucrative brand endorsements, and endless praise and validation. But behind the meticulously-polished exterior was an anxious, tormented, and painfully insecure young woman desperately longing for true love and acceptance. In this candidly-written memoir, Sloan chronicles her journey from being the “fat kid,” teased in grade school, to being an internationally acclaimed fitness model, fueled by a deep-rooted sense of inadequacy. Sloan takes a sledgehammer to the societal pressures we put on girls and women to look perfect— and teaches you how to burn the rule book and reclaim your power. Her story illuminates how to ultimately love and respect your body and yourself in a way that says, “someone I love lives here.” Book Review: Raw, brutally honest, funny, and powerful. *Someone I Love Lives Here* should be on every woman's bookshelf. -- Lori Harder, Founder of Lite Pink and Best-Selling Author of “A Tribe Called Bliss”

bikini contest prep diet: *Eve* , 2006

bikini contest prep diet: *Vegan Vitality* Karina Inkster, 2014-11-25 A guide to veganism for active lifestyles—with one hundred delicious recipes. The culture of food in North America is changing—and fast. More than eight million North Americans choose to exclude meat from their diets, and an additional twenty-five million rarely eat meat. Many of these individuals consume no animal products whatsoever. Why do these vegans and vegetarians choose to forgo steak, yogurt, or ice cream? Most commonly, they cite increasing and maintaining personal health. Add to this the steadily growing population of health and fitness enthusiasts who adopt plant-based diets temporarily to meet their performance goals, plus those looking to vegan diets for weight loss, and we've got a full-blown diet and lifestyle movement quickly expanding across the globe. *Vegan Vitality* is a comprehensive active-living guide and cookbook for current and aspiring vegans and vegetarians interested in making regular physical activity a part of their lives. Karina Inkster motivates and inspires readers to increase the quality (and length!) of their lives by enjoying a whole foods, plant-based diet and engaging in regular exercise. With healthy living advice for everyone from beginners to amateur athletes, as well as a well-rounded collection of one hundred mouthwatering recipes specifically created to fuel active living, this book sets itself apart from existing titles by bridging the gap between diet and fitness, approaching health holistically and as a long-term lifestyle. Also included are interviews with vegan athletes and fitness professionals, each

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secret of online fitness culture: rampant steroid and drug use, not only amongst its Instagram stars and wellness gurus, but eagerly enjoined by millions seeking to emulate a new beauty ideal (and its myth, of being all-natural). Never mind the high-profile cases of athletes Marion Jones and Lance Armstrong. Steroids and other pharmaceuticals are being sold and consumed in life-threatening quantities online and through the backrooms of gyms and fitness centres, and the people buying them range from teen girls trying to look good on Instagram to middle-aged men who can't say good-bye to their youthful physiques. This is a vivid, eye-opening and compassionate journey alongside a young doctor as he discovers an underworld of misinformation and misdirected ambition, drug abuse and lives cut short for the glory of competition, pageantry or the mistaken belief that we need to be fantastically beautiful in order to be fit.

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