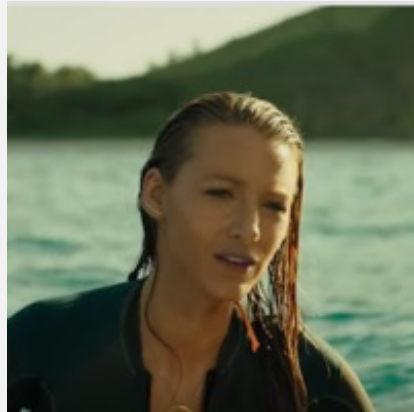


## Blake Lively's Bikini super diet — How To Get Slim Like a Star

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Everybody ( including our Wellness magazine team) loves Blake Lively, and now we love her even more after seeing her new role in the thriller "The Shallows", which hit theaters on June 24th.



Just 10 months after giving birth to her first baby, Blake needed to be in a bikini body for her new movie. Showing off her a breathtaking body has motivated me to run a few more miles each day.

So, if you're dreaming about a body like Blake's, you have to be prepared for a lot of hard work. Like her husband Ryan Reynolds said: "training for a marathon."

Blake Lively filmed the shark horror for almost eight weeks in Australia, she stayed on a diet, trained very hard, and every day she looked better and better.

*"Being in waves like that, swimming like that, doing such long takes like that all the time — I became so much stronger and more fit by the end of production," she spilled in her interview for "Hollywood Life."*

To get into shape, Blake began working with trainer Don Saladino, who helped her with the workouts and diet. She trained from five to six days a week, focusing on strengthening her body and core. Lively's training leading up to the movie was intense, however, during production, it looked like she was working even harder. *"I was working out 13 hours a day because the shooting was working out."* — Blake tells "Hollywood Life."

*"It was neat to be able to do that, and it was neat to have that challenge after having a baby because you think your body is so different — you think no matter what, it's never totally be the same," she continued. "And to be able to be in better shape*

*than I had ever been in before, I thought, 'OK, that's really encouraging.'*"

A healthy diet was also very important in helping Lively stay in shape. According to her personal trainer, Don Saladino, Blake doesn't focus on the number of calories, but throughout the day she eats nutrient-dense, organic and balanced gluten-free meals, and pays close attention to the foods she eats.

Blake starts her day with a glass of water, which helps her stay hydrated through the day. She likes gluten-free breakfast meals include eggs cooked in coconut oil or oats mixed with fresh fruits. She cooks a lot of her own meals, and she really pays attention to the foods she puts into her body.

So, if you want to have a bikini body like Blake Lively, load up on nutrient-dense meals, eat healthy and organic foods like vegetables, fruits, eggs, gluten-free foods, and coconut oil.

We asked our dietitian team to prepare a few recipes similar to Blake's favorite to help you get slim just like the Hollywood Star. Enjoy and let us know if it's working.



### **Get slim like a Hollywood Star.**

**1. A glass of water with lemon.** Lemon is natural energizer; it hydrates and oxygenates the body so it feels revitalized and refreshed! Health benefits of lemon come from the nourishing elements like vitamin C, vitamin B, phosphorous, proteins, and carbohydrates. In Ayurvedic Medicine, warm water with lemon has long been touted as a body cleanser. When you drink it first thing in the morning on an empty stomach it immediately revs up your digestive system and cleanses your body.

Ingredients:

1 glass of warm water

5 slices of lemon - add to water and let your drink stand for a while.

Drink on an empty stomach



## 2. Baja Eggs Benedict with Gluten Free Bread for breakfast



If you have never poached eggs before, you're in for a pleasant surprise at how easy it is. Pour in enough water to come one inch up the side of a saucepan. Add one teaspoon of kosher salt and two teaspoons of vinegar and bring to a simmer over medium heat. Meanwhile, crack a very fresh cold large egg into a custard cup. When the water is at a simmer, stir the water in one direction until the water is all smoothly spinning around. Carefully slide the egg into the center of the whirlpool. The swirling water will help prevent the white from "feathering," or spreading out too much in the pan. Cover the pan and turn off the heat. Allow to cook for five minutes. Using a slotted spoon, remove the egg from the water. And that's it! Perfect poached eggs every time!

### **Baja Eggs Benedict with Gluten Free Bread**

Serves 4

#### **Pico de Gallo:**

1/2 medium red onion finely diced

3 small Roma tomatoes, seeded and diced 1 small jalapeño, seeded and minced

3/4 cup fresh cilantro, minced

1 lime, juiced

Salt, to taste

### **Baja Eggs Benedict:**

1 avocado, peeled and sliced

4 poached eggs

Salt and pepper, to taste

4 pieces of Three Bakers gluten free 7 Ancient Grains Bread, roasted bell pepper, enough to cover 4 slices of toast



**Assemble the Pico de Gallo:** Stir together the onion, tomato, jalapeño, and cilantro. Drizzle with half of lime juice and a pinch of salt. Stir to combine. Taste and add more lime juice and/or salt as needed.

**Assemble the Baja Eggs Benedict:** Toast the Three Bakers 7 Ancient Grains Bread. Place a portion of the red pepper on each piece of toast. Divide the avocado slices and place them on top of the pepper. Add the poached egg, salt and pepper to taste. Top each Eggs Benedict with a big scoop of Pico de Gallo and serve.

### **3. A FRUIT BOWL OF FRESH BLUEBERRIES**

Blueberries are not only popular as a super food, but also repeatedly ranked in the U.S. diet as having one of the highest antioxidant capacities among all fruits, vegetables, spices, and seasonings. If you want to maximize your antioxidant benefits from blueberries, go organic! Organically grown blueberries turned out to have significantly higher concentrations of total phenol antioxidants and total anthocyanin antioxidants than conventionally grown blueberries, as well as significantly higher total antioxidant capacity.

Ingredients:

Bowl of fresh organic blueberries, wash well and enjoy





#### **4. A BOWL OF GLUTEN-FREE OATMEAL WITH FRUITS**

Today, the benefits of eating oats have made headline news. Lowering cholesterol, high (soluble) fiber, low fat, low GI, are just a few benefits of eating oats. Oatmeal can be eaten in many different ways starting with breakfast and served as a dinner dessert. We have a bowl of gluten free oatmeal with fruits just for you.

Ingredients:

1 cup almond milk

1 cup warm water

1 teaspoon of vanilla extract

Salt, to taste

1 cup whole rolled gluten free organic oats

1/2 cup of favorite fruits



*Directions:*

Set a saucepan over high heat. Pour in the milk, water and add vanilla extract. Bring the liquids to a boil. Once the liquid is boiling, pure in the oats and stir.

Turn down the heat to low and simmer the oats, stirring every few minutes, until the liquid is fully absorbed, about 15 minutes. Top with your favorite fruits.

## 5. Slow Cooker Pulled Pork with Creamy Coleslaw for dinner

Serves 8 with leftovers for another meal

Topped with crunchy slaw and piled high on Three Bakers Gluten Free Whole Grain Hamburger Buns, pulled pork is the perfect slow cooking dish. This warm and comforting recipe is so easy to pop into the slow cooker in the morning before a busy day and yields enough pulled pork for extra servings on another day. Got to love that! The creamy slaw used to top the sandwiches gives a bit of crunch and sweetness, but also makes a great side dish.

Don't eat pork? No problem! Replace the pork roast with the same amount of boneless, skinless chicken thighs that have been trimmed and cook as directed.



### **Pulled Pork Sandwich:**

2 medium onions, cut in half and thinly sliced

1/2 cup gluten-free ketchup

1/4 cup cider vinegar

1/3 cup packed brown sugar

1/4 cup tomato paste

1 1/2 tablespoons paprika

2 tablespoons gluten free Worcestershire sauce

2 tablespoons gluten free prepared mustard

4 cloves minced garlic

1 1/2 teaspoons ground black pepper

3 pounds fresh boneless pork roast, cut into 3 pieces

2 packages Gluten Free Three Bakers Whole Grain Hamburger Buns

### **Creamy coleslaw:**

1/2 cup gluten-free mayonnaise

1 tablespoon apple cider vinegar

1 1/2 teaspoons sugar

coarse salt and ground pepper, to taste

1/2 small green cabbage, thinly sliced (about 5 cups)

1/4 small red cabbage, thinly sliced (about 3 cups)

In a slow cooker, stir together the onion, ketchup, vinegar, brown sugar, tomato paste, paprika, Worcestershire, mustard, garlic, and pepper. Add pork to sauce mixture in a crock, turning to coat well with sauce. Cover slow cooker with lid and cook on low setting for 8 to 10 hours or until pork is very tender.

Transfer pork to a large bowl or rimmed platter. Pull pork into shreds with 2 forks, discarding any fat that needs to be removed. Return the shredded pork to the slow cooker and toss with thickened sauce to combine.

**Creamy coleslaw:** In a bowl, mix together mayonnaise, vinegar, sugar, salt, and pepper. Add sliced cabbage. Mix cabbage with sauce until well combined.

**Assemble sandwiches:** Spoon the pulled pork onto the bottom half of the Three Bakers Whole Grain Hamburger Buns. Top with a scoop of coleslaw and the bun on top. Serve remaining coleslaw on the side.



Freeze any remaining pork for another meal.

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