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H.E.L.P. Recipe Guide – Kayla Itsines
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What is Kayla Itsines ' HELP ' Guide? First things first, what is the HELP guide? HELP stands for ' Healthy Eating Lifestyle Plan ' and it ' s a comprehensive guide to healthy eating that includes a two week meal plan with sample healthy recipes. The HELP guide starts off by providing a 14 day meal plan, which is full of delicious and easy to make meals.

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It is a complete training guide that can help you to make lifestyle changes and feel confident in your Bikini Body — whatever that means for you. 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.

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the Australian Guide to Healthy Eating, and the assistance of NPA Pty Ltd., the following information is designed to help women between the ages of 16 – 25 achieve their goals regardless of weight, height and activity level. The food portions we have provided are based around the AGHE (Australia Guide to Healthy Eating) and

Bikini Body Guide: Healthy Eating & Lifestyle Plan (Nutrition)
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BBG stands for Bikini Body Guide, which is the original training program Tobi and I created in 2014. The original guide was a 12-week workout program, however, BBG has grown and grown! There are now more than 88 weeks of my workouts available. You can head to my blog, What Is BBG, if you want to know more about the BBG program and what it includes.

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