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In addition to excluding processed foods such as cake and cookies, the supermodel diet also excludes oil, alcohol, nuts, sugar, salt and caffeine. For breakfast, drink Kelly green juice, which is a blend of mint, parsley, kale, broccoli, lime juice, orange juice and water.

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**The Supermodel Diet
and Exercise Plan |
Livestrong.com**

To prepare for the 2018 Victoria's Secret Fashion Show, the models fill up on protein, healthy fats, and low-carb vegetables, according to nutritionist Dr. Charles Passler. Three to five days before the show, the models completely cut carbohydrates to eliminate any bloating.

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The Victoria's Secret models' pre-show diet includes ...

When I was recently given the opportunity to interview two models, Stella Maxwell and Josephine Skriver, at the launch of Victoria's Secret's new fragrance, Bombshell Summer, I decided to take the opportunity to glean their honest-to-goodness diet and fitness regimens—no

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**This Is What
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Models Really Eat

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**2016 Hottest
Supermodels and
Audi TT Review -
Supermodels ...**

Besides being blessed with killer genetics, you have to also have the perfect diet and fitness routine. We rounded up five models' diet tips for

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some inspiration this bikini season. Check out how to eat like models Miranda Kerr, Naomi Campbell, Kate Upton and more.

How to Eat Like a Model: Diet Tips from Supermodels ...

Bridget Malcolm: The Vegan Diet A vegan diet, touted by everyone from Beyoncé to Australian Victoria's Secret model Bridget Malcolm, is free

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from all animal-derived products. Centered around ...

**Eat Like a
Supermodel! 5
Healthy Food Plans
Behind the ...**

Amy Schlinger is a freelance health and fitness writer based in New York City who has traded her Diet Coke and Goldfish crackers for water and nuts.

Follow her journey on Twitter or Instagram ...

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I Tried a Victoria's Secret Model Diet and ... - Glamour

11 Models Reveal Their Beauty and Fitness Secrets. ... which is super cut. I prefer to be a little more on the softer side, so I just keep it light with a lot of walking, yoga, and an occasional ...

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Victoria's Secret Angels
Spill Their Diet and
Exercise Secrets. For a
model, getting asked
to walk in the Victoria's
Secret show is like
being asked to be the
Super Bowl of
modeling. Not
surprisingly, the top
models asked to walk
in the show, everyone
from Adriana Lima to
Erin Heatherton,

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Kate Moss. English
model Kate Moss
shares the secret for
her beauty: give your
face an ice bath. She
says sometimes when
she wakes up in the
morning with a tired
and puffy face, she
immediately sinks her
face with ice and
cucumber to make her

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skin chill.

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**10 Beauty Secrets
from Models**

**Revealed - Chasing
Foxes**

And let me tell you, I savored that apple a day. Dinner was basically the same as lunch minus the apple, but then, before bed, I could eat a 1/2 cup nonfat cottage cheese with 1 tablespoon of nut butter (the only ingredient could be

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nuts), and 1 tbsp of
cocoa powder plus a
sweetening agent like
Splenda or Stevia.

**I Ate, Drank, And
Trained Like A
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On the plane ride back from London following the Victoria's Secret Fashion Show, when everyone was tired and more than a little hungover after a night of partying, Angel mama Karlie Kloss

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offered ...

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Following the 6 Step

Victoria's Secret

Angel Diet

Hiii! :) I ate like 7

different Victoria

Secret models for 7

days! Insta: [https://www](https://www.instagram.com/sophiakleo/)

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Trying the Victoria

Secret Model Diet

for 7 days (HARD!!!)

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Diet and weight-loss tips from the world's most beautiful models, including Karlie Kloss,

Lily Aldridge, Kendall Jenner, and Gigi Hadid.

Advice from the world's most fit. StyleCaster

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