

Celebrity Trainers Diet Tips



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Celebrity Trainers Reveal Celebrity Diet Tips

When you see photos of Rihanna's slim but glamorous silhouette or Jessica alba's flat post-pregnancy tummy, you probably wondered how celebrities stay so lean or how do they always manage to snap back into shape in a blink of eye. Keep reading to see what celebrity trainers reveal about their clients.

Truth is some celebrities go to strange and outrageous lengths to get or stay thin even though most of them swear their perfect body comes from exercising and eating clean. It's risky to just follow blindly with those alleged diet plans of celebrities.

But fret not! Because here are some legit useful and healthy tips quoted directly from A-list celebrity trainers that you could steal and not be wary of the risk!

Celebrity Trainers Tips

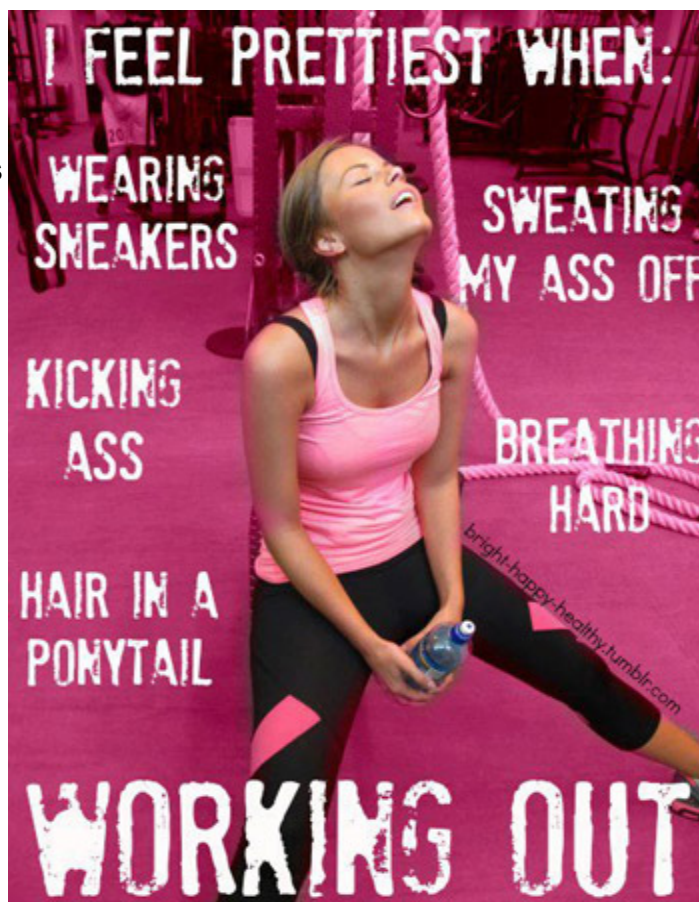
1. Celebrities eat breakfast.

Celebrity trainer Gunnar Peterson (trainer to Jennifer Lopez, Penelope Cruz, Leah Remini) introduced the idea of eating within 30 minutes of waking up in the morning. "You want to send your body a signal that you're not starving so it starts burning fat," says Peterson. Try oatmeal, scrambled egg whites, fruits.

These ingredients provide filling fibre, protein and vitamins. Research shows breakfast eaters are more successful at long-term weight loss as it helps jump-start your metabolism and prevents overeating throughout the day.

2. They pick their veggies.

They're taught by their celebrity trainers to be picky in what veggies they eat. Here's a tip to slimming down a few inches for a be-seen event, Nutritionist Carrie Wiatt made famous singer Fergie stock up on watery veggies and fruits (lettuce, celery, cucumbers, watermelon, grapes) to help get rid of bloating as those veggies work by flushing out your system. Cauliflower, broccoli, cabbage, and pears lead to gas and bloating so if you'd like to be seen lean for the night, remember to avoid these right before an event.



3.They snack.

Healthy snacks of course! Celebrity trainers like Valerie Waters have their clients (Jennifer Garner, Elizabeth Berkley) carry 150-calorie snacks where they go. A few all-time favorite snack combos include apple slices with low-fat string cheese, a couple of crackers topped with chicken salad, or a few slices of turkey ham with fruits.

According to Valerie Waters, it's important to eat something every three to four hours. Because you can go from feeling kind of hungry to thinking you're starving badly as your blood sugar can drop quickly. Healthy snacking helps curb with your cravings and gives you instant energy boost to keep you satiated.

4.They don't stop drinking.

I hope you're not thinking about alcohol.. Drink water! Of course it's water. They never stop drinking water. Celebrity trainers like nutritionist Harley Pasternak (whose clients include Lady Gaga, Rihanna, Megan Fox, Robert Downey Jr.) urges the importance of hydration. According to Pasternak, thirst can often be mistaken for hunger, so regularly sipping water through the day can keep excess calories off your plate - and your mouth.

Famous Celebrity Diet Plans

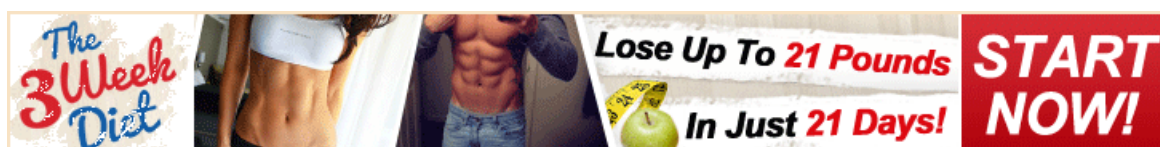
3 Week Diet System

The 3 Week Diet System is a fool-proof, science-based diet that is designed to help people lose as many as 23 pounds of body fat in just 21 days. The system was created by Brian Flatt, a trainer, weight loss coach and nutritionist who grew tired of seeing clients constantly losing the "battle of the bulge."

The 3 Week Diet works where other weight loss systems fail because it focuses on reducing cellular inflammation, which is the real cause of weight gain, and because it corrects the bad information dieters receive today.

"Now dieters can see their progress almost immediately, so instead of growing discouraged, they become encouraged, and they devote even more energy to their diet," said Flatt, who is also the owner of R.E.V. Fitness in Southern California. "Nothing promotes success like success."

The system has already helped thousands of people lose weight and has proved so effective that Flatt is now able to offer a 60-day, 100% no-nonsense "lose the weight or it's free" guarantee with his system. [More information on the 3 Week Diet is here](#)



Weight Loss Diet Pills

Adiphen is a slimming aid from RDK, the makers of Phen375, containing 12 different ingredients which combines several different approaches to weight loss into one product. Adiphen contains 5 natural stimulants and most importantly, 2 very powerful thermogenic boosters, to fire up your metabolism and force your body to burn more fat.

Because Adiphen not only turns your body into a fat eating machine, it also allows your body to reject some of the fat you eat and keeps your hunger at bay. That's the 'eat less' part helped along nicely. And when you add all this up, it's the perfect combination to keep you on target and easily hit your weight loss goals . [Read More on this celebrity diet plan](#)



Star Diet Mantras And Tricks

Don't you agree that having the dream body you have always desired can help you feel stronger and more in control? It helps to boost your confidence, self-esteem and mood. So if you're looking for inspiration to start eating healthy, why not follow your favorite celebrity's diet regimes, since they often serve as an example for everything else?

These Hollywood stars have got a few neat tricks up their sleeves, which could easily be incorporated in your lifestyle. You don't have to resort to the harsh menus or strict diet fads for skin that defies your age.

•**Nicki Minaj** - No Sugar or Starch

She lost 10 pounds by giving up Snickers and sides of potatoes. Three days before a big shoot, she says: "I just cut out sugar and starch."

•**Hilary Duff** - Treat Yourself

She does boxing drills and runs a lot. She eats a lot of chicken but she rewards herself too - "I love wine."

•**Kaley Cuoco** - No Alcohol

She skips alcohol for a lean body. "Alcohol bloats us... I've become a little bit more aware of what goes in my body." She also works out four to five times a week, yoga, horseback riding, etc.

- Jennifer Lopez** - Cardio All The Time

She lost 8 pounds by eating lean meat, broccoli and carrots. “You realize how much you don’t need the butter and bread to be healthy. You need the greens! When i eat better, I feel better.”

- Jessica Simpson** - Oatmeal and Small Portions

She eats small portions of chicken and oatmeal. She also does strength training sessions three times a week.

- Miranda Lambert** - Everything in Moderation

She plans her daily intake. If her breakfast is high in calories, she picks a low-calorie dinner like grilled chicken and sweet potatoes. She still snacks on her must-have-snacks, Cheetos, by doing daily hour-long cardio drills.

- Ashley Tisdale** - Breakfast

She always starts her day with fresh fruit, an egg white omelette, and whole-wheat toast.

Other Weight Loss Resources

[Free Report : Losing Weight Doesn't Have To Be Hard](#) - Trying to lose weight can seem like a very difficult task. If you’ve tried weight loss before without success, download this free report,today

[Losethebellyfatnow.com](#) - Find the weight loss information you need to get the body you have always wanted . We are bullish about weight loss.

[How to Lose Stubborn Body Fat at Any Age](#) ,Even If You’ve Tried Everything and Nothing Has Ever Worked for You Before

