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~~Recipes — Kayla Itsines—~~
Kayla Itsines (/ t s i n s / it-SEE-n s; born 21 May 1991) is an Australian personal trainer, author, and entrepreneur with Greek heritage. She is the creator of a series of fitness ebooks titled Bikini Body Guides, and a meal-planning and workout app, Sweat with Kayla.In 2016, Sweat with Kayla generated more revenue than any other fitness app. In March 2016, Time named Itsines one ...

~~Kayla Itsines — Wikipedia~~
Luckily, Kayla thought ahead when she devised this beginner plan, and wants you to continue building that healthy habit. With that in mind, she's made the app free for 1 month for WH readers*.

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Milk has been a hot topic in the last few years, with more people looking at dairy substitutes to limit the amount of dairy in their diet. While this is a personal choice, I always like to share recipes that all of my BBG girls can use! Whether you have an intolerance to dairy or you prefer not to have it for other reasons, that doesn ' t mean creamy smoothies have to be off the menu for you ...