

Bikini Body Countdown

Want a fabulous figure to flaunt at a pool party or on the beach? Worry not. Here we have the perfect plan to get your body in shape in time for you to wear your bikini with pride.



1. Eat smart

You don't have to work hard to lose weight – make smart food choices instead! Opt for low calorie versions of your favourite foods and cut the calories in half. Order a grilled chicken salad with olive oil and lemon dressing (approximately 250 calories) instead of a chicken Caesar salad which comes with croutons, dressing, cheese and a whopping 550 calories.

2. Trim your portions

If you do nothing else but reduce your portions by 10-20 per cent, you will lose weight. Research shows that the less food you have in front of you, the less you'll eat. Downsize all your portions by 20 per cent and watch the weight drop off!

3. Consume more protein

The key to losing weight and maintaining it is not by starving yourself, but by keeping the hunger pangs at bay. The easiest way to do this is by eating more lean protein with each meal (i.e. yoghurt, eggs, beans, lentils, tofu, nuts, seeds, cheese and lean meat). Proteins keep you fuller for longer.

4. Get the slimming seed 'chia'

Already hailed on Oprah as a 'great diet helper', the chia seed helps block calorie absorption. Sprinkle it over your cereal or salad. Chia is packed with fibre and high levels of the most important health enhancing nutrients. Check the gram per gram comparison on www.chiabilia.ie

5. Obtain most calories by 3pm

Research shows that the more you eat in the morning and early afternoon, the less you'll eat or want to eat in the evening. And you'll have more time to burn off those early day calories than you'll have to burn off dinner calories.

6. Drink yourself slim

Stay clear of fizzy and caffeinated drinks. Keep your alcohol intake within limits and drink plenty of water, at least 2-3 litres a day. Opt for freshly pressed vegetable juices, low-fat yoghurt smoothies and cold soups. Liquid foods keep you satisfied for longer.

7. Beat cellulite

Cut out foods high in salt, fat and sugar. Include cellulite-busting foods such as melons, watermelons, apples and berries. Whiz up some watermelon flesh with its seeds for a delicious cellulite-flush juice. Skin brush daily to boost your lymphatic system, and apply Weleda's Beauty Bible award winning Birch Cellulite Oil (www.weleda.co.uk). Alternatively, massage it away with specialised anti-cellulite salon treatments.



8. Use good supplements

Take an antioxidant-rich formula to boost your skin from the inside out and prevent free radical damage. Try Viridian Ultimate Beauty Complex (www.viridian-nutrition.com). If you prefer a liquid supplement, try CherryActive



– it is a special Montmorency cherry juice which is so high in antioxidants it is as good as '23 portions of fruit and vegetables.' CherryActive also



makes a great post exercise fast recovery drink (www.cherryactive.co.uk). If you want to achieve a flat tummy fast, try E'lifexir Flat Tummy Plus, a good FOS and soluble fibre formula (www.naturesdream.co.uk). Always consult your doctor before taking any supplements.

9. Get physical

Being active burns calories and keeps you fit. Buy a pedometer and add more steps every day. Gradually build up to two sets of 20 repetitions of squats for a toned butt and thighs and two sets of 20 repetitions daily of ball ab crunches for a perfect flat stomach and toned figure.



10. Shimmer like gold

Now that you have a perfect bikini body, apply Lavera Shimmer Spray (www.lavera.co.uk) for a sun-kissed glow and silky skin.

■ With a flourishing private practice on prestigious Harley Street in London, Akcelina Cvijetic is Nutritionist and Life Coach to the royal family, celebrities and business people

