

# DIETS THAT WORK

## Alexandra's Beach-Body Secrets

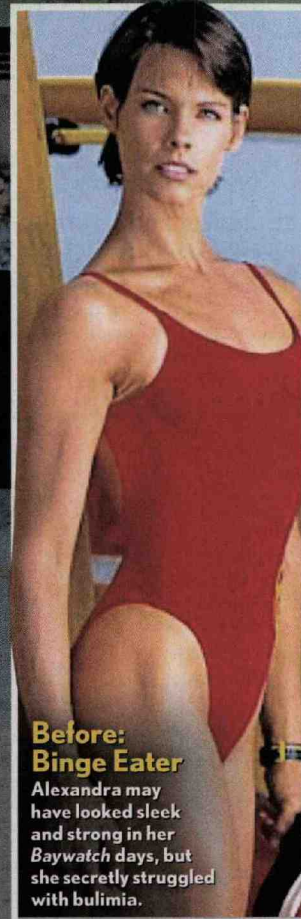
# Still a Baywatch Babe at 51!

It's been 17 years since *Baywatch's* Alexandra Paul sprinted into the surf wearing her iconic red lifeguard swimsuit. But at 51, she looks leaner and more fit than ever — because she is! "I was about 10 pounds heavier when I was in my early 20s," the star tells *Life & Style*, adding that she suffered from bulimia at the time. "I binged and purged compulsively." Therapy and a 12-step program taught her to eat in moderation — and an overhaul of her diet helped shave off weight.

### VEGAN VA-VA-VOOM

These days, Alexandra still routinely turns heads in a swimsuit, thanks to an ultra-clean, plant-based diet. "I'm an ethical vegan," she explains. Vegans tend to weigh less than meat eat-

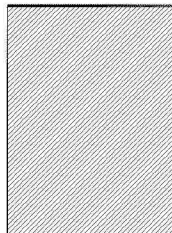
ers, studies show, because their diets of whole grains, beans, fruits and vegetables is lower in calories and more filling than those that contain animal products. The 5-foot-10 star also shuns sugar and eats at least 100 grams of protein a day to prevent binges. Plus, she pushes herself to keep moving. "I try to avoid the death trap of sitting so much," says Alexandra, who stands even when she's on the phone. Recently, she fine-tuned her diet (the plan below is a mixture of her favorite dishes and other vegan suggestions) even more with the Whole Life Challenge, an eight-week online game. "It was awesome for me as I quit sugar completely, along with corn and gluten," she raves. "It gets you out of your rut, to a new level of health!" **L'S**



**Before: Binge Eater**  
 Alexandra may have looked sleek and strong in her *Baywatch* days, but she secretly struggled with bulimia.

## SKIP THE MEAT, MELT THE POUNDS

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snack</b>
<b>Eat This</b>	1 cup oatmeal, ½ banana, ½ scoop vanilla Vega Sport vegan protein powder (282 cal.)	2 cups salad with a variety of raw veggies, 1 cup lentils, 1 tbsp. lemon vinaigrette (527 cal.)	4 oz. baked tempeh, ½ cup red quinoa, 1 cup baked sweet potatoes brushed with olive oil (486 cal.)	1 cup chopped organic apples with 1 tbsp. natural almond butter (166 cal.)
<b>Why It Works</b>	A recent study found that oatmeal made people feel fuller than cold cereal all morning long.	Legumes like lentils are high in fiber and water content, so you can eat less without feeling deprived.	Made from fermented soybeans, tempeh is a probiotic food, which can speed weight loss.	Studies show that almonds help satiate hunger without causing weight gain.
<b>Other Options</b>	• ½ cup granola, ½ cup blueberries, 5 oz. soy yogurt (417 cal.) • 1 slice avocado toast, 8 oz. pomegranate juice spritzer (257 cal.)	• 1 cup miso soup, open-faced veggie burger on lettuce (228 cal.) • 2 cups mushroom, Swiss chard, beet greens and barley pilaf (320 cal.)	• 2 black bean and toasted-corn tacos (362 cal.) • ½ spaghetti squash stuffed with ⅔ cup curried chickpeas, tofu and raisins (270 cal.)	• Green smoothie (1 scoop Vega Vanilla Sport protein powder, 1 tbsp. flaxseed, 1 handful each kale and broccoli, 3 ice cubes, 1 cup water (249 cal.)





**Now: Hot  
and Healthy!**

"I don't binge anymore," Alexandra says proudly. "I've learned I eat mindlessly when I am avoiding something." Her vegan diet helps keep her mood stable.

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