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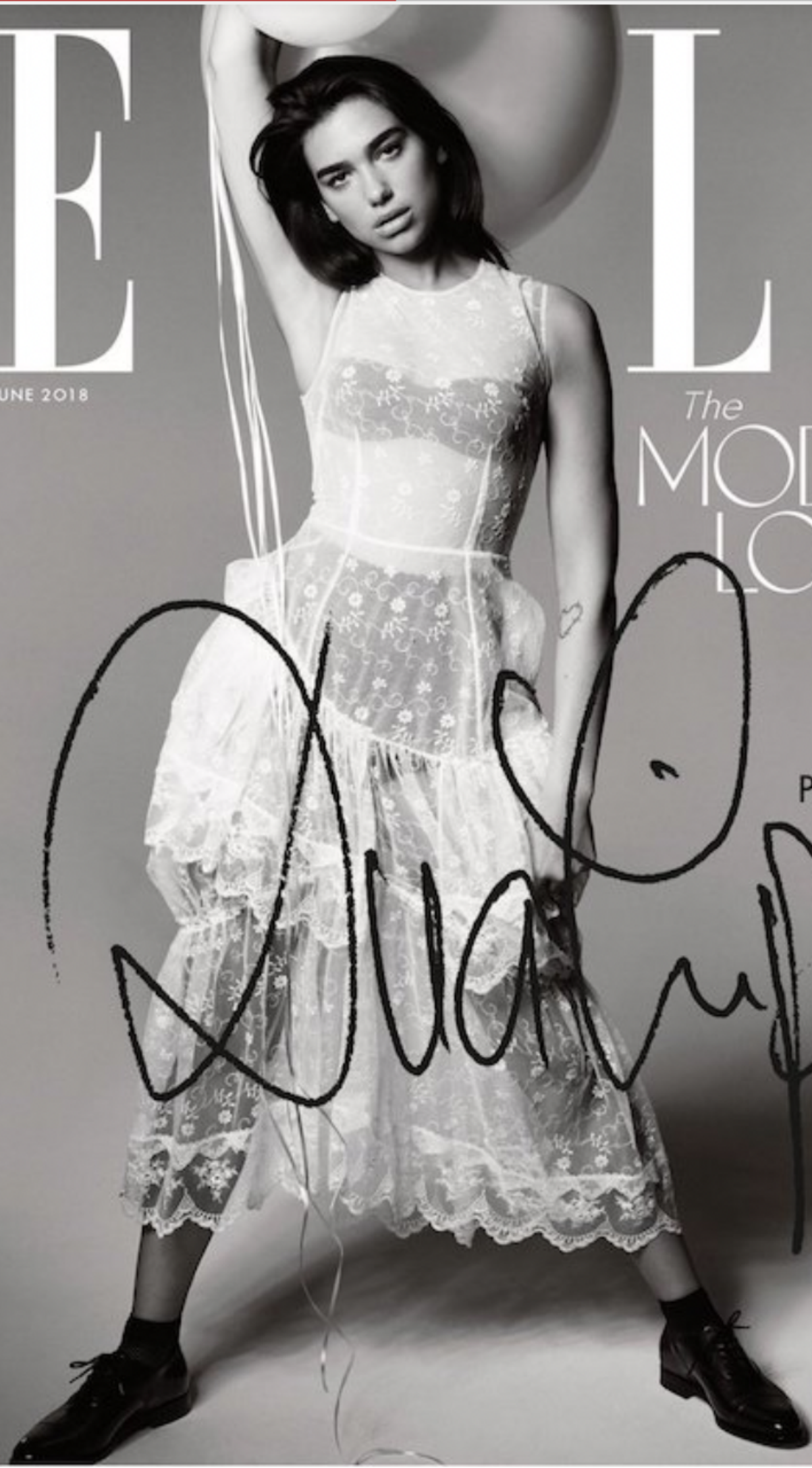
JUNE 2018

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The
MODERN
LOVE *Issue*

POP'S NEW
QUEEN

Handwritten signature: Ariana Grande



WHAT THE FITNESS BLOGGERS really EAT

THE
ULTIMATE
GUIDE

Between them, they have more than **five million** people following their every move and meal, but what do the biggest **Instagram** names in fitness actually have in their **fridge**? The healthiest people on the planet **'fess up**

Compiled by **Natalie Lukaitis**

Photography **Luke Kirwan**



**NIKKI
SHARP**

@STAYSHARPBESTRONG

FOLLOWERS

320k

AGE

28

DAY JOB

Model and wellness expert

LOCATION

LA

MOTIVATION MANTRA

Inhale love,
exhale hate

Falafel

- 400g can of chickpeas
 - 2 tablespoons tahini
 - Juice of 1 lemon
 - 3 cups of spinach
 - 2 cups of oat flour
 - 1 teaspoon oregano
 - 1/2 teaspoon turmeric
 - Dash of cayenne, to taste
 - Salt & pepper, to taste
 - 3 tbsp olive or grapeseed oil
1. Drain and rinse the chickpeas.
 2. Blend all ingredients except oil; shape into 8-12 round patties.
 3. Fry the patties in oil, 3 minutes on each side.

#MYDAYONAPLATE



Breakfast

Eggs provide protein while black beans and vegetables give energy, filling you up without you feeling heavy.



Lunch

Sweet potato is rich in vitamins A and C, provides high levels of antioxidants and helps to regulate blood sugar.



Snack

Blend all these ingredients to make my 'glowing skin smoothie' - you get vitamin C from the lime and anti-inflammatory properties from the turmeric.



Dinner

Chickpeas regulate blood sugar to help with weight management and are also high in (vegan) protein.