

DIETS THAT WORK

Alexandra's Beach-Body Secrets

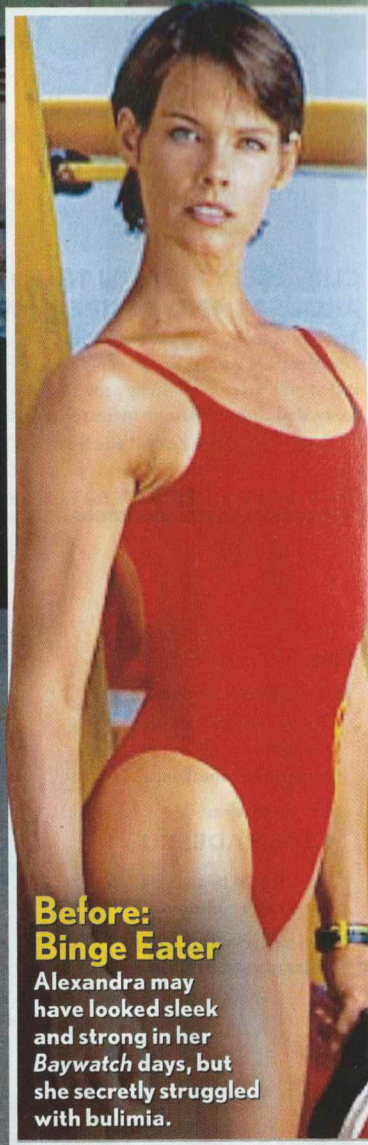
Still a Baywatch Babe at 51!

It's been 17 years since *Baywatch's* Alexandra Paul sprinted into the surf wearing her iconic red lifeguard swimsuit. At 51, she looks leaner and more fit than ever — because she is! “I was about 20 pounds heavier when I was in my early 30s,” 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

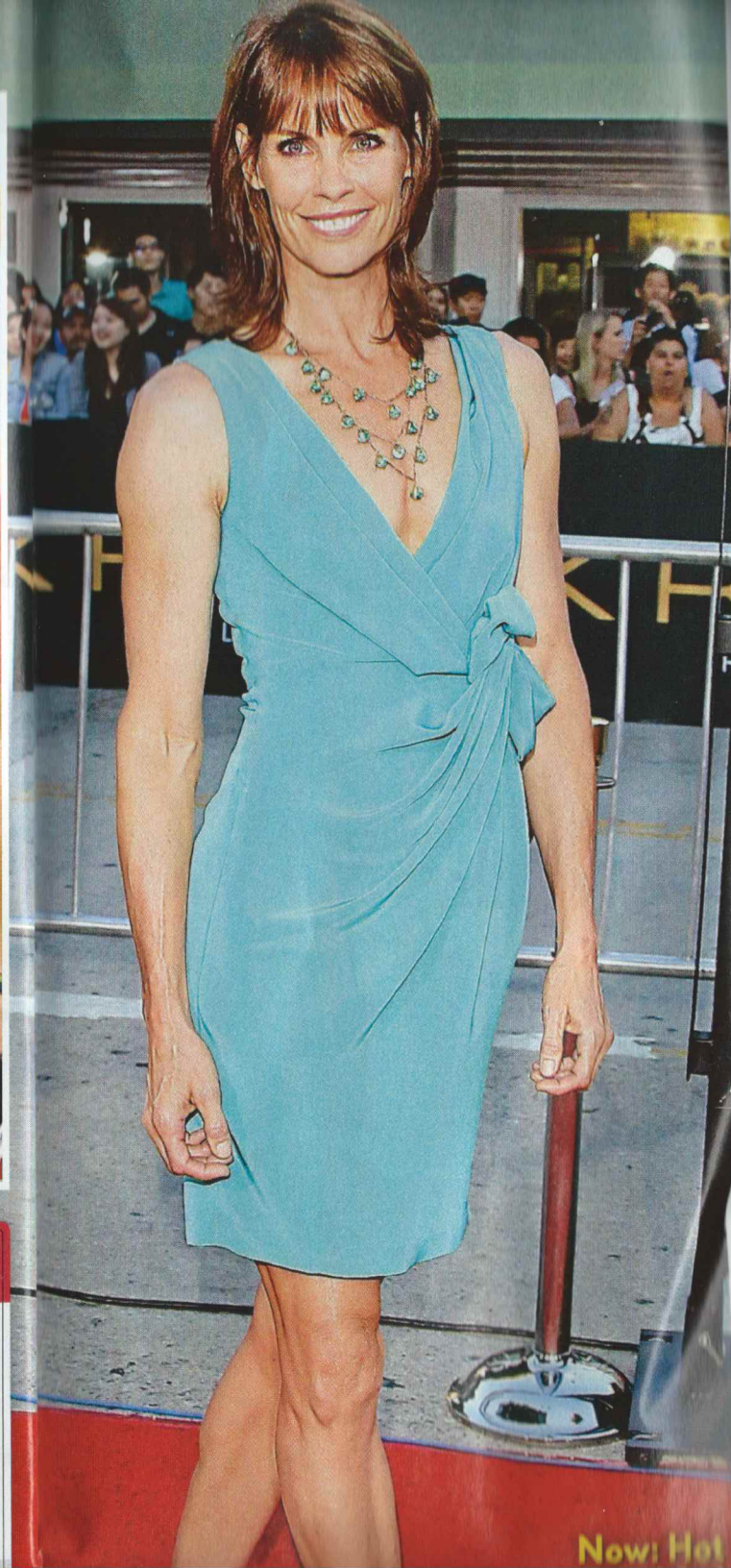
These days, Alexandra still routinely turns heads in a swimsuit, thanks to an ultraclean, plant-based diet. “I’m an ethical vegan,” she explains. Vegans tend to weigh less than meat eat-

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!” **LS**



Before: Binge Eater

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

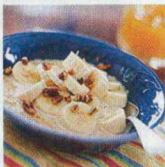


SKIP THE MEAT, MELT THE POUNDS

Breakfast

1 cup oatmeal, ½ banana, ½ scoop vanilla

Vega Sport vegan protein powder (282 cal.)



Lunch

2 cups salad with a variety of raw veggies, 1 cup lentils, 1 tbsp. lemon vinaigrette (527 cal.)



Dinner

4 oz. baked tempeh, ½ cup red quinoa, 1 cup baked sweet potatoes brushed with olive oil (486 cal.)



Snack

1 cup chopped organic apples with 1 tbsp. natural almond butter (166 cal.)



Now! Hot