

# Top 5 Celebrity Diets That Actually Work



By [Melissa Lee](#)

It's no secret as to why celebrities are always in shape – between their personal trainers and strict diets tailored to their body types, being fit is basically part of their job descriptions. Fad diets are also typically made famous thanks to the stars that try them out, but thankfully, they tend to pass their wisdom down to us in regard to whether or not they even work. In the mix of all those crazy diet tips (say goodbye to juice cleanses!), there are actually a few diets that are quiet effective – luckily, Cupid is here to explain which celeb diets work.

# If you're looking to lose weight, try checking out some of these celebrity diets and tips!

**1. The Hamptons Diet:** Made famous by celebrities like Sarah Jessica Parker and Kate Hudson, The Hamptons Diet was created by a former medical director. Essentially, this diet is very low-carb and focuses on consuming lean meats and healthy fats. Though it has been criticized for encouraging participants to completely cut out carbs, it has been proven to help those lose weight and keep it off.

**2. Balance:** Ayesha Curry recently opened up about her post-baby weight loss journey and how she managed to lose 20 pounds without completely restricting herself. She explained that her personal nutritionalist encouraged her change her lifestyle rather than go on a temporary diet. Curry also added that she began eating densely nutritious foods (beans, smoked fish and avocados for example) and focusing on portion control.

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**3. Focus on quality eating:** *The Biggest Loser's* Jen Wilderstrom explained that one day of quality eating is equivalent to two weeks of workouts. She says that solid nutrition consists of a quality day of water, sleep and healthy food (proteins, healthy fats), and from there, it will begin to get easier as you form a routine.

**4. Eat breakfast:** Nike Master Trainer Marie Purvis emphasized the importance of eating breakfast in the morning, regardless of whether or not you're trying to lose weight. Purvis advises to eat 30 grams of protein within 30 minutes of waking up. While this may sound like a lot, she says that starting your day like this is essential for weight loss, staying lean, and

powering throughout the day.

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**5. Snack healthily:** When trying to get through that long gap between lunch and dinner, it's important not to munch on fatty foods. SoulCycle instructor Jera Foster-Fell says she likes to snack on dried fruits (simple carbs that give her a quick source of energy), while celebrity trainer Gunnar Peterson prefers protein bars.

**What are some of your most effective diet tips? Share your thoughts below.**

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## **Celebrity Diet: 5 Diet Tips Tried & Tested By Your Favorite Celebs**





By [Melissa Lee](#)

Celebrities constantly look perfectly in shape, but it's no surprise in this day in age – especially because it seems as though every star has their personal nutritionalist and private trainer. If you're looking to get in shape, looking to your favorite celebs might not be the worst idea. Stars are constantly trying out the newest fad diets and exercise classes, so why not try out some of these celeb-approved diet tips?

**If you're frustrated with your current diet, never fear – Cupid has some diet tips that have been tested by your favorite celebs**

# guaranteed to help you during your weight loss journey!

**1. Bridal-body boot camp:** Pippa Middleton, who is newly married to longtime sweetheart James Matthews, took getting ready for her wedding day very seriously. She trained five days a week, focusing on Pilates and cardio, and even eliminated alcohol from her diet.

**2. Girl squad boot camp:** Former First Lady Michelle Obama recently shared on Instagram that she hosts boot camp weekends for her and her close girlfriends. The girl squad doesn't care about their varying levels of fitness, but rather enjoyed doing the workouts together. Obama revealed that elbow planks, crunches, leg raises, and lunges are only some of the exercises they do together.

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**3. Box it out:** Hailey Baldwin's body is no joke, and boxing may be the reasoning behind her killer abs! Baldwin shared a video of her intense workout at Rumble Boxing in NYC, where she showed off her moves, including jabs, ducks, crosses, and uppercuts. Boxing is a high-intensity workout that's guaranteed to leave you sore the next day, but also help build up your strength – sign us up!

**4. Healthy lifestyle, healthy mind:** Ayesha Curry, wife to basketball star Steph Curry, went into detail about her weight loss journey and how she was able to lose 20 pounds without going on a diet. She revealed that she is not one to completely alter her lifestyle, but rather indulge in moderation – something her nutritionalist advised her to do. "I think the key to a happy, healthy lifestyle is being happy and healthy in your mind." Despite this, Curry *did* workout like crazy and is a huge SoulCycle fan.

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**5. Vary your workouts:** Shakira is practically known for her amazing hips, and she shared her secret to staying fit even when you have a thousand things going on – varying your workouts! Shakira tries her best to stay active as frequently as possible, but she doesn't do the same workouts all the time. By switching it up, she's using different parts of her body and slowly toning them, enabling her to have a killer body.

**What are your favorite diet tips? Share your thoughts below.**

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## **Our 10 Favorite Celebrity Couple Athletes**







By [Katie Gray](#)

Ahhh, there is nothing like our favorite [celebrity couple](#) athletes! The couples that workout together, play sports and support one another on the sidelines – stay together. Our favorite athletic couples vary in sport: baseball, football, basketball, hockey and so forth. Many of these [celebrity relationships](#) have led to gorgeous [celebrity weddings](#) and beautiful celebrity babies.

## **Cupid has compiled our 10 favorite celebrity couple athlete couples:**

**1. Tom Brady & Gisele Bundchen:** The world's most famous supermodel and former Victoria's Secret angel, Gisele Bundchen, is married to NFL star Tom Brady. The two have cute celebrity babies together and live a healthy lifestyle. Frequently, she is spotted cheering him on at games, and in the past, the SuperBowl!

**2. Jermichael & Courtney Finley:** The Green Bay Packers football team are the best in the NFL and have won numerous SuperBowl titles. On the team, Jermichael Finley is an asset, but he also is known for being a husband and father. He's married to Courtney Finley, and the two are one of the cutest couples who are underrated for sure. The proud parents always support one another on social media, on the field, at home and so forth. Major relationship goals!

**3. Justin Verlander & Kate Upton:** MLB pitcher for the Tigers, Justin Verlander, and supermodel, Kate Upton, are a pretty pair. They are our favorite engaged celebrity couple, and we can't wait for the wedding!

**4. Kroy Biermann & Kim Zolciak:** Don't Be Tardy For The Party! Kim Zolciak came into the public eye when she starred on Bravo TV's *The Real Housewives of Atlanta*. She then got her own spin-off show with her husband, Kroy Biermann, who plays in the NFL. This celebrity couple is the modern day *Brady Bunch*!

**5. Nick Young & Iggy Azalea:** Rapper Iggy Azalea has been dating Nick Young, who plays for the L.A. Lakers. He's also the cousin of hip hop artist, Kendrick Lamar. This celebrity relationship is going strong! How cute are they?

**Related Link:** [5 Celebrity Couples We Want To Reunite](#)

**6. Stephen & Ayesha Curry:** You've probably heard Drake rap about NBA star Stephen Curry. Does the line "Steph Curry with the shot" ring a bell? Not only is he one of the best players in the entire NBA, off the court he's also happily married to Ayesha Curry. We love this down to earth couple.

**7. Shakira & Gerard Pique:** Her hips don't lie! Pop star Shakira is known for her dance moves. However, she's also a great wife to Gerard Pique, professional footballer for Barcelona. She's a fantastic mother, too, and works hard. In fact, her net worth of \$300 million dollars proves it.



**8. Carrie Underwood & Mike Fisher:** Country cutie [Carrie Underwood](#) is not only a talented singer and performer, but is also a great wife and mother. She had a celebrity wedding to Mike Fisher, professional hockey player, in 2010. Then, the couple introduced their celebrity baby boy in 2015.

**Related Link:** [Bigger Is Better: Top 6 Celebrity Couple Engagement Rings](#)

**9. Jessie James & Eric Decker:** Country singer-songwriter Jessie James married NFL star Eric Decker in 2013. The Minnesota native plays for the New York Jets. They then welcomed a beautiful baby girl, Vivianne Rose. In 2014, they starred in an E! reality series, *Eric & Jessie: Game On*.

**10. Ryan Braun & Larisa Fraser:** Ryan Braun plays for the Milwaukee Brewers and is one of the cutest players in the MLB – hands down. He's married to actress and model, Larisa Fraser.

**Who are your favorite celebrity couple athletes? Share in the comments below!**