

What we choose to put into our bodies can directly impact how we feel physically and mentally. **READ MORE** Zara McDermott's personal trainer shares the philosophies for a healthy and balanced life (and it includes pizza and wine!) **BY BIANCA LONDON** Image may contain: Cell Phone, Electronics, Mobile Phone, Phone, Clothing, Apparel, Human, Person, Spandex, and Vehicle Body sculpting is all about building lean muscle, burning excess fat sustainably and choosing a diet plan high in protein. If you're looking for a diet that can help you shed some bad habits (like too many sugary snacks or XXL portions) as well as helping you shed some weight healthily and safely, we've lined up the best foods packed with the vitamins and nutrients your body needs to thrive. The best way to achieve it is by combining these healthy ingredients with a regular cardio and resistance-training exercise programme. If you're not sure how much you should be eating, consult your GP before changing your diet for advice.