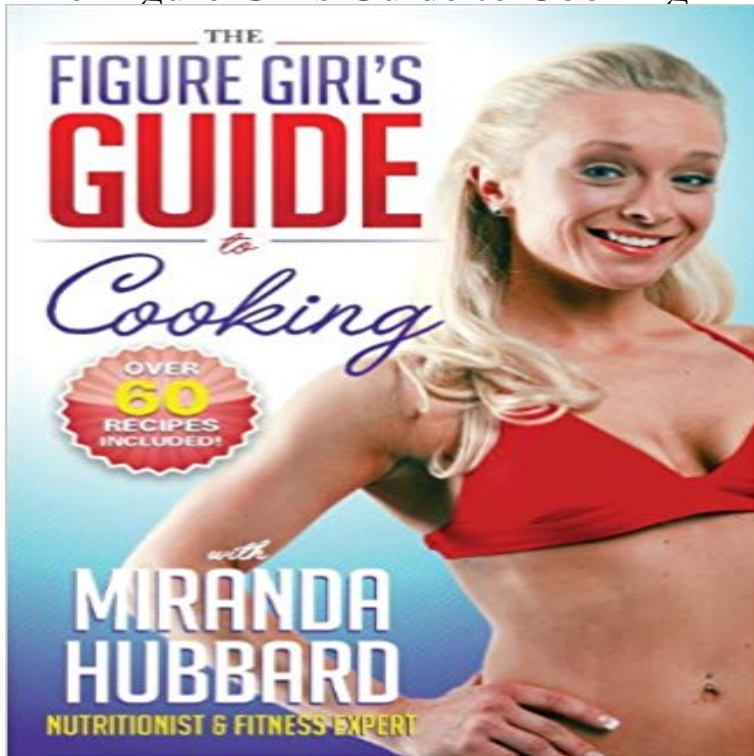


## The Figure Girls Guide to Cooking



Miranda Hubbard grew up in a small, rural farming town in Colorado where she was active in multiple high school sports. At a young age, she was fascinated with the health and fitness world, but as she grew older, she found it increasingly difficult to manage her weight due to unhealthy eating habits. Realizing she didn't have the natural genetics to eat whatever she wanted and still have the body she desired, she decided to do something about it. At the age of 23, she became a personal trainer and committed her life to health and fitness. She competed in her first figure competition in 2006 and has since gone on to compete at the national level. She has also helped to change the lives of hundreds of people by helping them reach their own health and fitness goals. Miranda knows that maintaining a healthy body is a life-long commitment with no short cuts or magic pills. At times she still struggles with maintaining a healthy body and lifestyle, which helps her identify with the very issues that her clients struggle with every day. She has written this book with the hopes of reaching thousands of people who are looking for a healthy, effective and maintainable way to lose weight, gain energy and have the body they've always wanted. This book is not a get thin quick fad diet like many that have become so popular today. Instead, Miranda offers basic, effective, and proven tips about how to prepare and cook healthy meals that will help anyone reach their fitness goals.

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