

# Kayla Itsines Vegetarian

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aug 5 2025 kayla is a contemporary name that first appeared in the  
late 1950s the name kayla which is of irish and gaelic origin is a  
shortened variant of the name michaela

kayla is a recently created english feminine given name combining the  
name elements kay and la its use has been influenced by similar  
sounding names such as kaylee

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3 days ago the name kayla is a girl s name of hebrew origin meaning  
crown wreath fortress who is like god kayla is a modern invented name  
that emerged in the late 1950s

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elements kay and la use of the name greatly increased after 1982 when  
the character kayla brady began appearing on the

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name with roots in arabic hebrew and yiddish in arabic and hebrew the  
name means a crown of laurels

meaning of kayla kayla is generally traced to two converging sources

the yiddish hebrew kaila ultimately linked to kelila crown or laurel and an anglo american coinage that tacks the

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