

A full-body photograph of Kayla Itsines in a gym. She is standing on a light-colored wooden floor, wearing a black sports bra, red shorts, and white sneakers. She is flexing her right bicep and holding a white smartphone in her left hand to take a selfie. In the background, there is a treadmill and a weight bench. The gym has a white wall and a ceiling with track lighting.

# KAYLA ITSINES DIET | BBG MEAL PLAN

# Kayla Itsines Meal Plan

**Marco Cascella**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the name bar.

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### **Kayla Itsines Meal Plan Introduction**

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