

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 ceiling has exposed wooden beams and track lighting.

# KAYLA ITSINES DIET | BBG MEAL PLAN

# Kayla Itsines Diet Plan

**Robert R. Redfield**



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