

A full-body photograph of a woman, Kayla Itsines, in a gym setting. She is wearing a black sports bra, red shorts, and white sneakers. She is flexing her right bicep and holding a smartphone in her left hand to take a selfie. The gym has a wooden floor, white walls, and various exercise equipment like a treadmill and a bench in the background.

KAYLA ITSINES DIET | BBG MEAL PLAN

Kayla Itsines Meal Plan

Wolfgang Guggemos

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name Wolfgang Guggemos.

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