

A full-body photograph of a woman, Kayla Itsines, in a gym setting. 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. The background shows gym equipment, including a treadmill and a weight bench, under bright overhead lights.

# KAYLA ITSINES DIET | BBG MEAL PLAN

# Kayla Itsinis Eating Plan

**Emilie Sanchez**

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