

FULL DAILY MEAL PLAN

KRIS GETHIN'S 12 WEEK HARDCORE DAILY VIDEO TRAINER

BREAKFAST

- Egg Whites
- Oats
- Coffee

MEAL 2

- Lean Steak
- Brown Rice

MID-MORNING

- Chicken
- Sweet Potato
- Broccoli

LUNCH

- Fish
- Brown Rice
- Broccoli

MID-AFTERNOON

- Chicken
- Sweet Potato
- Broccoli

PRE-WORKOUT

- Tilapia
- Brown Rice
- Coffee

POST-WORKOUT

- Protein Shake with Glutamine, Creatine, and Vitargo

DINNER

- Lean Steak
- Broccoli

NIGHTTIME SNACK

- Meal Replacement Shake - *Kris recommends CNP ProPeptide*

YOUR WEEKLY SHOPPING LIST

- SWEET POTATOES/YAMS
- BROWN RICE
- OATS
- EYE OF ROUND STEAK/ROAST
- BEEF TENDERLOIN
- TILAPIA
- EGGS
- TURKEY/CHICKEN BREAST
- BROCCOLI
- COFFEE
- TRUVIA
- COOKING SPRAY
- TUPPERWARE CONTAINERS
- 2-3 WATER JUGS

THE INS AND OUTS OF KRIS GETHIN'S DIET PLAN

– SPECIAL TIPS

- 1.** Grab yourself a gallon size jug of Water even if you have a water filter at home. You can use it to ensure you are getting your 1-2 gallons of water per day. If this is difficult, try adding some flavoring to your water. Kris recommends Xtend.
- 2.** Cook all your meals for the week on Sunday or cook a big batch of food every Sunday and Wednesday for the rest of the days so you can easily grab them on the run.
- 3.** Grilling your food will reduce the amount of fat you have to drain away while cooking.
- 4.** Measure your food portions with a food scale or compare it to the size of your fist. You should be getting a fist sized portion of carbs and a fist sized portion of protein with every meal.
- 5.** If your food is too bland add some spices such as Ginger, Cayenne Pepper, or even Salt.