

KRIS GETHIN'S 8-WEEK
HARDCORE
DAILY VIDEO TRAINER

REBOOT

SAMPLE WEEKLY DIET PLAN
PRESENTED BY KAGED MUSCLE®

TRAINING DAY 1

MEAL 1

Egg whites and oat pancakes, with spinach

AM CARDIO

MEAL 2

Chicken breast, yam, and leafy green salad

MEAL 3

Tilapia, quinoa, kale, and mixed peppers

MEAL 4

Chicken breast, broccoli, and zucchini

PRE-WORKOUT

1 serving of **PRE-KAGED** 30 minutes before workout

INTRA-WORKOUT

1 serving of **IN-KAGED** consumed during workout

POST-WORKOUT

1 serving of **RE-KAGED** immediately following workout

PM CARDIO

MEAL 5

Consumed 60 minutes after **RE-KAGED**; cod, broccoli, cabbage and mixed peppers

MEAL 6

1 serving of **KASEIN** protein

TRAINING DAY 2

MEAL 1

Turkey breast and egg white omelette with brown rice

MEAL 2

Salmon, sweet potato, broccoli, cauliflower

MEAL 3

Half a scoop of **RE-KAGED** and half a scoop of **KASEIN** blended with oats and water

MEAL 4

White fish, quinoa, asparagus, mushrooms, and spinach

PRE-WORKOUT

1 serving of **PRE-KAGED** 30 minutes before workout

INTRA-WORKOUT

1 serving of **IN-KAGED** consumed during workout

POST-WORKOUT

1 serving of **RE-KAGED** immediately following workout

PM CARDIO

MEAL 5

Consumed 60 minutes after **RE-KAGED**; tofu, lettuce, cucumber, tomato and spring onion

MEAL 6

1 serving of **KASEIN** protein

NOTES:

TRAINING DAY 3

MEAL 1

Steak and egg whites and a bowl of oats

MEAL 2

Egg white omelette with tomatoes and mushrooms

MEAL 3

Turkey breast and brown rice

MEAL 4

Tofu, zucchini, bell peppers and cabbage

PRE-WORKOUT

1 serving of **PRE-KAGED** 30 minutes before workout

INTRA-WORKOUT

1 serving of **IN-KAGED** consumed during workout

POST-WORKOUT

1 serving of **RE-KAGED** immediately following workout

PM CARDIO

MEAL 5

Consumed 60 minutes after **RE-KAGED**; salmon, lettuce, tomatoes, spring onion and mushrooms

MEAL 6

1 serving of **KASEIN** protein

TRAINING DAY 4

MEAL 1

1 Scoop of **RE-KAGED** and cooked oats in water mixed together

MEAL 2

Lean ground bison wrapped in lettuce wraps served with brown rice

MEAL 3

Boiled egg whites served with cooked peppers and quinoa

MEAL 4

Chicken breast and cauliflower mash cooked in water and mixed with garlic salt

PRE-WORKOUT

1 serving of **PRE-KAGED** 30 minutes before workout

INTRA-WORKOUT

1 serving of **IN-KAGED** consumed during workout

POST-WORKOUT

1 serving of **RE-KAGED** immediately following workout

PM CARDIO

MEAL 5

Consumed 60 minutes after **RE-KAGED**; lean steak, broccoli, asparagus, mushrooms, lettuce, and tomato

MEAL 6

1 serving of **KASEIN** protein

NOTES:

KRIS GETHIN'S 8-WEEK
HARDCORE
 DAILY VIDEO TRAINER
 REBOOT

SAMPLE WEEKLY DIET PLAN
 PRESENTED BY KAGED MUSCLE®

TRAINING DAY 5

- MEAL 1**
Lentil pasta and egg whites
- MEAL 2**
½ scoop of **RE-KAGED** and ½ scoop of **KASEIN** and oats
- MEAL 3**
Lean ground chicken, couscous and leafy green salad
- MEAL 4**
Tofu, bell peppers, sprouts, asparagus and fried tomato
- PRE-WORKOUT**
1 serving of **PRE-KAGED** 30 minutes before workout
- INTRA-WORKOUT**
1 serving of **IN-KAGED** consumed during workout
- POST-WORKOUT**
1 serving of **RE-KAGED** immediately following workout
- PM CARDIO**
- MEAL 5**
Consumed 60 minutes after **RE-KAGED**; white fish and leafy green salad
- MEAL 6**
1 serving of **KASEIN** protein

ACTIVE REST DAY 6

- MEAL 1 – KRIS' MUSH**
Oats and egg whites cooked together in a saucepan. Add sugar-free syrup to taste.
- MEAL 2**
Egg fried rice (cooked with egg whites) with chopped spring onion, broccoli and cauliflower
- MEAL 3**
Steak and egg whites with spinach, cabbage and sweet potatoes
- MEAL 4**
Fat-free cottage cheese with leafy green salad
- MEAL 5**
White fish, kale, zucchini, asparagus, and cabbage
- MEAL 6**
1 serving of **KASEIN** protein, blended thick with ice

NOTES:

ACTIVE REST DAY 7

- MEAL 1**
Fat-free cottage cheese mixed with grits
- MEAL 2**
Lean tofu, homemade sweet potato hash (add garlic and salt to taste), mushrooms and cooked tomatoes
- MEAL 3**
Mixed seafood (such as prawns, scallops, and oysters) with salad and baked potato
- MEAL 4**
Lean ground beef in lettuce wraps with salsa
- MEAL 5**
Scrambled egg whites with spring onion, tomatoes, mushrooms and broccoli
- MEAL 6**
1 serving of **KASEIN** protein, mixed as a pudding



Visit KagedMuscle.com for more product information.

NOTES:
