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.