



# TEAM GREENS PLUS™

Runner-up  
Mr. North America

Former Mr. Florida  
Mr. New Jersey  
NPC Jr. National Champion



NAME

Ken Castagnoli

HEIGHT

5'10"

WEIGHT

220 lb

OCCUPATION

Bodybuilder  
Professional Trainer

SUPPLEMENT  
PROGRAM

*Everyday:*

Wild Berry Burst Greens Plus,  
Thermo Greens Plus

*Pre-training:*

Natural Protein Bars

*Post-training:*

Whey Protein Greens Plus

*"I consume only natural, organic, protein-rich foods whenever possible. Greens Plus provides the highest-quality nutrients for building muscle and staying lean."*

trainerken@live.com

WEEKLY  
TRAINING  
SCHEDULE

Weight training 5x  
Aerobic training 6x