

Tone It Up

Bikini Edition

8 WEEK MEAL PLAN TO GET SUMMER CONFIDENT



Bikini Series

8 WEEK GLUTEN-FREE VEGETARIAN EDITION

BY CERTIFIED PERSONAL TRAINERS
& NUTRITION COACHES
KARENA DAWN & KATRINA SCOTT

WITH REGISTERED DIETITIAN
LORI ZANINI

Tone It Up

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Hi Gorgeous!



Can you believe spring is finally here?! It's time to focus on you, your goals, and creating your best summer ever. We want you to feel healthy, confident and beautiful — because you deserve it!!!

Before we dive into this plan together, we want you to take a moment and think of the women in your life who have helped shape you into who you are ~ your mom, your girlfriends, your sisters, your daughter, your fellow TIU girls in this community — whoever they are, send them a message and just say thank you and tell them that their support in this journey is already so appreciated!

As we were starting to think about this year's Bikini Series, Karena and I took a long walk one night after meetings at the HQ. We started talking about all the women who shaped our lives. Our families who first got us into fitness — Karena watched her mom doing Kathy Smith DVDs when she was in elementary school and my mom helped make a fitness room in our house so I could make fitness programs and work out after school. Our girlfriends who supported us at our first fitness classes and races. Each other — because our chance meeting at the gym on a Friday night changed our lives and made all this possible. And most importantly, YOU!! You are our drive, our passion, our purpose. ✨

We are all as strong as the friends we surround ourselves with, which means YOU are stronger than you ever imagined because you have this entire community around you. So the theme of this year's Bikini Series is STRONGER TOGETHER. Individually, we are all gorgeous and unique, from different backgrounds, with different stories and experiences. We are all strong. Together, we support each other and lift each other up to be even stronger.

Summer is all about celebrating and spending time with our girlfriends. We'll be celebrating our bodies, our successes, our friendships, and feeling our best ever as a community! In your new Series this year, you'll have everything you need to succeed with your girls ~ dinners to share, brunches, healthy cocktails, and more delicious recipes, fun and booty-kicking workouts you can schedule together, plus a Girlfriends' Guide all about the power of accountability and how to plan the ultimate girl dates.

Are you ready? Let's do this together!

With so much love,

Karena & Katrina

BE WITH THE
ONES WHO
BRING OUT THE
BEST IN YOU.

What is the BIKINI SERIES?

Your Bikini Series is eight weeks of heart-pumping workouts, more new recipes than ever before, and tons of advice that will help you feel like the healthiest, happiest, and most confident version of YOU! We'll have daily workouts, brand new fitness videos, meal-by-meal guides, and so many tips and inspo. In these pages, you'll find everything you need to know to succeed during the Bikini Series, including your Nutrition Guidelines, Q&A, meal guides, and a brand new Girlfriends' Guide!

Before we get started...let's back it up a bit so we can tell you how it all began! Okay so we know this is so crazy...we came up with the idea for the first Bikini Series the night before we shot it!! We remember thinking — we need to do a long series of workout videos that motivate the community for summer. So we called up Leckrone (the first member of the TIUHQ!), and told him we were going to shoot 8 videos in front of our house. In the morning, we went to the store and grabbed some pineapples, watermelons, and packed up our floppy hats and we made our way to the beach! Some of the best ideas — the ones that change your life and the lives of others — can come out of the craziest, most unexpected moments. We shot the entire first Bikini Series the week before it was released. And just as we were about to send our first email about it, we thought, "Wouldn't it be fun if we named our morning workouts Booty Calls...like when we call on our girls to work their booty?" Just like that, inspiration struck and the Booty Call was born! 🍑

Not much has changed since that first Bikini Series, but the good news is, we don't shoot our workouts the week before anymore!! In the beginning of Tone It Up, we only had one workout video and one recipe per week. Now, it's evolved into one of the most amazing programs and challenges — we have so many editions of the plan, tons of new beach workouts, daily toning moves, the Studio Tone It Up app, thousands of recipes to choose from, an exclusive line of gear for you in Target, and inspiration and advice every single day! We're always working on creating even more new, exciting videos and tools to help you succeed! We're so grateful — you are our constant motivation, our drive, our inspiration, and our #1 supporters to keep working hard every day. We can't wait to start this Bikini Series together!!



my REFLECTIONS + INTENTIONS

Before you read any further, grab a pen and paper! We want you to take a few moments to set your intentions for this Series. We promise this is going to be one of the most important parts of your journey. There is SO much power in putting pen to paper, so no answering in your head! You'll want to revisit this!

Take a moment to reflect on how special you are and thank your body for all it does for you. Write down 5 things you are grateful for and cherish about your body.

Now it's time to set your intentions for the Series. Write down 5 physical goals you want to achieve in the next 8 weeks. This could be anything from running a faster mile to bumping up your weights in your Toning Moves to simply feeling more confident than ever on the beach this summer.

Write down 5 spiritual goals you want to achieve in the next 8 weeks. For example, you may want to start meditating (Karena can guide you!), spend more time setting your intentions for the day, or chase a new passion in your life.

Write down 5 community or friendship goals ~ how about reaching out to new girls in the community, hosting your first TIU meetup, or setting up more yoga and coffee dates with your girlfriends?

When you close your eyes and imagine yourself in 8 weeks, who is that girl looking back at you in the mirror? How does she feel? Is she confident? Radiant? Successful? Now, we want you to write a letter to that girl. Tell her how amazing she feels and thank her for everything she's done to care for her body and make her dreams come true. That girl is YOU! Visualize your dreams and make them happen!

CHECKLIST *for success*

☐ JOIN US IN THE STUDIO

Working out with us in your Studio Tone It Up App is the BEST way to tone, sculpt, and strengthen your beautiful muscles! Your app is the easiest and most convenient way to access your Daily Toning Moves! (Your Toning Moves are always free!) Joining the Studio gives you access to all of your Bikini Series workouts PLUS extra premium workouts. Download the app and start your 7-day free trial for iOS [HERE](#) and Android [HERE](#)!

☐ GRAB YOUR GIRLS

Having an accountability partner will be KEY for you during this Series — you can motivate each other, work out together in the Studio, and swap TIU approved recipe ideas. Most importantly, you'll always have each other's backs. Learn more about the power of accountability on page 18.



☐ PREP YOUR WORKOUT SPACE

When the space is there, you'll do it! Set up your [yoga mat](#), [dumbbells](#), [Booty Bands](#), music and make it your new fave place! Pssst....have you seen all the cute new gear we have for you at Target? Check it out [HERE](#)!

CHECKLIST *for success*

☐ MAKE AN INSPIRATION AREA

It's also amazing to create a space devoted just to you and your spiritual goals. Whether it's for your yoga practice, goal setting, or meditation, make a space just for you. Frame some of your favorite pictures and inspirational quotes to hang on the wall (I have a chalkboard where I write all my intentions).

☐ ORGANIZE YOUR GEAR

Think about what apparel makes you feel the most confident. What inspires you for your workout? What will motivate you to run that extra mile or do that extra rep? Put those clothes front and center! Create a space in your closet where you can set out your fave yoga pants, tanks, sports bras, sneakers, and socks. This makes it so easy to grab your gear when you're running out the door for your Booty Call!

☐ STOCK UP ON PROTEIN

You're going to love this staple! Think pancakes, smoothies, muffins, and more! Tone It Up Protein is plant-based, gluten-free, dairy-free, non-GMO, and made with the cleanest ingredients ~ and of course so delicious! It boosts your metabolism and keeps you lean and toned. And now it's even easier to pick up! You can grab your Tone It Up Protein at [Target](#) or online [HERE!](#) Pssst...did you see your new Peanut Butter and Cafe Latte flavors?! 🙌

☐ GRAB YOUR JOURNAL

This is where you can track your workouts and meals and write down your daily goals and intentions! Grab your new Bikini Series Journal [HERE!](#)



☐ PREP A PLAYLIST 🎵

A good pump-up playlist is SO motivating! Looking for inspo? Follow us on Spotify [HERE!](#)

☐ GET YOUR WATER BOTTLE

Make sure you have this on you at all times! Water boosts your metabolism so drink up buttercup! Grab your TIU bottle from Target [HERE!](#)

☐ YOUR A GAME! 💪

DAILY *dos*



TAKE A MOMENT OF GRATITUDE

First thing when you wake up, put your hand to your heart, listen to your breath, and feel the rise and fall of your chest. Take this moment to give thanks for your body and all it does for you.

SET YOUR INTENTION

Choose your intention for the day. Say it out loud, write it down in your journal, or make it a note in your phone so you can revisit it throughout the day. Your intention can be as simple as a word or a phrase. We like to choose two words that we need that day and one that our loved ones may need.

GET YOUR BOOTY CALL IN

No matter what, we want you to MOVE first thing in the morning for at least 20 minutes. Why? When you work out first thing, your body is in a fat-burning zone and your metabolism will be boosted all day long. What if you have an afternoon workout planned? We still want you to get moving for 20 minutes when you wake up to get your bod going. So if you're hitting it hard later, walk away from your house for 10 minutes and walk back. Take a stroll with your coffee!

DAILY TONING MOVES

Every day, we'll be rocking our Daily Toning Moves. You'll see the moves on the [DAILY WORKOUT](#) page and on your TIU App [HERE!](#) We strategically planned the moves to work different body parts each day.

HYDRATE, HYDRATE, HYDRATE

We want to see you girls sippin' water ALL DAY LONG!. Aim to drink half your bodyweight in ounces of water per day. Staying hydrated revs your metabolism, boosts your brain power, and keeps you feeling energized and fresh. Add some flavor to your water with fresh lemon, cayenne pepper, mint, or cucumber!

FOLLOW YOUR MEAL PLAN

Sticking to this Bikini Series Meal Plan will help you get the best results ~ you'll feel energized, lean, and glowing from the inside out! Feel free to mix and match the recipes to make the plan work for you. We have all the details for you in the following pages.

DAILY *dos*

DO YOUR MINDFUL MEDITATION

Every week, we'll have a new Mindful Meditation with Karena on ToneltUp.com and in the Studio Tone It App. Meditation has been life-changing for us and it will help you feel centered and balanced going into your day.

PRACTICE POSITIVE SELF-TALK

If you catch yourself saying something negative about yourself, correct it. The conversations you have with yourself are the most important! Start each day by saying three things you love about yourself. These can be both about your body (I love my cute booty, I love that my strong arms lift my children) and your spirit (I love that I'm a caring friend, I love that I persevere through tough situations).

FOLLOW A NIGHTTIME ROUTINE

This will help you unwind. Light a candle, set your intention for the next day, put out your workout clothes for the morning, take care of your skin, enjoy some tea, read, set your alarm and turn off that phone by 9pm.

TAKE TIME FOR SELF-CARE

Draw yourself a relaxing bubble bath, get a mani or a massage, read your favorite inspirational book or that new novel you've been eying...you deserve it!

GET 7-8 HOURS OF SLEEP

You need your beauty rest to feel your BEST! Getting plenty of sleep will keep your hormones balanced and your metabolism boosted. Plus, you'll be energized for your morning Booty Call!

CHECK IN WITH YOUR #TIUTEAM

Accountability is super important. Check in with us and the entire TIU team every day with the hashtag #TIUBikiniSeries for love and support. We're talking all about accountability in your Girlfriends' Guide on page 17.



NUTRITION *guidelines*

✓ READ THE PLAN

If you haven't read the main Nutrition Plan, we want you to read it as soon as possible. Haven't read it in a while? Now is the perfect time for a quick refresh. We go over all the "whys" so you understand why we have you eating certain foods at what time of the day for your metabolism.

✓ EAT LEAN, CLEAN, 'N GREEN

This is KEY to the Nutrition Plan! It means you'll be eating clean, unprocessed, whole foods — think of plenty of lean proteins, leafy greens, and healthy fats.

✓ 3 SUPERFOODS A DAY

We want you fueling your body with the most nutrient-packed superfoods! That's why we put together a list of delicious foods with all the science-y deets on page 23! Aim to eat 3 foods from this list every day!

✓ NO FRIED FOOD

This includes chips, sweet potato fries, wontons, tempura, and anything fried at a restaurant. And watch out for those restaurant Brussels sprouts! They're so good, but a lot of places deep fry them. Ask your waiter for steamed instead.

✓ NO REFINED BREAD, PASTA OR RICE

This includes GF bread, pasta dishes, white rice, tortillas, and crackers. You won't need them — you'll be feeling so satisfied and energized from all your Lean, Clean, 'N Green meals!

✓ NO ADDED SUGAR

No added refined sugar OR high fructose corn syrup. Where can you find added sugar? Check your labels! A lot of GF breads, bars, snacks, drinks, coffee, and yogurts have added sugar in them. If it's a fruit or dried fruit, just make sure it's pure. Add unsweetened nut milk to your coffees. Avoiding added sugar will help your blood sugar levels stay balanced, giving you more energy and keeping you feeling satisfied.

✓ ENJOY TIU APPROVED TREATS

You have so many amazing treats to choose from ~ cookies, muffins, donuts, and dark chocolate recipes! Check out the recipes in this plan, the back of your Recipe Guide, and ToneltUp.com for all the sweet stuff!

✓ LIMIT STARCHES AFTER M3

We want you to start choosing foods that help you reach your goals, not work against them. Instead of wondering what GF pasta, rice, potato, bread, or carb you need to add to dinner, you're making delicious meals that are Lean, Clean, 'N Green with protein and healthy fats. You're reaching for foods that help your metabolism through the night, not foods that will spike your blood sugar, causing your body to release insulin and cortisol and decrease the fat-burning hormones you want working overtime.

When can you have your GF bread, sweet potato, brown rice, and other TIU approved starches? Meals 1, 2, 3 baby! You'll have all day to burn through that fuel.

NUTRITION *guidelines*

Your dinner is now your metabolism meal. It's the meal you're feeding your body to help you wake up feeling lean and refreshed. We promise, when you're consistently following this, those muscles will start poppin' first thing in the morning! It's amazing!

✓ **STAY IN TUNE WITH YOUR BODY**

When you're feeling sluggish we want you to ask yourself these questions:

Are you thirsty? When was the last time you drank water? Most of the time when your brain is tired and you feel fatigued, you're actually dehydrated and you can be tempted to grab something high in sugar to help your energy levels. If you do that, your insulin levels will spike and you'll actually be more tired and even hungrier an hour later. So remember to grab that water girl.

Have you been sitting for too long? Most of us spend our days in front of a computer. Us too! We're also tempted to grab an extra coffee around 3pm or eat something sugary. Instead, your body just needs to wake up! Get outside and take a 5-minute walk around the block. Trust us, your body will wake up, you'll feel less foggy, and you may even be motivated to sign up for that 6pm Studio Tone It Up class.

When is the last time you ate? We want you eating 5 times a day! If you skip a meal, you'll feel the effects. Make sure you're eating a breakfast, a snack mid- morning, a lunch, an afternoon pick-me-up, and a dinner.

✓ **LIMIT LATE NIGHT TREATS**

After dinner cravings? Although we love our late night chocolate too, for the next eight weeks we challenge you to grab a tall sparkling water, some tea, or a glass of kombucha (We love Health-Adel!) Still feelin' like you want something? Grab a TIU approved dessert and enjoy every single bite!

✓ **WINE + COCKTAILS**

We're the last trainers to ever tell you that you can't have that glass of champagne at a girlfriend's birthday or a mimosa at brunch... or wine cuz it's Wednesday ;) We like to choose 3 nights or less per week to have 2 or fewer drinks. We usually choose Wednesday, Saturday, and Sunday (or Friday) to have a glass or two. It's totally up to you. A lot of you may even choose to drink nothing at all, Do you girl!

✓ **WHAT IF I SLIP UP?**

We understand there might be some birthdays, some wedding celebrations, or a night or two that there are no other options... we're with you! If you get off track for a meal, don't let it get you down. It happens to all of us so please don't be hard on yourself! The best way to recover is to get right back up for the next meal. Don't think of everything day to day or week to week. Then we're always starting on a Monday, right? So if you slip up on a Wednesday, it's not the end of the world. Thursday morning, grab a light breakfast, get your Booty Call in the morning and viola, you're golden. It's not how you fall down, it's how you get up and bounce back!

bikini series Q+A

Can I mix and match the meals?

Of course! The meal-by-meal guides are just suggestions for you. Do what works for YOU and your lifestyle! Feel free to swap in other recipes from the Plan or ToneltUp.com.

Can I substitute ingredients?

If there's an ingredient you can't have or don't love, feel free to sub in another. Just make sure it fits in with your Nutrition Guidelines.

Are there "cheat days"?

We don't believe in the word "cheat day" because having the occasional dessert or cocktails with girlfriends isn't cheating, it's called enjoying your life! And we never want you to feel guilty or be hard on yourself. Remember, you're still "on the plan" if you treat yourself and make it work for your life. The Nutrition Plan is a lifestyle and it's all about balance!

When should I eat my meals?

Depending on your schedule, space your meals out by about three hours. Remember to have water with you at all times and sip all day!

When should I work out?

This is up to you and your schedule! We recommend waking up 45 minutes earlier (so going to bed 45 minutes earlier), so you can crush your workout first thing in the morning! If you need to work out in the afternoon or evening, go for it! Just remember to get up and moving for a bit in the morning ~ take a stroll with your coffee! Remember, you can always find a workout in the On Demand section of [Studio Tone It Up!](#)

Where do I find my Daily Toning Moves?

You can always find them on ToneltUp.com [HERE!](#) You can also get your Toning Moves FREE in your Studio Tone It Up app for iOS [HERE](#) and Android [HERE!](#) ~ this is the easiest and most convenient way to scroll through them and you can invite friends to join!

Why have Tone It Up Protein over other proteins?

We of course highly recommend Tone It Up Protein! We couldn't find one that we trusted for our community, so we made it just for you! It's perfect because it's plant-based, dairy-free, gluten-free, non-GMO, and it has simple, clean ingredients. We don't recommend whey (it's a byproduct of cheese production and can cause bloating) or any other protein with a lot of ingredients that you can't pronounce. You can find Tone It Up Protein and bars at your local Target or [HERE!](#) If you're looking for an organic option, we also offer Tone It Up Organics [HERE!](#)

What will my results be?

The Bikini Series will help you look and feel your best!

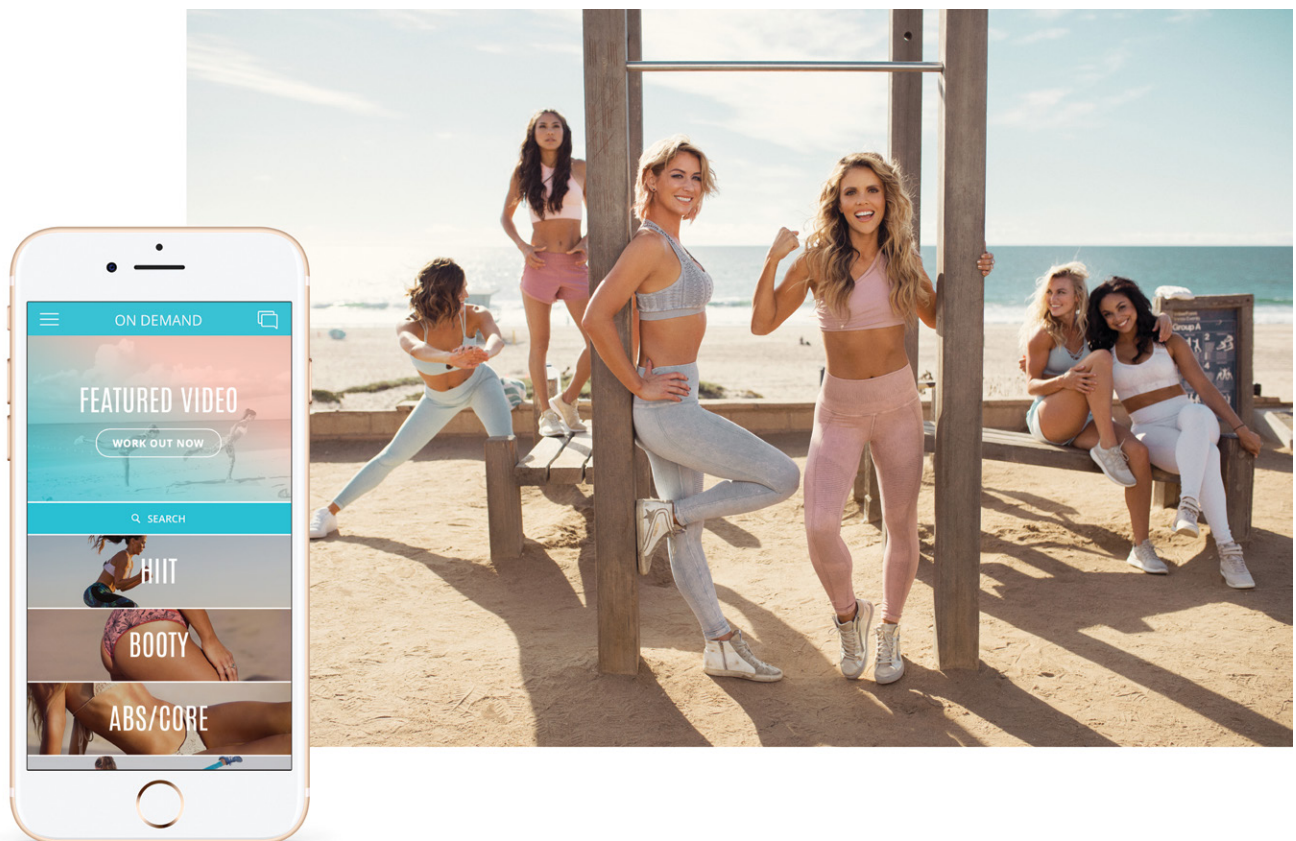
- You'll feel light, lean, and toned
- Your energy levels will be up
- Your skin will be glowing
- You'll sleep better
- You'll feel connected to the #TIUteam
- Best of all, you'll feel more confident than ever!

Join us in the studio!

Want to take things up a notch during your Bikini Series?!

In your Studio Tone It Up App, you can take all different types of classes ~ HIIT, yoga, kickboxing, barre, dance ~ with your amazing Studio trainers. You'll have access to all of the Bikini Series workouts plus so many more new premium routines that are added every week!

You'll also be able to access your Daily Toning Moves free ~ they're so easy to swipe through! Work out with us and the TIU community anywhere, anytime ~ we're always here to cheer you on! Download your app for iOS [HERE](#) and Android [HERE](#)!



Girlsfriends' GUIDE



The power of ACCOUNTABILITY

Finding an accountability partner will be one of the most powerful things you can do during your Bikini Series journey. An accountability partner is a girlfriend who always has your back — you will check in with each other, motivate each other, plan workout dates together, and laugh together.

She'll challenge you and cheer you on!

Research from the *British Journal of Health Psychology* shows that women who exercise with friends work out more regularly and their pals motivate them in their sweat sessions. Karena and I motivate each other to do our Toning Moves even when we're traveling or have super early photo shoots. Your accountability partner will be the first person you want to text after making a new recipe or crushing your Booty Call! Trust us she'll transform your fitness journey and your life!

HOW DO I FIND AN ACCOUNTABILITY PARTNER?

There are a few ways you can find an accountability partner!

- Invite a girlfriend to do the Bikini Series with you! If she's new to the TIU community, welcome her and show her the ropes ;)
- You can also create a TIU Instagram account if you don't already have one. It's easy! Just go to settings, select "add an account," then sign up for a new account at the bottom of the screen. You'll be able to easily switch between your TIU account and your personal one by selecting your username at the top of your screen.
- Once you have a TIU account, introduce yourself to us and the community! Snap a selfie and share a few things about yourself with the hashtags [#TIUTeam](#) and [#TIUBikiniSeries](#). Tell everyone you're looking for an accountability partner and girls will be so excited to meet you!
- Look for TIU girls in your area by searching [#TIUyourcity](#). For example, [#TIUBoston](#) or [#TIUNashville](#). You'll be able to find local babes and TIU meetups in your area!
- Join us in [Studio Tone It Up](#) and connect with new babes before and after class!
- Reach out to TIU girls on Insta just to say hi! Comment on their pics and cheer them on! You never know who you're going to meet and how it could change your life! Remember, Karena and I met because I took a chance and introduced myself at the gym...and the rest is history!!!



succeed with YOUR SQUAD

These are some of our fave healthy girl dates!

Take a long walk together and grab a juice on a Sunday morning

Yoga and coffee date!

Sign up for a [Studio Tone It Up](#) class together

Host a TIU approved girls' brunch. Check out the delish recipes in this plan for inspo!

Sunday meal prep and chill

Wine and painting night

Volunteer together! We love gathering our girls and volunteering at a local food bank or animal shelter

TIU approved cookie (or donut! or muffin!) swap! Check out delish treat recipes in the back of your plan!

Check out a new healthy restaurant or coffee shop

Get out in nature and go for a hike

Host a DIY spa day!

Rom-coms and vino!

Sign up for a new workout class ~ how about dance, boxing, or even Trapeze?

Join a team or sports league ~ a bunch of girls at the HQ are doing volleyball!



Julie + Sigrid



Camryn + Calyn



Mandy + Kelly



Jamie + Jessie



Betsy + Sarah



Throw the perfect SUMMER PARTY

To us, summer means celebrating with your girls! Some of our best memories are hanging out under the sun, sipping wine, and spending time with our girlfriends! We're sharing how to plan the perfect party ~ from the TIU approved food, to the decor, to the special touches. These tips are perfect to try when you're hosting your own celebration. So invite your girls over to toast the Bikini Series, your beautiful friendships, and this amazing team!

KEEP THE VIBE LAIDBACK

Hosting your party outdoors on the beach, at a park, or in your backyard gives it a fun, casual vibe. Having everyone gather around low tables on pillows makes the party extra fun and intimate. It's like a fancier sleepover ;) You can mix and match pillows you have at home or grab some at Target, Bed, Bath & Beyond, Home Goods, or Anthropologie.

BRING ON THE BLOOMS

Making flower arrangements is my favorite part of decorating! I actually find it relaxing and like my own personal form of meditation. For a party, I like to keep the arrangements low so guests can see each other over them. It's fun to make lots of little arrangements so your girlfriends can take them home as favors too!



GET CRAFTY

You can DIY so many cute details to personalize your party. I like to spray paint pineapples white, pink, and gold for an extra special touch. And if your chargers don't match your color scheme, you can spray paint them!

Throw the perfect SUMMER PARTY



SERVE TIU APPROVED SNACKS!

For an outdoor party, it's best to keep your menu simple. We love a fruit platter with berries, grapes, watermelon, dragon fruit, mango, and grapefruit. We also like to serve a veggie platter with cucumber, broccoli, tomatoes, cauliflower, jicama, and a hummus or spinach dip. Check out our fave summer salsas in the recipes section!

DON'T FORGET THE BUBBLY!

We got a cute bar cart from Target and set it up with rosé and sparkling water to make rosé spritzers. Just mix 3 oz of your favorite rosé and 3 oz sparkling water over ice or frozen strawberries! We also have some refreshing TIU approved cocktails on page in the recipes section! Not feeling like a cocktail? You can sip on kombucha (we love Health-Ade!) or sparkling water in a wine glass!

HAVE SO MUCH FUN!!!



YOU OWE
YOURSELF
THAT LOVE SO
THAT YOU CAN
FREELY GIVE IT
TO OTHERS.

SUMMER *superfoods*

Your beautiful body deserves to be nourished with the healthiest, most nutrient-packed foods. These are some of our favorite refreshing summer superfoods that deliver major body benefits. Aim to include at least 3 of these superfoods every day!

MACA

Maca is a root in the turnip family that grows in the Andes mountains. It's been used for hundreds of years in Peru, and it's considered an ancient superfood. With more than 50 phytochemicals and tons of vitamins and minerals, maca is an amazing way to nourish your body. It's packed with B vitamins, vitamin C, calcium, phosphorous, iodine and iron that help improve athletic performance and hormone balance, reduce stress, and can even ease PMS symptoms. Its malty, earthy flavor is perfect in smoothies, bars, and breakfast dishes and tastes delicious mixed with raw cacao. Add up to 1 tsp. to recipes!

CACAO

Cacao is the base that chocolate is made from! This powerful superfood contains a concentrated dose of good-for-you nutrients including phytochemicals, vitamins, and sky-high levels of antioxidants. Cacao nibs are the most unprocessed form of cacao; they're literally the ground bean. Both cacao powder (not cocoa powder) and nibs are filled with minerals and vitamins to help support brain and heart health. Besides trace minerals, cacao is a great source of iron and magnesium. Add cacao to smoothies and baked treats or use it to make a healthy hot chocolate. Nibs make a great topping for almond or coconut yogurt and they're great in homemade trail mix. Look for raw cacao powder or nibs to get the full benefits of this amazing superfood.



SPIRULINA

Spirulina is a plant-based complete protein, which means it contains all essential amino acids! It is also really high in green power from chlorophyll, making it a superstar for boosting energy levels and keeping your body in an alkaline state. You can use up to 1 tsp. in your smoothie mix.

LEMON

Lemons contain antioxidants and vitamin C, a duo that not only helps increase collagen production — hello, smooth, gorgeous skin — but also contributes to overall immune health! As a total bonus, lemons have an incredibly alkalizing effect on your body, making a squeeze of lemon a day perfect for pH balance. This is especially important if you enjoy a daily cup of coffee or the occasional cocktail. Try adding ½ lemon to 8 oz. of water.



FERMENTED FOODS

Fermented foods like kombucha, kimchi, and any other live, fermented veggies contain good bacteria to help with digestion and overall health. These foods are full of amino acids, vitamins, and raw enzymes, which contribute to a thriving, healthy, beautiful body!

SUMMER *superfoods*



TURMERIC

This powerful root contains both anti-inflammatory and antioxidant properties, which are both great to ease sore muscles. Turmeric is one of the top ingredients in immune boosting shots and juices. Turmeric adds an earthy, rich flavor and golden color to veggies, scrambles, soups, and even juices and smoothies! We've definitely noticed smoother, more radiant skin from a daily dose of turmeric. Use about 1 to 2-inch pieces of fresh turmeric root in homemade juices. It's very easy to find in powder and liquid form too. Remember, just like with other herbs and spices, turmeric contains concentrated flavor and potent qualities. A little bit a day is all you need.

KELP + SEAWEED

Sea veggies are rich in minerals such as magnesium, potassium, iron, iodine, and calcium. They also contain vitamins A, C, B6, and K. Seaweed is nature's richest source of iodine, which is helpful for thyroid health, and contains a good amount of protein. Adding sea veggies to your salads or steamed veggies not only adds a delicious, savory flavor, but it's great for overall health, immune function, and for glowing skin, hair, and eyes.

RED WINE

Need we say more?! Red wine contains the antioxidant resveratrol and can help reduce stress. Look for a good bottle that's organic and/or sulfite-free. Enjoy babe!

BERRIES

Berries are high in antioxidants like resveratrol. They also contain fiber to keep you feeling satisfied! Blueberries are one of our favorite berries because they're ranked number one in antioxidant power. Blueberries are packed with good-for-you nutrients, minerals, and anti-inflammatory properties. Berries are high in vitamin C, which is great for your immune system and skin.



CINNAMON

This potent spice has been shown to help metabolize fat while balancing blood sugar levels. It's great in just about anything, from fruit to coffee and even in baked goods like your Tone It Up Protein Pancake. And of course, your Meta-D! Up to 1 tsp. a day is all you need!

FRESH HERBS

Parsley, Basil, Dill, Thyme, Cilantro, & Rosemary!

Fresh herbs have powerful cleansing and detoxing properties and have been used for centuries for their potent medicinal qualities. They add deep, fresh, and earthy flavors to just about anything. When using fresh herbs — whether in juices or cooking — a little goes a long way!

SUMMER *superfoods*

LEAFY GREENS

Kale, arugula, spinach, & collard greens!

Greens really do make you glow, inside and out. Raw greens not only alkalize your gorgeous body, but they're also incredibly nutrient dense. Their high dose of vitamins helps you stay healthy and energized. All dark, leafy greens are nutrient powerhouses. Green juice, smoothies, raw salads, and steamed, baked, or grilled veggies are all amazing ways to get your green power!



COCONUT

Coconut water, coconut oil, dried coconut, and fresh Thai baby coconuts!

Coconut meat and oil contain healthy medium chained fatty acids that are great for your skin and overall health. These healthy fats are easily metabolized by your body for a boost of energy. Coconut oil is also one of the best oils to use when cooking due to its high smoke point; it stays stable under high temperatures! Coconut water and fresh coconut flesh from baby coconuts are also rich in potassium and are a wonderful way to hydrate your body. Smoothies, salads, snacks, baked goods, and raw treats ~ we love coconut in all of 'em!

HEMP SEEDS

Protein-packed hemp seeds add a mild, nutty flavor while delivering tons of nutrients! Hemp seeds are a complete, plant-based protein that nourish your body with all essential amino acids. They also contain the ideal ratio of essential fatty acids omega-3 and omega-6. Hemp seeds are great for muscle repair, workout recovery, and gorgeous skin, hair, and nails. Add 1 Tbsp. to your smoothie for a boost!

FLAX SEEDS

Flax seeds are an amazing source of heart-healthy Omega-3 fatty acids, protein, and fiber. These seeds are great used whole but work best when ground into a meal. Just use a coffee grinder! In many recipes, ground flax may be used as a vegan egg substitute — just mix 1 Tbsp. flax with 3 Tbsp. water, allow to sit for 15-20 minutes and you have the equivalent of one egg!



CHIA SEEDS

We talk about chia seeds all the time! We love including them in so many different recipes! These tiny seeds are high in essential fatty acids like heart-healthy Omega 3. They add a tasty crunch and create a hydrating gel that works wonders as a thickener in smoothies or puddings. Thanks to their high protein and fiber content, these ancient seeds are also super satiating. Add 1 Tbsp. chia seeds to your smoothies!

SUMMER *superfoods*

PINK HIMALAYAN SALT

Unlike regular table salt, pink Himalayan salt is pure, unprocessed, and straight from the earth. It's brimming with trace essential minerals like magnesium and potassium. These can help prevent muscle cramping and are great for active lifestyles. Since it's been dried naturally by the sun, Himalayan salt contains a stronger, more satisfying flavor than table salt, so you can use less!



GOJI BERRIES

These small dried berries are considered the most nutritionally dense fruit on the planet and contain superstar antioxidant powers. They've been used in Asian medicine for centuries to increase longevity and aid in immune health. They contain all 18 essential amino acids as well as high doses of vitamins including more vitamin C! They make a delicious topping on yogurt or Tone It Up Pancakes. We also love them mixed into trail mix!

APPLE CIDER VINEGAR

We talk a lot about apple cider vinegar in your Tone It Up Nutrition Plan! Your daily Meta D or Bombshell Spell with ACV is one of the best ways to nourish your beautiful body! Raw apple cider vinegar is alkalizing, helps with digestion, and can help with fat metabolism. In addition to your morning metabolism boosting drink, it's a tasty vinegar to use for salad dressings. Look for raw, unfiltered apple cider vinegar to get the most benefits.

AVOCADO

Avocados are a delicious and satisfying source of healthy fats along with vitamins C, K, and B6. Healthy mono-unsaturated fatty acids found in avocados are amazing for your skin, hair, and nails. This fruit (yes, it's technically a fruit!) is great in smoothies, salads, veggie dishes, dressings, and dips. Just remember, like nuts, avocados are very nutrient dense and a little goes a long way.



ALMONDS

Almonds deliver lots of Vitamin E, which gives you gorgeous, glowing skin. They're also high in magnesium, phosphorus, zinc, folic acid, protein, fiber and healthy fats. Toss a few tablespoons in your smoothies or snack on them as your M4!

CAYENNE PEPPER

Peppers are one of the richest sources of Vitamin C. All hot peppers contain capsaicin, a compound known for its ability to regulate body temperature, improve circulation, and boost metabolism. Add a pinch of ground cayenne pepper to your soups, baked veggies, and even smoothies!



SUMMER *superfoods*

TONE IT UP PROTEIN

We formulated Tone It Up Protein just for YOU as an ideal source for 15 grams of delicious plant-based, non-GMO, clean protein. Add it to smoothies or shake it up with almond milk after a workout. You can also substitute it for flour in any recipe and even make amazing protein pancakes, waffles, cookies, and muffins!



our best MEAL PREP TIPS

KATRINA'S TIPS

- * My go-to smoothie trick: I've been freezing fresh fruit — blueberries, raspberries, and sliced banana in Ziploc bags laid flat. It's easy to grab everything for smoothies and the fruit still tastes fresh!
- * Mini muffins are a BIG lifesaver when you're hungry and on the go! All of the muffin recipes in this plan and on ToneltUp.com are delish! And did you know you can also turn your Tone It Up Pancakes into mini muffins?! We do this all the time...especially with extra blueberries in the batter!
- * I've also been making enough quinoa for the week and putting it into little containers to grab and go, instead of one big container. I'll take a little container to the HQ and sprinkle it on top of salads for lunch.
- * When Brian and I grill (Sundays are perfect for this!), we portion out extra protein for lunch in small containers so they're ready to grab and go in the morning. Check out Brian's Grill Tips on page 32.
- * Karena and I have both been so into whipping up easy Tray Dinners or sautés and making extra for the next day. You can even make your leftovers into a hearty, slimming soup! It's so easy! Just heat your leftovers on the stovetop with vegetable broth and your favorite herbs and spices and voila, a brand new meal!

- * I love making an easy stir-fry on a busy weeknight. All you have to do is for a TIU approved stir-fry ~ add 1 Tbsp. olive oil to a pan over medium heat. Add 6 oz. of your favorite lean protein and cook until done. Then add 2 cups of your fave veggies and herbs & spices and sauté. If it's too dry but you don't want to add more oil, try adding a little vegetable broth. You can top with $\frac{1}{4}$ avocado + $\frac{1}{4}$ cup salsa or 1 Tbsp. of your favorite TIU approved dressing.



- * Crockpot meals are SO easy to prep on Sundays ~ and they're not just for the chilly winter months! We created brand new summer crockpot recipes for you in this plan. These are going to be our go-tos throughout the Bikini Series! They're amazing to prep for families too!

our best MEAL PREP TIPS

KARENA'S TIPS

- * Egg muffins are one of my absolute favorite breakfasts and perfect to grab and go. You can find the recipe in the back of this plan and you can also get creative and toss in your favorite veggies. They're amazing with a little sriracha!



- * Prep your fresh salsa and dips so you have them on hand all week for scrambles, salads, and dipping with veggies. Check out our salsa in the recipe section.
- * Make all your dressings on Sunday and put them into smaller containers or bring one container to work so you have it with you for the week.
- * Kat and I both like our coffee with a splash of almond milk. One of our tricks is to make almond milk ice cubes. That way our iced coffee will never be watered down!
- * I'm obsessed with adding spice to my meals! You can change up the flavor of any dish while still keeping it #TIUapproved. Some of my faves are paprika, Himalayan sea salt, cayenne, and of course lots and lots of garlic!
- * You know how you would never leave your house without your cell phone?! Make your water bottle like that! I carry my TIU water bottle with me everywhere!

- * Pack your healthy, non-perishable snacks in your purse or gym bag. My go-tos are a [Tone It Up Protein Bar](#) and trail mix or a handful of nuts that I portion out into individual bags (I love pairing nuts with a green juice for an afternoon snack. The healthy fats balance your glycemic index so your blood sugar doesn't spike.)



Tips + Tricks FROM THE TEAM

We asked some of your amazing Studio Tone It Up trainers and TIU girls from the community to share their go-to meal prep tips!



Elise

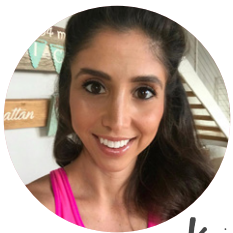
"Keep it CONSISTENT. Pick a day and make it meal prep day! It doesn't have to be Sunday but you DO need to create a habit of setting yourself up for the week!"



"Label all of your smaller ingredients (cacao nibs, coconut flakes, refrigerated powders etc.) in small, cute, clear jars so you can see all the ingredients you have. This way you don't forget about what's in your fridge so nothing goes to waste."



Tori



Kristina

"One of the greatest things you can do in order to make meal prep a habit is to find a meal prep buddy. Team up before the Bikini Series and schedule some meal prep hangouts. Prep as a team, cook together, and have some fun! Who knows, one of your specialties might be something she wants to learn how to do... and vice versa!"



"Chop everything! Once my vegetables are chopped they are ready for salads, omelettes, stews, and tray bakes. I often even buy pre-chopped vegetables from the grocery store when available. Having all of my vegetables chopped and ready gives me confidence that I can toss together a quick meal on the fly and helps deter me from ordering in."



Jillian



Morgan

"Clean before! In order to make for an efficient prep sesh, it's important to make sure all of your meal prep containers are in tow. By running your dishwasher that morning before you begin, as well as emptying it, you avoid a ton of stress later. Meal prep is much easier if you throw things in the dishwasher as you go, and don't let the sink pile up."



Chyna

"Never go grocery shopping on an empty stomach!! Haha I always try and make my grocery run after a meal so that I make the best choices when I'm satisfied!"

Tips + Tricks FROM THE TEAM



Camryn

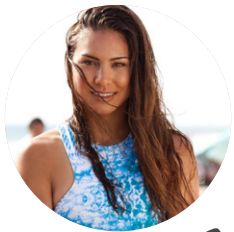
"The first thing I do every time that I meal prep is turn that oven dial to 350. While the oven preheats, I wash and chop veggies, whip up some protein muffin batter, and then load in all of those trays. While those things cook I prep my other meals, which usually consist of overnight oats, fresh chopped sweet peppers, maple walnut brussels, and big kale salads. Baking big batches of veggies and protein help to keep prep simple, but allows me the flexibility to add variety to my M3 and M5s day of."



"While I love using fresh produce, life happens and sometimes I don't have time to make it to my local farmers' market or grocery store, so I always keep a hefty stock of frozen fruits and veggies on hand. I either buy extra fresh produce to prep and place in individual freezer bags, or I just buy some pre-frozen organic fruits and veggies. That way I can always whip up a smoothie or throw a veggie tray in the oven and I'm good to go."



Cheryl



Stefanie

"Invest in great meal prep containers! I LOVE my [Tone It Up Meal Prep Containers](#) because they help me portion perfectly. For non-perishable snacks (nuts, seeds, dried fruit), I use a good old-fashioned mason jars. They are multi-use, spill-free, and are totally cute to display on your desk when ingredients are layered! :)"

"Encourage your family to pick out recipes from the plan that they want to try, and don't be afraid to try something new! This gives everyone something to look forward to, and it helps us all to feel like we have a voice in what's on the menu!"



Terra



Ashley

"Create time for prep and make it fun! Start a new playlist or podcast, sip a glass of wine, dance with your babies, whatever it takes. If you make meal prep fun it will fly by and you will be prepared for the whole week."



GRILL TIPS from brian (aka dad)

We always joke that Brian is like the dad of our friend group manning the grill! On Sunday nights, he usually grills for us and we make extra protein and veggies for the week. It's such a great healthy summer dinner and perfect for entertaining too. Since Brian's the grill master, I asked him to share all his best tips with us...the dad jokes are all his too. 😊

PREHEAT: It takes 15-20 minutes for a grill to warm up to cooking temps. I usually turn the grill on, then start prepping the food.

ALUMINUM FOIL IS YOUR FRIEND:

I always put prepped protein and veggies in their own separate aluminum foil packets. This keeps things clean, and makes it very easy to transport food out to the grill. Aluminum foil is also inexpensive and eliminates dishes! You can also use foil to steam veggies on the grill (see my gettin' steamy tip).

SPICE IT UP: Store-bought marinades are usually high in sodium and sugar so I like to keep it simple with olive oil, a dash of salt, and pepper, and your favorite herbs and spices.

BRUSH IT OFF: Before putting any food on the grill, use a grill brush to clean and remove any residue or debris AFTER the grill has been preheated. The heat kills off any bacteria and it's much easier to brush off once the residue has been charred.



sundays are for meal
prep and grill!



GRILL TIPS *from brian (aka dad)*



DUAL ZONES: I usually keep one side of the grill hotter than the other. Left - LOW HEAT, Middle - MEDIUM HEAT, Right - HIGH HEAT. This allows you to prepare a wider range of foods simultaneously and have them finish cooking at the same time.

LOW HEAT: 250-300 degrees

MEDIUM HEAT: 300 - 350 degrees

HIGH HEAT: 400 - 450 degrees

All of these temps are subject to personal preference. Your well done may not be the same as your friend's. Tofu will normally take 6-7 minutes on each side on medium heat. Make sure to buy firm tofu so that it doesn't break up on the grill. Veggies can be cooked to your liking, just be sure not to char them.

TIMING: Grilling is all about timing. Plan accordingly for preheating, food prep, grill time, and preparing any additional items like sides and salads.

DON'T FLIP OUT: You don't need to flip your proteins over and over — just once halfway through is perfect.

GETTIN' STEAMY: If you want to mix things up and steam your veggies on the grill, it's totally doable and very easy. Fold a 2-3-foot long piece of aluminum foil over itself to create a double layered rectangle of foil. Lay it flat, and from here, place your veggies in the center of the foil and fold the edges up to create a foil packet enclosing the veggies. PRO-TIP: add a couple splashes of veggie broth inside the packet to help steam the veggies. Then just place the foil packet on the grill and you're set.

SAFETY LADIES! Make sure you turn the grill off and double check that the gas is turned off.

Enjoy! Love Dad...

KEEP IT *fresh*

Shopping for in-season fruits and veggies is the best way to ensure your food is crisp, fresh, and at its tastiest! Plus, seasonal eats are higher in body-loving nutrients than out-of-season produce. Win, win! Check out our list of go-to fruits and veggies below! Some items are in season multiple times of the year, so you'll see duplicates. You can print this out and keep it handy on your fridge or in your office for future reference.

WINTER

Grapefruit
Onions
Leeks
Winter squash
Mushrooms
Sweet potatoes
Turnips
Bananas

SPRING

Apricot
Bananas
Broccoli
Cabbage
Green beans
Lettuce
Mango
Onions
Leeks
Spinach
Strawberries
Pineapple

SUMMER

Bananas
Apricot
Bell peppers
Blackberries
Blueberries
Cherries
Corn
Cucumber
Eggplant
Mushrooms
Kiwi
Plums
Tomatoes
Watermelon
Peas
Kale

FALL

Kale
Apples
Bananas
Brussels sprouts
Carrots
Cauliflower
Cranberries
Mushrooms
Grapes
Parsnip
Squash
Sweet potato



TIU approved

We love getting quick and easy snacks at the grocery store! Here are some of our TIU Approved faves :) Check your labels! Avoid heavily processed foods, artificial sweeteners, and mysterious ingredients you can't pronounce. Look for non-GMO, organic, and clean (minimal ingredients on the back!)

FRUIT & VEGGIES

Pre-chopped Veggies (green beans, snap peas, mini peppers, cherry tomatoes, stir-fry mixes)
Sliced Mushrooms
Shaved Brussels Sprouts
Pre-Washed Salad Mixes (we love kale, spinach, or arugula!)
Seasonal Fruits
Packaged Pomegranate Seeds
Sliced Apples

PRE-MADE MUST HAVES

Guacamole (check label)
Salsa
Pico de gallo
Bean dip (check label)
Bean salads or canned lentils & beans
Rice paper rolls
Hummus
Pre-Made Salads (look for ones with protein, veggies, and light on dressing)

FROZEN SECTION

Brussels sprouts
Kale
Spinach
Veggies
Strawberries
Blueberries
Mango
Pineapple
All fruits
Frozen cauliflower



spice IT UP

SPICES & FLAVORINGS

- Apple Cider Vinegar
- Balsamic Vinegar (regular or white)
- Red Wine Vinegar
- Black Pepper
- Cayenne Pepper
- Cocoa Powder (unsweetened, limit to 1 tsp.)
- Cinnamon
- Hot Sauce (Sriracha, Cholula, or Tabasco)
- Maca (limit to 1 tsp.)
- Miso (limit to 1 tsp.)
- Seasoning Blends (salt-free)
- Spicy Mustard (check for GF if desired)
- Spirulina
- Fresh Lemon or Lime Juice
- Fresh Simple Salsa
- Fresh Herbs
- Ginger
- Garlic
- Jalapeños
- Vegetable Broth (low sodium)
- Pumpkin Pie Spice

DRESSINGS

Dijon Dressing
Peanut Sauce
Lime Vinaigrette

DRINKS & BEVERAGES

- Infused Water
- Sparkling Water (lemon, berry, lime, etc)
- Low Sodium Tomato Juice
- Herbal Teas
- Coconut Water (unsweetened)
- Almond Milk (unsweetened)
- Coffee & Espresso
- Morning Meta-D Or Bombshell Spell
- Fruit Infused Water
- Sparkling Water With Lemon
- Non-Caffeinated Tea
- Green Tea (or caffeinated tea)
- Kombucha (we love Health-Ade!)
- Low Sugar Juices
(green juices are more hydrating and have less simple sugar)
- See Treat Yourself For Cocktails!



lean PROTEIN

What do we mean when we say "lean protein" in the plan? We love plant-based proteins! High in antioxidants, fiber, vitamins, and minerals, plant-based proteins are incredible for your health and beautiful body!

TIU PROTEIN

We formulated [Tone It Up Protein](#) for you as an ideal source for 15 grams of delicious clean, plant-based protein. Add it to smoothies, substitute it for flour in any recipe, and even make amazing protein pancakes!

QUINOA

Quinoa is a complete protein source containing all of the essential amino acids. It contains nearly twice as much fiber as grains and has 4 grams of protein in a half-cup serving. Its high fiber and protein content give it a lower glycemic index than grains too! Use it as a substitute for GF pasta, rice, and oats! We also love it thrown in salads and chili!

CHIA

Chia seeds are made up of 20% protein which means a 2 Tbsp. serving contains 4 grams of your essential amino acids. In addition, they are also a good source of Omega-3s. Add them to smoothies, salads, fruit, oatmeal, or lemon water and use them to make pudding with almond milk! Let chill in the fridge for 2 hours and voilà! So easy!

HEMP

Hemp seeds are a complete protein that are also high in good fats and dietary fiber. They are one of the most nutrient complete foods on the planet and one of the only foods to contain chlorophyll. Sprinkle on salads and toss into veggies for a nutty crunch.

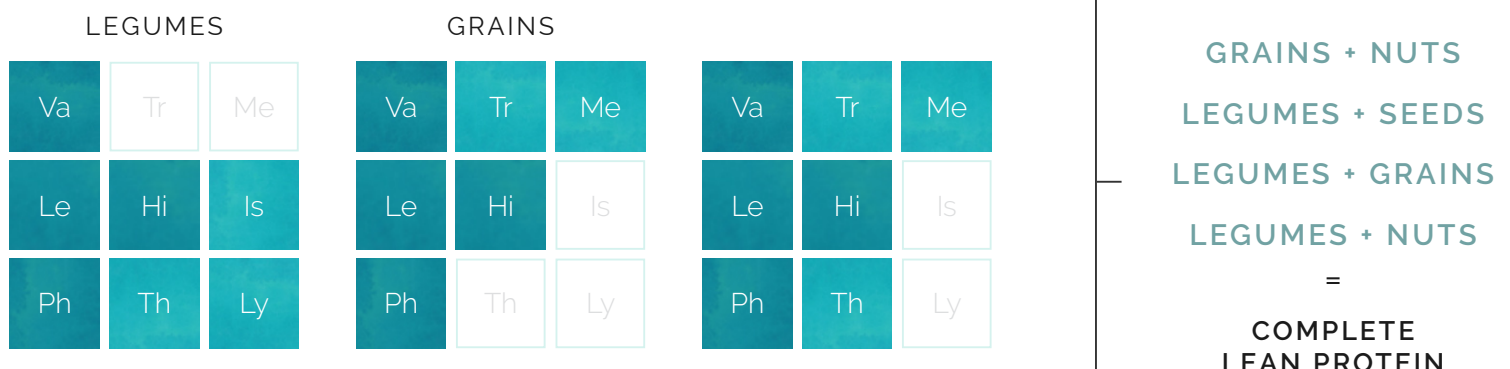
TOFU & TEMPEH

Tofu and tempeh are both made from soy beans. In addition to being a complete protein, tempeh is also high in dietary fiber. A 6 oz. serving of tofu contains about 15 grams of protein. A similar serving of tempeh contains slightly more protein. *Try to limit soy intake to a couple of times a week.*

LEGUMES & BEANS

Legumes are vegetables like peas, beans, and lentils that are high in protein and dietary fiber. A half cup serving contains 10 grams of protein. They are also a great source of iron, zinc, potassium, folate, riboflavin, and antioxidants! We love lentils, chickpeas, black beans, and pinto beans! Keep total daily servings to about 1 cup.

It's easy to make a complete protein by combining these delicious plant-based foods. Follow these combinations to make perfect protein pairings!



* See your main Nutrition Plan for more info on this! *

TREAT YOURSELF *girl!*

The Bikini Series Meal Plan is designed to help you feel and look the best you ever have. You're going to be eating clean and satisfying meals that are so delicious, that you'll feel energized immediately and you'll actually start craving healthy food! We also love a little something sweet or a glass of wine to relax or celebrate a girls' night out.

We love Wine Not Wednesday — whether it's a bubble bath, face mask and a glass of wine, or a happy hour with the girls after a long day of work. Celebrating a girls' night is good for your mental health and happiness. Just try and keep it to 1-2 glasses a couple nights a week. Feel like celebrating but wanna skip the wine? Sip on some kombucha! We love to pour Health-Ade kombucha or soda water with fresh lemon in a wine glass to get into the Wine Not Wednesday spirit!

As for desserts, it's about making smart choices and not overindulging when you do go for something sweet. Below you'll find some examples of TIU approved desserts to nibble on at most 2-3 times a week. Just make sure to stick to the serving size!

3 Tone It Up Protein Bites
 1 glass of wine
 1 serving of baked sweet potato chips
 3 cups air-popped popcorn
 1 TIU approved cocktail
 1 glass of champagne
 1 TIU approved donut (recipes in this plan and on ToneltUp.com)
 2 small dark chocolate squares


1 cup almond or coconut yogurt with 1 Tbsp. cocoa nibs and 1 Tbsp. slivered almonds
 2 Coconut Macaroons (recipe on ToneltUp.com)
 ½ cup frozen grapes
 Apple slices with cinnamon
 Chia seed pudding with cacao nibs or chocolate chips



CALORIE add ons


If you're not looking to lose weight, did a long workout, still hungry, or simply feel like you need more fuel for your day, you can use these calorie add-ons to supplement your meals. It's all about listening to your body and what works best for you!

100-150 CALORIES



- 5 egg whites
- 1 cup plain yogurt (almond or coconut)
- 1 tablespoon extra virgin olive oil
- 2 tablespoons chia seeds
- ½ cup cooked quinoa
- ½ medium (5 oz) avocado
- 1 cup firm, organic tofu
- 3 cups cooked and chopped kale
- 3 tablespoons ground flaxseed
- 2 cups raw beetroots
- ¼ cup almonds
- 1 cup pineapple
- 1 banana
- 1 large apple
- 2 dates
- 2 inch square dark chocolate
- Tone It Up Protein Bar (160 calories)

200-250 CALORIES



- 1 cup beans
- ¼ cup chopped walnuts
- ¼ cup unsalted sunflower seeds
- 2 tablespoons natural peanut or almond butter
- 1 cup cooked amaranth
- 4 oz tempeh
- 2 tablespoons virgin coconut oil
- 1 scoop of Tone It Up Protein + frozen banana + 1 cup almond milk
- 1 cucumber with ½ cup hummus
- 25 baby carrots with ¼ cup hummus

WEEK 1



Monday

MAY 7

Tuesday

MAY 8

Wednesday

MAY 9

Thursday

MAY 10

Friday

MAY 11

Saturday

MAY 12

Sunday

MAY 13

AM

M1

M2

M3

M4

M5

PM

Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell
Morning Mocha Smoothie	Morning Mocha Smoothie	Spring Scramble + 2 clementines	Spring Scramble + 2 clementines	Morning Mocha Smoothie + 1 piece fruit	Fave breakfast from the plan!	Tone It Up Waffles or Pancakes
1 apple, sliced + cinnamon	TIU approved Bar	TIU approved Bar	1 apple, sliced + cinnamon	TIU approved Bar	1 apple, sliced + cinnamon	Piece of fruit or 8 oz. fresh green juice
K&Kale Salad + 6 oz. lean protein + 2 Tbsp. nuts or seeds	K&Kale Salad (top with leftover Stir-Fry)	K&Kale Salad (top with leftover Tray Dinner)	Leftovers from dinner. TIP: Make a slimming soup! Add veggies and protein to vegetable broth + your favorite herbs and spices. We love adding cauliflower rice to the soup too!	Your fave TIU Approved M3	Head out for a TIU approved lunch	Everything But The Kitchen Sink Salad (What's still good? Combine for a delicious superfood salad!)
3 Strawberry Shortcake Mini Muffins	3 Strawberry Shortcake Mini Muffins	3 Strawberry Shortcake Mini Muffins	1 cup baby carrots + ¼ cup hummus	1 cup baby carrots + ¼ cup hummus	Berry Cauliflower Smoothie	Enjoy a couple Matcha Bites as you're meal prepping for the week ahead!
Spicy Thai Veggie Stir-Fry (Make an extra serving for tomorrow's salad!)	Tray Dinner (Make an extra serving for tomorrow's lunch!)	6 oz. lean protein + 2 cups lightly steamed veggies + 2 tsp. olive oil + ¼ cup beans or hummus + your fave spices (Make an extra serving for tomorrow's lunch)	TIU Stir-Fry: Sauté 6 oz. lean protein + 2 cups veggies + 1 Tbsp. olive oil. Add herbs and spices. Top with ¼ avocado + ¼ cup salsa or 1 Tbsp. favorite TIU approved dressing.	Lemon Garlic Tofu + ¼ cup quinoa	Try a new recipe from the plan! How about the delicious lean bowls?!	Grill night! 6 oz. lean protein and 2 cups veggies on the grill and make extra for the week! Check out our Grill Tips page! (optional to do this in the oven, depending on weather)
Sparkling water + lemon	Ginger lemon tea	Treat yourself to a glass of wine or Kombucha + a TIU approved dessert	Sparkling water + lemon	Ginger lemon tea	Optional TIU approved dessert	Sparkling water + lemon

grocery LIST

When you plan your meals for the week, take stock of what you have at home and what you need to pick up.

VEGGIES

- ☐ Asparagus
- ☐ Baby Bok Choy
- ☐ Baby Carrots
- ☐ Bell Peppers
- ☐ Broccoli
- ☐ Cauliflower
- ☐ Fresh Ginger
- ☐ Frozen Cauliflower Rice
- ☐ Garlic
- ☐ Green Onion
- ☐ Kale
- ☐ Leeks
- ☐ Sugar Snap Peas
- ☐ Thai Chili Pepper
- ☐ Your Favorite Veggies
- ☐ Your Favorite Mixed Greens
- ☐ _____
- ☐ _____

FRUIT

- ☐ Apples
- ☐ Avocado
- ☐ Bananas
- ☐ Blueberries
- ☐ Clementines
- ☐ Lemons
- ☐ Limes
- ☐ Strawberries
- ☐ Your Favorite Fruit or Fresh Green Juice
- ☐ _____
- ☐ _____

PROTEIN & MISC

- ☐ Eggs

- ☐ Egg Whites
- ☐ Tofu
- ☐ Your Favorite Lean Proteins
- ☐ Kombucha
(We love Health-Ade!)

CANNED ITEMS

- ☐ _____
- ☐ _____
- ☐ _____

DIPS & FLAVORINGS

- ☐ Cinnamon
- ☐ Garlic Powder
- ☐ Himalayan Sea Salt
- ☐ Hummus
- ☐ Salsa

NUTS, SEEDS, MILKS & BUTTERS

- ☐ Almond Yogurt or Coconut Yogurt
- ☐ Cashews
- ☐ Peanut Butter
- ☐ Pine Nuts
- ☐ Unsweetened Almond Milk
- ☐ Your Favorite Nuts and Seeds

PANTRY

- ☐ Tone It Up Protein
- ☐ Tone It Up Protein Bars
- ☐ Tone It Up Protein Bites
- ☐ Apple Cider Vinegar
- ☐ Apple Juice
- ☐ Baking Powder
- ☐ Baking Soda
- ☐ Balsamic Vinegar
- ☐ Black Pepper
- ☐ Cacao Nibs

- ☐ Chia Seeds
- ☐ Chocolate Covered Espresso Beans (optional)
- ☐ Coconut Oil
- ☐ Coconut Oil Spray
- ☐ Coffee/Tea/Espresso
- ☐ Espresso Beans
- ☐ Flax Seeds
- ☐ Ginger Lemon Tea
- ☐ Honey
- ☐ Pure Maple Syrup
- ☐ Oat Flour (or Almond Flour)
- ☐ Olive Oil
- ☐ Quinoa
- ☐ Salt
- ☐ Sparkling Water
- ☐ TIU approved Dressing
- ☐ Unsweetened Coconut Flakes
- ☐ Vanilla Extract
- ☐ Vegetable broth
- ☐ Wine for WNW! (optional)
- ☐ _____
- ☐ _____

MAKE IT YOUR OWN!

(Make sure to grab ingredients for these recipes!)

- ☐ Tray Dinner
- ☐ Favorite M3
- ☐ New M5 Recipe (how about a Lean Bowl?)
- ☐ Favorite Breakfast
- ☐ Optional TIU approved Desserts
- ☐ _____
- ☐ _____

meal PREP

- ☐ Wash & chop veggies
- ☐ Prep your lean proteins!
- ☐ Slice and freeze bananas for smoothies
- ☐ Prep your **Meta D** or **Bombshell Spell**
- ☐ Bake a batch of **Strawberry Shortcake Mini Muffins**

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Morning Mocha Smoothie

M2

1 apple, sliced + cinnamon

M3

K&Kale Salad + 6 oz. lean protein + 2 Tbsp. nuts or seeds

M4

3 Strawberry Shortcake Mini Muffins

M5

Spicy Thai Veggie Stir-Fry

(Make an extra serving for tomorrow's salad!)

PM

Sparkling water + lemon

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Morning Mocha Smoothie

M2

TIU approved Bar

M3

K&Kale Salad (top with leftover Stir-Fry)

M4

3 Strawberry Shortcake Mini Muffins

M5

Tray Dinner

(Make an extra serving for tomorrow's lunch!)

PM

Ginger lemon tea

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Spring Scramble + 2 clementines

M2

TIU approved Bar

M3

K&Kale Salad (top with leftover Tray Dinner)

M4

3 Strawberry Shortcake Mini Muffins

M5

6 oz. lean protein + 2 cups lightly steamed veggies + 2 tsp. olive oil
+ ¼ cup beans or hummus + your fave spices
(Make an extra serving for tomorrow's lunch)

PM

Treat yourself to a glass of wine or Kombucha + an optional TIU approved dessert

☐ Daily Workout

☐ Check In #TIUTeam #TIUBikiniSeries

☐ Stick to Plan Guidelines

☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Spring Scramble + 2 clementines

M2

1 apple, sliced + cinnamon

M3

Leftovers from dinner. TIP: Make a slimming soup! Add veggies and protein to vegetable broth + your favorite herbs and spices. We love adding cauliflower rice to the soup too!

M4

1 cup baby carrots + $\frac{1}{4}$ cup hummus

M5

TIU Stir-Fry: Sauté 6 oz. lean protein + 2 cups veggies + 1 Tbsp. olive oil. Add herbs and spices. Top with $\frac{1}{4}$ avocado + $\frac{1}{4}$ cup salsa or 1 Tbsp. favorite TIU approved dressing.

PM

Sparkling water + lemon

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AMCoffee / Tea + **Meta D or Bombshell Spell****M1****Morning Mocha Smoothie** + 1 piece fruit**M2**

TIU approved Bar

M3

Your fave TIU approved M3

M41 cup baby carrots + $\frac{1}{4}$ cup hummus**M5****Lemon Garlic Tofu** + $\frac{1}{4}$ cup quinoa**PM**

Ginger lemon tea

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AMCoffee / Tea + **Meta D or Bombshell Spell****M1**

Fave breakfast from the plan!

M2

1 apple, sliced + cinnamon

M3

Head out for a TIU approved lunch

M4**Berry Cauliflower Smoothie****M5**

Try a new recipe from the plan! How about the delicious lean bowls?!

PM

Optional TIU approved Dessert

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Tone It Up Waffles or Pancakes

M2

Piece of fruit or 8 oz. fresh green juice

M3

Everything But The Kitchen Sink Salad

(What's still good? Combine for a delicious superfood salad!)

M4

Enjoy a couple **Matcha Bites** as you're meal prepping for the week ahead!

M5

Grill night! 6 oz. lean protein and 2 cups veggies on the grill and make extra for the week! Check out our Grill Tips page! (optional to do this in the oven, depending on weather)

PM

Sparkling water + lemon

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

WEEK 2



Monday
MAY 14

Tuesday
MAY 15

wednesday
MAY 16

Thursday
MAY 17

Friday
MAY 18

Saturday
MAY 19

Sunday
MAY 20

AM

M1

M2

M3

M4

M5

PM

Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell
2 Egg Muffins + ¼ avocado + ¼ cup salsa (we love sriracha and pepper!)	2 Egg Muffins + ¼ avocado + ¼ cup salsa (we love sriracha and pepper!)	2 Egg Muffins + ¼ avocado + ¼ cup salsa (we love sriracha and pepper!)	Your fave Tone It Up Pancake	Morning Mocha Smoothie + 1 piece fruit	Fave weekend breakfast from the plan! How about some GF avo-toast?	Make a healthy brunch
Grab an 8 oz. green juice, smoothie, or bring a pre-made smoothie from home! TIP- store in your TIU bottle to keep cool!	Grab an 8 oz. green juice, smoothie, or bring a pre-made smoothie from home! TIP- store in your TIU bottle to keep cool!	TIU approved Bar	1 apple, sliced + cinnamon + a handful of your favorite nuts	TIU approved Bar	1 apple, sliced + cinnamon	Piece of fruit or 8 oz. fresh juice
2 cups lettuce (kale, arugula, spinach) with 4 oz. meal prepped grilled protein, 1 Tbsp. nuts or seeds, 2 cups veggies, and 1 Tbsp. TIU approved dressing + piece of fruit	2 cups lettuce (kale, arugula, spinach) with 4 oz. meal prepped grilled protein, 1 Tbsp. nuts or seeds, 2 cups veggies, and 1 Tbsp. TIU approved dressing + piece of fruit	2 cups lettuce (kale, arugula, spinach) with 4 oz. meal prepped grilled protein, 1 Tbsp. nuts or seeds, 2 cups veggies, and 1 Tbsp. TIU approved dressing + piece of fruit	Leftover Lean Bowl! TIP - put into bowl, heat up, and top with fresh lemon, ground pepper, + olive oil	Your fave TIU approved M3	Whip up your fave salad or head out for a TIU approved lunch!	Everything But The Kitchen Sink Salad (What's still good? Combine for a delicious superfood salad!)
2 Matcha Protein Bites	2 Matcha Protein Bites	Cinnamon Smoothie	Avocado Smoothie	2 cups veggies of choice + ¼ cup hummus (we love mixing spices into hummus!)	Berry Cauliflower Smoothie	Enjoy a couple Snickerdoodle Mini Muffins as you're meal prepping for the week ahead!
Moroccan Dish	Taco Tuesday! Spicy Black Bean Tacos	Your fave Lean Bowl (Make an extra serving for lunch tomorrow!)	Tray Dinner (Make an extra serving for dinner tomorrow!)	Leftover Tray Dinner. TIP- Want to mix it up? Make a slimming soup! Add veggies and protein to vegetable broth + your favorite herbs and spices. Add ¼ cup quinoa & carrots!	Try a new recipe from the plan!	Choose a Summer Crockpot recipe! Make extra servings for the week!
Ginger lemon tea	Sparkling water + lemon	Treat yourself to a glass of wine or Kombucha + a TIU approved dessert	Ginger lemon tea	Sparkling water + lemon	Optional TIU approved dessert	Ginger lemon tea

grocery LIST

When you plan your meals for the week, take stock of what you have at home and what you need to pick up.

VEGGIES

- ☐ Arugula
- ☐ Baby Carrots
- ☐ Bell Peppers
- ☐ Cauliflower
- ☐ Carrots
- ☐ Cilantro
- ☐ Fresh Ginger
- ☐ Frozen Cauliflower Rice
- ☐ Garlic
- ☐ Jalapeño
- ☐ Kale
- ☐ Red Onion
- ☐ Endive Leaves
- ☐ Spinach
- ☐ Yellow Onion
- ☐ Your Favorite Veggies
- ☐ Your Favorite Mixed Greens
- ☐ Zucchini
- ☐ _____
- ☐ _____

FRUIT

- ☐ Apples
- ☐ Avocados
- ☐ Bananas
- ☐ Blueberries
- ☐ Lemons
- ☐ Limes
- ☐ Mango
- ☐ Your Favorite Fruits
- ☐ _____
- ☐ _____

PROTEIN & MISC

- ☐ Eggs

- ☐ Egg Whites
- ☐ Your Favorite Lean Proteins
- ☐ Kombucha
(We love Health-Ade!)

CANNED ITEMS

- ☐ Black Beans
- ☐ _____
- ☐ _____

DIPS & FLAVORINGS

- ☐ Cayenne Pepper
- ☐ Cinnamon
- ☐ Coriander
- ☐ Cumin
- ☐ Garlic Powder
- ☐ Hummus
- ☐ Paprika
- ☐ Salsa
- ☐ Sriracha

NUTS, SEEDS, MILKS & BUTTERS

- ☐ Almond Butter
- ☐ Cashew Butter
- ☐ Peanut Butter
- ☐ Unsweetened Almond Milk
- ☐ Your Favorite Nuts and Seeds

PANTRY

- ☐ Tone It Up Protein
- ☐ Tone It Up Protein Bars
- ☐ Tone It Up Protein Bites
- ☐ Apple Cider Vinegar
- ☐ Apple Juice
- ☐ Baking Powder
- ☐ Baking Soda
- ☐ Balsamic Vinegar

- ☐ Black Pepper
- ☐ Chia Seeds
- ☐ Chocolate Covered Espresso Beans (optional)
- ☐ Coconut Oil
- ☐ Coconut Oil Spray
- ☐ Coconut Water
- ☐ Coffee/Tea/Espresso
- ☐ Espresso Beans
- ☐ Ginger Lemon Tea
- ☐ Matcha Powder
- ☐ Medjool Dates
- ☐ Olive Oil
- ☐ Pure Maple Syrup
- ☐ Quinoa
- ☐ Salt
- ☐ Sparkling Water
- ☐ TIU approved Dressing
- ☐ Unsweetened Coconut Flakes
- ☐ Vanilla extract
- ☐ Vegetable broth
- ☐ Wine for WNW! (optional)
- ☐ _____
- ☐ _____

MAKE IT YOUR OWN! (Make sure to grab ingredients for these recipes!)

- ☐ Tray Dinner
- ☐ Green Juice or fave Smoothie
- ☐ Favorite M3
- ☐ New Recipe From The Plan
- ☐ Favorite Weekend Breakfast
- ☐ Healthy Brunch
- ☐ Lean Bowl
- ☐ Summer Crockpot Recipe
- ☐ Optional TIU approved Desserts

meal PREP

- ☐ Wash & chop veggies
- ☐ Prep your lean proteins!
- ☐ Slice and freeze bananas for smoothies
- ☐ Prep your **Meta D** or **Bombshell Spell**
- ☐ Make a batch of **Egg Muffins**
- ☐ Prep the **Mango Salsa** for **Black Bean Tacos**
- ☐ Make a batch of **Matcha Protein Bites**

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

2 Egg Muffins + $\frac{1}{4}$ avocado + $\frac{1}{4}$ cup salsa (we love sriracha and pepper!)

M2

Grab an 8 oz. green juice, smoothie, or bring a pre-made smoothie from home! TIP- store in your TIU bottle to keep cool!

M3

2 cups lettuce (kale, arugula, spinach) with 4 oz. meal prepped grilled protein, 1 Tbsp. nuts or seeds, 2 cups veggies, and 1 Tbsp. TIU approved dressing + piece of fruit

M4

2 Matcha Protein Bites

M5

Moroccan Dish

PM

Ginger lemon tea

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

2 Egg Muffins + $\frac{1}{4}$ avocado + $\frac{1}{4}$ cup salsa (we love sriracha and pepper!)

M2

Grab an 8 oz. green juice, smoothie, or bring a pre-made smoothie from home! TIP- store in your TIU bottle to keep cool!

M3

2 cups lettuce (kale, arugula, spinach) with 4 oz. meal prepped grilled protein, 1 Tbsp. nuts or seeds, 2 cups veggies, and 1 Tbsp. TIU approved dressing + piece of fruit

M4

2 Matcha Protein Bites

M5

Taco Tuesday! **Spicy Black Bean Tacos**

PM

Sparkling water + lemon

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

2 Egg Muffins + $\frac{1}{4}$ avocado + $\frac{1}{4}$ cup salsa (we love sriracha and pepper!)

M2

TIU approved Bar

M3

2 cups lettuce (kale, arugula, spinach) with 4 oz. meal prepped grilled protein, 1 Tbsp. nuts or seeds, 2 cups veggies, and 1 Tbsp. TIU approved dressing + piece of fruit

M4

Cinnamon Smoothie

M5

Your fave Lean Bowl

(Make an extra serving for lunch tomorrow!)

PM

Treat yourself to a glass of wine or Kombucha + an optional TIU approved dessert

☐ Daily Workout

☐ Check In #TIUTeam #TIUBikiniSeries

☐ Stick to Plan Guidelines

☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Your fave Tone It Up Pancake

M2

1 apple, sliced + cinnamon + a handful of your favorite nuts

M3

Leftover Lean Bowl! TIP - put into bowl, heat up, and top with fresh lemon, ground pepper, and olive oil

M4

Avocado Smoothie

M5

Tray Dinner

(Make an extra serving for dinner tomorrow!)

PM

Ginger lemon tea

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Morning Mocha Smoothie + piece of fruit

M2

TIU approved Bar

M3

Your fave TIU approved M3

M4

2 cups veggies of choice + $\frac{1}{4}$ cup hummus
(we love mixing spices into hummus!)

M5

Leftover **Tray Dinner**. TIP- Make a slimming soup! Add veggies and protein to vegetable broth + your favorite herbs and spices. Add $\frac{1}{4}$ cup quinoa & carrots!

PM

Sparkling water + lemon

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Fave weekend breakfast from the plan! How about some GF avo-toast?

M2

1 apple, sliced + cinnamon

M3

Whip up your fave salad or head out for a TIU approved lunch!

M4

Berry Cauliflower Smoothie

M5

Try a new recipe from the plan!

PM

Optional TIU approved dessert

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Make a healthy brunch

M2

Piece of fruit or 8 oz. fresh juice

M3

Everything But The Kitchen Sink Salad

(What's still good? Combine for a delicious superfood salad!)

M4

Enjoy a couple **Snickerdoodle Mini Muffins** as you're meal prepping for the week ahead!

M5

Choose a Summer Crockpot recipe! Make extra servings for the week!

PM

Ginger lemon tea

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

WEEK 3



Monday

MAY 21

Tuesday

MAY 22

wednesday

MAY 23

Thursday

MAY 24

Friday

MAY 25

Saturday

MAY 26

Sunday

MAY 27

AM

M1

M2

M3

M4

M5

PM

Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell
Spring Scramble + 2 clementines + piece of GF toast (spread ¼ avocado on toast)	Spirulina Superfood Smoothie Bowl	Your fave TIU Smoothie	Spring Scramble + 2 clementines + piece of GF toast (spread ¼ avocado on toast)	Morning Mocha Smoothie + 1 piece fruit	Fave weekend breakfast from the plan!	Your favorite Tone It Up Waffles
3 Snickerdoodle Mini Muffins	3 Snickerdoodle Mini Muffins	3 Snickerdoodle Mini Muffins	TIU approved Bar	TIU approved Bar	1 apple, sliced + cinnamon	Piece of fruit or 8 oz. fresh juice
Citrus Beet Salad	Citrus Beet Salad	2 cups greens (top with leftover Tray Dinner) + 1 Tbsp. nuts + sliced apple (we love diced apple on our salads)	Leftover Lean Bowl! TIP - put into bowl, heat up, and top with fresh lemon, ground pepper, + olive oil	Leftover Stir-Fry	Whip up your fave salad or head out for a TIU approved lunch!	Everything But The Kitchen Sink Salad (What's still good? Combine for a delicious superfood salad!)
Chia Seed Pudding	Chia Seed Pudding	Chia Seed Pudding	3 Bean Salad	3 Bean Salad	3 Bean Salad	Enjoy a couple Blueberry Chia Mini Muffins as you're meal prepping for the week ahead!
Leftover Summer Crockpot	Tray Dinner (Make an extra serving for tomorrow's lunch!)	Your fave Lean Bowl (Make an extra serving for lunch tomorrow!)	TIU Stir-Fry: Sauté 6 oz. lean protein + 2 cups veggies + 1 Tbsp. olive oil. Add herbs and spices. Top with ¼ avocado + ¼ cup salsa or 1 Tbsp. TIU approved dressing. (Make an extra serving for tomorrow)	Fave TIU approved dinner	Spicy Thai Veggie Stir-Fry	Grill night! Make your fave lean protein and veggies on the grill and save for the week! Check out our Grill Tips page! (optional to do this in the oven, depending on weather)
Sparkling water + lemon	Ginger lemon tea	Treat yourself to a glass of wine or Kombucha + a TIU approved dessert	Sparkling water + lemon	Ginger lemon tea	Optional TIU approved dessert	Sparkling water + lemon

grocery LIST

When you plan your meals for the week, take stock of what you have at home and what you need to pick up.

VEGGIES

- ☐ Arugula
- ☐ Baby Bok Choy
- ☐ Bell Pepper
- ☐ Beet
- ☐ Broccoli
- ☐ Celery
- ☐ Cilantro
- ☐ Frozen Cauliflower Rice
- ☐ Garlic
- ☐ Green Onions
- ☐ Leeks
- ☐ Red Onion
- ☐ Sugar Snap Peas
- ☐ Thai Chili Pepper
- ☐ Your Favorite Veggies
- ☐ Your Favorite Mixed Greens
- ☐ _____
- ☐ _____

FRUIT

- ☐ Apples
- ☐ Avocado
- ☐ Bananas
- ☐ Berries
- ☐ Clementines
- ☐ Lemons
- ☐ Limes
- ☐ Mandarin Orange
- ☐ Raspberries
- ☐ Your Favorite Fruits
- ☐ _____
- ☐ _____

PROTEIN & MISC

- ☐ Eggs

- ☐ Egg Whites
- ☐ Your Favorite Lean Proteins
- ☐ Gluten-Free Bread
- ☐ Kombucha
(We love Health-Ade!)

CANNED ITEMS

- ☐ Cannellini Beans
- ☐ Garbanzo Beans
- ☐ Kidney Beans
- ☐ _____

DIPS & FLAVORINGS

- ☐ Cinnamon
- ☐ Salsa
- ☐ Rosemary

NUTS, SEEDS, MILKS & BUTTERS

- ☐ Almond Yogurt or Coconut Yogurt
- ☐ Cashews
- ☐ Sunflower Seeds
- ☐ Unsweetened Almond Milk
- ☐ Unsweetened Coconut Milk
- ☐ Your Favorite Nuts and Seeds

PANTRY

- ☐ Tone It Up Protein
- ☐ Tone It Up Protein Bars
- ☐ Tone It Up Protein Bites
- ☐ Almond Meal
- ☐ Apple Cider Vinegar
- ☐ Apple Juice
- ☐ Baking Powder
- ☐ Baking Soda
- ☐ Balsamic Vinegar
- ☐ Black Pepper
- ☐ Cacao Nibs

- ☐ Champagne Vinegar
- ☐ Chia Seeds
- ☐ Chocolate Covered Espresso Beans (optional)
- ☐ Coconut Oil
- ☐ Coconut Oil Spray
- ☐ Coffee/Tea/Espresso
- ☐ Dates
- ☐ Espresso Beans
- ☐ Flax Seeds
- ☐ Ginger Lemon Tea
- ☐ Honey
- ☐ Olive Oil
- ☐ Pure Maple Syrup
- ☐ Quinoa
- ☐ Salt
- ☐ Sparkling Water
- ☐ Spirulina
- ☐ TIU approved Dressing
- ☐ Unsweetened Coconut Flakes
- ☐ Vanilla Extract
- ☐ Wine for WNW! (optional)
- ☐ _____

MAKE IT YOUR OWN!

(Make sure to grab ingredients for these recipes!)

- ☐ Tray Dinner
- ☐ Favorite TIU Smoothie
- ☐ Favorite M5
- ☐ Favorite Weekend Breakfast
- ☐ Lean Bowl
- ☐ Optional TIU approved Desserts
- ☐ _____
- ☐ _____
- ☐ _____

meal PREP

- ☐ Wash & chop veggies
- ☐ Prep your lean proteins!
- ☐ Slice and freeze bananas for smoothies
- ☐ Prep your **Meta D** or **Bombshell Spell**
- ☐ Bake a batch of **Snickerdoodle Mini Muffins**
- ☐ Prep the **Pick-Me-Up Chia Seed Pudding**

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Spring Scramble + 2 clementines + piece of GF toast (spread $\frac{1}{4}$ avocado on toast)

M2

3 **Snickerdoodle Mini Muffins**

M3

Citrus Beet Salad

M4

Chia Seed Pudding

M5

Leftover **Summer Crockpot**

PM

Sparkling water + lemon

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Spirulina Superfood Smoothie Bowl

M2

3 Snickerdoodle Mini Muffins

M3

Citrus Beet Salad

M4

Chia Seed Pudding

M5

Tray Dinner

(Make an extra serving for tomorrow's lunch!)

PM

Ginger lemon tea

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D** or **Bombshell Spell**

M1

Your fave TIU Smoothie

M2

3 **Snickerdoodle Mini Muffins**

M3

2 cups greens (top with leftover **Tray Dinner**) + 1 Tbsp. nuts + sliced apple (we love diced apple on our salads)

M4

Chia Seed Pudding

M5

Your fave **Lean Bowl**
(Make an extra serving for tomorrow's lunch!)

PM

Treat yourself to a glass of wine or Kombucha + an optional TIU approved dessert

☐ Daily Workout

☐ Check In #TIUTeam #TIUBikiniSeries

☐ Stick to Plan Guidelines

☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Spring Scramble + 2 clementines + piece of GF toast (spread $\frac{1}{4}$ avocado on toast)

M2

TIU approved Bar

M3

Leftover Lean Bowl! TIP - put into bowl, heat up, and top with fresh lemon, ground pepper, + olive oil

M4

3 Bean Salad

M5

TIU Stir-Fry: Sauté 6 oz. lean protein + 2 cups veggies + 1 Tbsp. olive oil. Add herbs and spices. Top with $\frac{1}{4}$ avocado + $\frac{1}{4}$ cup salsa or 1 Tbsp. favorite TIU approved dressing. (Make an extra serving for tomorrow's lunch)

PM

Sparkling water + lemon

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Morning Mocha Smoothie + piece of fruit

M2

TIU approved Bar

M3

Leftover Stir-Fry

M4

3 Bean Salad

M5

Fave TIU approved dinner

PM

Ginger lemon tea

☐ Daily Workout

☐ Check In #TIUTeam #TIUBikiniSeries

☐ Stick to Plan Guidelines

☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Fave weekend breakfast from the plan!

M2

1 apple, sliced + cinnamon

M3

Whip up your fave salad or head out for a TIU approved lunch!

M4

3 Bean Salad

M5

Spicy Thai Veggie Stir-Fry

PM

Optional TIU approved dessert

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Your favorite Tone It Up Waffles

M2

Piece of fruit or 8 oz. fresh juice

M3

Everything But The Kitchen Sink Salad

(What's still good? Combine for a delicious superfood salad!)

M4

Enjoy a couple **Blueberry Chia Mini Muffins** as you're meal prepping for the week ahead!

M5

Grill night! Make your fave lean protein and veggies on the grill and save for the week! Check out our Grill Tips page! (optional to do this in the oven, depending on weather)

PM

Sparkling water + lemon

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

WEEK 4



Monday

MAY 28

Tuesday

MAY 29

Wednesday

MAY 30

Thursday

MAY 31

Friday

JUNE 1

Saturday

JUNE 2

Sunday

JUNE 3

AM

M1

M2

M3

M4

M5

PM

Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell
Piña Colada Overnight Oats	Piña Colada Overnight Oats	Piña Colada Overnight Oats	Your fave Smoothie	Morning Mocha Smoothie	Your fave weekend breakfast from the plan!	Matcha Pancakes
3 Blueberry Chia Mini Muffins	8 oz. TIU approved juice or smoothie + ½ oz nuts	3 Blueberry Chia Mini Muffins	Piece of fruit + 1 Tbsp. nut butter	Piece of fruit + 1 Tbsp. nut butter	8 oz. fresh or TIU approved juice	Piece of fruit or 8 oz. fresh juice
Your fave Bikini Wrap + piece of fruit	Your fave Bikini Wrap + piece of fruit	2 cups greens (top with leftover Tray Dinner) + ¼ avocado + 1 whole fruit or 1 cup chopped berries	Leftover Lean Bowl	Leftover Stir-Fry	Whip up your fave salad or head out for a TIU approved lunch!	Everything But The Kitchen Sink Salad (What's still good? Combine for a delicious superfood salad!)
2 cups veggies + ¼ cup hummus or TIU approved dip	3 Blueberry Chia Mini Muffins	2 cups veggies + ¼ cup hummus or TIU approved dip	TIU approved Bar	2 cups veggies + ¼ cup hummus or TIU approved dip	Your fave TIU approved snack	Enjoy some Guacamole Quinoa Salad as you're meal prepping for the week ahead!
Your fave Lean Bowl	Tray Dinner (Make an extra serving for tomorrow's lunch!)	Your fave Lean Bowl (Make an extra serving for lunch tomorrow!)	TIU Stir-Fry: Sauté 6 oz. lean protein + 2 cups veggies + 1 Tbsp. olive oil. Add herbs and spices. Top with ¼ avocado + ¼ cup salsa or 1 Tbsp. TIU approved dressing. (Make an extra serving for tomorrow)	Fave TIU approved dinner	Cilantro Lime Quinoa Bowl	Grill night! Make your fave lean protein and veggies on the grill and save for the week! Check out our Grill Tips page! (optional to do this in the oven, depending on weather)
Ginger lemon tea	Sparkling water + lemon	Treat yourself to a glass of wine or Kombucha + a TIU approved dessert	Ginger lemon tea	Sparkling water + lemon	Optional TIU approved dessert	Ginger lemon tea

grocery LIST

When you plan your meals for the week, take stock of what you have at home and what you need to pick up.

VEGGIES

- ☐ Bell Pepper
- ☐ Cilantro
- ☐ Collard Greens
- ☐ Frozen Cauliflower Rice
- ☐ Red Onion
- ☐ Tomatoes
- ☐ Your Favorite Veggies
- ☐ Your Favorite Mixed Greens
- ☐ _____
- ☐ _____

FRUIT

- ☐ Avocado
- ☐ Bananas
- ☐ Blueberries
- ☐ Frozen Blueberries
- ☐ Lemons
- ☐ Limes
- ☐ Pineapple
- ☐ Your Favorite Fruits
- ☐ _____
- ☐ _____

PROTEIN & MISC

- ☐ Eggs
- ☐ Egg Whites
- ☐ Your Favorite Lean Proteins
- ☐ Kombucha
(We love Health-Ade!)
- ☐ _____
- ☐ _____

CANNED ITEMS

- ☐ _____
- ☐ _____
- ☐ _____

DIPS & FLAVORINGS

- ☐ Cinnamon
- ☐ Green Salsa
- ☐ Hummus
- ☐ Salsa
- ☐ _____
- ☐ _____

NUTS, SEEDS, MILKS & BUTTERS

- ☐ Almond Butter (optional)
- ☐ Pumpkin Seeds
- ☐ Unsweetened Almond Milk
- ☐ Your Favorite Nut Butter
- ☐ Your Favorite Nuts and Seeds
- ☐ _____
- ☐ _____

PANTRY

- ☐ Tone It Up Protein
- ☐ Tone It Up Protein Bars
- ☐ Tone It Up Protein Bites
- ☐ Apple Cider Vinegar
- ☐ Apple Juice
- ☐ Baking Powder
- ☐ Baking Soda
- ☐ Balsamic Vinegar
- ☐ Black Pepper
- ☐ Chia Seeds
- ☐ Chocolate Covered Espresso Beans (optional)
- ☐ Coconut Oil

- ☐ Coconut Oil Spray
- ☐ Coffee/Tea/Espresso
- ☐ Espresso Beans
- ☐ Flax Seeds
- ☐ Ginger Lemon Tea
- ☐ GF Oats
- ☐ Honey
- ☐ Matcha Powder
- ☐ Pure Maple Syrup
- ☐ Oat Flour (or Almond Meal)
- ☐ Olive Oil
- ☐ Quinoa
- ☐ Salt
- ☐ Sparkling Water
- ☐ TIU approved Dressing
- ☐ Unsweetened Coconut Flakes
- ☐ Vanilla Extract
- ☐ Wine for WNW! (optional)
- ☐ _____
- ☐ _____

MAKE IT YOUR OWN!

(Make sure to grab ingredients for these recipes!)

- ☐ Bikini Wrap
- ☐ Lean Bowl
- ☐ Juice or Favorite Smoothie
- ☐ Tray Dinner
- ☐ Favorite M5
- ☐ Favorite Weekend Breakfast
- ☐ Favorite Snack
- ☐ Optional TIU approved Desserts
- ☐ _____
- ☐ _____
- ☐ _____

meal PREP

- ☐ Wash & chop veggies
- ☐ Prep your lean proteins!
- ☐ Slice and freeze bananas for smoothies
- ☐ Prep your **Meta D** or **Bombshell Spell**
- ☐ Prep the **Piña Colada Overnight Oats**
- ☐ Bake a batch of **Blueberry Chia Mini Muffins**

AM

Coffee / Tea + **Meta D** or **Bombshell Spell**

M1

Piña Colada Overnight Oats

M2

3 **Blueberry Chia Mini Muffins**

M3

Your fave **Bikini Wrap** + piece of fruit

M4

2 cups veggies + $\frac{1}{4}$ cup hummus or TIU approved dip

M5

Your fave **Lean Bowl**

PM

Ginger lemon tea

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D** or **Bombshell Spell**

M1

Piña Colada Overnight Oats

M2

8 oz. TIU approved juice or smoothie + ½ oz nuts

M3

Your fave **Bikini Wrap** + piece of fruit

M4

3 **Blueberry Chia Mini Muffins**

M5

Tray Dinner

(Make an extra serving for tomorrow's lunch!)

PM

Sparkling water + lemon

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D** or **Bombshell Spell**

M1

Piña Colada Overnight Oats

M2

3 **Blueberry Chia Mini Muffins**

M3

2 cups greens (top with leftover **Tray Dinner**) + ¼ avocado
+ 1 whole fruit or 1 cup chopped berries

M4

2 cups veggies + ¼ cup hummus or TIU approved dip

M5

Your fave **Lean Bowl** (Make an extra serving for tomorrow's lunch!)

PM

Treat yourself to a glass of wine or Kombucha + an optional TIU approved dessert

☐ Daily Workout

☐ Check In #TIUTeam #TIUBikiniSeries

☐ Stick to Plan Guidelines

☐ Drink 8-10 glasses of water

AM Coffee / Tea + **Meta D or Bombshell Spell**

M1 Your fave Smoothie

M2 Fruit + 1 Tbsp. nut butter

M3 Leftover **Lean Bowl** from dinner

M4 TIU approved Bar

M5 TIU Stir-Fry: Sauté 6 oz. lean protein + 2 cups veggies + 1 Tbsp. olive oil. Add herbs and spices. Top with ¼ avocado + ¼ cup salsa or 1 Tbsp. favorite TIU approved dressing. (Make an extra serving for tomorrow's lunch)

PM Ginger lemon tea

☐ Daily Workout

☐ Check In #TIUTeam #TIUBikiniSeries

☐ Stick to Plan Guidelines

☐ Drink 8-10 glasses of water

AMCoffee / Tea + **Meta D or Bombshell Spell****M1****Morning Mocha Smoothie****M2**

Fruit + 1 Tbsp. nut butter

M3

Leftover Stir-Fry from dinner

M42 cups veggies + $\frac{1}{4}$ cup hummus or TIU approved dip**M5**

Your fave TIU approved dinner

PM

Sparkling water + lemon

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AMCoffee / Tea + **Meta D or Bombshell Spell****M1**

Your fave weekend breakfast from the plan!

M2

8 oz. fresh or TIU approved juice

M3

Whip up your fave salad or head out for a TIU approved lunch!

M4

Your fave TIU approved snack

M5**Cilantro Lime Quinoa Bowl****PM**

Optional TIU approved Dessert

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Matcha Pancakes

M2

Piece of fruit or 8 oz. fresh juice

M3

Everything But The Kitchen Sink Salad

(What's still good? Combine for a delicious superfood salad!)

M4

Enjoy some **Guacamole Quinoa Salad** as you're meal prepping for the week ahead!

M5

Grill night! Make your fave lean protein and veggies on the grill and save for the week! Check out our Grill Tips page! (optional to do this in the oven, depending on weather)

PM

Ginger lemon tea

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

WEEK 5



Monday

JUNE 4

Tuesday

JUNE 5

Wednesday

JUNE 6

Thursday

JUNE 7

Friday

JUNE 8

Saturday

JUNE 9

Sunday

JUNE 10

AM

M1

M2

M3

M4

M5

PM

Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell
Mango Lime Overnight Oats	Mango Lime Overnight Oats	Mango Lime Overnight Oats	Spring Scramble + 2 clementines + piece of GF toast (spread ¼ avocado on toast)	Morning Mocha Smoothie	Fave weekend breakfast from the plan!	Strawberry Coconut Pancakes
Grab an 8 oz. juice, smoothie, or bring a pre-made smoothie from home! TIP-store in your TIU bottle to keep cool!	Grab an 8 oz. juice, smoothie, or bring a pre-made smoothie from home! TIP-store in your TIU bottle to keep cool!	TIU approved Bar	1 apple, sliced + cinnamon	Coconut or almond yogurt + ½ cup blueberries	1 apple, sliced + cinnamon	Piece of fruit or 8 oz. fresh juice (Start your crockpot recipe for tonight)
Guacamole Quinoa Salad with 2 - 4 oz meal prepped grilled protein	Guacamole Quinoa Salad with 2 - 4 oz meal prepped grilled protein	2 cups lettuce (kale, arugula, spinach) with 2 cups veggies - top with leftovers from Taco Tuesday!	Leftover Beautiful Buddha Bowl	Your fave TIU approved M3	Whip up your fave salad or head out for a TIU approved lunch!	Everything But The Kitchen Sink Salad (What's still good? Combine for a delicious superfood salad!)
Cinnamon Smoothie	TIU approved Bar	Cinnamon Smoothie	Cinnamon Smoothie	TIU approved Bar	Berry Cauliflower Smoothie	Enjoy a couple Blondie Mini Muffins as you're meal prepping for the week ahead!
Tahini Tray Dinner	Taco Tuesday! Spicy Mango Black Bean Tacos (Make an extra serving for lunch tomorrow!)	Beautiful Buddha Bowl (Make an extra serving for lunch tomorrow!)	Fave Tray Dinner (Make an extra serving for dinner tomorrow!)	Leftover Tray Dinner. Tip: Make your slimming soup! Add veggies and protein to vegetable broth + your favorite herbs and spices. We love adding cauliflower rice to the soup too!	Grilled Veggie Burger + 2 cups roasted veggies	Choose a Summer Crockpot Recipe!
Sparkling water + lemon	Ginger lemon tea	Treat yourself to a glass of wine or Kombucha + a TIU approved dessert	Sparkling water + lemon	Ginger lemon tea	Optional TIU approved dessert	Sparkling water + lemon

grocery LIST

When you plan your meals for the week, take stock of what you have at home and what you need to pick up.

VEGGIES

- ☐ Bell Pepper
- ☐ Broccoli
- ☐ Cilantro
- ☐ Corn
- ☐ Frozen Cauliflower Rice
- ☐ Garlic
- ☐ Jalapeños
- ☐ Kale
- ☐ Leeks
- ☐ Parsley
- ☐ Portobello Mushroom Caps/
or Crimini Mushroom Caps/or
Baby Bella Mushrooms
- ☐ Red Onion
- ☐ Endive Leaves
- ☐ Shelled Edamame
- ☐ Sprouts
- ☐ Sweet Potato
- ☐ Yellow Onion
- ☐ Zucchini
- ☐ Your Favorite Veggies
- ☐ Your Favorite Leafy Greens

FRUIT

- ☐ Apples
- ☐ Avocado
- ☐ Bananas
- ☐ Blueberries
- ☐ Clementines
- ☐ Lemons
- ☐ Limes
- ☐ Mango
- ☐ Raspberries (optional)
- ☐ Strawberries
- ☐ Your Favorite Fruits

PROTEIN & MISC

- ☐ Eggs
- ☐ Egg Whites
- ☐ Your Favorite Lean Proteins
- ☐ Gluten-Free Bread
- ☐ Kombucha
(We love Health-Ade!)

CANNED ITEMS

- ☐ Black Beans
- ☐ Chickpeas

DIPS & FLAVORINGS

- ☐ Cinnamon
- ☐ Cumin
- ☐ Dried Basil
- ☐ Guacamole
- ☐ Onion Powder
- ☐ Red Pepper Flakes
- ☐ Salsa
- ☐ Tahini

NUTS, SEEDS, MILKS & BUTTERS

- ☐ Almond Butter
- ☐ Almond Yogurt or Coconut
Yogurt
- ☐ Peanut Butter
- ☐ Unsweetened Almond Milk

PANTRY

- ☐ Tone It Up Protein
- ☐ Tone It Up Protein Bars
- ☐ Tone It Up Protein Bites
- ☐ Apple Cider Vinegar
- ☐ Apple Juice
- ☐ Black Pepper
- ☐ Chia Seeds

- ☐ Chocolate Covered Espresso
Beans (optional)
- ☐ Coconut Oil
- ☐ Coconut Oil Spray
- ☐ Coffee/Tea/Espresso
- ☐ Espresso Beans
- ☐ Flax Meal
- ☐ Flax Seeds
- ☐ GF Oats
- ☐ Ginger Lemon Tea
- ☐ Honey
- ☐ Pure Maple Syrup
- ☐ Olive Oil
- ☐ Quinoa
- ☐ Salt
- ☐ Sparkling Water
- ☐ GF Tamari
- ☐ TIU approved Condiments
- ☐ TIU approved Dressing
- ☐ Unsweetened Coconut Flakes
- ☐ Vegetable Broth
- ☐ Wine for WNW! (optional)

MAKE IT YOUR OWN! (Make sure to grab ingredients for these recipes!)

- ☐ Favorite Tray Dinner
- ☐ Juice or Favorite Smoothie
- ☐ Favorite M3
- ☐ Favorite Weekend Breakfast
- ☐ Summer Crockpot Recipe
- ☐ Optional TIU approved Desserts
- ☐ _____
- ☐ _____
- ☐ _____

meal PREP

- ☐ Wash & chop veggies
- ☐ Prep your lean proteins!
- ☐ Slice and freeze bananas for smoothies
- ☐ Prep your **Meta D** or **Bombshell Spell**
- ☐ Prep the **Mango Lime Overnight Oats**

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Mango Lime Overnight Oats

M2

Grab an 8 oz. juice, smoothie, or bring a pre-made smoothie from home!
TIP- store in your TIU bottle to keep cool!

M3

Guacamole Quinoa Salad with 2 - 4 oz meal prepped grilled protein

M4

Cinnamon Smoothie

M5

Tahini Tray Dinner

PM

Sparkling water + lemon

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Mango Lime Overnight Oats

M2

Grab an 8 oz. juice, smoothie, or bring a pre-made smoothie from home!
TIP- store in your TIU bottle to keep cool!

M3

Guacamole Quinoa Salad with 2 - 4 oz meal prepped grilled protein

M4

TIU approved Bar

M5

Spicy Mango Black Bean Tacos

(Make an extra serving for lunch tomorrow!)

PM

Ginger lemon tea

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Mango Lime Overnight Oats

M2

TIU approved Bar

M3

2 cups lettuce (kale, arugula, spinach) with 2 cups veggies - top with leftovers from Taco Tuesday!

M4

Cinnamon Smoothie

M5

Beautiful Buddha Bowl

(Make an extra serving for lunch tomorrow!)

PM

Treat yourself to a glass of wine or Kombucha + an optional TIU approved dessert

☐ Daily Workout

☐ Check In #TIUTeam #TIUBikiniSeries

☐ Stick to Plan Guidelines

☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Spring Scramble + 2 clementines + piece of toast (spread $\frac{1}{4}$ avocado on toast)

M2

1 apple, sliced + cinnamon

M3

Leftover **Beautiful Buddha Bowl**

M4

Cinnamon Smoothie

M5

Fave **Tray Dinner**

(Make an extra serving for dinner tomorrow!)

PM

Sparkling water + lemon

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D** or **Bombshell Spell**

M1

Morning Mocha Smoothie

M2

Coconut or almond yogurt + ½ cup blueberries

M3

Your fave TIU approved M3

M4

TIU approved Bar

M5

Leftover **Tray Dinner**. Make your slimming soup! Add veggies and protein to vegetable broth + your favorite herbs and spices. We love adding cauliflower rice to the soup too!

PM

Ginger lemon tea

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Fave weekend breakfast from the plan!

M2

1 apple, sliced + cinnamon

M3

Whip up your fave salad or head out for a TIU approved lunch!

M4

Berry Cauliflower Smoothie

M5

Grilled Veggie Burger + 2 cups roasted veggies

PM

Optional TIU approved dessert

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Strawberry Coconut Pancakes

M2

Piece of fruit or 8 oz. fresh juice (Start your crockpot recipe for tonight)

M3

Everything But The Kitchen Sink Salad

(What's still good? Combine for a delicious superfood salad!)

M4

Enjoy a couple **Blondie Mini Muffins** as you're meal prepping for the week ahead!

M5

Choose a Summer Crockpot Recipe!

PM

Sparkling water + lemon

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

WEEK 6



Monday

JUNE 11

Tuesday

JUNE 12

Wednesday

JUNE 13

Thursday

JUNE 14

Friday

JUNE 15

Saturday

JUNE 16

Sunday

JUNE 17

AM

M1

M2

M3

M4

M5

PM

Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell
Raspberry Toast	Raspberry Toast	Superfood Parfait	Superfood Parfait	Morning Mocha Smoothie + 1 piece fruit	Fave weekend breakfast from the plan!	Tone It Up Waffles or Pancakes topped with 1 Tbsp. crushed walnuts
1 apple, sliced + cinnamon	3 Blondie Mini Muffins	TIU approved Bar	1 apple, sliced + cinnamon	TIU approved Bar	1 apple, sliced + cinnamon	Piece of fruit or 8 oz. fresh juice
K&Kale Salad + 4 oz. lean protein	2 cups greens (top with leftover Stir-Fry)	2 cups greens (top with leftover Tray Dinner)	Leftover Quinoa Bowl	Your fave TIU approved M3	Whip up your fave salad or head out for a TIU approved lunch!	Everything But The Kitchen Sink Salad (What's still good? Combine for a delicious superfood salad!)
3 Blondie Mini Muffins	Rainbow Veggies Bikini Wrap	Avocado Smoothie	Avocado Smoothie	Rainbow Veggies Bikini Wrap	Berry Cauliflower Smoothie	Enjoy a couple Strawberry Shortcake Mini Muffins as you're meal prepping for the week ahead!
Spicy Thai Veggie Stir-Fry (Make an extra serving for tomorrow's salad!)	Tray Dinner (Make an extra serving for tomorrow's lunch!)	Cilantro Lime Quinoa Bowl (Make an extra serving for tomorrow's lunch)	TIU Stir-Fry: Sauté 6 oz. lean protein + 2 cups veggies + 1 Tbsp. olive oil. Add herbs and spices. Top with ¼ avocado + ¼ cup salsa or 1 Tbsp. favorite TIU approved dressing.	Your fave TIU approved dinner!	Try a new recipe from the plan! How about the delicious bowls?!	Grill night! Make your fave lean protein and veggies on the grill and save for the week!
Ginger lemon tea	Sparkling water + lemon	Treat yourself to a glass of wine or Kombucha + a TIU approved dessert	Ginger lemon tea	Sparkling water + lemon	Optional TIU approved dessert	Ginger lemon tea

grocery LIST

When you plan your meals for the week, take stock of what you have at home and what you need to pick up.

VEGGIES

- ☐ Baby Bok Choy
- ☐ Bell Peppers
- ☐ Cilantro
- ☐ Collard Green
- ☐ Fresh Ginger
- ☐ Frozen Cauliflower Rice
- ☐ Garlic
- ☐ Green Onion
- ☐ Kale
- ☐ Radish
- ☐ Red Onions
- ☐ Shredded Carrots
- ☐ Shredded Purple Beets
- ☐ Shredded Yellow Beets
- ☐ Spinach
- ☐ Sugar Snap Peas
- ☐ Thai Chili Pepper
- ☐ Tomatoes
- ☐ Your Favorite Veggies
- ☐ Your Favorite Mixed Greens

FRUIT

- ☐ Apples
- ☐ Avocado
- ☐ Bananas
- ☐ Blueberries
- ☐ Lemons
- ☐ Limes
- ☐ Raspberries
- ☐ Strawberries
- ☐ Your Favorite Fruits

PROTEIN & MISC

- ☐ Eggs
- ☐ Egg Whites
- ☐ Gluten Free Bread

- ☐ Your Favorite Lean Proteins
- ☐ Coconut Water
- ☐ Kombucha
(We love Health-Ade!)

CANNED ITEMS

- ☐ Chickpeas
- ☐ _____

DIPS & FLAVORINGS

- ☐ Cinnamon
- ☐ Green Salsa
- ☐ Himalayan Sea Salt
- ☐ Salsa

NUTS, SEEDS, MILKS & BUTTERS

- ☐ Almond Yogurt or Coconut Yogurt
- ☐ Almond Butter
- ☐ Cashews
- ☐ Peanut Butter
- ☐ Pine Nuts
- ☐ Pumpkin Seeds
- ☐ Slivered Almonds
- ☐ Unsweetened Almond Milk
- ☐ Walnuts

PANTRY

- ☐ Tone It Up Protein
- ☐ Tone It Up Protein Bars
- ☐ Tone It Up Protein Bites
- ☐ Apple Cider Vinegar
- ☐ Apple Juice
- ☐ Baking Powder
- ☐ Baking Soda
- ☐ Black Pepper
- ☐ Cacao Nibs
- ☐ Chia Seeds

- ☐ Chocolate Covered Espresso Beans (optional)
- ☐ Coconut Oil Spray
- ☐ Coffee/Tea/Espresso
- ☐ Espresso Beans
- ☐ Flax Seeds
- ☐ Ginger Lemon Tea
- ☐ Honey
- ☐ Pure Maple Syrup
- ☐ GF Oat Flour (or Almond Flour)
- ☐ Olive Oil
- ☐ Quinoa
- ☐ Salt
- ☐ Sparkling Water
- ☐ TIU approved Dressing
- ☐ Unsweetened Coconut Flakes
- ☐ Vanilla Extract
- ☐ Wine for WNW! (optional)

MAKE IT YOUR OWN!

(Make sure to grab ingredients for these recipes!)

- ☐ Tray Dinner
- ☐ Favorite M3
- ☐ Favorite M5
- ☐ Favorite Weekend Breakfast
- ☐ New M5 Recipe
- ☐ Favorite Fresh Juice
- ☐ Optional TIU approved Desserts
- ☐ _____
- ☐ _____

meal PREP

- ☐ Wash & chop veggies
- ☐ Prep your lean proteins!
- ☐ Slice and freeze bananas for smoothies
- ☐ Prep your **Meta D** or **Bombshell Spell**
- ☐ Bake a batch of **Blondie Mini Muffins**

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Raspberry Toast

M2

1 apple, sliced + cinnamon

M3

K&Kale Salad + 4 oz. lean protein

M4

3 **Blondie Mini Muffins**

M5

Spicy Thai Veggie Stir-Fry

(Make an extra serving for tomorrow's salad!)

PM

Ginger lemon tea

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Raspberry Toast

M2

3 Blondie Mini Muffins

M3

2 cups greens (top with leftover Stir-Fry)

M4

Rainbow Veggies Bikini Wrap

M5

Tray Dinner

(Make an extra serving for tomorrow's lunch!)

PM

Sparkling water + lemon

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Superfood Parfait

M2

TIU approved Bar

M3

2 cups greens (top with leftover Tray Dinner)

M4

Avocado Smoothie

M5

Cilantro Lime Quinoa Bowl

(Make an extra serving for tomorrow's lunch)

PM

Treat yourself to a glass of wine or Kombucha + an optional TIU approved dessert

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D** or **Bombshell Spell**

M1

Superfood Parfait

M2

1 apple, sliced + cinnamon

M3

Leftover **Quinoa Bowl**

M4

Avocado Smoothie

M5

TIU Stir-Fry: Sauté 6 oz. lean protein + 2 cups veggies + 1 Tbsp. olive oil. Add herbs and spices. Top with ¼ avocado + ¼ cup salsa or 1 Tbsp. favorite TIU approved dressing.

PM

Ginger lemon tea

☐ Daily Workout

☐ Check In #TIUTeam #TIUBikiniSeries

☐ Stick to Plan Guidelines

☐ Drink 8-10 glasses of water

AMCoffee / Tea + **Meta D or Bombshell Spell****M1****Morning Mocha Smoothie** + 1 piece fruit**M2**

TIU approved Bar

M3

Your fave TIU approved M3

M4**Rainbow Veggies Bikini Wrap****M5**

Your fave TIU approved dinner!

PM

Sparkling water + lemon

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM Coffee / Tea + **Meta D or Bombshell Spell**

M1 Fave weekend breakfast from the plan!

M2 1 apple, sliced + cinnamon

M3 Whip up your fave salad or head out for a TIU approved lunch!

M4 **Berry Cauliflower Smoothie**

M5 Try a new recipe from the plan! How about the delicious bowls?!

PM Optional TIU approved Dessert

☐ Daily Workout

☐ Check In #TIUTeam #TIUBikiniSeries

☐ Stick to Plan Guidelines

☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Tone It Up Waffles or Pancakes topped with 1 Tbsp. crushed walnuts

M2

Piece of fruit or 8 oz. fresh juice

M3

Everything But The Kitchen Sink Salad

(What's still good? Combine for a delicious superfood salad!)

M4

Enjoy 3 **Strawberry Shortcake Mini Muffins** as you're meal prepping for the week ahead!

M5

Grill night! Make your fave lean protein and veggies on the grill and save for the week!

PM

Ginger lemon tea

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water



WEEK 7

Monday
JUNE 18

Tuesday
JUNE 19

Wednesday
JUNE 20

Thursday
JUNE 21

Friday
JUNE 22

Saturday
JUNE 23

Sunday
JUNE 24

AM

M1

M2

M3

M4

M5

PM

Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell
Matcha Pineapple Smoothie	Matcha Pineapple Smoothie	Spring Scramble + 2-3 slices avocado + 2 clementines	Spring Scramble + 2 clementines	Morning Mocha Smoothie + 1 piece fruit	Fave weekend breakfast from the plan!	Tone It Up Waffles or Pancakes topped with 1 Tbsp. crushed walnuts
1 apple, sliced + cinnamon	1 apple, sliced + cinnamon	3 Strawberry Shortcake Mini Muffins	TIU approved Bar	TIU approved Bar	1 apple, sliced + cinnamon	Piece of fruit or 8 oz. fresh juice
Turmeric Cauliflower Rice	Turmeric Cauliflower Rice	2 cups greens (top with leftover Tray Dinner) + sliced apple (we loved diced apple on our salads)	Leftover Lean Bowl	Citrus Beet Salad	Whip up your fave salad or head out for a TIU approved lunch!	Everything But The Kitchen Sink Salad (What's still good? Combine for a delicious superfood salad!)
3 Strawberry Shortcake Mini Muffins	3 Strawberry Shortcake Mini Muffins	Berry Cauliflower Smoothie	Cauliflower Tabbouleh Salad	Cauliflower Tabbouleh Salad	Cauliflower Tabbouleh Salad	Have a few of the Snickerdoodle Mini Muffins while prepping
Your fave Lean Bowl	Tray Dinner (Make an extra serving for tomorrow's lunch!)	Your fave Lean Bowl (Make an extra serving for tomorrow's lunch!)	TIU Stir-Fry: Sauté 6 oz. lean protein + 2 cups veggies + 1 Tbsp. olive oil. Add herbs and spices. Top with ¼ avocado + ¼ cup salsa or 1 Tbsp. favorite TIU approved dressing.	TIU approved dinner!	Spicy Thai Veggie Stir-Fry	Choose a Summer Crockpot Recipe! (Make an extra serving for tomorrow's lunch!)
Sparkling water + lemon	Ginger lemon tea	Treat yourself to a glass of wine or Kombucha + a TIU approved dessert	Sparkling water + lemon	Ginger lemon tea	Optional TIU approved dessert	Sparkling water + lemon

grocery LIST

When you plan your meals for the week, take stock of what you have at home and what you need to pick up.

VEGGIES

- ☐ Arugula
- ☐ Baby Bok Choy
- ☐ Beet
- ☐ Bell Peppers
- ☐ Broccoli
- ☐ Carrots
- ☐ Cherry Tomatoes
- ☐ Frozen Cauliflower Rice
- ☐ Frozen Peas
- ☐ Garlic
- ☐ Green Onions
- ☐ Leeks
- ☐ Mint
- ☐ Parsley
- ☐ Red Onions
- ☐ Sugar Snap Peas
- ☐ Thai Chili Pepper (or your favorite pepper)
- ☐ Your Favorite Veggies
- ☐ Your Favorite Mixed Greens

FRUIT

- ☐ Apples
- ☐ Avocado
- ☐ Bananas
- ☐ Blueberries
- ☐ Clementines
- ☐ Frozen Pineapple
- ☐ Lemons
- ☐ Limes
- ☐ Mandarin Orange
- ☐ Strawberries
- ☐ Your Favorite Fruits

PROTEIN & MISC

- ☐ Eggs
- ☐ Egg Whites
- ☐ Your Favorite Lean Proteins
- ☐ Kombucha
(We love Health-Ade!)

DIPS & FLAVORINGS

- ☐ Cinnamon
- ☐ Ground Ginger
- ☐ Ground Turmeric
- ☐ Salsa

NUTS, SEEDS, MILKS & BUTTERS

- ☐ Almond Yogurt or Coconut Yogurt
- ☐ Cashews
- ☐ Peanut Butter
- ☐ Pumpkin Seeds
- ☐ Sunflower Seeds
- ☐ Unsweetened Almond Milk
- ☐ Walnuts

PANTRY

- ☐ Tone It Up Protein
- ☐ Tone It Up Protein Bars
- ☐ Tone It Up Protein Bites
- ☐ Apple Cider Vinegar
- ☐ Apple Juice
- ☐ Baking Powder
- ☐ Black Pepper
- ☐ Champagne Vinegar
- ☐ Chia Seeds
- ☐ Chocolate Covered Espresso Beans (optional)
- ☐ Coconut Oil
- ☐ Coconut Oil Spray

- ☐ Coffee/Tea/Espresso
- ☐ Espresso Beans
- ☐ Flax Seeds
- ☐ Ginger Lemon Tea
- ☐ Gluten-Free Tamari
- ☐ Honey
- ☐ Matcha Powder
- ☐ Pure Maple Syrup
- ☐ GF Oat Flour (or Almond Flour)
- ☐ Olive Oil
- ☐ Quinoa
- ☐ Rice Vinegar
- ☐ Salt
- ☐ Sparkling Water
- ☐ TIU approved Dressing
- ☐ Unsweetened Coconut Flakes (optional)
- ☐ Vanilla Extract
- ☐ Wine for WNW! (optional)

MAKE IT YOUR OWN!

(Make sure to grab ingredients for these recipes!)

- ☐ Tray Dinner
- ☐ Favorite M5
- ☐ Favorite Fresh Juice
- ☐ Favorite Weekend Breakfast
- ☐ Lean Bowl
- ☐ Summer Crockpot Recipe
- ☐ Optional TIU approved Desserts
- ☐ _____
- ☐ _____

meal PREP

- ☐ Wash & chop veggies
- ☐ Prep your lean proteins!
- ☐ Slice and freeze bananas for smoothies
- ☐ Prep your **Meta D** or **Bombshell Spell**
- ☐ Bake a batch of **Strawberry Shortcake Mini Muffins**

AM

Coffee / Tea + **Meta D** or **Bombshell Spell**

M1

Matcha Pineapple Smoothie

M2

1 apple, sliced + cinnamon

M3

Turmeric Cauliflower Rice

M4

3 **Strawberry Shortcake Mini Muffins**

M5

Your fave **Lean Bowl**

PM

Sparkling water + lemon

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Matcha Pineapple Smoothie

M2

1 apple, sliced + cinnamon

M3

Turmeric Cauliflower Rice

M4

3 **Strawberry Shortcake Mini Muffins**

M5

Tray Dinner

(Make an extra serving for tomorrow's lunch!)

PM

Ginger lemon tea

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Spring Scramble + 2-3 slices avocado + 2 clementines

M2

3 **Strawberry Shortcake Mini Muffins**

M3

2 cups greens (top with leftover **Tray Dinner**) + sliced apple

M4

Berry Cauliflower Smoothie

M5

Your fave **Lean Bowl**

(Make an extra serving for tomorrow's lunch!)

PM

Treat yourself to a glass of wine or Kombucha + an optional TIU approved dessert

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Spring Scramble + 2 clementines

M2

TIU approved Bar

M3

Leftover **Lean Bowl**

M4

Cauliflower Tabbouleh Salad

M5

TIU Stir-Fry: Sauté 6 oz. lean protein + 2 cups veggies + 1 Tbsp. olive oil. Add herbs and spices. Top with $\frac{1}{4}$ avocado + $\frac{1}{4}$ cup salsa or 1 Tbsp. favorite TIU approved dressing.

PM

Sparkling water + lemon

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AMCoffee / Tea + **Meta D or Bombshell Spell****M1****Morning Mocha Smoothie** + 1 piece fruit**M2**

TIU approved Bar

M3**Citrus Beet Salad****M4****Cauliflower Tabbouleh Salad****M5**

TIU approved Dinner

PM

Ginger lemon tea

☐ Daily Workout☐ Check In [#TIUTeam](#) [#TIUBikiniSeries](#)☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM Coffee / Tea + **Meta D or Bombshell Spell**

M1 Fave weekend breakfast from the plan!

M2 1 apple, sliced + cinnamon

M3 Whip up your fave salad or head out for a TIU approved lunch!

M4 **Cauliflower Tabbouleh Salad**

M5 **Spicy Thai Veggie Stir-Fry**

PM Optional TIU approved Dessert

☐ Daily Workout

☐ Check In #TIUTeam #TIUBikiniSeries

☐ Stick to Plan Guidelines

☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Tone It Up Pancakes or Waffles topped with 1 Tbsp. crushed walnuts

M2

Piece of fruit or 8 oz. fresh juice

M3

Everything But The Kitchen Sink Salad

(What's still good? Combine for a delicious superfood salad!)

M4

Have a few of the **Snickerdoodle Mini Muffins** while meal prepping

M5

Choose a **Summer Crockpot Recipe!**

(Make an extra serving for tomorrow's lunch!)

PM

Sparkling water + lemon

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

WEEK 8



Monday

JUNE 25

Tuesday

JUNE 26

Wednesday

JUNE 27

Thursday

JUNE 28

Friday

JUNE 29

Saturday

JUNE 30

Sunday

JULY 1

AM

Coffee/Tea + Meta-D
or Bombshell SpellCoffee/Tea + Meta-D
or Bombshell SpellCoffee/Tea + Meta-D
or Bombshell SpellCoffee/Tea + Meta-D
or Bombshell SpellCoffee/Tea + Meta-D
or Bombshell SpellCoffee/Tea + Meta-D
or Bombshell SpellCoffee/Tea + Meta-D
or Bombshell Spell

M1

Spring Scramble + 2
clementines + piece
of GF toast (spread
¼ avocado on toast)Your fave TIU
SmoothieYour fave TIU
SmoothieSpring Scramble + 2
clementinesMorning Mocha
Smoothie + 1 piece
fruitFave weekend
breakfast from the
plan!Berry Cauliflower
Smoothie

M2

3 Snickerdoodle
Mini Muffins3 Snickerdoodle
Mini Muffins3 Snickerdoodle
Mini Muffins

TIU approved Bar

TIU approved Bar

1 apple, sliced +
cinnamon

Your fave M2

M3

Leftover Summer
CrockpotLeftover Cilantro
Lime Quinoa Bowl2 cups greens (top
with leftover Tray
Dinner) + sliced
apple (we loved
diced apple on our
salads)

Leftover Lean Bowl

Citrus Beet Salad

Citrus Beet Salad

Whip up your fave
salad or head out
for a TIU approved
lunch!

M4

Chia Seed Pudding

Chia Seed Pudding

Chia Seed Pudding

Slimdown Smoothie

Slimdown Smoothie

3 Bean Salad

3 Bean Salad

M5

Cilantro Lime
Quinoa Bowl (Make
an extra serving for
tomorrow's lunch!)Tray Dinner (Make
an extra serving for
tomorrow's lunch!)Your fave Lean
Bowl (Make an
extra serving for
tomorrow's lunch!)TIU Stir-Fry: Sauté 6 oz.
lean protein + 2 cups
veggies + 1 Tbsp. olive
oil. Add herbs and spices.
Top with ¼ avocado + ¼
cup salsa or 1 Tbsp. TIU
approved dressing6 oz. lean protein + 2
cups asparagus spears
and red bell peppers
(drizzle olive oil before
sautéing or grilling +
season)6 oz. lean protein + 2
cups asparagus spears
and red bell peppers
(drizzle olive oil before
sautéing or grilling +
season)

Summer Kebabs

PM

Ginger lemon tea

Sparkling water +
lemonTreat yourself to a glass of
wine or Kombucha + a TIU
approved dessert

Ginger lemon tea

Sparkling water +
lemonOptional TIU
approved dessert

Ginger lemon tea

grocery LIST

When you plan your meals for the week, take stock of what you have at home and what you need to pick up.

VEGGIES

- ☐ Arugula
- ☐ Asparagus
- ☐ Basil Leaves
- ☐ Beet
- ☐ Bell Peppers
- ☐ Broccoli
- ☐ Celery
- ☐ Cilantro
- ☐ Frozen Cauliflower Rice
- ☐ Garlic
- ☐ Leeks
- ☐ Red Onions
- ☐ Tomatoes
- ☐ Zucchini
- ☐ Your Favorite Veggies
- ☐ Your Favorite Mixed Greens

FRUIT

- ☐ Apples
- ☐ Avocado
- ☐ Bananas
- ☐ Blueberries
- ☐ Clementines
- ☐ Lemons
- ☐ Limes
- ☐ Mandarin Orange
- ☐ Your Favorite Fruits

PROTEIN & MISC

- ☐ Eggs
- ☐ Egg Whites
- ☐ Tofu
- ☐ Your Favorite Lean Proteins
- ☐ Gluten-Free Bread
- ☐ Kombucha
(We love Health-Ade!)

CANNED ITEMS

- ☐ Cannellini Beans
- ☐ Garbanzo Beans
- ☐ Kidney Beans

DIPS & FLAVORINGS

- ☐ Cinnamon
- ☐ Green Salsa
- ☐ Rosemary
- ☐ Salsa

NUTS, SEEDS, MILKS & BUTTERS

- ☐ Peanut Butter
- ☐ Pumpkin Seeds
- ☐ Sunflower Seeds
- ☐ Unsweetened Almond Milk
- ☐ Unsweetened Coconut Milk

PANTRY

- ☐ Tone It Up Protein
- ☐ Tone It Up Protein Bars
- ☐ Tone It Up Protein Bites
- ☐ Almond Meal
- ☐ Apple Cider Vinegar
- ☐ Apple Juice
- ☐ Baking Powder
- ☐ Black Pepper
- ☐ Cacao Nibs
- ☐ Champagne Vinegar
- ☐ Chia Seeds
- ☐ Chocolate Covered Espresso Beans (optional)
- ☐ Coconut Oil Spray
- ☐ Coffee/Tea/Espresso
- ☐ Dates
- ☐ Espresso Beans
- ☐ Flax Seeds

- ☐ Ginger Lemon Tea
- ☐ Honey
- ☐ Pure Maple Syrup
- ☐ Olive Oil
- ☐ Quinoa
- ☐ Salt
- ☐ Sparkling Water
- ☐ TIU approved Dressing
- ☐ Unsweetened Coconut Flakes
- ☐ Vanilla Extract
- ☐ Wine for WNW! (optional)

MAKE IT YOUR OWN!

(Make sure to grab ingredients for these recipes!)

- ☐ Tray Dinner
- ☐ Favorite M5
- ☐ Favorite Smoothie
- ☐ Favorite M2
- ☐ Favorite Weekend Breakfast
- ☐ Lean Bowl
- ☐ Optional TIU approved Desserts
- ☐ _____
- ☐ _____

meal PREP

- ☐ Wash & chop veggies
- ☐ Prep your lean proteins!
- ☐ Slice and freeze bananas for smoothies
- ☐ Prep your **Meta D** or **Bombshell Spell**
- ☐ Prep the **Pick-Me-Up Chia Seed Pudding**
- ☐ Bake a batch of **Snickerdoodle Mini Muffins**

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Spring Scramble + 2 clementines + piece of GF toast (spread $\frac{1}{4}$ avocado on toast)

M2

3 **Snickerdoodle Mini Muffins**

M3

Leftover **Summer Crockpot**

M4

Chia Seed Pudding

M5

Cilantro Lime Quinoa Bowl

(Make an extra serving for tomorrow's lunch!)

PM

Ginger lemon tea

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Your fave TIU Smoothie

M2

3 **Snickerdoodle Mini Muffins**

M3

Leftover **Cilantro Lime Quinoa Bowl**

M4

Chia Seed Pudding

M5

Tray Dinner

(Make an extra serving for tomorrow's lunch!)

PM

Sparkling water + lemon

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Your fave TIU Smoothie

M2

3 **Snickerdoodle Mini Muffins**

M3

2 cups greens (top with leftover Tray Dinner) + sliced apple
(we love diced apple on our salads)

M4

Chia Seed Pudding

M5

Your fave **Lean Bowl**
(Make an extra serving for tomorrow's lunch!)

PM

Treat yourself to a glass of wine or Kombucha + an optional TIU approved dessert

☐ Daily Workout

☐ Check In #TIUTeam #TIUBikiniSeries

☐ Stick to Plan Guidelines

☐ Drink 8-10 glasses of water

AM Coffee / Tea + **Meta D or Bombshell Spell**

M1 **Spring Scramble** + 2 clementines

M2 TIU approved Bar

M3 Leftover **Lean Bowl**

M4 **Slimdown Smoothie**

M5 TIU Stir-Fry: Sauté 6 oz. lean protein + 2 cups veggies + 1 Tbsp. olive oil. Add herbs and spices. Top with $\frac{1}{4}$ avocado + $\frac{1}{4}$ cup salsa or 1 Tbsp. favorite TIU approved dressing

PM Ginger lemon tea

☐ Daily Workout

☐ Check In #TIUTeam #TIUBikiniSeries

☐ Stick to Plan Guidelines

☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Morning Mocha Smoothie + 1 piece fruit

M2

TIU approved Bar

M3

Citrus Beet Salad

M4

Slimdown Smoothie

M5

6 oz. lean protein + 2 cups asparagus spears and red bell peppers
(drizzle olive oil before sautéing or grilling + season)

PM

Sparkling water + lemon

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Fave weekend breakfast from the plan!

M2

1 apple, sliced + cinnamon

M3

Citrus Beet Salad

M4

3 Bean Salad

M5

6 oz. lean protein + 2 cups asparagus spears and red bell peppers
(drizzle olive oil before sautéing or grilling + season).

PM

Optional TIU approved Dessert

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AMCoffee / Tea + **Meta D or Bombshell Spell****M1****Berry Cauliflower Smoothie****M2**

Your fave M2

M3

Whip up your fave salad or head out for a TIU approved lunch!

M4**3 Bean Salad****M5****Summer Kebabs****PM**

Ginger lemon tea

☐ Daily Workout☐ Check In #TIUTeam #TIUBikiniSeries☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

CONGRATULATIONS!



You did it girl. You completed 8 weeks of Booty Calls, meal preppin', pancake flippin', and #TIUapproved love for your gorgeous body and mind. Not only have you inspired us and the community, but you have been inspiring yourself every day. You've proven to yourself that you CAN do whatever you set your mind and heart to and you are worthy of everything you desire and more. YOU are your own definition of amazing, always.

We can't wait to continue this journey with you and the #TIUTeam. This is just the beginning of a beautiful adventure!

Your trainers,

Karena & Katrina

WE CAN'T WAIT TO SEE YOUR TRANSFORMATION PHOTOS!
POST THEM WITH #TIUTRANSFORMATION

Bikini Series

8 WEEK EDITION

The following pages are your blank charts!

You can fill them out with your own planned TIU approved meals. Make sure you stick to your guidelines!

We're so excited to do this with you girls!

you are capable of more than you know...

PUSH YOUR LIMITS AND YOU'LL
LEARN SO MUCH ABOUT YOURSELF
AND YOUR BODY!

sunday

PM

sunday

PM

sunday

PM

sunday

PM

sunday

PM

sunday

PM

sunday

PM

sunday

PM

M1

MEAL 1 *or*

M2

MEAL 2

Alright girl... Ready!?

The number one question we get is... "Am I on the plan if I mix in my own meals?"

YES!!! Just follow the Main Plan guidelines and make the TIU lifestyle work for you!

In this plan, we simplified everything. From meal prep, to breakfasts to making quick 'n easy dishes, you'll be good to GO! But, we totally understand that life happens and you'll need to mix in your own meals. On the following pages you'll find ideal meals for M1-M5.

You can follow the meal-by-meal guide above, and there's also a TON of new recipes that you can sub in, especially if you have more time to make some fancy muffins or if you've been eying that chia seed pudding and want to make it for the week.

It's all you girl!

Any flavor or variation of your Tone It Up Protein Pancake or Waffle or Donuts

1 cup egg whites + 1 cup veggies scrambled or as an omelette. Cook with 2 tsp. coconut oil or spray. Serve with 1 slice GF toast or piece of fruit

1 piece GF toast with 1 Tbsp. almond or nut butter

½ cup GF rolled oats + 1 cup almond milk + 1 Tbsp. chia seeds. Optional: Add ½ scoop Tone It Up Protein and fruit

2 Tbsp. coconut flakes + 2 Tbsp. favorite nuts + 1 Tbsp. cacao nibs + 1 cup favorite fruit

1 piece GF toast with ¼ avocado + pepper. Optional to top with 2 egg whites + sriracha or spices

1 scoop Tone It Up Protein + ¾ cup almond milk + ½ frozen banana (or other fruit). Optional to add cacao nibs, espresso, coffee, fruit

fruit + 1 Tbsp. nut butter

5-6 oz container almond or coconut yogurt with 1 cup fruit + 1 Tbsp. walnuts or almonds

Any 3 mini muffins from the TIU Recipe Guide

We love making egg muffins- spray pan and pour in whisked egg whites, veggies, herbs and spices. Serve with GF toast!

½ cup cooked quinoa or GF oatmeal cooked with almond milk and topped with cinnamon and fruit.

M3

MEAL 3

We totally get it...lunch is either meal prepped, out at a restaurant, or thrown together at work between meetings. Sometimes it's forgotten or skipped and by 3 you're starving and scouring the kitchen for anything to eat.

Since you're always on-the-go, here are our top tips for either dining out or bringing your own lunch.

Dining Out for Lunch: Wherever you are, keep it Lean, Clean, 'N Green. This means finding something on the menu that has lean protein, clean foods like beans, salsa, quinoa, lentils, nuts, seeds, and tons of greens. Examples would be ordering a salad with lean protein on top and asking for no cheese, and balsamic and lemon wedges on the side. Or ordering a wrap and doing the same as above since wraps can be loaded with cheese and dressing.

2 cups any greens +
½ cup mixed veggies
+ ¼ cup beans or
quinoa + 1 Tbsp. seeds
+ 4 oz protein + 2 Tbsp
dressing. Optional: Top
with fruit

Our fave -
K&Kale Salad!

1 GF wrap with 4 oz lean
protein + handful lettuce +
mustard. Serve with a side
2 cups leafy greens + 2
Tbsp. favorite TIU approved
dressing

2 pieces of GF bread
with 4 oz protein
inside + veggies + TIU
approved condiments

PB + J! grab a GF wrap, GF
tortilla or TIU approved
GF bread and spread 1
Tbsp. nut butter, slice 5
strawberries + add a pinch
of coconut shavings

1 GF tortilla
toasted with 2 Tbsp.
marinara sauce, fresh
basil, + 1 Tbsp. coconut
shavings. Toast in
toaster oven.

TIU approved Soup:
2 cups of broth + ½ cup
veggies + ¼ cup beans
+ 4 oz lean protein or 1
Tbsp. yogurt + spices.
Serve with slice of GF
bread or tortilla.

Leftovers from M5!
Is it grilled protein with
veggies? Throw it in a
wrap or heat up with
some red sauce. We also
love throwing on a salad.

Veggie burger on a bed
of lettuce + onions + ¼
cup veggies + 2 Tbsp.
organic ketchup (or TIU
approved condiment)

Sweet Potato Toast
~ see the recipe on
ToneltUp.com

1 sweet potato heated
up with 4 oz lean
protein, + spices. ½ cup
veggies like broccoli or
green beans.

Bikini Wraps: 4-6 oz
protein + TIU approved
condiment wrapped in
collard green

M4

MEAL 4

For M4 we want you to remember to include lean protein + healthy fats. Stay lighter on fruit. If you do have fruit, combine it with some nuts to help balance your blood sugar/glucose.

If you're out and about, grab a green juice, smoothie, salad, hummus + veggies, a TIU approved bar, or something lean and green! Stay light on the starches and sugar. This is your time to stay lean!

1 cup veggies + ¼ cup hummus

¼ cup nuts or seeds + 1 Tbsp. coconut shavings + sprinkle cinnamon or cayenne whether you want sweet or spicy!

Leftover M5 from the night before!

4-6 oz protein mixed with 1 Tbsp. almond or coconut yogurt + pepper. Place on 1 sliced cucumber.

Any cucumber rafts! See our favorites in the Bikini Program

½ cup chickpeas with a bit of lemon pepper and apple cider vinegar

Tone It Up Protein Muffins: Use a recipe from the plan! Add optional blueberries, coconut, cinnamon, or 3 Tbsp. nuts.

Lettuce Wraps: Leftover beans or protein in lettuce wraps with GF tamari, 1 Tbsp peanuts.

Celery with 2 Tbsp. almond butter and a few raisins

Tone It Up Protein Bar ~ you can find them at Target!

Almond or coconut yogurt with 2 tsp. cacao nibs

Afternoon Slimdown Smoothie: 6 ice cubes, 1 cup almond milk, 1 scoop Tone It Up Protein. Optional: 2 tsp. cinnamon, 1 Tbsp. coconut or almond butter

TIU Tropical Greens Smoothie or a green juice when you're on the go!

Tone It Up Almond Butter Cookie (see the recipe on ToneltUp.com)

Bikini Wraps: 4-6 oz protein + TIU approved condiment wrapped in collard green

Carrots, celery, and other veggies dipped in hummus, salsa, or ¼ cup guacamole

M5

MEAL 5

You know the drill girl. Your M5 is the most important, metabolism-affecting meal, setting the stage for 8 hours of muscle repair and fat burning throughout the night! Your body worked hard all day long so you need to properly fuel those muscles and give your body metabolism lovin' food. While you sleep, growth hormone, glucagon, leptin, adiponectin, and ghrelin do their job, so having the right nutrients is essential.

What do you reach for? Lean protein, leafy greens, vegetables, healthy fats such as nuts, seeds, coconut oil, or avocado. Avoid heavy sauces, cheese, refined starches, and sugary foods.

Below are great sample meals! Feel free to add fresh herbs, spices, and TIU approved condiments from the Spice It Up page!

4-6 oz lean protein + ½ cup marinara sauce + ¼ cup chickpeas + 2 cup greens + fresh basil + 1 Tbsp. healthy oil

4-6 oz grilled tofu + fresh lemon + pepper + ½ cup cooked quinoa + green beans + 1 Tbsp. healthy oil

4-6 oz lean protein + 2 cups vegetables + ¼ cup beans + 1 Tbsp. healthy oil + TIU approved condiments + herbs

2 cups vegetables (or more!) + ½ cup beans + 2 Tbsp nuts or seeds + 1 Tbsp. healthy oil + herbs

6 oz lean protein + tomatoes + taco seasoning + steamed vegetables

2 cups zucchini pasta + ½ cup marinara sauce + herbs + spices. Top with 6 oz. protein and optional: nuts + seeds

Sliced up sweet potato + veggies + 6 oz lean protein with 1 Tbsp. olive oil + spices on baking sheet on 350 for 15 minutes.

baked spaghetti squash + marinara sauce + 6 oz lentils

Cauliflower "Rice" + ½ cup black beans with chopped cilantro, tomatoes, bell peppers and topped with ¼ of an avocado

6 oz lean protein + 2 Tbsp. hummus + 1 chopped bell pepper + a few slices of red onion all in a few collard greens.

1 cup cubed butternut squash + 2 cloves garlic + 1 cup green beans + ½ cup chickpeas sautéed with 1 tsp. olive oil and tossed over arugula.

6 oz lean protein + ¼ cup chopped red onion + ¼ cup chopped celery + ¼ avocado combined and tossed over 2 cups lettuce

Recipes





I LOVE YOU SO
Matcha



Matcha PANCAKE

makes 1 serving

INGREDIENTS

1 scoop vanilla Tone It Up Protein
1 tsp. matcha powder
½ banana, mashed
¼ cup egg whites or 1 egg
1 Tbsp. unsweetened almond or coconut milk
1 tsp. vanilla extract
Pinch of salt
Maple syrup
Berries (optional)
Coconut oil spray

DIRECTIONS

1. Mash banana with almond milk in a bowl. Stir in all other ingredients except maple syrup and berries. Mix until smooth.
2. Spray a pan over medium-low heat with coconut oil spray. Pour batter into pan. Cook for 3-4 minutes on each side.
3. Top with maple syrup or matcha glaze from Matcha Donut recipe and your fave berries.



Matcha pineapple SMOOTHIE

makes 1 serving

INGREDIENTS

1 scoop vanilla Tone It Up Protein
1 cup unsweetened almond milk
½ cup frozen pineapple
½ frozen banana, sliced
1 Tbsp. chia seeds
1 tsp. matcha powder

DIRECTIONS

1. Blend all ingredients until smooth and enjoy!



Matcha PROTEIN BITES

2 bites per serving

INGREDIENTS

1 scoop vanilla Tone It Up Protein
1 cup cashew butter
3 medjool dates, pitted
2 tsp. matcha powder
1 tsp. coconut oil
¼ cup unsweetened coconut flakes

DIRECTIONS

1. Combine all ingredients in a food processor and blend until smooth.
2. Roll 1 Tbsp. amounts into rounds. Store in a glass container in the fridge for up to 5 days.

M1 M2 ○ ○ ○



Matcha LATTE

makes 1 serving

INGREDIENTS

1 cup unsweetened almond milk
1 tsp. matcha powder

DIRECTIONS

1. In a saucepan over medium heat, add the almond milk and matcha powder. Whisk until frothy!

You can also serve it over ice! We added edible florals and froze them in ice cubes too! 🌸

M1 M2 M3 M4 ○



matcha glazed DONUT

makes 4 donuts (1 donut per serving)

INGREDIENTS

½ cup vanilla Tone It Up Protein
½ cup oat flour
1 tsp. baking powder
½ tsp. ground cinnamon
Pinch of salt
¼ cup unsweetened almond milk
¼ cup maple syrup
1 egg
1 tsp. vanilla extract
1 Tbsp. coconut oil
Coconut oil spray

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Combine all dry ingredients in a bowl and whisk to combine.
3. In a separate bowl, combine all wet ingredients.
4. Add the wet ingredients to the dry and stir to combine.
5. Spray a donut pan with coconut oil spray and add batter. Bake for 15-20 minutes or until a toothpick comes out clean.
6. For the glaze, whisk ingredients together in a small bowl. Dip donuts in glaze.

GLAZE

1 cup unsweetened almond or coconut yogurt
1 tsp. matcha



matcha NICE CREAM

makes 3 servings

INGREDIENTS

1 ½ frozen bananas, diced
1 tsp. matcha powder
¼ cup dairy-free milk (almond, coconut, cashew, or hemp seed)
Pinch of Himalayan salt

DIRECTIONS

1. In a food processor, blend until smooth. Serve immediately!





PRE-WORKOUT
Bites

Morning Mocha SMOOTHIE BOWL

makes 1 serving

INGREDIENTS

1 scoop chocolate Tone It Up Protein

½ cup frozen cauliflower rice

1 handful of ice

1 shot of espresso

1 Tbsp. espresso beans

1 cup unsweetened almond milk

1 Tbsp. chia seeds per serving

1 Tbsp. chocolate covered espresso beans on the top per serving (optional)

Coconut shavings (optional)

DIRECTIONS

1. Combine Tone It Up Protein, cauliflower rice, ice, espresso, espresso beans, and almond milk in a blender and blend until smooth.

2. Pour into bowl and top with chia seeds, chocolate covered espresso beans, and coconut flakes.

M1

M2



slimdown SMOOTHIE

makes 1 serving

INGREDIENTS

1 scoop Tone It Up Protein

1 cup unsweetened almond milk

½ cup ice

1 tsp. cinnamon

DIRECTIONS

1. Blend & enjoy!

M1

M2

M3

M4





banana BOATS

makes 1 serving

INGREDIENTS

½ banana, sliced down the middle
1 Tbsp. peanut or almond butter
1 Tbsp. goji berries
coconut shavings
honey

DIRECTIONS

1. Spread the peanut or almond butter on the banana. Top with goji berries and sprinkle with honey and coconut shavings!



iced vanilla LATTE

makes 1 serving

INGREDIENTS

1 cup cold brew coffee
1 medjool date
2 Tbsp. unsweetened almond milk
½ cup ice

DIRECTIONS

1. Combine coffee, date, and almond milk in a blender for up to 30 seconds.
2. Pour over ice.



POST-WORKOUT
Fuel



piña colada OVERNIGHT OATS

makes 2 servings

INGREDIENTS

- 1 scoop Tone It Up Protein
- $\frac{2}{3}$ cup GF rolled oats
- 4 tsp. chia seeds
- 2 tsp. honey or maple syrup
- 1 cup unsweetened almond milk
- 1 cup fresh pineapple, cubed
- 2 Tbsp. unsweetened coconut flakes (we love them toasted!)

DIRECTIONS

1. Combine all ingredients in a bowl.
2. Split mixture into two mason jars and store in the fridge overnight before serving.

M1 M2 M3



mango lime OVERNIGHT OATS

makes 2 servings

INGREDIENTS

- 1 scoop vanilla Tone It Up Protein
- $\frac{2}{3}$ cup GF rolled oats
- 4 tsp. chia seeds
- 2 tsp. honey or maple syrup
- $\frac{1}{2}$ cup sliced mango
- 1 lime, juiced
- 1 cup unsweetened almond milk
- Optional: coconut shavings

DIRECTIONS

1. Combine all ingredients in a bowl.
2. Divide mixture between two mason jars and store in the fridge overnight before serving.
3. Optional to top with coconut shavings!

M1 M2 M3



berry cauliflower SMOOTHIE

makes 1 serving

INGREDIENTS

1 scoop vanilla Tone It Up Protein

1 cup unsweetened almond milk

½ cup frozen cauliflower rice or whole pieces

1 Tbsp. peanut butter

½ cup blueberries

1 Tbsp. ground chia seeds

DIRECTIONS

1. Blend all ingredients until smooth!



orange dreamsicle SMOOTHIE

makes 1 serving

INGREDIENTS

1 scoop coconut Tone It Up Protein

1 cup coconut water

½ frozen banana

1 orange, peeled

1 Tbsp. ground flax seed

DIRECTIONS

1. Blend all ingredients until smooth.
2. Optional: Pour into popsicle molds and add popsicle sticks. Freeze overnight and enjoy!

Tip: We love turning our smoothies into popsicles for summer!



Make The PERFECT SMOOTHIE

Having a fridge fully stocked for your body-loving, protein-packed Tone It Up smoothies is a MUST as a #TIUgirl! Thankfully, putting together your fave flavor is easy peasy, especially when you follow our go-to guide.



GET YOUR BASE GOING

1 scoop Tone It Up Protein

1 cup liquid (almond milk, coconut water, coconut milk, cashew milk, hazelnut milk, hemp milk, coffee or water) - If using espresso, use 1-2 shots + 1 cup liquid!

Frozen Fruit or Cauliflower + 1 cup ice (if desired)

FROZEN FRUITS

½ frozen banana, pre-sliced + up to 1 ½ cups frozen fruit

example- raspberries (high in fiber!), mango, pineapple, blueberries, strawberries, cranberries, acai (half packet), pitaya (half packet)

GREENS & VEGGIES

As many as you like!

We usually add about 1 cup if we add it in ;)

example - spinach, kale, parsley, cucumber

NUT BUTTERS

Optional - for healthy fats & a little extra protein!

1 Tbsp. almond butter

1 Tbsp. peanut butter

FLAVORINGS

For an extra boost, add one of the following!

1-2 tsp. diced fresh ginger

1-2 tsp. diced fresh turmeric

1-2 drops extracts (mint, vanilla, almond, peppermint, lemon)

½ tsp. cinnamon

¼ tsp. nutmeg

BOOSTERS

For added nutrient value, add 1-2 of the following!

½ tsp. powdered spirulina or chlorella

1 tsp. maca

2 tsp. hemp seed

1 tsp. chia seed

1 tsp. flax seed

TOPPINGS

Choose 1-2 toppings!

1 Tbsp. cacao nibs

1 Tbsp. unsweetened shredded coconut

1 tsp. chia seeds

¼ cup favorite fruit

1 tsp. bee pollen

DINNERS TO SHARE *With your girls*



spicy mango BLACK BEAN TACOS

makes 3 tacos per serving (salsa makes 4 servings)

INGREDIENTS

3 (or more) endive lettuce leaves
½ cup black beans

SALSA

½ mango, diced
1 red bell pepper, diced
¼ cup red onion, diced
¼ cup cilantro, diced
1 jalapeño, diced
2 limes, juiced
Pinch of salt

DIRECTIONS

1. Combine all ingredients for the salsa in a bowl.
2. Lay endive leaves on a plate. Add black beans and ¼ cup mango salsa. Serve with ¼ cup guacamole.

Double any of these recipes to share with your girls!



grilled VEGGIE BURGER

makes 1 serving

INGREDIENTS

1 cup cooked quinoa
1 cup diced portobello mushrooms
½ red bell pepper, diced
½ yellow onion, diced
½ cup parsley, minced
2 cloves garlic or 1 tsp. crushed garlic
2 Tbsp. flax meal
2 tsp. GF tamari
½ tsp. pepper or to taste
½ tsp. salt
2 portobello mushroom caps (for 1 large burger), or 3 crimini mushroom caps, stems removed, or 3 baby bella mushrooms (for sliders)
Coconut oil spray

TOPPINGS

3 slices yellow onion
¼ cup sprouts
¼ avocado
¼ cup fresh corn
3 kale leaves
Pinch of salt and pepper
TIU approved condiments (optional)

DIRECTIONS

1. Place cooked quinoa into a food processor or high speed blender. Add diced portobello mushrooms, red bell peppers, onion, parsley, garlic, flax meal, tamari, salt, and pepper to the mix and pulse until desired consistency.
2. Form the mixture into patties. You can form them into a burger or sliders.
3. In a pan over medium heat, spray the coconut oil spray and add the patties. Sear for about 5 minutes on each side.
4. Lay out the mushrooms and add the cooked burger and toppings. Top with mushroom cap.



summer KEBABS

tofu makes 1 serving (Pesto makes 6 servings)

INGREDIENTS

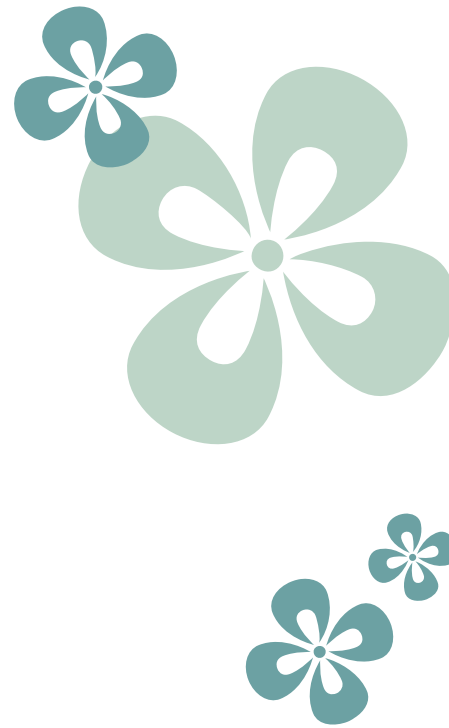
6 oz. tofu, cooked and cut into cubes
1 zucchini, diced into thick pieces
1 bell pepper, diced into thick pieces
6 basil leaves

PESTO SAUCE

1 bunch basil
1 garlic clove
¼ cup olive oil
Pinch of salt

DIRECTIONS

1. On a wooden skewer, add cooked tofu, a piece of zucchini, a piece of bell pepper, and a basil leaf until the entire skewer is filled.
2. In a food processor or blender, combine all ingredients for the pesto sauce until smooth.
3. Put the kebab on a plate and drizzle 1 Tbsp. of the sauce over the skewer. These are also delicious grilled!



Moroccan DISH

makes 1 serving

INGREDIENTS

2 cups carrots, roughly chopped
1 red bell pepper
½ cup red onions
1 tsp. paprika
½ tsp. cumin
¼ tsp. coriander
Pinch of cayenne
Pinch of salt
1 Tbsp. olive oil
2 cups arugula
4 oz. grilled tofu or beans

DIRECTIONS

1. Preheat oven to 375 degrees.
2. On a baking sheet, combine carrots, bell pepper, red onions, paprika, cumin, coriander, cayenne, salt, and olive oil. Toss to combine.
3. Bake for 15-20 minutes.
4. Pair with 2 cups arugula and cooked tofu or beans.





GIRLS' NIGHT
Cocktails



kombucha MULE

makes 1 serving

INGREDIENTS

3 oz. ginger-lemon kombucha (we love Health-Ade!)

1 oz. vodka

2 oz. sparkling water

1 lime, juiced

DIRECTIONS

1. Mix all ingredients in a glass over ice. Cheers!

blackberry mint MOJITO

makes 1 serving

INGREDIENTS

6 oz. original kombucha (we love Health-Ade!)

1 oz. rum

2 oz. sparkling water

¼ cup blackberries

2 Tbsp. fresh mint

½ lime, juiced

DIRECTIONS

1. Mix all ingredients in a glass over ice. Cheers!





watermelon SANGRIA

makes 6 servings

INGREDIENTS

1 bottle pomegranate
kombucha (we love
Health-Ade!)

1 bottle red wine

2 cups watermelon juice

1 cup sparkling water

watermelon slices

DIRECTIONS

1. Mix all ingredients in a pitcher over ice. Add watermelon slices. Cheers babe!





SHOTS, SHOTS, *shots*

This is your daily Metabolism Boosting Drink... or Meta D for short! Cinnamon and apple cider vinegar have been shown to reduce hunger and balance blood sugar levels, while cayenne pepper raises body temperature and boosts your metabolism. This slimming sip is most effective early in the day, so drink it after your morning Booty Call with Meal 1 or 2. Look out for the Meta D glow—you'll be beaming all day!

META-D

makes 1 serving

INGREDIENTS

- 1 Tbsp. apple cider vinegar
- 6 oz. water
- 2 oz. 100% organic apple juice
- 1 tsp. cassia cinnamon
- 1 small shake of cayenne pepper (to your liking)

DIRECTIONS

1. Mix all ingredients together in a cocktail shaker. Shake and pour into a glass.
2. Try adding more water or a little more juice if the apple cider vinegar taste is too strong.



bombshell SPELL

makes 1 serving

INGREDIENTS

- 4 oz. 100% all-natural pineapple juice
- 1 Tbsp. apple cider vinegar
- Juice from ¼ of a lime
- 1 tsp. local honey

DIRECTIONS

1. Start with the pineapple juice and pour ingredients into a cocktail shaker over a couple ice cubes. Shaken not stirred!



HQ FAVE
Lunches





citrus beet SALAD

makes 1 serving

INGREDIENTS

- ½ small beet, thinly sliced
- ½ carrot, thinly sliced
- ½ mandarin orange
- 2 cups arugula
- ¼ cup diced red onion
- 2 Tbsp. sunflower seeds
- 4 oz. your favorite lean protein

DIRECTIONS

1. Mix all ingredients for dressing in a small bowl.
2. Combine all salad ingredients and top with dressing.

DRESSING

- 2 tsp. olive oil
- 2 tsp. champagne vinegar
(or your favorite vinegar)
- ½ tsp. honey



chica chickpea BIKINI WRAP

makes 1 serving

INGREDIENTS

- 1-2 collard greens
- ¼ cup garbanzo beans
(chickpeas)
- ½ avocado, smashed
- 2 Tbsp. finely chopped red
onion
- 2 basil leaves finely diced
- 2 Tbsp. almond or coconut
yogurt
- ¼ lemon, juiced
- pinch of salt

DIRECTIONS

1. Lay the collard wrap on a plate.
2. Mix all ingredients in a bowl.
3. Add to the collard green. Wrap it and enjoy!



rainbow veggies BIKINI WRAP

makes 1 serving

INGREDIENTS

- 1 collard green
- ¼ cup shredded carrots
- 2 Tbsp. shredded purple beets
- 2 Tbsp. shredded yellow beets
- 1 radish, diced
- ¼ avocado
- 4 oz. lean protein
- 1 Tbsp. TIU approved dressing

DIRECTIONS

1. Combine all ingredients in a wrap.



rainbow ROLL

makes 1 serving (serving size is 3 rolls)

INGREDIENTS (PER ROLL)

- 1 rice paper
- 1 Tbsp. shredded beets
- 1 slice avocado
- 2 oz. lean protein
- 1 Tbsp. chopped zucchini
- 1 Tbsp. parsley

MISO DRESSING

- 1 Tbsp. white or yellow miso
- 1 lemon, juiced
- 1 Tbsp. water

DIRECTIONS

1. Soak each rice paper in water until soft. Lay out on a flat surface.
2. Add ingredients to the center so that there's about an inch or more on all sides. Tuck the top and bottom pieces in. Roll the right side over and keep rolling up until it forms a burrito shape.
3. For the dressing, combine ingredients in a bowl and stir with a fork.





purple rain ROLL

makes 1 serving (serving size is 3 rolls)

INGREDIENTS (PER ROLL)

- 1 rice paper
- 2 Tbsp. sprouts
- 1 Tbsp. chopped purple cabbage
- 1 slice avocado
- 2 oz. lean protein

TAHINI DRESSING

- 1 Tbsp. tahini
- 1 lemon, juiced
- 1 Tbsp. water

DIRECTIONS

1. Soak each rice paper in water until soft. Lay out on a flat surface.
2. Add ingredients to the center so that there's about an inch or more on all sides. Tuck the top and bottom pieces in. Roll the right side over and keep rolling up until it forms a burrito shape.
3. For the dressing, combine ingredients in a bowl and stir with a fork.



spicy burrito ROLL

makes 1 serving (serving size is 3 rolls)

INGREDIENTS (PER ROLL)

- 1 rice paper
- 1 Tbsp. chopped bell pepper
- 1 Tbsp. chopped red onion
- 2 Tbsp. black beans
- 2 Tbsp. shredded lettuce
- 1 slice avocado
- 1 Tbsp. fresh corn
- 3 jalapeño slices
- TIU approved salsa to dip

DIRECTIONS

1. Soak each rice paper in water until soft. Lay out on a flat surface.
2. Add ingredients to the center so that there's about an inch or more on all sides. Tuck the top and bottom pieces in. Roll the right side over and keep rolling up until it forms a burrito shape.
3. Dip in TIU approved salsa!



guacamole quinoa SALAD

makes 1 serving

INGREDIENTS

½ cup quinoa, cooked
¼ cup zucchini, chopped
¼ cup cilantro, diced
½ cup black beans
½ jalapeño, diced
2 Tbsp. fresh corn
4 cups your fave leafy greens (we love kale, arugula, and spinach!)
¼ cup salsa
2 Tbsp. guacamole

DIRECTIONS

1. Add all ingredients to a bowl except for salsa and guac and toss to combine!
2. Top with salsa and guacamole.



chopped greek SALAD

makes 1 serving

INGREDIENTS

4 cups your fave leafy greens (we love kale, arugula, and spinach!)
5 kalamata olives (or your favorite olive)
6 oz. lean protein
½ cup cucumber, chopped
¼ cup parsley, diced
2 Tbsp. sundried tomatoes, diced
1 lemon, juiced
Pinch of salt and pepper

DIRECTIONS

1. Add all ingredients to a bowl and toss to combine!





chinese SALAD

makes 1 serving

INGREDIENTS

- ¼ cup purple cabbage, diced
- 4 cups your fave leafy greens (we love kale, arugula, and spinach!)
- 6 oz. your fave lean protein
- ½ bell pepper, diced
- ¼ cup cilantro, diced
- ¼ cup green onions, diced
- 1 carrot, chopped
- 1 Tbsp. sliced almonds

DIRECTIONS

1. Combine all ingredients for the dressing in a bowl and whisk until well combined.
2. Toss salad ingredients in a large bowl. Add dressing and toss once more.

DRESSING

- 1 Tbsp. rice vinegar
- ½ Tbsp. GF tamari
- 2 tsp. olive oil
- ½ tsp. honey



k+kale SALAD

makes 2 servings

INGREDIENTS

- 4 cups kale, stemmed and chopped (we love chopping with kitchen shears — so easy!)
- 2 bell peppers, chopped
- ½ red onion, chopped
- ¼ cup pine nuts
- 1 small bunch cilantro (remove large stems)

LEMON ZEST DRESSING

- 2 fresh lemons, juiced
- 2 Tbsp. olive oil
- 2 Tbsp. honey
- Zest from 1 lemon
- Pinch of Himalayan pink salt

DIRECTIONS

1. Add all ingredients to a bowl and toss to combine!
2. You can top with 4-6 oz. of your favorite lean protein per serving or enjoy as a side salad!

This is our absolute favorite salad — it's so zesty and delicious! Rich with superfoods, the K + Kale is a powerhouse recipe packed with antioxidants, iron, B vitamins and metabolism-boosting benefits! Eat your heart out girl!





YOUR ULTIMATE
Brunch

Tone It Up PROTEIN PANCAKE

makes 1 serving

INGREDIENTS

1 scoop Tone It Up Protein
½ banana, mashed
½ Tbsp. almond milk
¼ cup egg whites
1 tsp. cinnamon
Coconut oil spray

DIRECTIONS

1. Mash banana with almond milk before stirring in remaining ingredients.
2. Spray pan with cooking spray and heat over medium-low before pouring in batter. Flip when ready! The key to the perfect protein pancake is to cook them slow and low!



strawberry coconut PANCAKES

makes 1 serving

INGREDIENTS

1 scoop coconut Tone It Up Protein
1 Tbsp. unsweetened almond milk
½ banana, mashed
1 egg
2 Tbsp. strawberries, diced
Top with 1 Tbsp. unsweetened coconut flakes
Coconut oil spray

DIRECTIONS

1. Mash banana with almond milk in a bowl. Stir in all other ingredients except coconut flakes. Mix until smooth.
2. Spray a pan over medium-low heat with coconut oil. Add pancake batter and cook on each side for 3-4 minutes.
3. Top with coconut flakes.





spirulina superfood SMOOTHIE BOWL

makes 1 serving

INGREDIENTS

- 1 scoop vanilla Tone It Up Protein
- ½ tsp. spirulina
- ½ frozen banana
- 1 cup unsweetened almond milk
- ½ cup frozen cauliflower

DIRECTIONS

1. Blend all smoothie ingredients until smooth.
2. Add toppings and enjoy!

TOPPINGS (PICK 2-3)

- 1 Tbsp. unsweetened coconut shavings
- 1 tsp. chia seeds
- ½ cup raspberries
- 1 Tbsp. cacao nibs



pitaya SMOOTHIE BOWL

makes 1 serving

INGREDIENTS

- 1 scoop vanilla Tone It Up Protein
- ½ frozen banana, sliced
- ¼ cup of your favorite dairy-free yogurt (almond, coconut, or cashew)
- 1 cup unsweetened coconut milk
- ½ 3.5 oz packet frozen pitaya (find it in the freezer aisle next to acai)

DIRECTIONS

1. Blend all smoothie ingredients until smooth.
2. Add toppings and enjoy!

TOPPINGS

- ¼ cup fresh mango
- 1 tsp. chia seeds
- 1 Tbsp. cacao nibs



zucchini + caramelized onion EGG MUFFINS

makes 6 muffins (serving size is 2 muffins)

INGREDIENTS

1 tsp. olive oil
1 zucchini, diced
¼ cup yellow onion, diced
Pinch of salt
Dash of garlic powder
6 eggs
3 egg whites (or ½ cup liquid egg whites)
Coconut oil spray

DIRECTIONS

1. Preheat oven to 350 degrees.
2. In a small pan over medium heat, add olive oil. Sauté zucchini and onion for about 8 minutes. Season with salt and garlic powder.
3. Spray muffin tins with coconut oil spray.
4. Combine eggs and egg whites in a bowl and whisk to combine.
5. Scoop the veggie mixture into the muffin tins so that veggies are spread evenly. Pour egg mixture over veggies into muffin tins.
6. Bake for 20-25 minutes.
7. Store in a meal prep container after the eggs have cooled. These are good for up to 4 days!

M1 M2 M3 M4



spring SCRAMBLE

makes 1 serving

INGREDIENTS

1 tsp. olive oil
¼ cup broccoli, cut into small pieces
¼ cup diced leeks
Pinch of salt
3 egg whites
1 egg
Feel free to add any chopped veggies you love!

DIRECTIONS

1. In a pan over medium heat, add olive oil. Add broccoli, leeks, any other veggies you love, and a pinch of salt and sauté for 8 minutes.
2. Pour in eggs and egg whites and cook for 5 minutes or until done.

M1 M2 M3 M4



lemon poppyseed MUFFINS

makes 18 mini muffins (serving size is 3 mini muffins)

INGREDIENTS

¾ cup vanilla Tone It Up Protein
¾ cup oat flour (or almond meal)
¼ tsp. baking soda
½ tsp. baking powder
1 Tbsp. poppy seeds (you can also swap in chia seeds!)
1 lemon, juice and zest
1 egg
1 tsp. vanilla extract
1 mashed banana
2 Tbsp. maple syrup
½ cup unsweetened almond milk
Coconut oil spray

DIRECTIONS

1. Preheat oven to 350 degrees.
2. In a bowl, combine protein, oat flour, baking soda, and baking powder and whisk to combine.
3. In a separate bowl, combine poppy seeds, lemon juice and zest, egg, vanilla extract, banana, maple syrup, and almond milk. Add wet ingredients to the dry ingredients and mix to combine.
4. Spray a muffin tin with coconut oil spray. Pour batter into the muffin tins. Bake for 20-25 minutes or until a toothpick comes out clean.



blueberry chia MUFFINS

makes 18 mini muffins (serving size is 3 mini muffins)

INGREDIENTS

¾ cup vanilla Tone It Up Protein
¾ cup oat flour (or almond meal)
1 tsp. baking powder
½ tsp. cinnamon
¼ tsp. salt
1 Tbsp. chia seeds
2 Tbsp. coconut oil, melted
2 Tbsp. maple syrup
1 egg
1 tsp. vanilla extract
½ cup unsweetened almond milk or coconut milk (from a carton)
½ cup frozen blueberries
Coconut oil spray

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Combine all dry ingredients in a bowl.
3. Combine all wet ingredients except blueberries in a separate bowl.
4. Add wet ingredients to the dry ingredients and mix to combine.
5. Gently fold in the blueberries so that they're well combined.
6. Spray a muffin with coconut oil spray. Pour batter into the muffin tins. Bake for 20-25 minutes or until a toothpick comes out clean.



strawberry shortcake MUFFINS

makes 18 mini muffins (serving size is 3 mini muffins)

INGREDIENTS

¾ cup vanilla Tone It Up Protein
¾ cup oat flour (or almond flour)
1 tsp. baking powder
1 egg
1 tsp. vanilla extract
1 banana, mashed
2 Tbsp. maple syrup
½ cup unsweetened almond milk
½ cup strawberries, diced
Coconut oil spray

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Combine all dry ingredients in a bowl.
3. In a separate bowl, combine all wet ingredients except strawberries.
4. Add wet ingredients to the dry ingredients and stir to combine.
5. Gently fold in the strawberries.
6. Spray a mini muffin tin with coconut oil spray and add in muffin batter.
7. Bake for 20-25 minutes or until a toothpick comes out clean.

M1 M2 M3 M4



snickerdoodle MUFFINS

makes 18 mini muffins (serving size is 3 mini muffins)

INGREDIENTS

¾ cup vanilla Tone It Up Protein
¾ cup almond meal
2 tsp. cinnamon, plus extra to sprinkle
1 tsp. baking powder
¼ tsp. salt
1 egg
1 tsp. vanilla extract
½ cup dates, pitted and soaked in warm water to soften
¾ cup unsweetened almond milk
1 mashed banana
Coconut oil spray

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Combine all dry ingredients in a bowl.
3. Combine all wet ingredients, including the dates, in a blender and blend until smooth.
4. Add wet ingredients to the dry ingredients and mix to combine.
5. Spray a muffin tin with coconut oil spray. Pour batter into the muffin tins. Bake for 20-25 minutes or until a toothpick comes out clean.
6. Top with a little extra sprinkle of cinnamon.

If you have extra muffins, you can freeze the rest so you have them on hand! Muffins can be stored in the freezer for up to 3 months!

M1 M2 M3 M4



blondie MUFFINS

makes 18 mini muffins (serving size is 3 mini muffins)

INGREDIENTS

1 15oz. can chickpeas,
drained and rinsed
½ cup unsweetened
almond butter
¼ cup maple syrup
2 tsp. vanilla
½ tsp. salt
¼ tsp. baking powder
¼ tsp. baking soda
coconut oil spray

DIRECTIONS

1. Preheat the oven to 350. Spray a muffin tin with coconut oil spray.
2. Combine all ingredients in a food processor. If you don't have a food processor, you can use a blender!
3. Spray muffin tins with coconut oil spray. Pour batter into the muffin tins and bake for 18–20 minutes or until a toothpick comes out clean.



superfood PARFAIT

makes 1 serving

INGREDIENTS

1 container almond or
coconut milk yogurt
1 tsp. chia seeds
1 Tbsp. cacao nibs
¼ cup berries or pitaya
1 Tbsp. slivered almonds

DIRECTIONS

1. Combine all ingredients in a bowl. Enjoy!



raspberry TOAST

makes 1 serving

INGREDIENTS

- 1 slice gluten-free bread
- 1 Tbsp. coconut or almond yogurt
- ¼ cup raspberries
- 1 tsp. honey
- 1 Tbsp. unsweetened coconut flakes

DIRECTIONS

1. Toast the bread.
2. Combine all ingredients on the toast.



Tone It up WAFFLES

makes 1 serving

INGREDIENTS

- 1 scoop Tone It Up Protein
- ½ banana, mashed
- ½ Tbsp. unsweetened almond milk
- ¼ cup egg whites
- ½ tsp. cinnamon
- coconut oil spray

TOPPINGS

- ¼ cup fresh berries
- 1 Tbsp. maple syrup
- 2 Tbsp. coconut or almond yogurt

DIRECTIONS

1. Turn on waffle maker and allow it to heat up.
2. Completely mash banana with almond milk. Gradually stir in remaining ingredients. You can also add all ingredients to a blender.
3. Spray waffle maker with organic cooking spray and pour in batter. Cook according to instructions, until done!
4. Serve with your choice of toppings. We love fresh fruit, yogurt and a drizzle of maple syrup!



ENERGIZING SNACKS
for boss babes



salsa VERDE

makes 4 servings

INGREDIENTS

4 tomatillos, husk removed
 ½ yellow onion
 1 jalapeño
 2 garlic cloves
 1 tsp. olive oil
 Pinch of salt
 1 lime, juiced
 ¼ cup cilantro

DIRECTIONS

1. Preheat oven to 400 degrees.
2. On a baking sheet, add tomatillos, onion, jalapeño, garlic, olive oil, and salt. Toss to combine.
3. Bake for 10 minutes.
4. Pour ingredients into a food processor or blender. Add lime juice and cilantro. Blend to combine. Store in a glass jar in the fridge for up to 5 days. Serve with sliced veggies!



spicy PICO

makes 4 servings

INGREDIENTS

2 tomatoes, cut into small cubes
 ½ cup red onion, diced
 ½ jalapeño, diced
 2 limes, juiced
 ¼ cup cilantro
 Pinch of salt

DIRECTIONS

1. Combine all ingredients in a jar and allow to sit for at least 30 minutes before serving. Serve with sliced veggies!



strawberry AVOCADO SALSA

makes 4 servings

INGREDIENTS

1 cup strawberries, chopped
 ½ avocado, diced
 ¼ cup red onion, diced
 ¼ cup cilantro, chopped
 1 lime, juiced
 Pinch of salt

DIRECTIONS

1. Combine in a jar and serve with sliced veggies.



quick GUAC

makes 4 servings

INGREDIENTS

1 avocado
 ¼ cup red onion, diced
 ½ jalapeño, diced
 1 lemon, squeezed
 Pinch of salt

DIRECTIONS

1. Combine all ingredients in a bowl and mash to combine.
2. Serve with your fave veggies!





beet HUMMUS

makes 5 servings

INGREDIENTS

1 can chickpeas, drained
(save ¼ cup of canned liquid)
¼ cup red beets, grated or chopped
1 garlic clove
1 tsp. cumin
½ tsp. cardamom
½ lemon, squeezed
2 tsp. olive oil
Pinch of salt

DIRECTIONS

1. Combine all ingredients in a food processor and blend until smooth.
2. Serve with your fave veggies!



cashew CREAM

makes 6 servings

INGREDIENTS

½ cup cashews, soaked
in water for 8 hours or
overnight
2 garlic cloves
½ tsp. dried thyme
Pinch of salt

DIRECTIONS

1. Soak the cashews for 8 hours or overnight.
2. Drain the cashews.
3. In a food processor, add all ingredients plus ¼ cup water. Blend until smooth. If you need more water, add 1 tsp. at a time.
4. Serve with your fave veggies!



PESTO

makes 5 servings

INGREDIENTS

¼ cup olive oil
2 Tbsp. pine nuts
2 cloves garlic
½ cup basil
Pinch of salt

DIRECTIONS

1. Put all ingredients in a food processor and blend until smooth.
2. Serve with your fave veggies!



avocado SMOOTHIE

makes 1 serving

INGREDIENTS

- ¼ avocado
- 1 cup coconut water
- ¼ tsp. ground fresh ginger
- ¼ cup spinach
- 1 lemon, juiced

DIRECTIONS

1. Combine all ingredients in a blender and blend until smooth.



cinnamon SMOOTHIE

makes 1 serving

INGREDIENTS

- 1 scoop vanilla Tone It Up Protein
- ½ cup frozen cauliflower rice
- 1 cup unsweetened almond milk
- 1 Tbsp. almond butter
- 1 tsp. cinnamon

DIRECTIONS

1. Combine all ingredients in a blender and blend until smooth.
2. Add ¼ cup extra almond milk if you like your smoothie thinner!





pick me up CHIA PUDDING

makes 3 servings

INGREDIENTS

- ½ cup coconut milk
- ½ cup unsweetened almond milk
- 1 Tbsp. pure maple syrup
- ¼ cup whole chia seeds

TOPPINGS (PER SERVING)

- 1 Tbsp. unsweetened coconut flakes
- 1 tsp. cacao nibs

DIRECTIONS

1. Add coconut milk, almond milk, and maple syrup to a large bowl and then stir in chia seeds.
2. Whisk together and allow to sit for 3 minutes. Whisk it again before covering and placing in the fridge for an hour or overnight.
3. Top with coconut flakes and cacao nibs before serving and enjoy!



all greens JUICE

makes 1 serving

INGREDIENTS

- 1 lemon
- 2 celery stalks
- 1 cup spinach
- 1 cucumber
- Pinch of cayenne

DIRECTIONS

1. Put all ingredients except for cayenne through a juicer. Pour into a cup and top with a pinch of cayenne.



simple SUPERFOODS BAR

makes 9 servings

INGREDIENTS

¼ cup vanilla Tone It Up Protein
1 Tbsp. coconut oil
½ cup almond butter
2 Tbsp. honey
½ cup unsweetened coconut flakes
½ cup chopped almonds
¼ cup goji berries (or superfood of choice)
¼ cup cacao nibs
Coconut oil spray

DIRECTIONS

1. Melt the coconut oil.
2. Combine melted coconut oil and almond butter in a bowl. Add all remaining ingredients and stir to combine.
3. Spray a baking dish with coconut oil spray.
4. Press mixture into baking dish and keep in the fridge until ready to serve.



golden turmeric LATTE

makes 1 serving

INGREDIENTS

1 cup coconut milk
½ tsp. ground turmeric
½ tsp. ground ginger
½ tsp. cinnamon + a dash to garnish
Pinch of pepper

DIRECTIONS

1. Put all ingredients in a pot and simmer on low for 5 minutes, whisking continuously.
2. Pour in a cup and garnish with extra cinnamon.



SIMPLE DINNERS FOR
Busy nights



Tray DINNER

Tray Dinners are one of our go-to meals for busy weeknights! They are so simple, tasty, and you can mix and match all of your fave ingredients.

We like to double the recipe and make extra for leftovers the next day. It makes meal prep a breeze! Just follow the instructions below for some amazing Tray Dinners!



First, preheat that oven to 375° girl.

GET YOUR BASE GOING

Chop ½ cup onions and 2-3 garlic cloves

NEXT, CHOOSE YOUR VEGGIES!

This is enough for 1 serving so double or triple if you make it for the week! You can choose up to 3 veggies

- 1 cup Brussels sprouts, halved
- 1 cup carrots, chopped
- 1 cup green beans
- ½ cup sweet potato or squash, cubed
- 1 cup fennel, chopped
- 1 cup cauliflower, chopped
- 1 cup broccoli, chopped

PICK YOUR PROTEIN

Pick 4-6 oz. of one of the below.

- tofu
- tempeh
- ½ cup chickpeas
- ½ cup beans (pinto, black, kidney, navy)

TOSS ALL TOGETHER WITH...

- 2 tsp. olive oil
- A pinch of salt

AND CHOOSE ONE OF THESE SEASONINGS (OPTIONAL!)

- 1 Tbsp. chili powder
- 1 Tbsp. garlic powder
- ¼ tsp. cayenne pepper
- 1 Tbsp. curry powder
- 1 tsp. lemon pepper

You can also serve with a small side of guacamole!

And bake for 20-40 minutes, depending on the protein you choose!

build your own **LEAN BOWL**



GET YOUR BASE GOING

Start with cooked quinoa or cauliflower rice for your base! For cauliflower rice, sauté 1-2 cups frozen cauliflower rice over medium heat for 5-6 minutes in 1 tsp. of olive oil.

VEGGIES

Pick as many as you like!

- shredded carrots
- bell pepper
- broccoli
- tomatoes
- green beans
- Brussels sprouts
- asparagus
- leeks
- onions
- garlic
- green onions

LEAN PROTEIN

Pick 4-6 oz. of one of the below.

- tofu
- tempeh
- ½ cup chickpeas
- ½ cup lentils
- ½ cup beans (pinto, black, kidney, navy)

SPICES/FLAVORINGS

Pick 2 from below.

- 2 Tbsp. pesto (recipe on ToneltUp.com)
- ¼ cup salsa
- 1 jalapeño
- hot sauce

HERBS

Pick as many as you like!

- cilantro
- parsley
- dill
- basil
- mint

HEALTHY FATS

Choose one from below.

- ¼ cup guacamole
- 1 Tbsp. pumpkin/sunflower seeds
- 2 Tbsp. chopped nuts

Put quinoa or cauliflower rice in a bowl and sauté your chosen veggies until slightly tender. Season with a sprinkle of salt. Top quinoa or cauliflower rice with cooked veggies, spices, fresh herbs, and your favorite healthy fat.

Tahini TRAY DINNER

makes 1 serving

INGREDIENTS

1 cup chickpeas, drained
½ cup chopped broccoli
¼ sweet potato, chopped into bite-sized pieces
1 ½ cloves garlic, diced
1 Tbsp. tahini
½ tsp. olive oil
¼ tsp. cumin
Pinch of salt
Pinch of red pepper flakes at the end
2 Tbsp. fresh parsley, tossed at the end
¼ lemon, squeezed
Optional: 6 oz. lean protein

DIRECTIONS

1. Preheat oven to 375 degrees.
2. In a bowl, combine all ingredients except for red pepper flakes, parsley, and lemon. Toss to combine. Put on a cookie sheet and bake for 25 minutes.
3. Put cooked veggies on a plate and add parsley, a pinch of crushed red pepper, and a squeeze of lemon. Serve with lean protein if desired.



Turmeric cauliflower RICE BOWL

makes 1 serving

INGREDIENTS

2 tsp. coconut oil
1 tsp. ground turmeric
1 tsp. ground ginger
1 ½ cups cauliflower rice
2 eggs
¼ cup carrots, diced into small pieces
¼ cup frozen peas
2 tsp. gluten-free tamari
Pinch of salt
2 tsp. rice vinegar
¼ cup green onions
1 Tbsp. pumpkin seeds

DIRECTIONS

1. Add coconut oil, ground turmeric, and ground ginger to a pan over medium heat. Mix together for 1 minute.
2. Add cauliflower rice and sauté so that each cauliflower piece is covered with the turmeric-coconut mixture. Sauté for 1 minute, then pour into a separate bowl.
3. Scramble eggs in a separate bowl, then add them to the pan. Cook for 2 minutes.
4. Add carrots, frozen peas, tamari, salt, and rice vinegar. Sauté for 1 minute. Remove from heat and add cauliflower rice. Toss to combine.
5. Pour into a bowl and top with green onions and pumpkin seeds.



cilantro lime QUINOA BOWL

makes 1 serving

INGREDIENTS

- ½ cup cooked quinoa
- 1 lime, juiced
- ¼ cup cilantro, diced
- Pinch of salt
- 4 oz. favorite lean protein
- ¼ cup green salsa (or the salsa verde recipe!)
- 1 red bell pepper, sliced
- ¼ cup sliced tomatoes
- 2 Tbsp. red onions, diced
- ¼ avocado
- 2 Tbsp. pumpkin seeds

DIRECTIONS

1. Combine cooked quinoa with lime, cilantro, and salt. Toss to combine.
2. Top with your favorite lean protein, green salsa, red bell pepper, tomatoes, red onions, avocado, and pumpkin seeds.



lemon garlic TOFU

makes 1 serving

INGREDIENTS

- 4 cloves garlic
- 6 oz. tofu
- 6-10 stalks of asparagus
- 1 Tbsp. olive oil
- Pinch of salt
- 1 lemon
- 2 cups your favorite mixed greens
- 1 Tbsp. TIU approved dressing

DIRECTIONS

1. Preheat oven to 375 degrees.
2. On a baking sheet, add garlic, tofu, asparagus, olive oil, and salt. Toss to combine. Squeeze a lemon over the mixture.
3. Bake for 20-25 minutes or until protein is cooked all the way through.
4. Serve with your favorite mixed greens and 1 Tbsp. TIU approved dressing.



spicy Thai VEGGIE STIR-FRY

makes 1 serving

INGREDIENTS

- 1 Tbsp. coconut oil
- 1 cup sugar snap peas
- 1 red bell pepper
- 1 clove garlic
- Pinch of salt
- 1 baby bok choy
- 1 thai chili pepper (or your favorite pepper)
- 1 lime, juiced
- ¼ cup green onions, chopped
- 2 Tbsp. cashews
- 4 oz. lean protein, cooked

DIRECTIONS

1. In a pan over medium heat, add coconut oil, sugar snap peas, bell pepper, garlic, and salt. Sauté for 2-3 minutes.
2. Chop the bok choy and chili pepper and add to the mixture. Sauté for 1-2 more minutes.
3. Remove from heat and add lime juice, green onions, and cashews. Serve with 4 oz. of your favorite lean protein, cooked.



veggie sushi BOWL

makes 1 serving

INGREDIENTS

- ½ cup cooked quinoa
- 6 oz. lean protein
- ¼ avocado, sliced
- ½ carrot, grated
- ¼ cup edamame
- 2 Tbsp. green onions, diced
- 4-5 slices jalapeño
- 1 tsp. wasabi (optional)
- Pickled ginger (optional)
- 2 tsp. GF tamari

DIRECTIONS

1. Combine all ingredients in a bowl.



beautiful buddha BOWL

makes 1 serving

INGREDIENTS

- ½ sweet potato, cut into thick strips
- 2 tsp. + ½ tsp. olive oil
- ¼ tsp. crushed red pepper flakes
- ½ tsp. dried basil
- ½ tsp. onion powder
- Pinch of salt
- 2 cups kale, chopped
- 1 garlic clove, diced
- ¼ cup sprouts
- ¼ cup shelled edamame
- ½ cup cooked quinoa

TAHINI DRESSING

- 1 Tbsp. tahini
- ½ lemon, juiced
- 1 Tbsp. water
- Pinch of salt

DIRECTIONS

1. Preheat oven to 375 degrees.
2. Toss sweet potato with 2 tsp. olive oil, crushed red pepper, dried basil, onion powder, and salt. Pour onto a cookie sheet and bake for 25 minutes.
3. In pan with ½ tsp. olive oil, add kale and garlic. Sauté for 3 minutes.
4. In a small bowl, mix together the ingredients for the tahini dressing.
5. In a bowl, combine cooked kale and baked sweet potato mixtures. Add sprouts, edamame, and cooked quinoa. Top with tahini dressing.





cauliflower rice TABBOULEH SALAD

makes 1 serving

INGREDIENTS

½ cup cooked cauliflower rice or cooked quinoa
⅓ cup chopped parsley
¼ cup green onions, diced
2 Tbsp. mint, diced
1 lemon, juiced
¼ cup cherry tomatoes
½ bell pepper, sliced
1 Tbsp. olive oil
4 oz. lean protein
Pinch of salt

DIRECTIONS

1. Combine all ingredients in a bowl. Mix and enjoy!



Three bean SALAD

makes 3 servings

INGREDIENTS

½ cup cannellini beans
½ cup garbanzo beans
½ cup kidney beans
¼ cup diced celery
2 Tbsp. chopped red onions
2 Tbsp. chopped cilantro
2 Tbsp. chopped rosemary
2 Tbsp. apple cider vinegar
2 Tbsp. olive oil
Pinch of salt and pepper

DIRECTIONS

1. Combine all ingredients in a bowl. Mix and enjoy!



summer CROCKPOT DISHES

Crockpot dinners are SO simple to prep in advance and have ready for your busiest nights. They're perfect for families, students, boss babes ~ everyone! We usually think of crockpot dinners for cozy winter nights, but guess what? They're amazing in the summer too! We asked you for some of your go-to summer crockpot dishes and we're featuring some faves from the community. We're obsessed with these!

Renee's WHITE BEAN CHILI

makes 6 servings

INGREDIENTS

2 Tbsp. olive oil
1 small white onion, diced
1 poblano pepper, diced
1 jalapeño, diced
1 small yellow zucchini, diced
32 oz. low sodium vegetable broth
1 cup quinoa (uncooked)
1 can northern beans
1 can pinto beans
1 can cannelloni beans
1 lime, juiced
1 Tbsp. cumin or to taste
1 ½ tsp. white pepper
1 tsp. chili powder
1 tsp. garlic powder
½ tsp. red chili flakes (optional)

TOPPINGS

Lime
Cilantro
Coconut or almond yogurt

DIRECTIONS

1. Combine all ingredients in slow cooker. Cook 6-8 hours on high.
2. Add lime, cilantro, and a little dairy-free yogurt on top!



spicy SUPERFOOD SOUP

makes 6 servings

INGREDIENTS

4 cups sliced leeks
4 cups cauliflower florets, chopped
4 large carrots, diced
2 cups kale
1 cup spinach
1 cup celery, chopped
1 small chopped jalapeño (optional)
6 cups vegetable broth
2 Tbsp. olive oil
¼ tsp. salt
½ tsp. pepper
½ tsp. cumin
½ tsp. paprika
Pinch of cayenne pepper to taste

DIRECTIONS

1. Add all ingredients to the crockpot and cook on low for 7 hours.
2. Puree using an immersion blender or in batches in your blender. Enjoy!



lemon zest SOUP

makes 6 servings

INGREDIENTS

2 garlic cloves, minced
Juice of 2 lemons
2 tsp. lemon zest
6 cups vegetable broth
2 Tbsp. olive oil
1 small onion, thinly sliced
1 can organic tomatoes
1 can chickpeas
2 cups dried quinoa
4 cups fresh baby spinach

DIRECTIONS

1. Add the garlic, lemon juice, lemon zest, vegetable broth, olive oil, onions, tomatoes, and chickpeas to a 4-quart slow cooker. Cover and cook on low for 6-8 hours.
2. Add the quinoa and spinach and cook for an additional 30 minutes. Stir before serving.



from @reneeherlocker

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