

*Tone It Up®*

# NUTRITION PLAN

BY KARENA DAWN &  
KATRINA SCOTT

HEALTHY,  
STRONG &  
CONFIDENT!

YOUR TIU  
LIFESTYLE

VEGETARIAN



*Tone It Up*®

# NUTRITION PLAN

BY PERSONAL TRAINERS  
& FOUNDERS OF TONE IT UP  
KARENA DAWN & KATRINA SCOTT

WITH REGISTERED DIETITIAN  
LORI ZANINI

LIFESTYLE PHOTOGRAPHY BY  
NICOLE HILL

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# WELCOME TO THE TONE IT UP TEAM!

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It's official! You're a Tone It Up Member! By joining the TIU Team, you've made one of the best decisions of your life. Here, you will find support, motivation, inspiration, and unconditional love from a community of like-minded women. We all share the same goals: to feel healthy, strong, and confident!

Whether you want to lose inches, gain muscle, or you simply want to live with more confidence and energy, we are giving you the tools you need to Tone It Up in every way! This isn't just a nutrition plan—it's your new lifestyle. If you need encouragement, thousands of women in the Tone It Up Community will have your back. If you need support, we will lift you up. When you succeed, we will all celebrate your success!

Things are about to get wild, so get ready to discover a part of yourself you never knew existed. Dive in with an open heart and you'll find happiness in every aspect of your life!

Tone It Up T.E.A.M.: Together Everyone Achieves More!

Share. Love. Inspire. Sweat.



XOXO YOUR TRAINERS,

*Karena & Katrina*



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# KARENA DAWN

ASFA CERTIFIED PERSONAL TRAINER, NESTA NUTRITION COACH, TRIATHLETE

I love painting, relaxing with a good book, and Friday nights listening to Frank Sinatra while sipping a martini. I have a dog named Skunk, a cat named Monkey, and a best friend named Kat.

Hi, I'm Karena! Welcome to the TEAM!! Born and raised Midwestern gal from Indianapolis, Indiana. I discovered a love for sports and fitness when I was a young child. I remember enthusiastically watching my mom as she worked out to Jane Fonda and Kathy Smith exercise tapes. I even made my first fitness video for a school project when I was just 7 years old! My father was also active and a runner and he inspired me to sign up for my first half marathon when I was 12. Fitness always made me feel alive and I instantly knew it was my calling.

My teenage and early adult years were pretty rough. Life at home was very complicated, and I kind of gave up on myself, on my career goals, and on the idea that I could ever accomplish anything. I found myself on an unhealthy path to self-destruction, eating crappy food, and basically treating myself terribly. Seeking an escape from reality and the anger and misery inside of myself, I turned to drugs only to find myself digging a deeper hole. I completely lost my way and lived in darkness and depression for several years.

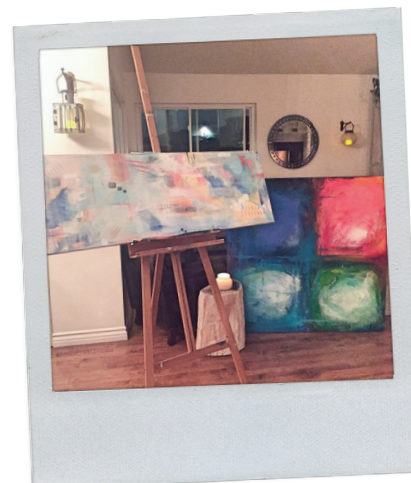
Eventually, I found myself at a breaking point. I realized life was too beautiful and full of meaning to be lived this way. If I wanted to make a change it was only ME who had to take control and responsibility. As I began my healing process, I sought out what made me happiest when I was younger. I recalled the feeling I had as a child running my first half marathon. In search of that excitement, I signed up for my first triathlon. My journey began. Training day after day became my therapy. It was my time of solitude and reflection.

When I crossed the finish line of my first race tears streamed down my face. They were no longer tears of pain, but of pure happiness. It was the first time in years I had set out to accomplish something and didn't give up~ I believed in myself. Not only did I rediscover my love for fitness, but I felt invincible once again. I believe that fitness saved my life.

After that, I started racing and competing in more triathlons. I got into personal training and began working as a sports and fitness model and an on-camera spokesperson for major brands like Oakley, Adidas, and New Balance, and appeared in Shape Magazine, Women's Health, Self and on the cover of Runner's World and Triathlete. I found myself traveling the world living this incredible life, doing what I loved. But I still knew there was more for me to accomplish. I wanted to use my life experiences to inspire other women to go after what they want and show them that – just like I learned – they're capable of anything and everything. I wasn't quite sure yet how I'd get there, but I knew that I would if I continued to believe in myself, do good work, and kept the vision of my dream alive.

That's exactly when Kat and I crossed paths. We discovered that we shared the same goals and dreams, and that first spark of "We can do something amazing together!" was lit.

XO Karena







# KATRINA SCOTT

BS HEALTH SCIENCE, NUTRITION AND HEALTH EXPERT

I love spontaneous dance parties, wine on Wednesdays, and arts and crafts. I also collect seashells and friends.

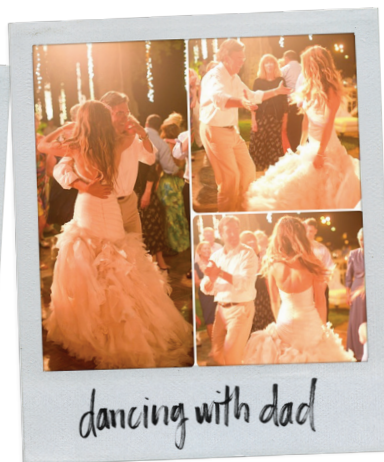
Wow, this is exciting. So glad you joined the TIUteam! I'm Katrina; Kat for short!

I grew up in New Hampshire with big dreams of inspiring others in health and fitness. As a child, I was teased for being overweight. When I was in the sixth grade my dad asked me if I needed anything. That's when I asked for a treadmill. I'm sure this was upsetting to my father who was expecting something more along the lines of tickets to an amusement park or a shopping trip. I remember the look on my dad's face. Not once did my parents tell me I needed to lose weight. They always told

me I was beautiful. I thank them for that. Not long after, my dad turned our basement into a home gym, equipped with a treadmill, weights and a stereo system. My grandmother gave me a nutrition book and my mom would take me grocery shopping to pick out healthy food. I started running every day and did toning exercises out of all the magazines I could find. I couldn't get enough! In high school, I joined the tennis team and continued working out every day. It was then that I decided I wanted to go to college for Health Science. After earning my Bachelor's Degree in Health Promotion and Fitness with a concentration in nutrition, I became a Master Trainer in Boston where I personal trained, taught classes, and began filming fitness videos. At some point during my journey, I lost myself. I started focusing on my clients' goals for 60 hours a week and forgot about my own. I quickly realized that a lot of us do this: especially as mothers, students and as WOMEN. We nurture others and forget about ourselves and we easily justify it. This is when I learned that we have to take care of ourselves and love ourselves to be able to give more love to others. When I moved to California, I was determined to pursue my dreams. I began teaching more classes, writing, and producing more fitness videos. I knew I found my passion and calling! That's when I met Karena at the gym. We realized we were both new to town and lived two blocks from each other. We started talking and sharing our similar career aspirations. Soon after, Tone It Up... and a lifelong friendship was born!

Together, we created something much bigger than we could have ever dreamed of. This is the most inspiring community filled with the most genuine, beautiful, and supportive women. We are in complete awe and humbled by your sincerity, commitment, and love for Tone It Up and each other. Thank you from the bottoms of our hearts!

XOXO Katrina





# TONE IT UP!

Imagine feeling truly confident in your skin. Visualize toning up all over, revealing your gorgeous abs, strong legs, and sculpted arms. Picture yourself having boundless energy with more drive to go after your dreams. You're not just living, you're thriving. This is what it means to Tone It Up!

Welcome to your new lifestyle! Are you ready to dive in? Remember, Tone It Up isn't a crash diet. In fact, it isn't a diet at all. It's about enjoying foods that truly nourish your mind, body, and spirit. This plan is for women, busy moms, college students, business owners, do-it-all gals, and everyone in between. We created this to be fun and to deliver jaw-dropping results!

You will be making different choices, not because you have to or feel forced to, but because you want to. We'll show you how to enjoy simple, delicious and healthy meals. There are hundreds of thousands of women doing it right now! This beautiful Tone It Up Community will keep you strong, inspired and on track to reach your goals!

Here's a quick breakdown of how getting toned works: Achieving a toned figure takes exposing those hard earned, lean muscles and to do this we need to burn the layer of fat on top. You may have learned that one pound of fat equals 3,500 calories. If you want to lose one pound a week, you'll need to create a deficit of 500 calories a day. This is totally feasible and can be done in a healthy way. When you combine daily exercise with a nourishing lifestyle, you'll see and feel results right away.

As you read through your program, you'll see that we don't focus solely on calorie counting. Instead of spending your energy on numbers and a balancing act, we want you to focus on what you feed your body; healthy, nutrient-dense foods that work with your metabolism, not against it. With your Nutrition Plan, Tone It Up workouts, and this amazing Community, you will reach all of your dreams and aspirations. We've clearly laid everything out for you to give your mind, body, and soul the fuel it needs to uncover sexy curves, beautiful skin, endless energy, and more confidence than you ever thought possible.

What makes this plan different is that it's designed to work with a woman's body. We're sharing our proven method of toning up that includes the timing of your workouts, meals, food choices and your daily checklist of healthy habits. Follow our lead and you'll have the lean and toned body that you deserve!

*This is your mega babe road map!*

## our secret?

COMBINING EXERCISE WITH THE  
RIGHT NUTRIENTS AT THE RIGHT  
TIME OF THE DAY TO BOOST ENERGY  
LEVELS AND YOUR METABOLISM!

GET READY TO TONE IT UP!



# TONE IT UP SECRETS

We're about to share our insider secrets to toning it up, feeling ultra confident, and having boundless energy! Everything you need to know to follow your Tone It Up Plan is on these pages. Come back whenever you want a quick refresher on the essential elements of the program.

## #1

### YOU'RE EATING 5 TIMES A DAY!

Yes, we said 5! On the Tone It Up Nutrition Plan, you'll be eating every 2-3 hours. No hunger here! Your meals are broken down into M1-M5 and we'll show you exactly what foods to choose for each meal. Think of it as breakfast, lunch, and dinner with two snacks in between.

## #2

### LIMIT STARCHES AFTER MEAL 3

This is how you prime your metabolism to burn fat without ever feeling deprived. Enjoy wholesome starches earlier in the day to keep energized. Later on, focus on lean protein, greens, and healthy fats. We will go into more detail on this essential part of the Tone It Up Plan later.

## #3

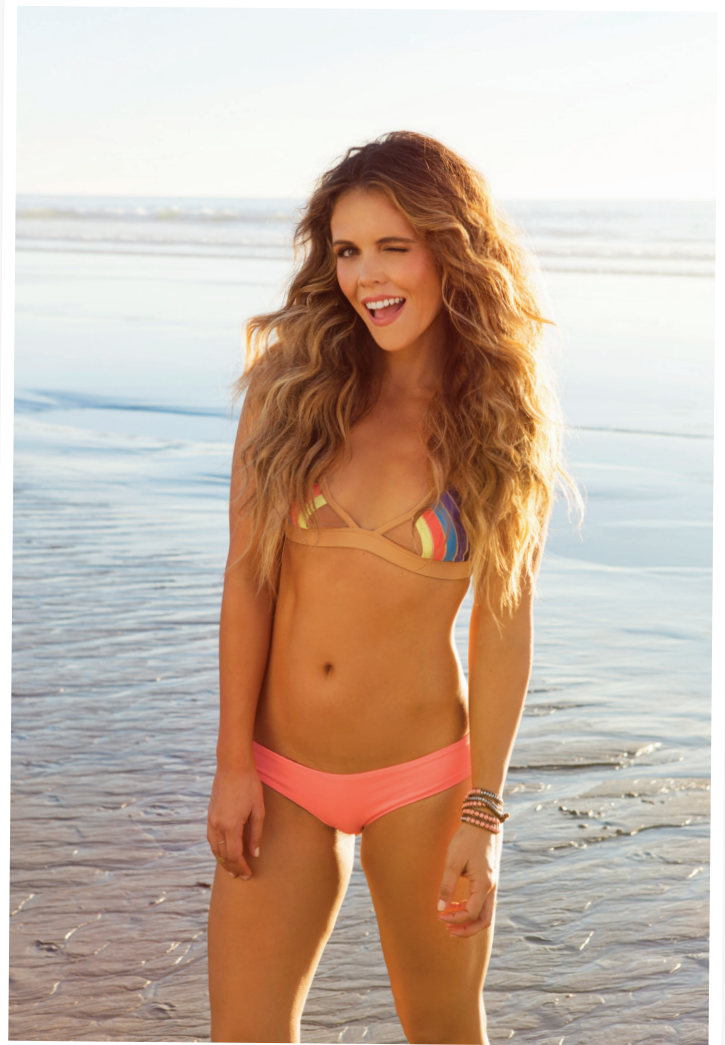
### EAT LEAN, CLEAN, N' GREEN

Say hello to meals centered around lean protein, clean ingredients, and tons of greens!

## #4

### PREPARE FOR SUCCESS

Organizing your workouts and meals in advance helps free up time and energy to kick some major booty during the week. Sunday is our favorite day to go food shopping, prepare meals, and lay out our workout clothes.



"Success is where preparation  
and opportunity meet."

-BOBBY UNSER



# TONE IT UP SECRETS



#5

## BOOTY CALL

We know mornings are crazy, but so is the rest of your day! Set that alarm 40-60 minutes early and get movin' and groovin'! Do something for you before the day begins. There are so many benefits to morning sweat sessions including extra fat burning, a higher metabolism throughout the day, and better food choices, because well... you feel better and got up on the right side of bed! If you can't do this every day, it's okay. Aim for 3-4 times a week!

#6

## MORNING METABOLISM BOOSTERS

Drink your **Meta D** or **Bombshell Spell**! You'll be amazed by how energized you feel. The ingredients help your body burn fat, regulate appetite and thanks to the alkalizing effects, contribute to pH balance. You'll find more on these later in the plan.

#7

## ACCOUNTABILITY IS POWERFUL

Check In with us! We're all here to keep you motivated and hold you accountable for your fabulous workouts and meals. Post your healthy meals and/or a selfie after you complete a workout on social media with the hashtag #TIUTeam. You'll meet new girlfriends and find endless amounts of support from your team!

If you can't stop thinking about it,  
don't stop working for it!



LET'S GET  
STARTED





# BEFORE AND AFTER PHOTOS

The only time you should ever look back is to see how far you've come! Be brave, be bold, be fearless!



KAT



## WHY TAKE A BEFORE AND AFTER PHOTO?

Whether you want to lose weight, add muscle, tone up, or just become healthier, before pictures are the way to go. Sure, the scale will tell us the number of pounds we've lost, but how can we tell if we've sculpted abs, developed beautiful strong arms, or toned up our legs? Pics are where it's at! We've seen so many before and after photos and the most beautiful part about them is we can actually tell the difference in how you FEEL! You're beaming with confidence and happiness!

## WHAT TO USE

When taking before and after photos, set your phone up on a flat surface on a self timer. Use the front facing camera so you see what you're taking the pic of. There are a lot of self timer apps too! Or have a friend or loved one you feel comfortable with snap your pic!

## WHAT TO WEAR

Wear your favorite bikini or workout gear. Pick something that is form fitting that shows your body. We want to see your beautiful curves!

## WHERE TO TAKE THE PICTURE

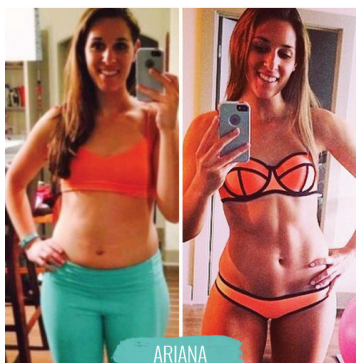
Take your before and after picture in front of a plain white wall or a solid background. Avoid taking your pictures in your bathroom, your closet, or places that have a lot going on in the background!

## LIGHTING MATTERS

Take your picture in a room with as much light as possible. Natural light coming in from a large window is best. You want the light to be front-filled and not overhead or harsh.

## TAKE MORE THAN ONE

Take pictures from different angles; full length of your front and backside along with a side view of your entire body, head-to-toe or mid shin! Stand relaxed with your hands down by your side. Most importantly... WE WANT TO SEE YOUR SMILING FACE!



ARIANA



ERIN



NATALIE



KATRINA

Ready beautiful? Take your before photos today! For extra motivation, post them on Instagram with the hashtag #TIUtransformation. You can do this!

# YOUR MEASUREMENTS

Get ready to track your progress! We like using our measuring tape more than the scale and here's why: Muscle is denser than adipose tissue ("fat"), so you could actually weigh the same, but be much tighter and more toned. Taking your measurements along with pictures means you'll see your real results. Measure yourself once every two weeks.

## ARMS

Hold your arm straight out to your side. Measure the distance around your upper arm 2 inches below your armpit.

## NECK

Measure around the center of your neck, halfway between your collarbone and chin.

## ABS

Take measurement around your core, right at your belly button.

## TORSO

Measure around the largest part of your chest. This is also a good measurement to gauge the latissimus area on your back under the arm where shirts and dresses fit.

## WAIST

Measure around the smallest area above your hips.

## HIPS

Measure around the largest section of your hips or bum.

## THIGH

Measure the circumference of your thigh, 6 inches below the crease where your upper thigh is joined to your torso.

## CALF

Measure around the largest section of your lower leg.

## TIPS FOR TAKING YOUR MEASUREMENTS:

Use a flexible measuring tape to measure the complete distance around your body at each measuring point.

Pay attention to exactly where you measure each time. Be consistent and take the measurement in the same place.

Be honest. This is your personal record to track your progress. It's okay to fluctuate a little! In the long run, you'll see results!

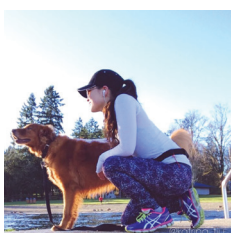
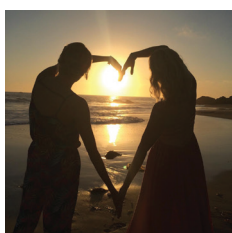
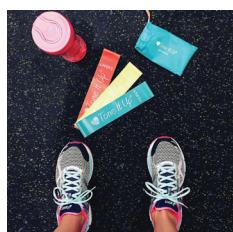
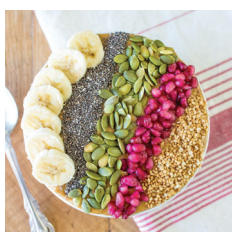


# YOUR COMMUNITY

Just like sending a text to a girlfriend, we want you to check in with us and the Team! This helps you and your fellow TIU girls stay on track. When you complete a workout, enjoy a healthy meal, or feel a surge of encouraging energy, share it via social media!

Here's how to make the most of the Tone It Up community:

## #TIUTEAM



## GET SOCIAL

From Instagram to Twitter and in the Tone It Up app, TIU girls are everywhere! Whether you choose one platform, or choose them all, checking in with your team is an essential part of your success. This is how you stay accountable, support others, and stay motivated by seeing your team stay strong.

Plus research shows the people who are part of fitness communities and actively participate in social media networks exercise more and see better results!

## CREATING YOUR HANDLE

You may want to create a separate Insta handle for your TIU journey such as TIUKate or LaurenTonesUp. It's easy! 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 switch between your TIU account and your personal one by selecting your handle at the top of your screen.

## #USINGHASHTAGS

Your official Tone It Up hashtag is #TIUTeam. Use it on all your checkins to stay connected with the Team and receive a burst of instant motivation by scrolling through #TIUTeam on all platforms. We love browsing your pictures!

To ensure we see your posts, tag us @ToneItUp

We're also on YouTube and Pinterest! YouTube is where you will find free video content including workouts, food videos, and vlogs! Pinterest is where we encourage you to create your Vision Board.

PHOTO CREDIT:  
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 @perfectfit, @karenakatrina, @manda\_tiu,  
 @tiuapple29, @katrina\_tiu, @perfectfit





# MOTIVATION & GOAL SETTING





# DEFINE YOUR GOALS

The first step is to define what you want. More specifically, how do you want to feel? Healthy and energized? Toned and confident? In control of your weight? Whatever it is, write it down. When you physically write down your goals, you're telling yourself: I'm serious about this. This makes your mind go to work on helping you stick to the plan.

The next step is to narrow your list to your top 5 goals. It's important to have a focus. Don't worry, you can always add, modify or change your goals. Once you have the list, reread it often!

## TIPS ON GOAL SETTING

- \* Be positive! Focus on what you want to accomplish — not what you are trying to get rid of. For example, instead of losing 10 pounds, make your goal to be healthy and feel amazing in your skin. Instead of not feeling tired anymore, make your goal to have tons of energy!
- \* Set process oriented goals too. Examples of process oriented goals include: having twice as many leafy greens with dinner, waking up early for daily workouts, bringing your lunch to work, increasing your run by 5 minutes each week.
- \* Write your goals in present tense, as if they are happening now: *I feel amazing in my skin. I'm healthy, happy and I love everything about my body.*

# VISUALIZE YOUR SUCCESS

You hold the key to something powerful and life-changing. It's the strength of your mind and thoughts. The power of visualization. Athletes use it all the time, and we've used it to reach goals in our own lives.

We have no doubt that you can alter your circumstances and increase happiness with positive visualization. This is about believing and seeing yourself get to where you want to be. Focus your thoughts and dreams on what you want in life and you will make them your reality! This is true for your health, your career, your relationships, your friendships – all aspects of your life!

Now that you have your list of goals, it's time to spend time picturing yourself exactly where you want to be!

Use visualization while meditating, during workouts, right when you wake up, or as you fall asleep at night. All you need to do is imagine yourself achieving your goals: See yourself getting stronger, running longer distances, and sticking to your Nutrition Plan.

Once you see yourself achieving your goals, they will feel so real. Visualization truly works!



"Imagination gives you the picture. Vision gives you the impulse to make the picture your own." - ROBERT COLLIER

# JOURNAL TO TRACK YOUR PROGRESS



We can't say this enough: There's MAJOR power in putting your thoughts to paper! In addition to writing down your goals, we want you to jot down completed workouts, daily meals, and snacks. No matter how closely you stick to your plan, the daily log keeps you honest with yourself and is a great motivator to stay on track.

It's also helpful to use your journal to plan your success! Plan your meals and block out time for your workouts. When you set the intention to stay on track, you're more likely to do so.

We created your Tone It Up Journal to be the perfect companion for you on this journey! It's designed to track your progress so you can make your dreams a reality.

For even more accountability, you can also log your workouts in your TIU app!

## STAY MOTIVATED

Every journey has ups and downs. You'll have days when you're on fire — when you rock your workout, stay on track, and go to bed feeling like a badass babe! We love those days. But inevitably there will be times when you're not as ON as you'd like to be. Everyone's been there: you have a bad day, get scared, or maybe feel like you can't do this after all. It's okay to feel this way from time to time, but we want you to bounce back even stronger. Don't let any negative feelings that may come up discourage you! You deserve to feel healthy, vibrant, and full of energy.

When you need an extra boost, these pointers will help:

- \* Read your list of goals and/or refresh it with new ones.
- \* Buddy up by connecting with your Team! Having an accountability buddy, even if it's long distance, can have a huge impact!
- \* Give yourself some TLC. If you're feeling down, it's time to energize your soul with a massage, manicure, or long bubble bath!





# YOUR BOOTY CALL®

The Tone It Up Booty Call® is the most important part of the TIU Lifestyle! Kicking off your day with a workout is the best way to guarantee success throughout the rest of the day. We want you to set your alarm 40-60 minutes earlier than your usual wake-up time and work that booty! Does this mean that you might have to go to bed 40 minutes earlier? Yes, but we promise it'll be worth it. Start by lacing up your sneakers and briskly walking or jogging away from your house for 20 minutes and coming right back. Once you're accustomed to waking up at your new time, take it up a notch with a run, HIIT workout, or class. Have fun, challenge yourself, and enjoy YOUR morning!

## WHY MORNING EXERCISE?

Experts and scientists have long debated the perfect time to exercise to maximize fat burning. Many studies show that doing short exercises in a fasted state burns the most fat. When you're fasting (sleeping), your body uses up its glycogen stores. When you wake up, your body is ready to tap into fat stores and convert triglycerides into energy. Don't just take the scientists' word for it, we've tested the theory and experienced incredible results first hand! And we learned that not all workouts are created equal so we developed the best workouts out there just for you.

## CONSISTENCY

Did you know that you're more likely to work out consistently if you do it in the morning? You have a busy schedule and that gets in the way of your fitness regimen. If you power through your workout first thing, nothing can distract you from it later on. If mornings simply won't work, choose the time of day that is the most predictable or consistent in your schedule, dedicate it to your workout, and stick to it! If that time is in AM, get ready to take advantage of the many natural benefits of moving your body first thing in the morning!

## KEEP BURNING THROUGHOUT THE DAY

One of the most exciting advantages of morning exercise is that your body will continue working long after your Booty Call ends. Whether you're at your desk, standing in line at a store, checking your email, or eating one of your delicious, healthy meals, your body will be busy burning calories. The physiological effect is called the excess post-exercise oxygen consumption, or EPOC. What does this mean? It refers to the amount of oxygen required to restore your body to its normal, resting level of metabolic function (called homeostasis). If you're still a bit confused, we're pretty sure you've experienced this before. Ever notice that you're still overheating long after your workout ends? Yeah, we know, the struggle to pull on your jeans



after a tough workout is REAL! That's EPOC. Just like an engine stays hot after you've stopped driving, your metabolism will continue to burn up calories long after that Tone It Up workout!

## NO DISTRACTIONS

Exercising in the morning allows you to complete your routine with little to no distraction. As your busy day moves along, you are more likely to be interrupted by work, phone calls, errands, family obligations, events, fatigue, and the stress of the day. We're right there with you! It took us a while to learn this but when we get up for our Booty Call, we make ourselves a priority, put our goals first, and keep the rest of the day open for whatever comes along. Guess what girl, you can handle anything life throws your way once you've gotten your workout in!

# YOUR BOOTY CALL®



## WHAT TO EAT?

Eating a healthy breakfast is essential, however, over consuming before a workout may leave you feeling lethargic and full with an upset stomach. Why is this? Digestion actually shuts down during exercise, so your food just sits in your tummy. Remember your mom saying, "Don't jump in the pool right after you eat!" She was actually right!

The General Nutrition Guidelines to the size and timing of your meals include: large meals should be consumed at least three to four hours before exercise, small meals consumed two to three hours before exercising, and small snacks an hour before exercising.

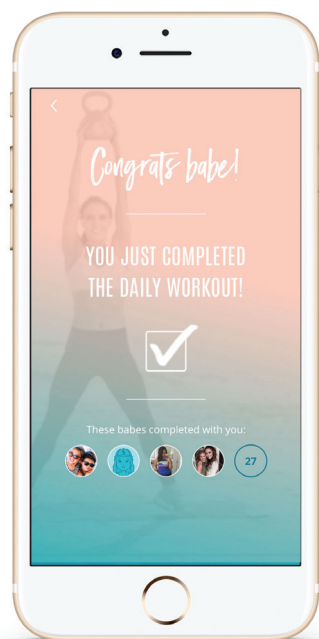
Our advice before a morning workout.

- Some water or coconut water before a 20-minute routine.
- Small handful of dried fruit before a 30-40-minute routine.
- Half a banana with some honey or an orange before a 60-minute workout.

The amount of calories depends on your intensity and training too. If you're training for a race, adjust accordingly. If you had a large dinner and still feel energized in the morning, grab an espresso shot and HIIT it girl! Remember to always listen to your body!

### Do your Booty Call with your girls!

Join us in Studio Tone It Up, your on-the-go fitness studio! Our doors are open 24/7! Take classes with your girlfriends anywhere, connect with new babes before and after class, track your workouts and goals, and receive endless support, encouragement, and love from this team! Download your app in the Apple Store.



## CREATE THE DAY

Did you wake up on the 'right side of the bed'? By starting your day with your workout, you are making the rest of your day that much better. Your body will feel amazing, you'll make better food choices, your attitude will be more uplifted and you'll have pep in your step!

## CAN'T WORK OUT IN THE MORNING?

Do what works for YOU! Bust your booty anytime throughout the day! Even if it's 10 minutes here or there. We also love our evening runs and toning!



# MY GOALS



# YOUR MEALS





# YOUR TONE IT UP MEALS

Welcome to your #TIUmeals! This structure will help you lay out your meals and make the best food choices. Soon this will come naturally to you!

**M1**

Breakfast time! This meal centers around lean protein and healthy carbs. Have a scramble with some fruit or a Tone It Up Pancake. Great time for a TIU Approved coffee or your Awaken Tea!

**Eat M1 within 90 minutes of waking up.**

✓ Meta D or Bombshell Spell

**M2**

This is your mid-morning snack! Enjoy a smoothie, a Tone It Up muffin, or a piece of fruit. If you prefer to eat a lighter meal upon waking up, feel free to swap M1 and M2.

**M3**

Fuel up for the afternoon with a healthy lunch! The focus here is the combination of lean protein and complex carbohydrates with optional fruit and vegetables on the side.

**M4**

Power up with an afternoon snack. The best foods to enjoy at this time are protein, healthy fats, and veggies. Try to limit the starches on page 33. Great options include: a handful of almonds with unsweetened coconut shavings, veggies and hummus, or a shake made with almond milk and Tone It Up Protein. See all the recipes for M4 in your Recipe Guide!

**M5**

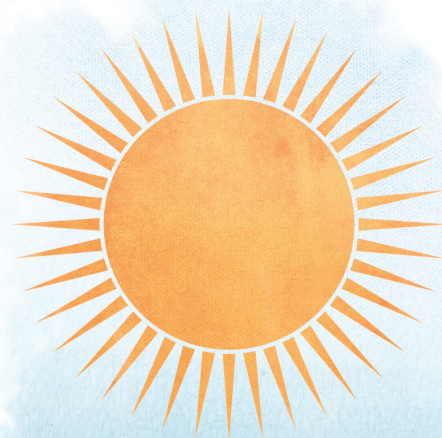
This is your Lean, Clean, 'N Green dinner! Combine lean protein with unlimited green veggies and a touch of healthy fats. You'll want to limit the starches on page 33.

**Eat M5 at least 90 minutes before going to bed.**

**POST  
DINNER**

The evening is a great time to destress and relax. Enjoy some of your favorite herbal tea. Feel free to add warm almond milk. You can also have a small serving of yogurt sprinkled with cinnamon or some TIU chia seed pudding.

Make sure to eat every 3 hours and never go more than 5 hours during the day without food!



## YOUR MEAL BY MEAL GUIDE

# M1 MEAL 1

Your first morning meal is all about quick, useful energy to kickstart your body for the day. Now is the time to eat fruits, healthy carbs, and protein! Think fruity and fun! How about banana protein pancakes or a delicious smoothie with fruit and protein? Fuel those muscles girl!

## VEGGIES

We love adding veggies to morning scrambles! Go for the greens!

## OTHER CARBS

1 piece or ¼ cup fruit  
or  
¼ cup grains  
or  
¼ cup legumes

## LEAN PROTEIN

Choose 1 of your approved proteins  
or  
Combine grains + legumes for a complete protein

## GOOD FATS

Keep to a minimum.



## OUR GO-TO M1 RECIPES

### FRESH START SCRAMBLE

3 egg whites  
1 Roma tomato, diced  
1 Tbs fresh basil, chopped  
1 Tbs chives  
slice of GF toast with ¼ avocado

### BERRY GOOD OATMEAL & YOGURT

¼ cup blueberries  
¼ cup dry, GF rolled oats  
½ cup plain, Greek or almond yogurt  
1 tsp cinnamon  
½ tsp nutmeg

### TONE IT UP PANCAKE

1 scoop Tone It Up Protein  
½ banana, mashed  
½ Tbs unsweetened almond milk  
¼ cup egg whites  
1 tsp cinnamon  
1 tsp maple syrup

### MORNING MOCHA SMOOTHIE

1 cup coffee (or 2 shots espresso)  
5 chocolate almond milk ice cubes  
1 scoop Tone It Up Protein  
¼ cup unsweetened vanilla almond milk  
1 tsp organic cocoa powder



## YOUR MEAL BY MEAL GUIDE

M2

## MEAL 2

If Meal 1 was a quick pre-workout snack, eat a complete breakfast. Add some protein to replenish your muscles after your morning workout. Fruits, veggies, and whole grains are also good energy sources to carry you through the morning. Sitting at your desk? Graze on some berries and granola or sip on a Tone It Up smoothie!

## VEGGIES

Include up to ½ cup if you choose, plus unlimited greens.

## OTHER CARBS

1 piece or ¼ cup fruit  
or  
¼ cup grains  
or  
¼ cup legumes

## LEAN PROTEIN

Choose 1 of your approved proteins  
or  
Combine grains + legumes for a complete protein

## GOOD FATS

Keep to a minimum.



## OUR GO-TO M2 RECIPES

## VERY BERRY SMOOTHIE

- ¼ cup blueberries
- ¼ cup raspberries
- 1 scoop Tone It Up Protein
- ½ cup ice
- 2 cups unsweetened almond milk

## STRAWBERRY CUCUMBER RAFTS

- 1 sliced cucumber
- 4 Tbs almond or Greek yogurt
- 1 Tbs shredded coconut
- 5 sliced strawberries

\* Layer ingredients on cucumber slices

## RADIANT RUSH JUICE

- 1 beet
- 2 apples
- ½ inch fresh ginger stalk

## MORNING MIX

- 1 Tbs goji berries
- 1 Tbs coconut flakes
- ¼ cup granola
- 1 chopped date

## YOUR MEAL BY MEAL GUIDE

## M3 MEAL 3

Now is the time to shift energy sources and focus more on lean proteins and healthy fats. Fruits and carbs are still great, but start working in more veggies — especially if you haven't had any all morning. Bonus: the healthy fiber in greens will help you feel full without adding unwanted calories from too many starches or excess fats. Fruit-infused water is TIU approved all day. We also love cucumber or lemon water with mint!

## VEGGIES

Include up to ½ cup,  
plus unlimited greens.

## OTHER CARBS

1 piece or ¼ cup fruit  
or  
¼ cup grains  
or  
¼ cup legumes

## LEAN PROTEIN

Choose 1-2 of the your  
approved proteins  
or  
Combine grains, legumes +  
nuts for a complete protein.  
\*Avoid Dairy

## GOOD FATS

Choose 1-2 sources:  
¼ avocado  
2 Tbs oils  
2 Tbs nut butter  
2 Tbs nuts or seeds



## OUR GO-TO M3 RECIPES

## CITRUS SUMMER SALAD

2 cups spinach  
4 oz extra firm tofu  
½ orange, peeled and sliced  
½ grapefruit  
5-10 walnuts  
¼ cup cherry tomatoes

## TONE IT UP KALE SALAD

2 cups kale, chopped  
4 oz grilled tofu  
¼ cup quinoa  
unlimited veggies!  
TIU approved dressing

## QUICK &amp; SPICY PITA

4 oz tempeh  
1 tsp spicy brown mustard  
1 whole wheat or GF wrap  
½ Roma tomato  
½ cup spinach

## PB BANANA SNACK WRAP

1 whole wheat or GF wrap  
1 Tbs natural peanut butter  
½ banana, sliced  
1 tsp honey  
cinnamon to taste



## YOUR MEAL BY MEAL GUIDE

M4

## MEAL 4

This is where you stay strong and fuel your body with proper nutrition to make it through the afternoon slump! Carbs should come from vegetables, beans, or non-starchy sources. Focus on protein and good fats: they'll help curb your afternoon cravings and keep your energy levels up! Limit fruit and your sugar intake for the rest of the day. You've got this!

## VEGGIES

VEG OUT! All you can eat buffet girl! Fill up on veggies and unlimited greens!

\*Avoid Starches

## OTHER CARBS

¼ cup quinoa or  
amaranth  
or  
¼ cup legumes

## LEAN PROTEIN

Choose 1-2 of the your  
approved proteins  
or  
Combine grains, legumes +  
nuts for a complete protein.

\*Avoid Dairy

## GOOD FATS

Choose 1-2 sources:  
¼ avocado  
2 Tbs oils  
2 Tbs nut butter  
2 Tbs nuts or seeds



## OUR GO-TO M4 RECIPES

AVOCADO WITH  
SUNFLOWER SEEDS

½ avocado  
½ Tbs sunflower seeds  
1 tsp honey

SPINACH WRAPS WITH  
BLACK OLIVES & HUMMUS

3 large spinach or kale leaves  
¼ cup black olives, sliced  
3 Tbs hummus  
1 tsp lemon juice

CINNAMON SWIRL  
SMOOTHIE

½ cup ice-cubes  
1 scoop Tone It Up Protein  
1 cup unsweetened almond milk  
¼ avocado  
2 tsp cinnamon  
2 tsp cacao nibs  
splash of coconut milk

## VEGGIES... DIPPED

1 cup veggies  
4 oz hummus

## YOUR MEAL BY MEAL GUIDE

M5

## MEAL 5

This is your Lean, Clean, 'N Green dinner. The main focus should be lean protein to refuel your muscles after the day's activities. Include healthy fats and lots of greens. Stay light on starches, so you're a fat-burning machine throughout the night! If you want a little something after dinner, opt for your favorite tea or TIU approved dessert (limit dessert to 2 times per week).

## VEGGIES

VEG OUT! All you can eat buffet girl! Fill up on veggies and unlimited greens!

\*Avoid Starches

## OTHER CARBS

¼ cup quinoa or approved carbs

or

¼ cup legumes

## LEAN PROTEIN

Choose 1-2 of the your approved proteins

or

Combine legumes + nuts for a complete protein.

\*Avoid Dairy

## GOOD FATS

Choose 1-2 sources:

1/4 avocado

2 Tbs oils

2 Tbs nut butter

2 Tbs nuts or seeds



## OUR GO-TO M5 RECIPES

## QUICK &amp; LEAN DINNER

½ Tbs olive oil  
¼ cup chickpeas  
½ cup broccolini  
¼ cup cherry tomatoes  
1 Tbs red onion

## SPAGHETTI SQUASH MARINARA

1 cup spaghetti squash  
1 Tbs olive oil  
½ tsp basil  
½ tsp black pepper  
¼ cup marinara

## LEAN &amp; GREEN

4 oz tofu  
unlimited veggies!  
1 tsp black pepper  
1 tsp basil

## QUINOA &amp; VEGGIES

¼ cup quinoa  
1 Tbs olive oil  
1 Tbs red pepper flakes  
1 clove garlic  
¼ cup mushrooms  
¼ cup zucchini  
1 tsp fresh thyme



## REGULAR SAMPLE DAY

M1



LEMON &amp; CHIA PANCAKES

M2



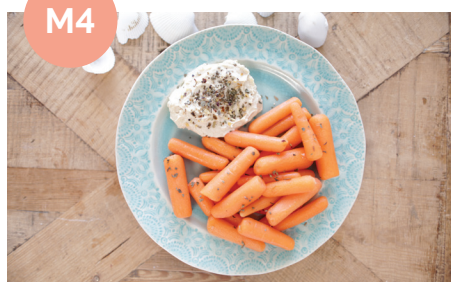
FRUIT &amp; YOGURT PARFAIT

M3



CONFETTI KALE SALAD

M4



CARROTS &amp; HUMMUS

M5



PORTOBELLO FAJITAS

## VEGETARIAN SAMPLE DAY

M1



BERRY BLISS BARS

M2



ITTY BITTY SMOOTHIE

M3



BUTTERNUT SQUASH RISOTTO

M4



AVOCADO W/ SUNFLOWER SEEDS

M5



THAI LETTUCE CUPS

## VEGAN SAMPLE DAY

M1



ZESTY TOFU GARDEN SCRAMBLE

M2



LEAN 'N GREEN SMOOTHIE

M3



QUICK &amp; SPICY PITA

M4



EDAMAME DILL SALAD

M5



POWER PACKED QUINOA BOWL



# MEAL PREP

Sundays are our meal prep days! Just like with anything else in life, organizing things in advance helps free up time and energy to kick some major booty in other areas of your life!

Meal prepping is a win-win for your body and your budget. Having your own snacks lessens the temptation to grab pricier and often healthier options when you're out and about. Taking the time NOW will free up a lot more time and energy later.

## 10 tips to prep for success

### 1. WHIP UP A BATCH OF HEALTHY MUFFINS!

Grab and go options for busy mornings are a must! Any of the muffin recipes in your plan and bonus editions are ideal to make ahead of time. Keep the muffins covered in the refrigerator for up to 4 days.

### 2. MINI FRITTATAS

Just like with the muffins, these make a delicious and filling M1 or M2. Take your favorite scramble recipe, add the mixture to a pre-sprayed muffin pan, and bake for about 15 minutes.

### 3. TONE IT UP PANCAKES!

Yes, you can make these ahead of time! Keep the batch of pancakes in a covered glass container for up to 2 days in the fridge. Simply pop in the toaster oven in the morning! We also like baking muffins from the Tone It Up Pancake recipe ~ just triple the recipe, throw some extra blueberries and maybe some coconut oil and bake at 350° degrees until done!

### 4. OVERNIGHT OATS

Make them in mason jars the night before if you're on the go first thing. Overnight Oats keep in the fridge for up to two days! Find some of our favorite ONO recipes on [ToneItUp.com](http://ToneItUp.com)

### 5. CHOP THOSE VEGGIES GIRL

Wash, peel, and chop carrots, celery, mushrooms, zucchini... these are great snacks to have on hand. Have salad greens ready too! Wash and keep them wrapped in a dry paper towel in your crisper.

### 6. BLAZE YOUR OWN TRAIL

Portion out a handful of small zip top baggies with your favorite trail mix blend. It's easy to snack on too much of a good thing, so divvy up your portions. We love almonds, cashews, dried cherries, and unsweetened coconut strips!



### 7. SPA WATER

Keep a large pitcher in the fridge with berries, mint, and lemon slices for a flavorful way to stay hydrated all week.

### 8. MASON JAR IT

Layer salad ingredients for the week in mason jars for delicious lunches on the go.

TIP: Keep the dressing separate to ensure it lasts longer!

### 9. DRESSINGS & DIPS

Make a large batch of 2 of your favorite Tone It Up Nutrition Plan dressings! Keep one bottle at home and one at work.

### 10. POWER UP WITH PROTEIN!

Baked lean proteins and veggies are great main staples to have on hand throughout the week! You can either heat up or throw on salads. Karena and I place protein and all of our veggies in a large baking dish or pan and add our favorite spices, plenty of garlic, a little oil, and a pinch of salt. We bake at 350 degrees for 20-30 minutes or until cooked completely (depending on thickness of protein). We also love using the slow cooker!

TIP: Another great staple to make in advance is quinoa :)



# MEAL PREP



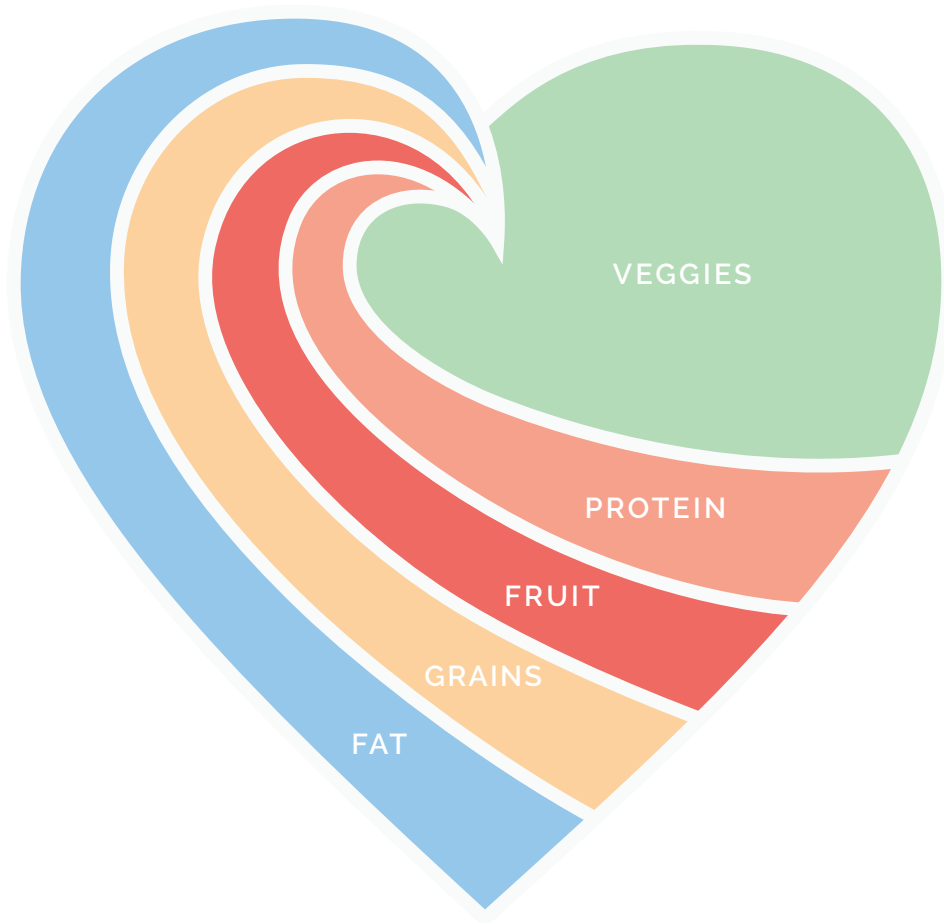
# NUTRITION GUIDE





# LEAN, CLEAN, 'N GREEN

Eat your heart out! The graphic below is your TIU version of a food pyramid. Fill up on lean proteins and green veggies to your heart's content. Then use fruits, nutrient-rich whole grains, and healthy fats to complement your meals. When you nourish your body this way, you'll find that your cravings for unhealthy foods will lessen and you'll start craving superfoods! Yup, we're talkin' full-on kale and Brussels sprout cravings!



## LEAN, CLEAN, 'N GREEN!

Eating Lean, Clean, 'N Green is a lifestyle approach to choosing your meals. Focus on consuming food in its most natural state. Think lean proteins, colorful fruits, an array of vegetables (especially the dark, leafy green kind), and healthy fats. It's important for your evening meal to be as clean as possible so your body can feel light and energized the next morning!

Instead of focusing on what you can't eat on the plan, you're going to focus on all the delicious food you can eat! Nature provides so many wonderful options that are good for your body and mind. The choices are endless! Focus on filling your plate with the good stuff at every meal. Start with the list of our favorite superfoods that we'll review later on in your plan. Before you know it, all the good stuff will crowd out the junk and you won't even miss it.

## REMEMBER

- Limit starches after M3
- No artificial sweeteners
- Eat Lean, Clean, 'N Green
- Morning Booty Call
- Always hydrate
- Fuel your body with nutrient dense superfoods

# LIMIT STARCHES AFTER MEAL 3

This has been one of the most amazing changes we have ever made in our lifestyle. Most of us have become accustomed to adding rice, bread, potatoes, and pasta to dinner. Why not fuel our bodies with nutrient-dense, metabolism-revving, slimming foods that keep us toned and help us reach our goals!?

Not only will you get lean, but you will feel energized, light, and fresh!



## WHY?

If you're not serving up starches in the afternoon, then you're reaching for something else—something you'll benefit more from that is packed with essential nutrients! Think Lean, Clean, 'N Green! We also don't encourage consuming a lot of fruit in the afternoon. The morning is a great time to have fruit packed with natural sugars because you have all day to balance your blood sugar levels with activity. Trust us! We're going to go into more detail later in your plan!

## CARBS WE LOVE AFTER M3

- Garbanzo Beans
- Kidney Beans
- Lima Beans
- Pinto Beans
- Black Beans
- Other Beans
- Lentils
- Quinoa
- Amaranth
- Hummus

## CARBS IN MODERATION AFTER M3\*

- Corn
- Parsnips
- Peas
- Plantains
- Pumpkin
- Acorn Squash
- Butternut Squash
- Sweet Potatoes
- Purple Potatoes
- Yams

## CARBS TO AVOID AFTER M3

- Bread or GF Bread
- Pasta
- White Potatoes
- Pastries
- Cereal
- Crackers
- Rice

### \* LIMIT TO A COUPLE TIMES PER WEEK

These starchy vegetables and fruits are high quality carbohydrates rich in vitamins, minerals, enzymes, fiber and many more body beautifying nutrients. While these are always a better option than refined grains, it's important to remember they will raise your blood sugar more than non-starchy veggies. Enjoy these earlier in the day or only a few times a week (or less) in the afternoons or evenings.



# UNDERSTANDING YOUR METABOLISM

Metabolism is defined as the chemical processes that occur within a living organism in order to maintain life. In simplest terms, metabolism is how your body converts what you consume into energy. With that being said, fine tuning what you are consuming and how you use energy can rev up your metabolism! Understanding the science behind your metabolism is great, so you know what's going on with your body during fat loss and the creation of lean muscle. Get ready to geek out for a minute with us. When we learned this, it all clicked and we realized that we are in control of our own metabolism. You've got this girl!

## BASIC UNITS OF METABOLISM

Your metabolism is formed from the nutrients you consume. Such as:

**Amino Acids** – from proteins

**Glucose** – from carbohydrates

**Fatty Acids** – from fats

After food is eaten, molecules in the digestive system called enzymes break proteins down into amino acids, fats into fatty acids, and carbohydrates into glucose (simple sugars). In addition to sugar, both amino acids and fatty acids can be used as energy sources by the body when needed. These compounds are absorbed into the blood, which transports them to the cells. After they enter the cells, other enzymes act to speed up or regulate the chemical reactions involved with "metabolizing" these compounds. During these processes, the energy from these compounds can be released for use by the body or stored in your body's tissues, liver, muscles, and as body fat.

## HOW DOES IT WORK?

What we want you to understand about your metabolism is that it is constantly depending on you to take care of it! It doesn't run efficiently without you treating it properly. With vitamins, minerals and enzymes in your meals, your metabolism can operate efficiently.

The metabolic process includes two main phases: one, the building up and repairing of body tissues and energy stores and two, the breaking down of body tissues and energy stores to generate more fuel for body functions.

These two metabolic phases are:

**Anabolism**, or constructive metabolism, is all about building and storing: It supports the growth of new cells, the maintenance of body tissues, and the storage of energy for use in the future. During anabolism, small molecules are assembled into larger, more complex molecules of carbohydrate, protein, and fat. Think about adding lean muscle!

**Catabolism**, or destructive metabolism, is the process that produces the energy required for all activity in the cells. In this process, cells break down large molecules (mostly carbohydrates and fats) to release

energy. This energy release provides fuel for anabolism, heats the body, and enables the muscles to contract and the body to move. As complex chemical units are broken down into simpler substances, the waste products released in the process of catabolism are removed from the body through the skin (sweat), lungs (breathing), kidneys (urination), and intestines (bowels).

## INCREASE YOUR METABOLISM

Now that we have a basic understanding of our metabolism, how can we manipulate and 'increase it'?

Smaller, more frequent meals increase your metabolism! This is why you're eating five times a day with your plan. We also want to eat metabolism friendly foods such as protein, which has a thermic effect on your body, burning 30% more calories as you digest. Read more about this in your protein section! Other foods like fibrous fruits, vegetables, and whole grains positively affect your metabolism as you digest them compared to processed food and refined sugar. This is why we stay as clean as possible at Tone It Up!

Exercise also improves your metabolism! When you work out, your body continues to burn calories long after your routine ends. This process is called EPOC (referred to on page 17)! We love HIIT workouts for this effect, because your metabolism burns up all day. Muscle! The more lean muscle you have on your body, the more your body works to maintain it. BONUS to that toned BOOTY!

## HYDRATE

Along with nutrition and exercise, hydration plays a vital role in your metabolism. According to research, through a group of tested individuals (men and women alike), medical professionals determined that drinking about 16 ounces of water showed an increase of their metabolic rate by 30%. This means, just by consuming water you are increasing the rate at which your body creates energy. And more energy means you are burning more calories. So keep that Tone It Up water bottle nearby and hydrate all day long!

# ENERGY & HORMONES

## QUALITY OVER CALORIE

Let's break it down here: your body requires energy for every movement you make. When you squat, lunge, and run, you're using energy. Calories are a measurement of that energy. That's all they are, a measurement! The fitness industry has put so much focus on calories, but we're going to change that right now. Yes, understanding that movement requires energy is important, but it isn't everything. The quality of the energy that you're getting matters most. Give your body clean, energizing fuel, and you'll feel equally as clean and energized!

There's another factor that regulates how your body uses energy, and that's your hormones. Hormones are your body's internal messengers. They communicate important signals between your brain and the rest of your body.

## KEY HORMONES

**Insulin:** helps shuttle glucose into your cells

**Ghrelin:** Lets your body know when you're hungry

**CCK and PYY:** Lets your body know when you're full

When you're following the Tone It Up Nutrition Plan guidelines and eating Lean, Clean, 'N Green, you're balancing these hormones. Fresh fruits and veggies steady your blood glucose and insulin levels for an even supply all day long. Lean proteins and healthy fats boost your levels of CCK and PYY to reduce mid-afternoon snack attacks. And high-quality fiber meals decrease levels of ghrelin so you feel satisfied!

Keeping it Lean, Clean, 'N Green with your Tone It Up Nutrition Plan guidelines will keep you in balance and make you feel more energized, confident, and strong!





# ENERGY

A "Calorie" is the term used to describe the amount of energy food will provide you. In science, it's the amount of heat energy it takes to raise the temperature of 1 gram of water 1 degree Celsius. It's more accurately called a kilocalorie (kcal), but food labels and people use the term calorie. Here's what you need to know about them!

## HOW MANY CALORIES DO YOU NEED PER DAY?

It's important to know how many calories you need per day. We don't like to encourage "counting calories" because it can become obsessive and unhealthy. We do, however, want you to be aware of how many calories you need to be healthy. This is why we want you to calculate your basal metabolic rate (BMR).

## BASAL METABOLISM

Your Basal Metabolic Rate is the rate of energy your body uses at rest. It's the calories your body needs for involuntary bodily functions such as your heartbeat, breathing, and functions of other organs. It does not include daily activities such as walking to your car, your workouts, or Instagramming with your trainers. This is why your plan is so great! You can affect your metabolism with physical activity and the foods you eat! <sup>3</sup>

## CALORIE NEEDS

Once you are aware of the amount of calories you need, decide if you want to lose, gain, or maintain your weight. If you want to lose one pound a week, you'll need to create a deficit of 500 a day (one pound of fat equals 3,500 calories). You can do this through exercise and reducing your calories. If you want to lose two pounds a week, reduce your calories by 500 per day and add 50 minutes of exercise to burn the other 500! Want to maintain your weight or add muscle? Follow your plan and eat sufficient calories to fuel your activity. We know it seems like a lot, but simply put... exercise daily, follow your plan, and kick some booty!

1 POUND OF FAT = 3,500 CALORIES

### TO LOSE ONE POUND:

3,500 CALORIES divided by 7 DAYS = 500 PER DAY

## HOW MANY CALORIES ARE IN YOUR FOOD?

MACRONUTRIENT	CALORIES (kcal)
<b>CARBOHYDRATE</b>	4 CALORIES PER GRAM
<b>PROTEIN</b>	4 CALORIES PER GRAM
<b>FAT</b>	9 CALORIES PER GRAM
<b>ALCOHOL</b>	7 CALORIES PER GRAM

## CALCULATE YOUR BMR

You can calculate your BMR below!

$$\text{BMR} = (10 \times \text{weight (kg)}) + (6.25 \times \text{height (cm)}) - (5 \times \text{age (years)}) - 161$$

To calculate your weight in kg= lbs/2.2

Now that you know your BMR, factor in activity to evaluate your daily calorie needs.

If you are sedentary: BMR x 20 percent

If you are lightly active: BMR x 30 percent

If you are moderately active; you exercise most days a week: BMR x 40 percent

If you are very active; you exercise intensely on a daily basis or for prolonged periods: BMR x 50 percent

If you are extra active; you are training for a race or sport: BMR x 60 percent

Add this number to your BMR calculation and this is your daily caloric needs. From here, you can reduce your calories with your nutrition plan and exercise.

As you lose weight, you can recalculate your BMR and caloric needs. (Mifflin-St. Jeor Formula.)

## PLEASE NOTE

We don't want you to reduce your caloric intake more than 500 calories a day, or dip below 1,200 total calories. We also don't recommend losing more than two pounds a week. Sometimes it will happen naturally and that's okay. If weight is lost too quickly, muscle can be lost too, which is what we want to avoid. We recommend writing your calories for a week to get an idea of what you're consuming. This helps you become more 'calorie aware.' If you splurge at a birthday party or have a brownie at a girlfriend's house, it's totally OK! We all do it! It's called enjoying life...and having your cake too! The most important thing to remember is don't get down on yourself. Just get back on track with your Lean, Clean, 'N Green eating at your next meal. It's all about balance!

# DRINK IT UP!

Sipping water regularly sounds like a no brainer, but as many as 75% of us are chronically dehydrated. Crazy, right? Turns out we often mistake our thirst for hunger and eat more than we really need. When we do drink, more than 50 percent of us reach for unhealthy sips like soda, according to a report from the National Center for Health Statistics.

Why is drinking water so essential for good health? Over 60 percent of your body weight is made up of H<sub>2</sub>O and every system in your body depends on it. From carrying nutrients to your cells to flushing toxins, water helps the entire body function smoothly. Run low on fluids and you'll feel the consequences: fatigue, dry skin, digestive problems, and high blood pressure. Dehydration can even slow your metabolism by as much as 3 percent. That equals up to an 8-pound weight gain per year—yikes! No wonder weight creeps on so easily.

## 4 reasons to stay hydrated

### 1. YOU'LL HAVE MORE ENERGY

Fatigue is one of the first signs of dehydration. Sip smart and you'll power through those Booty Calls!

### 2. YOU'LL RECOVER FASTER

We lose water when we sweat, so replacing fluids post exercise is crucial to restore balance, repair muscle tissue, and keep your system running smoothly. Drink an extra 8 oz. of water for every 30 minutes of exercise.

### 3. YOU'LL BOOST YOUR MOOD

Mild dehydration (a loss of just 1 to 2 percent of your body weight as water) is enough to impair thinking and make you feel cranky, according to the *Journal of Nutrition*. Rehydrating throughout the day will clear your mind and keep you motivated!

### 4. YOU'LL PREVENT WEIGHT GAIN

H<sub>2</sub>O fills us up for zero calories—who doesn't love that? People who drink just 2 glasses of water before a meal consume up to 90 fewer calories.



DRINK HALF YOUR BODY WEIGHT (LBS)  
IN OUNCES OF WATER EACH DAY AND  
YOUR BODY WILL LOVE YOU FOR IT!



# ALKALINITY = BALANCE

Boost your health and energy by balancing your pH! It's important to nourish our bodies with more alkaline-forming foods and fewer acid-forming foods. Follow these guidelines for brilliant hair, skin, nails, and overall health!

Get ready to feel pHit, pHierce, and pHabulous!

## WHAT IS PH?

PH is a measure of how acidic or alkaline a liquid is. The pH scale ranges from 0 to 14. A liquid that has a pH of 7 is considered to be neutral (pure water is generally considered to have a neutral pH). Fluids that have a pH below 7 - like lemon juice and coffee - are considered to be acidic. And fluids that have a pH above 7 are considered to be alkaline. What you eat and drink will affect your body's pH levels, therefore finding a mix of both will keep your pH levels in the appropriate range allowing your body to feel its best.

The pH scale is from 0 (acidic) - 14 (alkaline)

0 1 2 3 4 5 6 7 healthy 8 9 10 11 12 13 14

## HOW TO MAINTAIN GOOD HEALTH

To maintain health, your diet should consist of 60% alkaline-forming foods and 40% acid-forming foods. To restore health, the diet should consist of 80% alkaline-forming foods and 20% acid-forming foods. This probably makes you wonder: "What are alkaline-forming foods and acid-forming foods?"

## PLEASE NOTE

Generally, alkaline-forming foods include: most fruits, green vegetables, peas, beans, lentils, spices, herbs, and seasonings, seeds, and nuts. Acid-forming foods include: eggs, grains, and legumes. However, as mentioned above, finding a balance of both alkaline and acid-forming foods is important and can become difficult given our "convenience" driven society. Many easily available products are very acidic, which leads us to over-consume more acidic forming foods. Common products to avoid include: processed foods that are full of white flour and sugar, sodas, and chemical sweeteners. By regulating these and incorporating more fruits and vegetables (alkaline-forming foods), your diet can be easily adjusted toward better health.

## ALKALINE

FOODS THAT HAVE A  
MODERATE TO STRONG  
ALKALINE-FORMING EFFECT

Pineapple  
Watermelon  
Lemons  
Cantaloupe  
Celery  
Limes  
Mango  
Honeydew  
Papaya  
Parsley  
Seaweed  
Grapes  
Apple Cider Vinegar  
Olive Oil  
Watercress  
Asparagus  
Kiwi  
Pears  
Raisins  
Vegetable Juices  
Apples  
Apricots  
Alfalfa Sprouts  
Avocados  
Bananas  
Garlic  
Ginger  
Peaches  
Nectarines  
Grapefruit  
Oranges  
Most Herbs  
(Caraway, Cumin, Fennel)  
Sesame Seeds  
Peas  
Lettuce  
Broccoli  
Cauliflower

## ACIDIC

FOODS THAT HAVE A  
MODERATE TO STRONG  
ACID-FORMING EFFECT

Alcohol  
Soft Drinks (Pop)  
Tobacco  
Coffee  
White Sugar  
Refined Salt  
Artificial Sweeteners  
Condiments  
(Ketchup, Miso, Mayonnaise  
Or Mustard)  
Grains  
Canned Vegetables  
Peanut Butter  
Antibiotics (And Most Drugs)  
White Flour Products  
(Including Pasta)  
White Vinegar  
Barley  
Most Boxed Cereals  
Cheese  
Dairy  
(Cheese, Custard,  
Homogenized Milk,  
Ice Cream)  
Chocolate  
Most Types Of Bread  
(Sourdough, White Bread,  
Whole Wheat Bread, even  
Gluten-Free Bread)

# PROTEIN POWER

**.55-.73 X YOUR WEIGHT IN POUNDS = GRAMS OF PROTEIN NEEDED PER DAY.**

You'll notice that we provided a range of .55 to .73 in the above equation. Use any number within that range to calculate your individual needs! For example, a 150lb woman would eat between 83 and 110 grams of protein per day. If you're working out more or training for a race, you may need to use a number closer to .73. Eat protein with at least 3 meals a day. You can have it with Meals 1, 2, 3, 4 & 5!

The secret to getting lean: Eat your protein! Contrary to what you may have heard, protein will NOT make you bulky — trust your trainers! Eating a diet rich in lean protein actually helps boost your metabolism while stabilizing blood sugar levels. Including lean proteins with your meals will help you get toned and stay healthy!

Research shows that people who consume more lean protein have a lower body fat percentage and are better able to maintain their weight. One reason: Proteins require more effort to digest, metabolize, and use, creating a thermic effect in your body. This means you burn calories just by processing them! Pretty cool, huh? The process of digesting protein can actually burn as much

as 30 percent of the calories you take in. So, those 90 calories you consumed from your organic, Tone It Up Protein are really less than 60 calories—wow! You're burning up girl... and glowing! :)

The real power of protein comes from its 20 different amino acids that help regulate hunger and are vital for building and repairing lean muscle, healthy hair, skin, and nails. Your body makes 11 amino acids naturally and the other 9 are known as "essential amino acids." They are essential because your body doesn't produce them so you must receive them from the food you eat.

## COMPLETE PROTEINS

Complete proteins contain all 9 of these essential amino acids. Veggie lovers: You can also get complete proteins through foods such as tofu, buckwheat, quinoa, and Tone It Up Protein, our plant-based protein powder we developed for you!



## INCOMPLETE PROTEINS

Legumes, fruit, and veggies are all lacking the same amino acids, while nuts, grains, and seeds are missing the other essential amino acids. Combine one food from each incomplete group—like beans and brown rice or almonds and asparagus—and you've got yourself a complete protein! Take a look at the Pair It Up section for everything you need to know about protein pairings.



# WE LOVE PLANT-BASED PROTEINS!

HIGH IN ANTIOXIDANTS, FIBER, VITAMINS, AND MINERALS, PLANT-BASED PROTEIN IS INCREDIBLE FOR YOUR HEALTH AND BEAUTIFUL BODY!

## TONE IT UP PROTEIN

We formulated Tone It Up Protein for you as an ideal source for 15 grams of delicious plant-based protein. Add it to smoothies or almond milk, substitute it for flour in any recipe, and even make mouthwatering protein pancakes! For more reasons why Tone It Up Protein is our favorite protein source, keep reading!

## 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 pasta, rice, oats, and cereal grains! We also love it thrown in salads and chili simple lunches and dinners!

## CHIA

Chia seeds are made up of 20% protein which means a 2 Tbs. 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!

## SPIRULINA

Spirulina is a blue green algae or cyanobacteria that is typically sold in a powder or tablet form. It contains 60% complete protein which comes out to about 4-8 grams of protein in a 2 Tbs. serving. Add a tsp to H2O, green juice or smoothies. It's also a great source of iron!

## 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, add to smoothies, or toss into veggies for a nutty crunch.

## AMARANTH

Like quinoa, amaranth is actually a seed but it can be eaten much like a grain. A half cup of it contains 4.5 grams of complete protein. It is also rich in vitamins and other essential nutrients.

## 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

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! Keep total daily servings to about 1 cup.



# PAIR IT UP

LOOKING FOR  
MORE VEGAN  
OPTIONS TO  
GET COMPLETE  
PROTEINS?

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

Va	Tr	Me
Le	Hi	Is
Ph	Th	Ly

## COMPLETE PROTEIN!

The essential amino acids are: Valine, Tryptophan, Methionine, Leucine, Histidine, Isoleucine, Phenylalanine, Threonine and Lysine. Each is represented by a square in the image to the left. Remembering all these names isn't important...what is important is knowing how to combine foods to get some of each and create a complete protein!

## HOW DOES IT WORK?

Try to have a complete protein at least three times a day, but don't stress if you can't. Just keep it in mind and try to have some at the next meal — especially after a workout since exercise breaks down muscle tissue and protein helps repair muscles so they grow back leaner and stronger!

### LEGUMES

Va	Tr	Me
Le	Hi	Is
Ph	Th	Ly

### GRAINS

Va	Tr	Me
Le	Hi	Is
Ph	Th	Ly

### NUTS & SEEDS

Va	Tr	Me
Le	Hi	Is
Ph	Th	Ly

GRAINS + NUTS  
LEGUMES + SEEDS  
LEGUMES + GRAINS  
LEGUMES + NUTS  
=  
**COMPLETE PROTEIN**

## POST-WORKOUT PROTEIN

We always have a complete protein within 30 minutes of completing a workout. It's important to make sure your body has what it needs to refuel so your muscles can repair and rebuild in order to grow stronger. This is why we created Tone It Up Protein!



# TONE IT UP PROTEIN

More than five years ago, Karena and I had the idea of creating a plant-based protein made specifically for you. We couldn't find a clean, honest protein to recommend, so we designed our own, Tone It Up Protein! Our formulation and philosophy revolve around simple and clean principles: high quality, wholesome ingredients without compromise.

After launching the protein in 2012, it grew faster than we ever anticipated! This community has shared hundreds of thousands of Tone It Up pancakes and waffles... and more smoothies than we can count. It has been so exciting to see Tone It Up Protein become a staple in your healthy, active life!

We always strive to provide this community with the best of the best. It's what inspires us! Tone It Up Protein is packed with 15 grams of plant-based protein and made with the cleanest ingredients. It's gluten free, non-GMO, and dairy free. Our easily digestible, innovative pea and pumpkin seed protein blend is made with nutritious ingredients to improve energy, health, and vitality. And of course it's delicious!

Just add it to smoothies and almond milk, substitute it for flour in any recipe, and even make delicious protein pancakes. It is one of our favorites after our morning Booty Call to help our body recover and form lean muscle.

Nourish your beautiful body from the inside out with plant-powered Tone It Up Protein!

Follow us on social media @ToneItUpNutrition

And now it's more convenient than ever to make Tone It Up Protein a part of your healthy lifestyle! We're so proud to offer Vanilla and Chocolate Tone It Up Protein in Target! You can grab yours in stores or online!



## BENEFITS

- Jumpstarts Metabolism
- Satisfies Appetite
- Supports Lean Muscle
- Promotes a Healthy Physique
- Aids Recovery



PLANT BASED



NON-GMO



GLUTEN FREE



DELICIOUS



TIU APPROVED!

# GOOD FATS TO BURN FAT

**WE LIKE TO RECEIVE BETWEEN 20-35% OF OUR CALORIES FROM FATS.**

We know fats get a bad rap, but really they're just misunderstood. Instead of focusing on the amount of fat you eat, it's the type of fat that really matters. Know the difference before you dish it out!

## POLYUNSATURATED FATS

**Omega-3 Fatty Acids** are found in nuts, avocados, olives and other plant-based foods. Studies show these fats can help curb hunger, lower 'bad' LDL cholesterol, relieve depression, protect your heart, reduce inflammation, rev your metabolism, and even boost your brainpower! Omega-3 fatty acids are essential, meaning they **MUST** come from the food we eat.

## MONOUNSATURATED FATTY ACIDS

These are found in nuts and vegetable oils. In addition to lowering cholesterol, research shows MUFAS can help balance blood sugar too.



## SOME OF OUR FAVORITE GOOD FATS...

AVOCADO    EXTRA VIRGIN OLIVE OIL    COCONUT OIL  
NUTS & SEEDS    NATURAL ALMOND BUTTER    OLIVES

The Tone It Up Nutrition Plan is all about manipulating your metabolism to your advantage. Combining lean proteins with healthy fats helps do this by stabilizing your blood sugar and providing quality energy that won't spike your glucose levels. It also slows the digestive process so that foods that impact blood sugar have a less dramatic effect. Including the right amount of good fats in your diet is also important because they provide calories to keep you energized. This allows proteins to be utilized to build lean muscle and recover from your workouts.

## SATURATED FATS

These types of fats are mostly found in animal products like butter and whole milk. But they're also in coconut oil and other healthy Tone It Up Nutrition Plan approved items. A small amount of this type of fat is needed for various functions in your body ranging from brain to immune health. As long as you stick to the Nutrition Plan Guidelines and keep it Lean, Clean, 'N Green, you'll get the perfect amount!

## AVOID THIS!

## TRANS FATS

These are made by heating liquid vegetable oils in the presence of hydrogen gas to preserve foods and help them stay fresh. Fast food is usually full of trans fats, as are certain types of cookies, crackers, coffee creamers, fried foods, and shortenings. Eat too many and you'll raise your risk for obesity, depression, and heart disease. Look at ingredient lists for the words 'partially hydrogenated.' This means trans fat and any trans fat consumed will increase the risk of heart disease. Always avoid these!



# BALANCING INFLAMMATION

## WHAT IS IT?

Inflammation is your body's natural response to stressors in your environment. You need inflammation to help fight off infections. For example, your body is fighting off an infection when you develop a fever after catching a cold. This is one way inflammation works to keep you healthy! On the flip side, chronic inflammation that comes from daily stress and the environment can actually weaken your immune system, increase insulin resistance, and increase your risk of disease. Decreasing your inflammatory levels ups your energy, reveals your gorgeous muscles, and gives you glowing skin. By following the Nutrition Plan Guidelines, you'll balance your inflammatory levels with your delicious meals!

## OMEGA 3 VS. OMEGA 6 FATTY ACIDS

There are two types of fats that help regulate this system: Omega 3 and Omega 6 fatty acids. Omega 6 and Omega 3 are both essential fatty acids, which means your body doesn't produce them on its own and needs to get them from your diet. Omega 6s promote inflammation while Omega 3s decrease it. It's important to get high-quality sources of both every day to keep your body in balance.

## FOODS TO DECREASE INFLAMMATION

The ideal ratio of Omega 6 to Omega 3 is about 4:1. Many refined products, processed oils, and fried foods are packed with Omega 6, which promotes inflammation. Because of this, the average Omega 6 to Omega 3 ratio in the U.S. is about 15:1! You need high quality sources of both fats, so we're breaking down the best ways to get 'em!



*we love golden milk lattes! turmeric is anti-inflammatory and protects your muscles and skin cells from oxidative damage, which keeps your bod in tip-top shape and your skin glowing*

Most of the below foods have both Omega 6 and Omega 3 fatty acids. Aim to get a mixture of foods from both lists!

### HEALTHY OMEGA 3 DOMINANT FOODS:

- Chia seeds
- Hemp seeds
- Flax seeds
- Walnuts

### HEALTHY OMEGA 6 DOMINANT FOODS:

- Almonds
- Cashews
- Pistachios
- Sunflower seeds
- Peanuts

Check out the recipes in your Recipe Guide for delicious meals that use the perfect combo of these two essential fatty acids to balance your inflammatory levels!

# GET CARB SMART!

## WE LIKE TO RECEIVE BETWEEN 45-65% OF OUR CALORIES FROM CARBOHYDRATES.

We love carbohydrates! Think starchy vegetables, fruits, legumes, and whole grains that fuel you to be an energized Tone It Up Girl! A huge part of this plan is understanding when you should fuel your body and how to get the best nutrients. To reach your goals, we want you to change the way you think about your meals and carbohydrates. Carbs are wonderful ~ they provide us with essential nutrients and fiber.

Simple and complex carbohydrates are the body's main source of energy. They are definitely not something to avoid. However, when it comes to carbohydrates, it's important to choose mostly nutrient-rich, complex carbohydrates.

We are going to break down which carbohydrates you should eat in order to have sustained energy throughout the day. Understanding your carbs is very important in order to reach your goals. And you won't crash at four in the afternoon or feel deprived at dinner, wondering why that last meal didn't hold you over.

Starches, sugars, and fiber are the three different types of carbohydrates. All carbohydrates are made of the elements carbon, hydrogen, and oxygen. <sup>13</sup>

## SIMPLE CARBOHYDRATES

In order to create different types of carbohydrates, the carbon, hydrogen, and oxygen elements are arranged as single sugar units called 'monosaccharides'. There are three monosaccharides: fructose, glucose, and galactose. When two of these monosaccharides join together, they are called 'disaccharides'. There are three disaccharides: sucrose, lactose, and maltose. Collectively, monosaccharides and disaccharides are known as simple carbs, or simple sugars. Some of these sugars are found naturally in food (like fruit or milk) while others are added to foods. We recommend avoiding added sugars as much as possible since they usually do not contain much nutritional value. What's also important to realize is that simple carbs are digested faster than complex carbs, so they won't be able to keep you full for very long.

## COMPLEX CARBOHYDRATES

Starches and fibers are two important types of complex carbohydrates. Starches are long chains of multiple, simple sugar units that are only found in plant-based foods. Examples of foods that contain starches are bread, pasta, potatoes, rice, and beans. When it comes to starches, we recommend choosing whole grains, beans, legumes, and starchy vegetables because these foods also deliver fiber. Choosing these types of carbs will help you create

focused energy throughout the day to help you power through your workouts! Fiber is also considered a complex carb, however, unlike starches, fiber cannot be broken down into simple carbs. Even though fiber can't provide energy in the form of calories, it does help slow the digestion of your food, so it keeps you satisfied longer and helps stabilize your blood sugar levels. Research has proven that individuals who consume more fiber have less chronic disease. Go for at least 25 grams per day. <sup>15</sup>

We also love including 'resistant starches' in our diets because this is a type of complex carbohydrate that digests lower in our intestines and helps promote healthy gut bacteria. They have even been shown to help with weight control since they are not as dense in calories. Tasty sources of resistant starches include lentils, whole wheat and pumpernickel bread, slightly green bananas, and uncooked GF rolled oats. <sup>16</sup>

## REFINED GRAINS

Steer clear of 'refined grains' as much as you can. PLEASE! Examples of refined grains include white pasta, white bread, bagels, flour tortillas, white flour rolls, hot dog or hamburger buns, pita pockets, instant oatmeal, white sugar, processed cereals, crackers and packaged snacks labeled 'enriched flour.' Look at your labels! If a product has enriched flour, opt for a better choice that is aligned with your goals. These foods will do nothing for you! We promise, there's so much more flavor in life--you don't need these foods. Instead, look for 100% whole, unprocessed wheat and grains. Stoneground, sprouted, or raw are great options when shopping for breads and cereals.

Even gluten-free breads & snacks can be made with overly processed ingredients so make sure to check your labels! The simpler the ingredient list the better!

**TIP!** Use Tone It Up Protein in place of flour in your baked goods to enjoy your favorite foods while limiting refined grains. (It's GF too!)



# BE A GREEN GODDESS!

## ANY AND EVERY MEAL CAN CONTAIN THESE FOODS!

You know that great stuff they always say about vegetables? It's all true! In addition to containing very few calories, veggies are jam-packed with age-defying, beautifying, body-boosting nutrients. Glowing skin? Check! Shiny hair? Check! More energy?

Check! Eating more veggies can do all this and more—which is why they are the #1 food that will lead you to lifelong health. Want to lower your risk of heart disease? Just eat at least 2 ½ cups of fruit and veggies every day! True health means looking and feeling your best, and these plant-based foods will give you so much natural goodness that you'll radiate from the inside out!

1 sexy reasons to  
eat your veggies

### 1. CONSUME FEWER CALORIES

Veggies contain a lot of fiber so you fill up faster. Case in point: An entire bag of spinach has just 20 calories, but tons of nutrients!

### 2. STRENGTHEN YOUR IMMUNE SYSTEM

Eating a diet rich in green, leafy veggies like broccoli and bok choy has been shown to boost your body's natural defenses. Get ready for fewer sick days and more fabulous ones!

### 3. KEEP YOUR SYSTEM RUNNING SMOOTHLY

Enzymes and fiber in plant-based foods make them easy to break down and use as energy and nourishment, so you'll stay lean and enjoy improved digestion.

### 4. FEEL REFRESHED AND FULL OF ENERGY!

Dark, leafy greens are a powerhouse of vitamins, minerals and high-quality carbs that fight fatigue and replenish our bodies in times of stress.

### 5. BRIGHTER, SOFTER, MORE BEAUTIFUL SKIN!

Vitamins in veggies don't just keep you healthy inside, they also keep you looking youthful and sexy! Damn girl, you've been eating your greens!

### 6. HAPPINESS AND MENTAL HEALTH!

Healthy nutrients boost your mood and improve brain function.

### 7. CHLOROPHYLL CLEANSE

All veggies are awesome, but green ones earn the gold star: They contain chlorophyll, a green pigment found in all leafy greens that cleanses and detoxifies your body, while improving overall health and wellness!



## GREEN VEGGIES ARE YOUR FREE FOOD!

Broccoli	Kale
Cauliflower	Cucumber
Carrot	Green Beans
Leeks	Onions
Brussels Sprouts	Mushrooms
Collards	Alfalfa Sprouts
Artichoke	Beets
Jicama	Peppers
Celery	Spinach
Zucchini	Eggplant
Peas	Radishes
Asparagus	Cabbage
Okra	Bok Choy

Enjoy these low-calorie, nutrient dense veggies whenever you like. In season produce is inexpensive, easy to prepare and very versatile!

Whether you roast Brussels sprouts, grill bell peppers, drizzle steamed broccoli with balsamic, bake some kale and eat it like chips, or make a fresh veggie juice, the possibilities are endless. Experiment, try new combinations and find what you love best!

# BARE FRUIT!



If you wanna be cute, eat your fruit! Enjoy fruit at Meals 1, 2, and 3. You can also have small portions on a salad or if you are craving something sweet later in the day.



Powerful antioxidants in fruit promote healthy skin, fight wrinkles, and even protect you from cancer and disease. Fruits are high in fiber and water, they keep you hydrated and feeling satisfied — two key components to staying lean! So whether you love kiwi, peaches, or apples, we recommend adding fruit to your favorite recipes and having one piece of fruit at least once a day before Meal 4. Why early? Two reasons: First, fruit gives you the quick energy you need to power through your day. Second, fruits consumed later in the day may sit on top of your other meals and ferment without being digested, which means you won't receive the same benefits that you would if you had them earlier. It's okay use fruit to create delicious salsas for dinner, sprinkle over salads, or chop up for dessert, but just keep it to a minimum. Also, keep in mind that when we say fruit, we mean real raw fruit... not any item containing fruit or fruit flavored ingredients. Fresh, whole fruit is best for your gorgeous bod! Read below for our faves and go ahead, reach for some fabulous fruit, and have fun creating colorful recipes!

## WHAT OTHER WAYS CAN I ENJOY FRUIT?



### DRIED FRUIT

We LOVE dried fruit! It can be high in sugar though, so limit yourself to a small handful per day.

Our picks: Dried mango, pears, apricots, apples, and dates. Try combining them with nuts and seeds to balance the sugar to fat and protein ratio.

### JUICES & SMOOTHIES

Making smoothies and juices at home is fun! Take a look at the recipes in the beverage section of the plan. We prefer whole fruit to receive fiber, but a fresh juice once in a while is fabulous! Add cayenne pepper for an extra punch!

### FROZEN FRUIT

Frozen fruit can be convenient for smoothies. Look for organic options at the grocery store. We like to pre-cut and freeze our own bananas every week for creamy smoothies.

## OUR GO-TO FRUIT CHOICES:

Grapefruit  
Apples  
Oranges  
Bananas  
Strawberries  
All Citrus Fruits  
Blueberries  
Raspberries  
Kiwi  
Pineapple  
Pears  
Watermelon  
Pomegranate





# SWEET 'N SPICY

Variety is the spice of life! Let's face it; We all want delicious food and to enjoy every bite. Eating healthy doesn't mean we have to sacrifice flavor. Here's the TIU approved way to spice it up!

- 1 Mustard and Vinegars** are full of natural flavor and don't add calories, sodium, or fat. It's easy to find varieties without chemicals or additives.
- 2 Use fresh herbs** like garlic, cilantro, basil, mint, and parsley. Fresh ground black pepper is also a great way to add some flavor.
- 3 Stock up on organic spices and seasonings!** We love adding lots of spice and flavor to our M5!
- 4 Citrus and spice.** A little bit of hot pepper or a squeeze from a fresh lemon will add a pop to almost any meal!
- 5 Extracts and oils.** Olive oil is great in salad dressings and coconut oil is perfect for cooking. Canola or olive oil cooking sprays can be used to help cut back on serving sizes. Use extracts like vanilla, almond and mint to flavor baked good and drinks.

Try to limit sodium to under 2000 mg a day. If you really need to add salt, use sea salt over typical table salt and just use a pinch.

## THE SWEET STUFF

We love sweet treats! We're always baking up new goodies for the community to enjoy. To keep it Lean, Clean, 'N Green, we use small amounts of natural sweetener while whipping these up.

Try sweetening with **Pure Maple Syrup** or **Honey!** You can also add natural sweetness with a little fresh fruit juice. Consider bringing out naturally sweet flavors with organic cacao powder and spices such as cinnamon or nutmeg.

## SAY BYE-BYE TO CHEMICALS!

Fake sugars such as Saccharin (Sweet'N Low), Aspartame (NutraSweet, Equal), Sucralose (Splenda), and Acesulfame potassium (Sunett) have been shown to cause weight gain.

After the sweet taste of artificial sweeteners, the brain expects calories to follow. This triggers your body to crave more sugar, increasing your appetite.

Your body's core temperature doesn't rise after consuming artificial sweeteners, causing a decrease in your basal metabolic rate (your at rest metabolism), also leading to weight gain.

High-Fructose Corn Syrup is another artificial sweetener to stay away from. You often hear claims that it's okay because it comes from a plant, but the sugary concentrate is not natural and there is evidence directly linking it to weight gain and obesity. Careful, you can even find it even in foods that look healthy!



## Don't Get Saucy...

Most people add up to 300 calories just flavoring their dinner with sugary barbecue sauces, butter, marinades and dressings!

This equals up to 31 pounds in one year that they have to work off or store as fat!

Instead of store bought sauces and dressings, try the recipes in the plan.

# YOUR META D

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 to help you burn more calories. This slimming sip is most effective early in the day, so drink it after your morning Booty Call with Meal 1 or 2. Beware of the Meta D glow — you'll be beaming all day!



## ORIGINAL META D

*makes 1 drink*

### INGREDIENTS

- 1 Tbs 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

Mix all ingredients together in a shaker. Shake, pour into a glass, and drink

Try adding more water or a little more juice to your Meta D if the apple cider vinegar taste is too strong.

### NUTRITION FACTS

0g protein / 9g carbs / 0g fat / 2g fiber / 36 calories



*alternate between your meta d  
+ bombshell spell to keep things interesting!*

## BOMBSHELL SPELL

*makes 1 drink*

The Bombshell Spell is a sweet and sexy take on your Meta D drink. It's simple and tasty, but it's a perfect way to start your day feeling fresh and energized! Remember... this increases your metabolism and helps with digestion :)

### INGREDIENTS

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

### DIRECTIONS

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

### NUTRITION FACTS

1g protein / 22g carbs / 1g fat / 0g fiber / 8g calories





# KNOW YOUR SUPERFOODS

FILL YOUR PLATE WITH THESE BEAUTY BOOSTING FOODS!

The next five pages are packed full of delicious, nutrient-dense foods that will make you feel good and look great. We're giving you the go-ahead to fill your plate with some of nature's finest options. Add them to your favorite recipes or come up with your own exciting combinations! Try one of these foods at your next meal.



## ← KALE

This leafy green is off the charts when it comes to nutrients. It's an antioxidant superstar, loaded with vitamins that help prevent cancer, keep your eyes healthy, and move waste through your body quickly. It's low in calories and high in fiber so you'll fill up without gaining weight!

It's great in salads, dips, sauces, and dressings. It holds up nicely when cooked as well. It can be used as a meat replacement for meals because of its ability to satiate and fill you up. One cup of kale has zero fat, 36 calories, and is high in vitamin C, magnesium, beta carotene, manganese, folate, potassium, and vitamin K, (which is necessary for normal bone health and helps aid in blood clotting).

## QUINOA

It's a seed, but it cooks and tastes just like a grain. Quinoa is one of our favorite foods because it's a complete protein in itself, providing you with all the essential amino acids you need to love your body.

Quinoa is a South American seed considered to be the "gold of the Incas" because of its nutrient density. Quinoa is small and round and comes in white, purple, or red varieties. Quinoa – pronounced 'keen-wa' – is a complex carbohydrate with a low glycemic index, so it won't spike your blood sugar.

It is naturally gluten free and contains almost twice as much fiber as most other grains, so it keeps the digestive system moving. Quinoa is rich in iron, which helps keep your red blood cells healthy. It is rich in magnesium, manganese, and vitamin B2, which improves energy, metabolism, and brain and muscle function.

Due to its high protein and nutrient content, Quinoa is an exception to the rule for other carbs. Enjoy it at any meal!



## LEMON

This citrus fruit contains a high dose of antioxidants, Vitamin C, and Citric Acid. This trio strengthens your immune system, and boosts collagen production for glowing, youthful skin. Drinking a little lemon water before meals reduces hunger and helps with digestion.

# KNOW YOUR SUPERFOODS



## PEA & PUMPKIN SEED PROTEIN

We developed our plant-based Tone It Up Protein for you! It is the purest protein supplement you can find. It's made from peas and pumpkin seeds and it's gluten free, easy to digest, and a complete protein! It's the perfect plant-based protein for burning fat and forming lean muscle! It tastes great in smoothies or as a flour substitute in baked treats.

Try your Tone It Up Protein pancakes, waffles, smoothies, and more!

## SPINACH

Popeye was right: Eating spinach really can make you stronger! Nitrates in leafy greens increase levels of two naturally occurring proteins in the body to help tone up muscles. Spinach is also loaded with healthy vitamins, minerals, and micro nutrients, including lutein, which keeps eyes healthy and sparkling!

Popeye didn't eat this stuff for nothing :) Spinach is one of our favorites partly because it's easy to eat (as the base for a salad or in many cooked dishes) but also because it's one of the best foods you can eat! It is a rich source of iron and calcium.



## TEA

Sipping green or black tea can boost your metabolism, reduce your risk for heart disease, lower your cholesterol, and improve your immunity—all for ZERO calories! What's more, green tea is filled with inflammation-fighting antioxidants that help even skin tone and protect you from skin cancer. Green tea has even been shown to help individuals lose weight and reduce waist circumference.

Tea contains powerful antioxidants that fight free radicals and can help fight cancer and prevent heart disease. In order to receive the most health benefits from tea, it is recommended to steep tea at least 4-5 minutes before drinking

## COCONUT OIL

Coconut oil is an excellent source of fat that is easy to metabolize. Coconut oil comes from pressing the meat of mature coconuts. It has been used in food and medicine for centuries because of its therapeutic, antiviral, antimicrobial, and cosmetic properties. It contains medium-chain fatty acids that the body can metabolize efficiently and convert to energy quickly. It's also one of the safer oils to use for cooking purposes due to its high heat index and stability.





# KNOW YOUR SUPERFOODS

## TOMATOES

Tomatoes contain almost as much Vitamin C as an orange and, most importantly, they deliver lycopene — a powerful phytochemical with antioxidant properties. Lycopene helps reduce the risk of cancer, age-related eye disorders, and heart disease. Cooked tomato products, like (no salt added) tomato sauce or paste, contain tons of lycopene in a tasty, easy-to-digest form.



## FLAX SEEDS/OIL

They may be small in size, but flax seeds boast major body benefits. The seeds are packed with protein, vitamins, and essential fatty acids that help keep your heart healthy and your skin hydrated and soft. Bonus: Their high fiber content keeps you feeling satisfied.

Ground flaxseed can be soaked in water or other liquids to create a gelatinous mixture widely used to make raw/vegan crackers, breads, and even cookies. It can be made into a meal using a coffee grinder and used to thicken sauces and salad dressings. It is recommended to grind flaxseed before eating so your body is able to absorb all of those healthy nutrients. Store ground flaxseed in the freezer to help preserve its nutritional benefits.

## TURMERIC

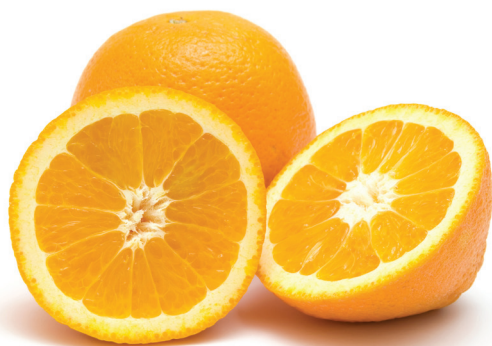
Turmeric, known to many as ‘nature’s internal cosmetic,’ is a member of the ginger family. It contains the powerful phytochemical curcumin, that has been shown to prevent colon cancer, provide anti-inflammatory benefits to the body, and help stimulate the liver to break down toxins. Turmeric can also enliven and refresh dry skin and help improve your complexion. The fresh root can be used in recipes or juiced fresh with other vegetables. Powdered, it is one of the main ingredients in curry.



## WALNUTS

In addition to being a great source of protein, walnuts help oxidize fats, which encourages weight loss and keeps your heart healthy. Research shows that healthy omega-3 fatty acids in the nut reduce cholesterol, and inflammation and help the body respond better to stress!

# KNOW YOUR SUPERFOODS



## ORANGES

This citrus superstar is packed with fiber to keep you feel satisfied, while its high levels of vitamin C boost collagen production for firmer, smoother skin! Vitamin C has also been shown to help reduce stress and boost immunity too. Orange you glad? :)

Thanks to all these nutrients, oranges are also good for your heart and blood pressure.

## GOJI BERRIES

Harvested from an evergreen shrub in China, goji berries are one of the most nutritionally dense foods on the planet! They contain all 18 amino acids, as well as super high doses of Vitamins A (aka beta-carotene), C, B1, and B2. Goji berries are also rich with other powerful antioxidants that may help prevent free radical damage, keeping your complexion smooth and clear and your body healthy. Add Goji berries to a salad or toss a handful into a home made trail mix.



## CACAO

No wonder we love chocolate, it makes us happy! Studies show phytochemicals in cocoa powder (the base of chocolate) can actually improve our mood and make us feel good. If that wasn't enough, the sweet treat also contains sky-high levels of antioxidants that keep our skin healthy and radiant. A food that makes us feel good and look good? Yes, please!

Cocoa powder has anti-inflammatory benefits that have also been shown to prevent heart disease, lower blood pressure, and improve insulin sensitivity. Besides trace minerals, cacao is a great source of iron and magnesium. Add it to smoothies and baked treats, or use it to make a healthy hot chocolate.

Look for raw cacao powder and unsweetened cocoa powder to obtain the full benefits of this amazing superfood.

## BLACK BEANS

These legumes are full of two proven hunger-fighters: protein and fiber. And thanks to their dark color, black beans are rich in flavonoids, antioxidants known to protect the skin from sun damage. Bonus: Protein and folic acid in the beans keeps hair strong and may even stop premature graying!

Black Beans are a good source of protein and dietary fiber and contain many helpful nutrients such as iron, potassium, vitamin B, and folic acid. They are a powerful antioxidant.





# KNOW YOUR SUPERFOODS

## BLUEBERRIES

The queen of beauty superfoods, blueberries are ranked number one in antioxidant power. This helps protect against free radical damage to your skin for a clearer, brighter and wrinkle-free complexion! And research from Texas Woman's University shows that polyphenols in the fruit may even prevent fat tissue from developing in the body. Frozen are just as good as fresh. Toss them in your Tone It Up Protein pancakes and smoothies!

An excellent source of antioxidants and potassium, blueberries also have anti-inflammatory properties. They contain many more helpful micro nutrients, making them one of our favorite superfoods.



## ← ACAI

Pronounced ah-sigh-ee, this exotic berry is amazing! Research shows acai packs an incredible concentration of antioxidants and anti-inflammatory compounds that have been shown to help protect you from disease and keep your skin looking young and fresh.

## CHIA SEEDS

Ch-Ch-Ch-Chia! Who can forget those goofy flowering “pets”? Turns out those chia seeds are a rich source of Omega 3 Fatty Acids. It is important to eat Omega 3 fatty acids – our body doesn't make them, so we can only obtain them from food. Chia seeds give you the necessary nutrients for gorgeous hair, healthy nails, and smooth, glowing skin!

They're also one of the best plant-based sources of protein you can find, as well as being a great source of soluble fiber and nutrients such as magnesium, potassium, and calcium!

The coolest thing about chia seeds? They have the ability to absorb 10 times their weight in liquid, creating a unique gel that is incredibly hydrating and satisfying! Use chia seeds to make a vegan pudding or to add some thickness to your smoothies.



## CAYENNE

Cayenne is a good source of Vitamins A, B, and C. It contains potassium and manganese. It aids the body in digesting and utilizing proteins. Cayenne pepper contains a phytochemical called capsaicin that helps improve digestion, increase metabolism, and decrease inflammation in the body.

# KNOW YOUR SUPERFOODS



## ARUGULA

The vitamins and minerals in this leafy green give your body all the love it deserves! Chlorophyll, the green pigment found in all leafy greens cleanses your system, detoxes your body and gives you a fresh boost of energy! Dark leafy greens like arugula are a great source of alkalizing goodness, and Vitamins A and C for bright eyes, soft skin, and a healthy smile.

## BEETROOT

Beetroot is usually referred to informally as 'beets.' Juice them, roast them, sprinkle them over salads, or top them with hummus, beetroots are great in just about everything! The fresh, earthy veggie is sweet and filling. Beets are also stocked with heart-healthy folate and its natural red pigments may be cancer fighters!



## AVOCADOS

Avocados are good for more than just guacamole! Healthy monounsaturated fats in the food have been shown to reduce hunger and prevent blood sugar spikes that tell your body to store belly fat. Bye-bye bloating! Even better, avocados are packed with vitamins C, K, and B6. The combo of these vitamins with essential fatty acids keeps your hair shiny and your skin the way it's meant to be — radiant and beautiful! Avocados are a great source of natural medium-chained fat, which our body recognizes and quickly turns to energy, so it is never stored on the body like other fats. Plus, these healthy fats can also help lower cholesterol.

## APPLE CIDER VINEGAR

Apple cider vinegar helps regulate your blood sugar levels. This is an essential component of getting and staying lean! It's also rich in important enzymes that help your body detox and can keep you feeling satisfied. ACV is rich in potassium, which is important for growth, forming lean muscles, and maintaining a healthy nervous system. It's also extremely high in malic acid, which is anti-viral, anti-bacterial, and anti-fungal. Apple cider vinegar also helps break down fats so your body can use them and not store them!





# KNOW YOUR SUPERFOODS



## BRUSSELS SPROUTS

Brussels sprouts are high in sulfur-containing nutrients that enhance the body's detox systems and offer plenty of fiber to aid digestion. They are also an excellent source of vitamins K, C, and B-6, and minerals like manganese, folate, and copper. Brussels sprouts also contain omega-3 fatty acids.

## BROCCOLI

A great source of your daily intake of vitamins K and C, potassium, calcium, and selenium, broccoli is also full of anti-inflammatory and antioxidant benefits.



## STRAWBERRIES

Strawberries are an excellent source of vitamin C, folic acid, and antioxidants, as well as delivering anti-inflammatory benefits.

## GRAPEFRUIT

Grapefruit is one of our absolute faves! It stimulates the liver to activate fat burning enzymes that break down fatty acids in the body. Grapefruit contains a flavonoid called naringin that helps regulate insulin levels and it has a low Glycemic Index so it won't spike your blood sugar levels.

Naringin helps with insulin sensitivity. Insulin is released when your blood sugar spikes, causing you to crash, storing the calories as fat and causing you to be hungrier sooner. Grapefruit actually lowers insulin levels, which helps to keep your blood sugar levels steady, so the calories are used as energy instead.

\*Please note: Grapefruit reacts with many medications, so check with your doctor before consuming!



# CHEERS!

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You made it! How are you feeling? We are so proud of you, and you should be too.

Now it's time to put your plan into ACTION!

You've unlocked untapped potential and now know yourself and your body better than ever before. Smile, take a refreshing deep breath and get excited to continue progressing with a strong sense of purpose. Living and embodying the Tone It Up lifestyle is a continual journey, not a destination.

By now we hope you've been able to introduce yourself to and share your experiences with the wonderful Tone It Up Community. When we started Tone It Up, all we had was each other, and it is so inspiring to hear about and see thousands of your stories, transformations, and connections. You are our inspiration, and we intend to continue delivering the best nutrition and fitness resources possible. You deserve the best! It's so true that a body at rest, tends to stay at rest, and the same is true for the mind. Continue to learn. Continue to push and challenge yourself, and continue to apply these Tone It Up lessons to your daily nutrition and lifestyle choices.

Now, we'd like to share hundreds of our delicious Tone It Up approved recipes to help with meal prep and achieving your goals.



XOXO YOUR TRAINERS,

*Karena & Katrina*



# MEASUREMENTS

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
CALF								
THIGH								
HIPS								
WAIST								
ABS								
TORSO								
ARMS								
NECK								
WEIGHT								

# 100 MILE CHALLENGE

---

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
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# *Tone It Up* RECIPE GUIDE

VEGETARIAN





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# MEAL GUIDE

The following pages contain all of the information you need to follow your Nutrition Plan while enjoying delicious food all day long!

Following this simple graphic guide will ensure that the meals you choose fit perfectly with the stage of the plan you are on, what meal of the day you are on, and what you feel like eating

## INGREDIENTS

The ingredients used in the recipes in this meal plan may not work for everyone. We understand that allergies and the specific dietary requirements of individuals might limit what you are able to eat. If you are allergic to an ingredient in a recipe please don't eat it! Try replacing non-essential ingredients with something that will work with your specific needs.

We also have fun making substitutions. Try switching out ingredients to make recipes that you are comfortable with vegetarian, vegan, or gluten free!

## LEFTOVERS

So many people pass on leftovers. Learn to love them and they'll make your life a lot easier!

You can cook bigger portions instead of cooking every day to save yourself time spent in the kitchen. Plus, the best way to eat healthy at work or school is to take home-cooked food with you.

## GET CREATIVE!

One of the best ways to keep yourself motivated to stick to a healthy lifestyle is to make it a fun learning experience. Start by making some of the recipes in this guide and then branch out! Try switching non-essential ingredients out with other items that still fit with the plan. Experiment with cooking techniques you learn making these meals to make healthier versions of some of your own favorite recipes. Once you get comfortable with your newfound healthy cooking skills, don't be afraid to go a little crazy! Use ingredients from your grocery list and the food combinations for meals one through five to come up with your own Tone It Up recipes. If you invent something especially delicious let us know about it — we might even feature it on Tone It Up!

## THESE ARE JUST SUGGESTIONS...

This meal guide is meant only as that... a guide. If you don't think you'll like a recipe we suggest, don't eat it. If you have other meal ideas, feel free to try 'em! These recipes are just ideas to make the transition to your new lifestyle a little easier. Use the Nutrition Plan as a reference for eating right - follow the rules for all five meals and you'll see results!

## MEAL ICONS

These symbols are designed to help you easily recognize which recipes are right for which part of the day. Each colored section of the wheel corresponds to one of your five meals. Look for this symbol next to all of the recipes in your plan.

You'll notice that some meals are meant to be had at specific times of the day and are only labeled for one meal. Other recipes are good for a couple meals and some are perfect for any meal you choose!





# PORTION SIZES

Here's a visual guide showing the portion sizes of some of our favorite ingredients!



1 medium apple



¼ cup chopped walnuts



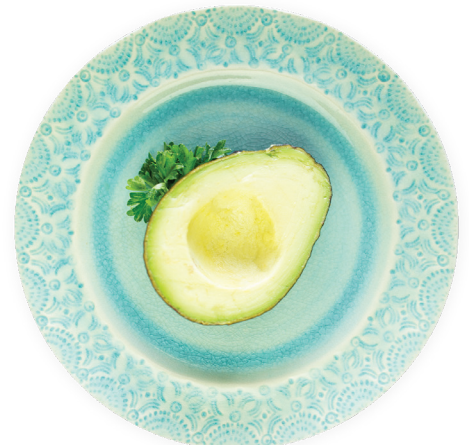
¼ cup sunflower seeds



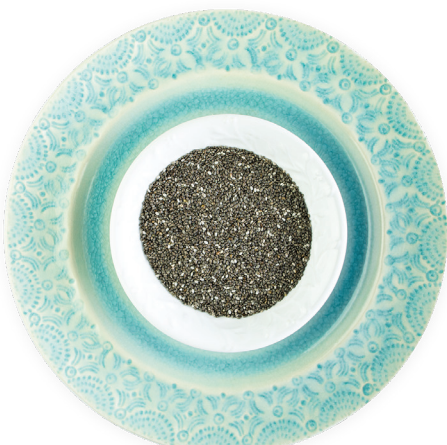
¼ cup coconut



1 medium sweet potato



½ avocado



2 Tbs chia seeds



¼ cup goji berries



2/3 cup cooked plain oatmeal

# PORTION SIZES

Here's a visual guide showing the portion sizes of some of our favorite ingredients!



6 oz plain Greek yogurt



½ cup beans



½ cup cooked quinoa



4 oz tempeh



1 cup firm tofu



# WIGGLE ROOM

Balance is key to a healthy lifestyle. We don't believe in having a 'cheat day' or a 'cheat meal' because it's not cheating to have the occasional treat; it's called enjoying your life girl!

That being said, it's best to stick to healthy indulgences in moderation. These are some of our favorite treats!

## FRUIT FOR DESSERT

Sugars, even all-natural fructose are best left for the morning. However, if you're craving dessert and trying to convince yourself not to go for the chocolate cake, reach for an apple, some berries, or a fruit salad. They would certainly be a suitable alternative.

## DARK CHOCOLATE

We know all about chocolate cravings... if you are really craving some chocolate, indulge the smart way! Go for a small serving of nutrient dense dark chocolate over some sugar loaded 'chocolate' flavored snack. Not only is dark chocolate better for you... it will also handle your craving more efficiently and make you feel better. Choose a variety high in cacao... it should be labeled on the package.



## POPCORN

Not the buttery movie theater kind! Try air-popping your popcorn and lightly tossing it with a little extra virgin olive oil and a teaspoon of sea salt. Adding other spices like cinnamon or cayenne is a good way to boost the flavor without impacting your health. Since popcorn is starchy it's better if you have it for a snack around lunch or early afternoon. Once every couple of weeks at movie night won't be the end of the world though :)

## SWEET POTATO FRIES

These are typically better for you than traditional fries so they're a great way to get your fry fix! Try to limit it to once a week at most.

## PASTA FOR DINNER

No starches after Meal 3 typically makes evening pasta off limits. However chickpea or quinoa pasta with a light and natural red sauce and some veggies isn't a bad dinner option. This is great for those family dinners. Again, keep it to once every week or two max.



# GROCERY LIST

## FRUIT

Go with what's in season! If you have access to locally grown and organic fruits these are great choices. Try going to a Farmers Market!

- ☐ All Berries
- ☐ Melons
- ☐ Apples
- ☐ Bananas
- ☐ Grapefruit
- ☐ Oranges
- ☐ Avocado
- ☐ Pomegranate
- ☐ Mango
- ☐ Dried Fruit (Unsweetened)

## VEGETABLES

Any and all vegetables are good choices. Try something new each week!

- ☐ Lettuce
- ☐ Spinach
- ☐ Kale, Cabbage, Collards
- ☐ Green Beans
- ☐ Asparagus
- ☐ Broccoli
- ☐ Squash
- ☐ Onions
- ☐ Celery
- ☐ Cucumber
- ☐ Sweet Potatoes
- ☐ Zucchini
- ☐ Tomato
- ☐ Mushrooms

## FRESH HERBS & SPICES

- ☐ Allspice
- ☐ Basil
- ☐ Cinnamon
- ☐ Cayenne Pepper
- ☐ Chili Powder
- ☐ Clove
- ☐ Cilantro
- ☐ Cumin
- ☐ Dill Seed
- ☐ Garlic
- ☐ Ginger
- ☐ Mint
- ☐ Basil
- ☐ Curry
- ☐ Mrs. Dash
- ☐ Nutmeg
- ☐ Lemongrass
- ☐ Oregano
- ☐ Parsley
- ☐ Paprika
- ☐ Peppermint
- ☐ Poppyseed
- ☐ Red Pepper
- ☐ Rosemary
- ☐ Sage
- ☐ Sesame Seed
- ☐ Thyme
- ☐ Vanilla Extract
- ☐ Wasabi

## DRINKS

- ☐ Coffee
- ☐ Tea
- ☐ Green Juices
- ☐ Kombucha
- ☐ Coconut Water
- ☐ Wine

## LEAN PROTEIN

- ☐ Tone It Up Protein
- ☐ Tofu
- ☐ Tempeh
- ☐ Eggs or Cartoned Egg Whites

## DRY GOODS & GRAINS

- ☐ Quinoa
- ☐ GF Rolled Oats
- ☐ Brown Rice
- ☐ Ezekiel Bread or GF Bread
- ☐ Whole Wheat or GF Wraps
- ☐ Granola



## NUTS, OILS & SEEDS

- ☐ Extra Virgin Olive Oil
- ☐ Coconut Oil
- ☐ Ground Flaxseed
- ☐ Organic Natural Peanut Butter
- ☐ Almond Butter
- ☐ Almonds
- ☐ Sunflower Seeds
- ☐ Pumpkin Seeds
- ☐ Walnuts
- ☐ Cashews
- ☐ Chia Seeds

- ☐ Tomatoes
- ☐ Black Beans
- ☐ Garbanzo Beans
- ☐ Red Kidney Beans
- ☐ Vegetable Stock (No Salt Added)

- ☐ Unsweetened Almond Milk
- ☐ Unsweetened Coconut Milk
- ☐ Your Fave Unsweetened Yogurt

- ☐ Almond Flour
- ☐ Coconut Flour
- ☐ Baking Soda
- ☐ Baking Powder
- ☐ Sea Salt
- ☐ Cooking Spray

- ☐ Tone It Up Protein Bars
- ☐ Kale Chips
- ☐ GF Flax Crackers
- ☐ Hummus

- ☐ Mustard
- ☐ Apple Cider Vinegar
- ☐ Vinegars (Balsamic, Rice, Red Wine)
- ☐ Organic Ketchup
- ☐ Organic Honey
- ☐ Real Maple Syrup
- ☐ GF Tamari

\*When you plan your meals for the week, take stock of what you have at home and what you need to buy. Cross the items you don't need off of your list and check off the others as you pick them up!





# BREAKFAST







## GREAT START GRANOLA

*makes 10 servings*

### INGREDIENTS

1 cup buckwheat groats  
1 cup water  
¼ cup soaked goji berries  
or raisins  
½ cup pumpkin seeds  
½ cup sunflower seeds  
½ cup honey  
½ cup dried coconut  
shreds  
1 Tbs cinnamon  
1 Tbs maca powder  
½ tsp sea salt  
1 tsp vanilla extract  
½ scoop Tone It Up  
Protein

### DIRECTIONS

1. Place buckwheat groats into 1 cup filtered water and soak for 2-4 hours. The groats will be gelatinous, which helps bind your granola together.
2. Mix all ingredients in a large bowl, adding extra water if necessary.
3. Place on a baking pan lined with non stick parchment paper.
4. Bake at lowest oven setting until dry, usually 2-4 hours or if using a dehydrator, set at 105 F for 8-12 hours or longer.

### NUTRITION FACTS

5g protein / 35g carbs / 10g fat / 5g fiber / 238 calories



## BERRY BLISS BAR

*makes 12 bars, 1 per serving*

### INGREDIENTS

1 cup brazil nuts  
½ cup dried coconut  
⅓ cup dried cranberries  
⅓ cup dried pineapple, cut  
into small pieces  
⅓ cup dried mango, cut  
into small pieces  
⅓ cup dried apples, cut  
into small pieces  
½ orange, juiced  
1 scoop  
Tone It Up Protein  
1 tsp cinnamon  
½-1 tsp orange zest  
½ tsp sea salt  
1 tsp vanilla extract

### DIRECTIONS

1. Place brazil nuts and dried coconut into a food processor, and mix (about 1 minute) until it looks like a crumble.
2. Add orange juice, Tone It Up Protein, cinnamon, orange zest, salt, and vanilla to mixture. Blend again to incorporate for 15-30 seconds.
3. Transfer mixture into a bowl and add dried fruit. Stir to mix together.
4. Pour mixture into a 6 x 6 inch pan and press down firmly.
5. Place in fridge to set up for at least 30 minutes.
6. Cut into squares and serve.

### NUTRITION FACTS

9g protein / 12g carbs / 7g fat / 5g fiber / 145 calories







## SNICKERDOODLE MUFFINS

*makes 12 mini muffins (2 mini muffins per serving)*

### INGREDIENTS

3/4 cups almond meal  
3/4 cups vanilla Tone It Up Protein  
2 tsp cinnamon  
1 tsp baking powder  
1/4 tsp salt  
1 egg  
1 tsp vanilla extract  
1/2 cup dates, pitted, soaked in warm water to soften  
3/4 cup unsweetened almond milk  
1 mashed banana  
coconut oil spray

### DIRECTIONS

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

### NUTRITION FACTS

15g protein / 32g carbs / 9g fat / 8g fiber / 258 calories



## PUMPKIN MINI MUFFINS

*makes 12 mini muffins (2–3 mini muffins per serving)*

### INGREDIENTS

1 1/2 cups GF rolled oats  
1 cup pumpkin puree  
1/4 cup unsweetened applesauce  
1 Tbsp. vanilla extract  
2 Tbsp. melted coconut oil  
1/4 cup unsweetened almond milk  
1/4 cup pure maple syrup  
1 tsp. baking powder  
1/2 tsp. baking soda  
1/4 tsp. salt  
1 tsp. cinnamon  
coconut oil spray

### DIRECTIONS

1. Preheat oven to 350 degrees.
2. Lightly spray a mini muffin pan with coconut oil spray ~ use cupcake liners to take these on the go!
3. Combine all ingredients in a food processor and mix until well combined. Pour into greased muffin tins and bake for 15 minutes or until a toothpick comes out clean.

### NUTRITION FACTS

4g protein / 34g carbs / 8g fat / 5g fiber / 226 calories







## BLONDIE MUFFINS

*makes 10 servings*

### INGREDIENTS

1 15 oz. can chickpeas,  
drained and rinsed  
1/2 cup unsweetened  
almond butter  
1/4 cup maple syrup  
2 tsp vanilla  
1/2 tsp salt  
1/4 tsp baking powder  
1/4 tsp baking soda

### 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. Pour batter into the muffin tins and bake for 18-20 minutes or until a toothpick comes out clean.

### NUTRITION FACTS

4g protein / 15g carbs / 6g fat / 3g fiber / 128 calories



## BANANA PEANUT BUTTER OVER NIGHT OATS

*makes 2 servings*

### INGREDIENTS

2/3 cup GF rolled oats  
2 Tbsp peanut butter  
4 tsp chia seeds  
2 tsp honey or maple syrup  
1 cup unsweetend almond  
milk  
1 scoop vanilla Tone It Up  
Protein  
1 banana, sliced

### DIRECTIONS

1. Combine everything in a bowl.
2. Split mixture into two mason jars. Let sit in the fridge overnight.

### NUTRITION FACTS

18g protein / 47g carbs / 15g fat / 12g fiber / 385 calories







## CHOCOLATE DONUTS

*makes 10 servings*

### INGREDIENTS

1/2 cup chocolate Tone It Up Protein  
1/2 cup almond meal  
1/2 tsp baking soda  
1/2 tsp baking powder  
1/4 cup unsweetened cocoa powder  
1/4 cup maple syrup  
2 Tbsp coconut oil  
1/4 cup egg whites  
1/4 cup unsweetened almond milk  
1/4 cup Greek yogurt  
1/4 cup dark chocolate chips (optional)  
coconut oil spray

### DIRECTIONS

1. Preheat the oven to 350 degrees.
2. In a bowl, combine all dry ingredients and stir to combine.
3. Add the wet ingredients and optional dark chocolate chips to the bowl and mix until combined.
4. Spray donut tins with coconut oil and scoop batter into each one. Bake for 15 minutes or until a toothpick comes out clean.
5. Optional to add toppings! We did a peanut butter drizzle! ;)

### NUTRITION FACTS

7g protein / 9g carbs / 5g fat / 3g fiber / 111 calories



## PUMPKIN SPICE DONUT HOLES

*makes 10 servings*

### DONUT HOLES

1/2 cup almond meal  
1/2 cup vanilla Tone It Up Protein  
1 tsp baking powder  
1/2 tsp pumpkin pie spice  
1/4 tsp salt  
1/2 cup pumpkin puree  
1/4 cup 100% pure maple syrup  
1 egg  
1/4 cup unsweetened almond milk  
1 Tbsp coconut oil  
1/2 tsp vanilla extract  
coconut oil spray

### DIRECTIONS

1. Preheat the oven to 350 degrees. Mix all of the dry ingredients together in a medium bowl. Add in the wet ingredients and stir until fully combined.
2. Spray a cake pop mould with coconut oil spray.
3. Spoon the batter into each hole. Bake for 12-15 minutes or until a toothpick comes out clean.
4. Let cool for 5 minutes and remove from mould. Roll each donut hole into a bowl with the cinnamon and sugar until fully coated.

### TOPPING

1 Tbsp cinnamon  
1 Tbsp coconut sugar

### NUTRITION FACTS

6g protein / 9g carbs / 5g fat / 3g fiber / 103 calories







## SLIM DOWN SCRAMBLE

*makes 1 serving*

### INGREDIENTS

3 egg whites  
1 full egg  
1 cup spinach  
¼ cup diced tomatoes  
¼ cup sliced mushrooms  
fresh ground pepper to taste

### DIRECTIONS

1. Spray a skillet with non-stick cooking spray.
2. Sauté spinach and mushrooms with ¼ cup of water on medium heat until the spinach has wilted, the mushrooms are lightly browned and all water has evaporated.
3. Add tomatoes, then pour eggs over veggies in the skillet and mix together.
4. Cook for about three minutes or until eggs have solidified.

### NUTRITION FACTS

13g protein / 4g carbs / 0.5g fat / 1g fiber / 72 calories



## BERRY GOOD OATMEAL & YOGURT

*makes 2 servings*

### INGREDIENTS

1 cup water  
¼ cup dry, GF rolled oats  
½ cup plain Greek yogurt (or almond yogurt)  
1 tsp cinnamon  
½ tsp nutmeg  
¼ cup blueberries  
honey (optional)

### DIRECTIONS

1. Bring water, cinnamon, and nutmeg to a boil in a medium saucepan.
2. Stir in oats. Cook for about 5 minutes until most of the water has been absorbed.
3. Turn off heat and stir berries into the oatmeal.
4. If desired, top with an extra sprinkle of cinnamon or a small drizzle of honey.

*Have a little almond or Greek yogurt on the side to round out this deliciously sweet breakfast!*

### NUTRITION FACTS

7g protein / 13g carbs / 1g fat / 2g fiber / 86 calories







## ZESTY TOFU GARDEN SCRAMBLE

*makes 1 serving*

¼ cup zucchini, diced  
 ¼ cup broccoli, finely chopped  
 ¼ cup mushrooms, thinly sliced  
 ¼ cup yellow onions, diced  
 4 oz medium firm tofu  
 ½ tsp cumin  
 ¼ tsp paprika  
 ½ tsp turmeric  
 ¼ tsp curry powder (optional if you like spicy)  
 1 Tbs nutritional yeast (optional)

### DIRECTIONS

1. Press excess water out of tofu using a paper towel and break into crumbles.
2. Spray medium skillet with fat-free cooking spray. Sauté onions and mushrooms over medium heat for approximately three minutes or until onions start to turn clear.
3. Mix tofu and nutritional yeast into the skillet. Add seasonings and stir thoroughly.
4. Add in broccoli & zucchini and cook for another 3 to 5 minutes or until tofu starts to lightly brown.

### NUTRITION FACTS

10g protein / 12g carbs / 5g fat / 5g fiber / 130 calories



## PERFECT MORNING QUINOA

*makes 1 serving*

### INGREDIENTS

¼ cup quinoa, cooked  
 1 Tbs almonds, slivered  
 ¼ cup raisins  
 ½ banana, mashed  
 ½ tsp cinnamon  
 1 cup unsweetened almond milk  
 1 Tbs organic maple syrup

### DIRECTIONS

1. Combine all ingredients in a two quart saucepan.
2. Heat on medium-low, stirring, until the quinoa has soaked up the liquid, and the dried fruit has plumped up nicely.
3. Add more milk if needed until the consistency pleases you.

### NUTRITION FACTS

6g protein / 70g carbs / 8g fat / 7g fiber / 350 calories







## ZUCCHINI & CARAMELIZED ONION EGG MUFFINS

*makes 6 muffins*

### INGREDIENTS

1 tsp olive oil  
1 zucchini, diced  
1/4 cup yellow onion, diced  
pinch of salt  
6 eggs  
3 egg whites (or 1/2 cup liquid egg whites)  
coconut oil spray

### DIRECTIONS

1. Preheat oven to 350 degrees.
2. Spray muffin tins with coconut oil spray.
3. Combine eggs and egg whites in a bowl, and whisk to combine.
4. Scoop the veggie mixture into the muffin tins so that veggies are spread evenly.
5. Pour egg mixture over veggies into muffin tins.
6. Bake for 20–25 minutes.
7. Store in a glass container after the eggs have cooled. These are good for up to 4 days!

### NUTRITION FACTS

14g protein / 4g carbs / 11g fat / 1g fiber / 171 calories



## VEGGIE EGG WHITE SCRAMBLE

*makes 1 serving*

### INGREDIENTS

3 egg whites  
½ cup spinach  
¼ cup mushrooms  
¼ green pepper, diced  
¼ red bell pepper, diced  
1 roma tomato, diced  
½ clove garlic, minced  
1 slice light Ezekiel or GF bread, toasted  
1 tsp olive oil spread

### DIRECTIONS

1. Mix ingredients together in a skillet and cook on medium low until egg whites thicken up and are fully cooked.
2. Serve with toast and olive oil spread.

### NUTRITION FACTS

26g protein / 26g carbs / 11g fat / 7g fiber / 287 calories





## CINNAMON APPLE CHIA PORRIDGE

*makes 4 servings*

### INGREDIENTS

½ cup white or black chia seeds  
2 cups apple juice  
½ cup diced apples  
½ cup raisins  
1 tsp cinnamon  
¼ tsp nutmeg  
¼ tsp salt  
¼ cup of honey

### DIRECTIONS

1. Pour chia seeds in a large mixing bowl. Add apple juice and stir until well incorporated.
2. Continue to stir for about 5 minutes off and on to make sure no clumps form. Set aside for 10–15 minutes to let the chia absorb the liquid. You will know it is ready when it's a porridge consistency.
3. Next add remaining ingredients to the chia mixture and stir until powders and sweeteners are well incorporated.
4. Serve immediately. Garnish with additional fruit or your favorite topping.

### NUTRITION FACTS

7g protein / 49g carbs / 10g fat / 14g fiber / 325 calories



## ORGANIC BLUEBERRY MUFFINS

*makes approximately 6 muffins, 1 muffin per serving*

### INGREDIENTS

¼ cup almond meal  
¼ cup vanilla Tone It Up Protein  
1 Tbs ground flaxseed  
1 tsp cinnamon  
1 tsp baking powder  
½ tsp sea salt  
¼ cup egg whites  
1 banana, mashed  
¼ cup plain almond or Greek yogurt  
2 Tbs coconut oil  
½ cup blueberries

### DIRECTIONS

1. Preheat oven to 350 degrees.
2. Mix together dry ingredients. In a separate bowl, mash banana and add in remaining wet ingredients.
3. Combine wet mixture into dry and stir until fully incorporated. Fold in blueberries.
4. Spray muffin tin with non-stick cooking spray. Pour in batter.
5. Bake for 20–25 minutes or until a toothpick comes out clean.

### NUTRITION FACTS

9g protein / 10g carbs / 8g fat / 4g fiber / 142 calories







## PEACH RASPBERRY BREAKFAST BOWL

*makes 1 serving*

### INGREDIENTS

- 1 cup coconut water
- 1 scoop vanilla Tone It Up Protein
- 1 cup frozen raspberries
- 1 peach, peeled & pitted

### DIRECTIONS

1. Place all ingredients in a blender and blend until smooth.
2. Add any or all of your favorite toppings!

### OPTIONAL TOPPINGS

- ½ banana, sliced
- 6 raspberries
- 1 Tbs chia seeds
- 1 Tbs shredded coconut

### NUTRITION FACTS (WITHOUT TOPPINGS)

20g protein / 42g carbs / 3g fat / 18g fiber / 268 calories



## TONE IT UP DONUTS

*makes 5 donuts*

### INGREDIENTS

- 1 cup Tone It Up Protein
- 1 tsp baking powder
- 3 Tbs coconut oil
- 1 tsp vanilla extract
- 1 cup unsweetened vanilla almond milk
- ½ cup egg whites
- 1 tsp maple syrup
- dash of cinnamon
- 2 Tbs cocoa powder (optional if you want to make chocolate donuts!)

### DIRECTIONS

1. Mix all ingredients together in a bowl.
2. Place into your donut machine - we picked ours up at Target!
3. Or you can get a donut pan and bake in the oven at 350 degrees for 30-40 minutes or until a clean toothpick shows your donuts are cooked!

### NUTRITION FACTS

17g protein / 6g carbs / 10g fat / 5g fiber / 190 calories





# TONE IT UP PANCAKES

With all these delicious flavors to choose from you'll want pancakes for every meal!



## ORIGINAL TONE IT UP PANCAKE

makes 1 serving

### INGREDIENTS

1 scoop  
Tone It Up Protein  
½ banana, mashed  
½ Tbs unsweetened  
almond milk  
¼ cup egg whites  
½ tsp cinnamon  
coconut oil cooking spray  
maple syrup or honey  
(optional)

### DIRECTIONS

1. Completely mash banana with almond milk.
2. Gradually stir in the remaining ingredients.  
*If you'd like to add in additional ingredients to make your pancakes one of the flavors listed on the next page, add them to the batter before cooking.*
3. Spray your skillet with cooking spray and turn to medium low heat. Slowly and evenly pour the batter into the pan. Cook for 3 to 5 minutes on one side.
4. Using a spatula, carefully lift the edge and take a peek. If the underside of your pancake is golden brown, it's ready to flip. Carefully flip your pancake and cook for another 3 minutes on the other side until both sides are golden brown and the pancake is cooked through.
5. Remove from heat and top with additional ingredients if desired. Drizzle with real maple syrup or honey and serve!

### HOW TO CHOOSE SYRUP

Pancakes just aren't the same without syrup. Most common pancake syrups aren't maple syrup at all though! They are heavily processed and usually contain high fructose corn syrup - that's just not good for you! Even the syrups branded as lite are loaded with artificial sweeteners. So check the the labels and look for 100% natural maple syrup.

### NUTRITION FACTS

22g protein / 22g carbs / 2g fat / 8g fiber / 193 calories



HAVE A WAFFLE MAKER? TURN YOUR TONE IT UP PANCAKE INTO A PERFECT WAFFLE! JUST AS TASTY WITH NO NEED TO FLIP.

# TONE IT UP PANCAKES

TIPS FOR THE  
Perfect Pancake →

## 1. MIX WELL

Your batter should be smooth and even. Use a blender.

## 2. COOK SLOW

Use low heat to let the pancake cook all of the way through.

## 3. ADD FLAVOR

Mix the ingredients below into the batter for fun new treats!

### BERRY

Add ¼ cup of your favorite berries to the batter. Top with fresh blueberries and sliced strawberries.

### APPLE PIE

Add 1 Tbs organic apple sauce & 1 tsp cinnamon into the batter. Top with cinnamon & apple slices.

### PUMPKIN PIE

Add 1 Tbs pumpkin puree and 1 tsp of pumpkin spice to the batter. Sprinkle with cinnamon.

### CHOCOLATE

Use chocolate almond milk and mix 1 tsp of cacao powder into the batter.

### BLUEBERRY BLISS

Add ¼ cup blueberries to the batter and top with more blueberries!

### PB&J

Add ½ Tbs of peanut butter and ½ Tbs of organic jam to the batter.

### BUTTER CUP

Add ½ Tbs almond butter and 1 tsp of cacao powder to the batter.

### CARROT CAKE

Add 2 Tbs of shredded carrots, ½ tsp of nutmeg and ½ tsp of cinnamon to the batter.

### PECAN PIE

Add 1 Tbs crushed pecans, 2 diced dates and 1 tsp of cinnamon to the batter.

### BANANA MANIA

Top pancakes with slices of remaining half of the banana.

### STRAWBERRY

Add 1 Tbs organic strawberry jam & 1 diced strawberry to the batter. Top with 2 thinly sliced strawberries.

### COCONUT DREAM

Use coconut milk in place of almond milk and mix ½ Tbs of coconut flakes to the batter.

### GINGERBREAD

Add ½ tsp ground ginger, ½ tsp nutmeg & 2 finely chopped dates to batter. Sprinkle with cinnamon.

### ALMOND COOKIE

Add 1 Tbs of crushed almonds and 1 tsp of almond extract to the batter. Sprinkle with crushed almonds.

### CINNAMON SWIRL

Add 1 Tbs of raisins and 1 tsp of cinnamon into the batter. Sprinkle with cinnamon.

### LEMON TARTE

Add 1 tsp of fresh squeezed lemon juice & ½ tsp of lemon zest into the batter.



# BEVERAGES





# CAFÉ TONE IT UP

You can enjoy these coffee drinks throughout the day. Try to keep to 2-3 a day and stick to decaf in the evening.



We love coffee! So here are our favorite, all-natural, low calorie coffee recipes. You may use espresso in any of them to supplement the regular coffee or, if desired, replace it all together.

You can use these recipes for iced or hot coffee! We suggest brewing up a pot of coffee in advance to make ice cubes out of it for delicious iced coffee that is never watered down.

Add some Tone It Up Protein to your coffee, enjoy some fruit with it and you have a complete Meal 2!

Try warming the almond milk before mixing the ingredients for a deliciously sweet hot drink, or let the coffee chill & add ice to prepare a cold drink. Or whip almond milk until frothy and spoon over the top of the drink. Use the spoon to make a design in your cappuccino.

*Sometimes you just need to treat yourself in the morning!*

## SWEET & SIMPLE VANILLA

1 cup coffee  
¼ cup unsweetened vanilla almond milk  
drop of honey (optional)

## COOL & CREAMY CAPPUCCINO

1 cup coffee (or 2 shots espresso)  
5 almond milk ice cubes  
¼ cup unsweetened vanilla almond milk  
1 scoop Tone It Up Protein

## CAFE POWER MOCHA

2 cups strong coffee (16 oz total)  
¼ cup unsweetened almond milk  
1 scoop Tone It Up Protein  
2 Tbs cocoa powder  
drop of honey (optional)

## CINNAMON BUN

1 cup coffee  
¼ cup unsweetened vanilla almond milk  
2 tsp cinnamon  
1 tsp organic powdered cocoa powder  
drop of honey (optional)

## SWEET MAPLE

1 cup coffee  
2 tsp organic maple syrup  
¼ cup unsweetened vanilla almond milk  
dash of cinnamon  
drop of honey (optional)

## GINGERBREAD LATTE

2 shots espresso (or 1 cup coffee)  
1 cup unsweetened vanilla almond milk  
1 tsp organic cocoa powder  
drop of honey  
½ tsp powdered ginger  
½ tsp cloves  
½ tsp nutmeg

## ALMOND BISCOTTI LATTE

1 cup coffee  
¼ cup unsweetened vanilla almond milk  
¼ tsp almond extract (or to taste)  
¼ tsp vanilla extract  
drop of honey (optional)

## PEPPERMINT MOCHA LATTE

1 cup coffee (or 2 shots espresso)  
1 cup unsweetened vanilla almond milk  
1 tsp organic cocoa powder  
¼ tsp peppermint extract  
drop of honey (optional)

## MORNING MOCHA SMOOTHIE

1 cup coffee (2 shots espresso)  
5 chocolate almond milk ice cubes  
1 scoop Tone It Up Protein  
¼ cup unsweetened vanilla almond milk  
1 tsp organic cocoa powder  
drop of honey (optional)

*Blend ingredients together until smooth.*

## PUMPKIN SPICE LATTE

2 shots espresso (or 1 cup coffee)  
1 cup unsweetened vanilla almond milk  
drop of honey (optional)  
2 Tbs pumpkin puree  
1 tsp pumpkin spice

*Or in place of pumpkin spice...*

½ tsp cinnamon  
¼ tsp ground ginger  
½ tsp nutmeg  
½ tsp allspice

*\*Blend almond milk, pumpkin puree and spices separately before adding coffee.*





# WHAT'S YOUR CUP OF TEA?

Tea is an excellent beverage choice. It's full of helpful antioxidants and can boost metabolism. The benefits of tea are best when you brew it fresh yourself. Avoid pre-packaged 'tea drinks' that contain excess sugar and artificial flavors.

These recipes use natural flavoring and are delicious hot or iced!

## LEMON HONEY

**1 bag black or Earl Grey tea**

**1 tsp real honey**

**½ lemon**

*Bring water to a boil. Drop tea bag into a cup of hot water. Squeeze juice from lemon into the cup. Add in honey. Stir well.*

## RASPBERRY GREEN TEA

**1 bag of green tea**

**3 red raspberries, crushed**

**1 tsp fresh mint leaves, chopped**

**drop of honey (optional)**

*Bring water to a boil. Place tea bag, mint and berries into a tea ball and drop into a cup of hot water.*

## PEACH GINGER

**1 bag of green tea**

**1 tsp fresh peach, grated**

**1 tsp fresh ginger, grated**

**drop of honey (optional)**

*Bring water to a boil. Place tea bag, peach and ginger into a tea ball and drop into a cup of hot water.*

## ORANGE HONEY OOLONG

**1 bag oolong tea**

**½ orange**

**1 tsp real honey**

*Bring water to a boil. Drop tea bag into a cup of hot water. Squeeze juice from orange into the cup. Add in honey. Stir well.*

## SPICED VANILLA CHAI

**1 bag black tea**

**1 Tbs unsweetened vanilla almond milk**

**½ tsp cinnamon**

**¼ tsp ground ginger**

**⅛ tsp nutmeg**

**⅛ tsp allspice**

**drop of honey (optional)**

*Bring water to a boil. Drop tea bag into a cup of hot water, stir in spices. When tea is brewed, mix in almond milk.*

Tea in the evening is a great way to ease night time cravings.



# ADD A SPLASH OF FLAVOR!



To stay well hydrated, aim to drink half your body weight in ounces of water throughout the day (i.e. 150 lbs = 75 ounces). Since we know that drinking water all of the time can be a bit blah, try adding whole fruit to make your sips more exciting!

Making fruit infused water is easy... it just takes a little preparation. For a delicious fruit infusion at home, fill a large pitcher with filtered water. Slice up your desired ingredients and add them to the pitcher. Allow to chill in the refrigerator overnight. This will give the flavors a chance to seep out into the water. Keep refrigerated and grab a glass anytime you need to hydrate. For a smaller on-the-go version simply slip prepared ingredients into a water bottle before you leave the house. Add more water throughout the day.

Try starting with some of our favorite flavors below! You can get creative and invent your own!

## OUR FAVORITE FRUIT INFUSIONS!

CUCUMBER  
+  
STRAWBERRIES  
+  
LEMONS

RASPBERRIES  
+  
CUCUMBER

BLUEBERRIES  
+  
LEMON

FRESH MINT  
+  
LIME WEDGES

LEMON WEDGES  
+  
½ TSP APPLE  
CIDER VINEGAR

ORANGE SLICES  
+  
MANGO SLICES

STRAWBERRY  
+  
FRESH MINT

FRESH SHAVED  
GINGER  
+  
LIME WEDGES

## OTHER AWESOME WAYS TO STAY HYDRATED!

### JUICE

Juice from fruits & veggies are another great way to hydrate while taking in vital nutrients. Make your own juices at home, or if you're looking for a pre-packaged juice, go for one low in sugar and without artificial ingredients. Since fruit juice does not contain fiber and is high in carbohydrates, we recommend limiting 100% fruit juice intake to 4-8 oz/day.

### TEA

Tea is a great way to stay hydrated naturally. It has strong antioxidant properties called catechins & may help prevent heart disease and cancer. Any tea is a good choice, but we love green, oolong, & non-caffeinated herbal teas. Any decaf tea is great before bed!

### KOMBUCHA

Kombucha is one of our favorite ways to hydrate because it contains helpful probiotics that can help cleanse your system and boost immunity. It also promotes alkalinity. Your best choice is an original variety without added sugar.

### COCONUT WATER

Coconut water is full of electrolytes, which makes it a great option for staying hydrated. It's especially useful after a workout when your body needs to replenish after a loss of fluids.



# SWEET SMOOTHIES

Use Tone It Up Protein and some fresh fruit and you have a Meal 2 that you can drink on the go! Just add the ingredients to a blender, mix until smooth, and serve! If you like them more icy, make them in advance and pop in the freezer to chill. Try adding liquids first, then Tone It Up Protein, and stir to mix. Add your fruit, then blend until smooth!



## CINNAMON BUN SMOOTHIE

1 cup unsweetened almond milk  
1 scoop Tone It Up Protein  
½ Tbs ground flaxseed  
1 tsp cinnamon  
2 ice cubes

## PROTEIN SHAKE

1 scoop Tone It Up Protein  
1 Tbs chia seeds  
1 cup unsweetened almond milk  
½ banana, frozen, sliced  
½ cup berries

## SUPERFOOD SMOOTHIE

¼ cup blueberries  
1 cup unsweetened almond milk  
1 scoop Tone It Up Protein  
1 scoop spirulina  
3 ice cubes

## MID-MORNING SHAKE

½ banana  
¼ cup strawberries  
¼ cup blueberries  
1 scoop Tone It Up Protein  
1 cup unsweetened almond milk

## PINEAPPLE MANGO LASSI

1 scoop Tone It Up Protein  
¼ cup pineapple  
¼ cup mango  
1 cup unsweetened almond milk

## PEACHES AND CREAM

1 peach, diced  
1 scoop Tone It Up Protein  
1 cup unsweetened almond milk

## CARROT MANGO

1 carrot  
¼ cup mango, cubed  
1 scoop Tone It Up Protein  
1 cup orange juice  
½ cup ice

## STRAWBERRY BANANA

1 scoop Tone It Up Protein  
½ banana, sliced  
¼ cup strawberries, sliced  
1 cup unsweetened almond milk  
½ cup ice

## COOKIES & CREAM

1 scoop Tone It Up Protein  
1 cup unsweetened almond milk  
1 Tbs cocoa powder  
1 Tbs carob chips  
½ cup ice

## KIWI MELON

1 kiwi, peeled  
½ cup honeydew, cubed, frozen  
1 cup unsweetened vanilla almond milk  
1 scoop Tone It Up Protein

## RASPBERRY MOCHA

1 scoop Tone It Up Protein  
¼ cups unsweetened almond milk  
½ cup coffee, chilled  
¼ cup raspberries  
1 tsp cacao powder  
½ cup ice

## GREEN TEA

1 scoop Tone It Up Protein  
½ cup unsweetened almond milk  
1 cup chilled green tea  
1 tsp fresh ground ginger  
½ cup ice

## ORANGE BANANA

½ banana  
1 orange, peeled  
1 scoop Tone It Up Protein  
1 cup coconut water  
½ cup ice

## VERY BERRY

¼ cup blueberries  
¼ cup raspberries  
1 scoop Tone It Up Protein  
½ cup ice  
1 cup unsweetened almond milk

## CHOCOLATE ALMOND

1 scoop Tone It Up Protein  
1 cup unsweetened almond milk  
1 Tbs almond butter  
½ Tbs cocoa powder  
½ cup ice

## SLIM DOWN SMOOTHIE

1 scoop Tone It Up Protein  
½ cup unsweetened almond milk  
½ cup water  
½ cup ice  
1 tsp cinnamon

\*all smoothies make 1 serving



Slim Down & Green Tea



Peanut Butter Cup, Chocolate Almond & Cookies & Cream



All others on this page

# MORE SMOOTHIES!

These smoothies are the perfect treat for a warm summer day or anytime you need to kick back and enjoy a little bit of beach time relaxation. Make these recipes in a blender. Add more ice if you want to cool off, or a little coconut water if it seems too thick.

## KIWI KRUSH

### INGREDIENTS

1 cup water  
 ½ cup spinach  
 3 kiwis, peeled  
 ½ frozen banana chunks  
 ½ cup frozen berries  
 ½ tsp organic honey (optional)

### BENEFITS

Contributes to firm and supple skin as well as healthy, sparkling eyes. Also boosts brain power!

### NUTRITION FACTS

4g protein / 60g carbs / 2g fat / 10g fiber / 251 calories



## KAHUKI'S COLADA

### INGREDIENTS

1 cup of fresh pineapple cut into cubes  
 ½ cup of coconut almond milk  
 ½ cup of fresh pineapple juice  
 ¼ cup unsweetened coconut flakes  
 ½ cup of ice cubes  
 1 scoop Tone It Up Protein

### BENEFITS

Leaves you with sparkling skin & lean, sexy muscles. And it helps with digestion too!

### NUTRITION FACTS

18g protein / 49g carbs / 17g fat / 11g fiber / 418 calories



## MONKEY'S MANGO & COCONUT CREAM

### INGREDIENTS

½ banana cut into chunks  
 2 Tbs organic unsweetened coconut flakes  
 ½ cup mango  
 1 cup of unsweetened almond milk  
 1 scoop Tone It Up Protein

### BENEFITS

Properties include anti-aging, acne fighting, increasing brain power, and boosting metabolism.

### NUTRITION FACTS

19g protein / 37g carbs / 15g fat / 11g fiber / 367 calories



## BEACHY PEACHY

### INGREDIENTS

1 peach  
 ½ banana  
 4 strawberries  
 ½ cup almond or Greek yogurt  
 1 cup unsweetened almond milk

### BENEFITS

Protects & brightens skin and helps give you silky, lustrous hair.

### NUTRITION FACTS

15g protein / 37g carbs / 4g fat / 6g fiber / 229 calories



## BANANA BERRY BANG

### INGREDIENTS

½ cup water  
 ¼ cup cranberries  
 ½ frozen banana chunks  
 ½ lime, juiced  
 1 orange, juiced

### BENEFITS

Detoxifies the skin, brightens complexion, and prevents wrinkles!

### NUTRITION FACTS

2g protein / 38g carbs / 1g fat / 8g fiber / 145 calories







## CHOCOLATE PEANUT BUTTER SMOOTHIE

*makes 1 serving*

### PEANUT BUTTER LAYER

- ½ cup unsweetened almond milk
- ½ frozen banana
- 1 Tbsp peanut butter
- ¼ cup frozen cauliflower

### CHOCOLATE LAYER

- ½ cup unsweetened almond milk
- 1 scoop chocolate Tone It Up Protein
- ¼ cup frozen cauliflower
- 1 tsp cacao powder

### DIRECTIONS

1. Blend the peanut butter layer first until smooth. Pour into a glass. Save a little bit to top the smoothie.
2. Next, blend the chocolate layer. Pour on top of the peanut butter layer. Top the chocolate layer with the last bit of the peanut butter smoothie.
3. You can drizzle an optional 1 Tbsp. melted dark chocolate on top if you're feelin' like more chocolate :)

### NUTRITION FACTS

21g protein / 23g carbs / 12g fat / 9g fiber / 297 calories



## CAULIFLOWER SMOOTHIE

*makes 1 serving*

### INGREDIENTS

- 1 cup coconut water
- 1/4 cup frozen mango
- 1 scoop vanilla Tone It Up Protein
- 1/4 cup frozen pineapple
- 1/2 cup frozen cauliflower rice
- 1 Tbsp almond butter

### NUTRITION FACTS

22g protein / 31g carbs / 11g fat / 12g fiber / 303 calories



## TROPICAL MATCHA SMOOTHIE BOWL

*makes 1 serving*

### INGREDIENTS

- 1 cup unsweetened almond milk
- 1/2 frozen banana, sliced
- 1 scoop vanilla Tone It Up Protein
- 1 tsp. matcha powder
- 1/2 cup frozen pineapple
- 1/4 cup unsweetened greek yogurt

### NUTRITION FACTS

23g protein / 33g carbs / 5g fat / 9g fiber / 267 calories





## ALMOND BUTTER CACAO

*makes 2 smoothies*

### INGREDIENTS

- ¼ cup almond butter
- 1 frozen banana
- 3 Tbs cacao powder
- 1 Tbs maca powder
- 2 cups filtered water or coconut water
- 1 scoop Tone It Up Protein
- ¼ tsp of cinnamon

### What's Maca?

Maca is a root in the turnip family that grows in the upper slopes of the Andes mountains. It is one of the premier adaptogens and is known to elevate mood by balancing and assisting hormones.

### NUTRITION FACTS

18g protein / 33g carbs / 19g fat / 12g fiber / 344 calories



## GREEN GIANT

*makes 2 smoothies*

### INGREDIENTS

- ¼ cup aloe vera juice
- 1 frozen banana
- 3 kale leaves or 1 cup spinach
- 2 cups coconut or filtered water
- ½ cup hemp seeds (optional)
- 1 Tbs honey
- 1 scoop Tone It Up Protein
- 1 tsp spirulina
- ½ avocado

### Aloe Vera... good for more than a sunburn!

Aloe vera is one of the most nutritious edible plants on the planet. It is considered to be a superfood by many cultures for its healing qualities for the skin, joints, brain, and nervous system.

### NUTRITION FACTS

12g protein / 38g carbs / 9g fat / 10g fiber / 270 calories





# JUICES

These recipes work best if you have a juicer, but if you don't have one you can use a blender on the 'puree' setting. For the best taste, serve over ice. It's best to consume your fresh juice right after you juice them, but if you store them in covered containers in the fridge, it can help preserve them for a little longer. A day to 48 hours, tops.

## GARDEN DETOX

### INGREDIENTS

1 cup spinach  
4 carrots  
½ stalk leek  
2 apples  
1 tomato

### BENEFITS

Contributes to beautiful, clear skin, detoxifies & cleanses the body, and eliminates bloating.

### NUTRITION FACTS

6g protein / 86g carbs / 2g fat /  
19g fiber / 345 calories



## GREEN FLASH

### INGREDIENTS

1 cup kale  
½ cucumber  
3 carrots  
1 beet  
½ inch fresh ginger stalk  
1 Tbs parsley  
1 apple

### BENEFITS

Replenishes moisture to eyes and skin, has anti-aging properties, and strengthens the heart and immune system.

### NUTRITION FACTS

7g protein / 61g carbs / 2g fat /  
14g fiber / 260 calories



## SUNRISE CHILL

### INGREDIENTS

1 cup pineapple, diced  
2 kiwis, peeled  
1 orange

### BENEFITS

Enhances your immune system, keeps your teeth healthy, and improves skin hydration!

### NUTRITION FACTS

4g protein / 60g carbs / 1g fat /  
9g fiber / 242 calories



## RADIANT RUSH

### INGREDIENTS

1 beet  
2 apples  
½ inch fresh ginger stalk

### BENEFITS

Gives you radiant skin, energizes & detoxifies the body, and improves circulation.

### NUTRITION FACTS

3g protein / 67g carbs / 1g fat /  
12g fiber / 263 calories



## CLEANSING COOLER

### INGREDIENTS

1 beet  
2 apples  
6 kale leaves  
½ inch cut of ginger root

### BENEFITS

Cleanses the body, brightens the eyes, has anti-aging properties, and gives you radiant skin.

### NUTRITION FACTS

11g protein / 80g carbs / 3g fat /  
19g fiber / 342 calories



## PERFECT JUICE

### INGREDIENTS

½ mango  
1 carrot  
½ apple  
½ beet  
½ cup spinach  
1 scoop Tone It Up Protein

### BENEFITS

Contributes to fat burning, improves skin elasticity, and gives you a dewy complexion.

### NUTRITION FACTS

18g protein / 53g carbs / 3g fat /  
13g fiber / 294 calories



## TIU TONIC

### INGREDIENTS

dash of turmeric  
juice of ½ lemon  
½ inch cut of ginger root (or to taste)  
4 carrots

### BENEFITS

Rids the body of toxins, gives you glowing skin, and boosts metabolism.

### NUTRITION FACTS

3g protein / 34g carbs / 1g fat /  
10g fiber / 131 calories



# YOUR META D

This is your daily Metabolism Boosting Drink... or Meta D for short! Cinnamon and apple cider vinegar have been shown to balance blood sugar levels, while cayenne pepper raises body temperature and boosts your metabolism to help you burn more calories. This slimming sip is most effective early in the day, so drink it after your morning Booty Call with Meal 1 or 2.

Beware of the Meta D glow—you'll be beaming all day!



## META D

*makes 1 drink*

### INGREDIENTS

- 1 Tbs 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

Mix all ingredients together in a shaker. Shake, pour into a glass, and drink.

Try adding more water or a little more juice to your Meta D if the apple cider vinegar taste is too strong.



## bombshell SPELL

*makes 1 drink*

### INGREDIENTS

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

### DIRECTIONS

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



## lemon ginger SHOT

*makes 1 drink*

### INGREDIENTS

- 1 lemon, juiced
- 1 inch ginger, sliced (or whole if using a juicer)
- pinch of cayenne

### DIRECTIONS

You can make this 4 ways:

1. Combine all ingredients in a blender and strain out the juice.
2. Put the ginger root through a juicer then mix.
3. You can put your sliced ginger in a garlic press.
4. Mince your ginger, then mix!





# SHOTS!

You can make these shots in bulk and save them in mason jars for up to three days to serve later or make them single serving. They're very potent, so be sure to take them in smaller 'shot' portions between 1 to 3 oz.

Your shots are approved for any time, up to 3 times per day.



## GREEN GODDESS

handful of kale  
half a handful of parsley  
cilantro  
half of a lime

*Juice all ingredients except lime. Serve in shot glass and follow with lime wedge chaser!*

*Freeze remaining juice in ice cubes. Drop a couple green cubes in some juice and have your daily green shot tomorrow!*

*Kale and parsley are super concentrated power houses, so it's best to only have one shot. Drink this shot straight up, or add to your favorite juice or smoothie!*

## TEMPER TAMER

3 stalks of celery  
a handful of fresh, tart cherries

*A calming boost that also helps you get a good nights sleep! Celery helps calm your nervous system and cherries are a good source of natural melatonin, which helps regulate your sleep cycle!*

**Bonus:** Cherries help repair your muscles after a hard workout!

## BOMBSHELL SPELL SHOT

2 Tbs fresh pineapple juice  
1 Tbs of apple cider vinegar

*Boost your metabolism in one shot! Feel free to chase it with a half a shot of pineapple juice.*

## META D SHOT

2 Tbs fresh apple juice  
1 Tbs of apple cider vinegar

*Garnish shot with dash of cayenne! Feel the glow and enjoy! Feel free to chase it with a half a shot of apple juice.*

## GREEN TEA BOOST

1 tsp of matcha green tea powder  
a little unsweetened almond milk

*We also love having a cup of green tea in the morning with ½ a lemon squeeze!*

## CHA CHA CHIA!

2 Tbs aloe vera  
1 tsp chia seed  
½ juiced cucumber  
1 juiced orange

*This one makes a couple shots & the texture is fun too!*

## ALMOND DREAM

2 Tbs unsweetened almond milk  
½ tsp of cinnamon  
2 dates

*Blend ingredients instead of juicing.*

## SPICY LEMONADE

fresh juice from one lemon  
a dash of honey  
a dash of cayenne

## TARDY FOR THE PARTY

1 lime  
handful of fresh cranberries

*Juice all ingredients. This is one of our favorites and it feels invigorating!*

## LEMON DROP

1 fresh lemon  
juiced with a dash of honey  
a splash of coconut water

*Perfect first thing in the morning or right before lunch.*

## GLOWING SKIN SHOT

1 carrot  
1 inch piece of ginger root  
dash of turmeric

*Use turmeric powder or juice a piece of turmeric root. Turmeric is a powerful anti-inflammatory, it enhances circulation and does wonders to keep your skin glowing & bright!*

## ESPRESSO SHOT

*We couldn't leave out our daily favorite... the espresso shot! Not only is it energizing and delicious, but it increases your metabolism and has a ton of disease fighting powers. Limit to the mornings!*



# MY FAVORITE RECIPES



# SOUPS & SALADS







## RAW BRUSSELS SPROUTS SALAD

*makes 2 servings*

### INGREDIENTS

2 cups Brussels sprouts  
1 pear, diced  
1 persimmon, diced  
2 Tbs goji berries or cranberries  
1 tsp olive oil  
1 tsp toasted sesame oil  
½ tsp balsamic vinegar  
½ tsp tamari  
¼ tsp sea salt  
¼ tsp black pepper  
1 tsp black sesame seeds to garnish

### DIRECTIONS

1. Slice each Brussels sprout thinly using a knife, or use your vegetable shredder. Place in bowl.
2. Dice up pear and persimmon and add to Brussels sprout mix. Throw in the goji berries or cranberries.
3. In small bowl, mix together both oils, vinegar, tamari, salt and pepper.
4. Pour over salad mixture and toss.

### NUTRITION FACTS

4g protein / 26g carbs / 5g fat / 6g fiber / 152 calories



## TARRAGON TOMATO SOUP

*makes 2 servings*

### INGREDIENTS

3 ripe tomatoes  
3 garlic cloves  
1 Tbs olive oil  
½ white onion, diced  
1 Tbs tarragon  
1 tsp sea salt  
1 tsp balsamic vinegar  
1 tsp tamari  
½ tsp rosemary  
dash of paprika for color  
dash of cayenne (optional)

### DIRECTIONS

1. Place all ingredients (except ½ of a tomato) in a high speed blender, and process until blended.
2. Add contents into a saucepan and simmer until warm. Taste and add more seasoning if desired.
3. While heating, dice up the remaining ½ tomato into small pieces and add.
4. Garnish with fresh minced tarragon and black pepper.

### NUTRITION FACTS

3g protein / 13g carbs / 7g fat / 3g fiber / 122 calories







## CONFETTI KALE SALAD

*makes 4 servings*

### INGREDIENTS

4-6 leaves curly kale  
 ½ cup olive oil  
 ¼ cup hemp seeds  
 ¼ head purple cabbage, shredded  
 1 cup yellow bell pepper, diced  
 2 Tbs red onion  
 1 Tbs honey  
 1 Tbs dijon mustard  
 ½ lemon, juiced  
 1 tsp sea salt  
 ½ tsp black pepper  
 ½ tsp garlic powder  
 1 tsp mustard powder

### DIRECTIONS

1. Wash and dry kale. Strip leaves from stem using your fore finger and thumb and pressing firmly down the stem.
2. Rip into smaller bite size pieces. Massage the kale by squeezing in fists until it takes on a greener, more cooked appearance.
3. Add shredded purple cabbage and diced bell peppers to kale. For dressing place the oil, onion, honey, mustard, mustard powder, lemon juice, garlic powder, salt and pepper in a high powered blender and blend until smooth.
4. Pour over salad and mix. Sprinkle hemp seeds over salad and toss to mix.

### NUTRITION FACTS

7g protein / 18g carbs / 32g fat / 5g fiber / 377 calories



### DID YOU KNOW?

Kale is actually an excellent source of both vitamin C and vitamin K! This recipe alone provides over 100% of the daily recommended intake of both of these important vitamins.

## CITRUS SPINACH SOUP

*makes 2 servings*

### INGREDIENTS

1 orange juiced  
 1 grapefruit juiced  
 10 mint leaves  
 ¼ avocado  
 1 cup spinach  
 1 green onion  
 1½ tsp miso  
 ¼ tsp garlic powder

### DIRECTIONS

1. Squeeze fruit juices into blender, and add the remaining ingredients.
2. Blend until smooth, adding water or more juice if necessary.
3. Garnish with mint leaves or thin orange slices.

### NUTRITION FACTS

3g protein / 25g carbs / 3g fat / 5g fiber / 126 calories







## COCONUT CEVICHE

*makes 4 servings*

Ceviche is a traditional Central & South American dish in which fresh seafood is marinated in citrus juice in place of cooking with heat for a cool, light dish.

In this vegan version we replace the seafood with coconut for a delicious and surprisingly similar result. The fresh fruit juices soften the coconut to give it a crisp, chewy texture, and the spices balance out the flavor to make this dish a truly unique treat!

### INGREDIENTS

1 cup coconut flesh, diced  
 ½ cucumber, diced  
 3 Tbs chopped pineapple  
 3 Tbs shredded purple cabbage  
 3 Tbs orange juice  
 2 Tbs lime juice  
 1 Tbs chopped red onion  
 2 Tbs chopped cilantro  
 1 Tbs chopped mint  
 ½ tsp red chili flakes  
 ½ tsp ginger  
 ½ tsp dulce flakes  
 ¼ tsp sea salt  
 minced jalapeño, to taste (optional)

### DIRECTIONS

1. Add all of the chopped ingredients together and toss in a medium or large bowl.
2. In a separate bowl, mix together the orange and lime juice with the spices and seasonings.
3. Pour the liquid mixture over the chopped ingredients and toss until evenly coated.
4. You can serve this dish right away, or, if you'd like, let it marinate for 1-2 hours in the refrigerator to really bring out all of the flavors.

*This ceviche makes a small meal on its own or a great, flavorful, side to complete your meal.*

### NUTRITION FACTS

2g protein / 10g carbs / 13g fat / 3g fiber / 160 calories



## LOVE YOUR BODY WITH COCONUT

Coconut flesh, or the edible interior of the hard shell, contains pure, raw, saturated fat, which can help rejuvenate tissue damage and improve functioning of the nervous system. Though very high in fat, it consists almost completely of easily digestible omega-6 fatty acids which are helpful to the body and a good source of complete protein and dietary fiber as well as the minerals iron, phosphorous & zinc.

When looking for coconut at the store try to find a raw variety without sugars or preservatives added. You can buy a whole coconut and prepare it yourself or some stores will carry cut, pre-packaged, fresh, raw coconut... just be sure to check the label.







## CUCUMBER FENNEL SOUP

makes 4 servings

### INGREDIENTS

- 1 cup organic apple juice
- 1 cucumber
- ½ bulb fennel
- 4 stalks celery, chopped
- ½ cup cilantro or parsley
- ½ tsp sea salt
- ¼ tsp garlic powder
- ¼ tsp onion powder

### DIRECTIONS

1. Place all ingredients in a high speed blender and blend until smooth.
2. If you'd like a thinner soup, pour mixture through a nut milk bag, fine strainer, or cheese cloth. This will give you a silky refreshing soup.
3. Enjoy cold or heat up on the stove at very low temperature.

*Save the feathery tops of the fennel for garnish!*

### NUTRITION FACTS

1g protein / 13g carbs / 0g fat / 2g fiber / 56 calories



## DETOX SALAD

makes 4 servings

### INGREDIENTS

- 1 cup mixed salad greens
- 1 cup arugula
- ½ bunch cilantro, chopped
- ½ bunch parsley, chopped
- ½ - 1 ripe tomato, diced
- 1 cup alfalfa sprouts
- ½ avocado
- 1 Tbs spirulina
- 1 Tbs olive oil or flax oil
- 1 tsp dulse flakes
- ½ lemon, juiced
- ½ cup water
- ¼ cup sunflower seeds

### DIRECTIONS

1. Add first 6 ingredients in a large bowl, and toss until mixed.
2. In a second bowl or blender, mix the remaining ingredients and blend until smooth.
3. Pour dressing over salad to coat. Serve immediately.



### NUTRITION FACTS

4g protein / 5g carbs / 11g fat / 3g fiber / 125 calories



### LOVE YOUR BODY WITH SPIRULINA

This superfood is a type of blue green algae. It is a complete protein, containing all of the essential amino acids & other helpful nutrients.



## SWEET & SOUR KELP NOODLE SALAD

*makes 4 servings*

### INGREDIENTS

1 cup kelp noodles

### DRESSING

½ cup bell pepper, diced

½ cup broccoli, chopped

½ cup mango, diced

1 tsp apple cider vinegar

1 Tbs tamari

1 Tbs honey

½ tsp cayenne

1 lemon, juiced

½ cup pineapple

black sesame seeds  
(if desired)

### DIRECTIONS

1. Rinse and drain the kelp noodles two to three times as needed. You may also want to cut the noodles into smaller pieces with a knife or scissors.

2. Toss noodles on a towel and cover with another towel to dry off excess water. Set aside.

3. In a blender, blend the dressing, adding water or coconut water as needed to get desired thickness. Kelp noodles work better with thick sauces.

4. Return noodles to a mixing bowl and pour in dressing a little at a time and mix together with spoon or your hands.

5. Once the noodles are thoroughly covered, add your vegetables and toss again.

6. Top with black sesame seeds for garnish. Serve and enjoy.

### NUTRITION FACTS

2g protein / 15g carbs / 0g fat / 3g fiber / 58 calories



## PERFECT PARSNIP SOUP

*makes 3 servings*

### INGREDIENTS

2 cups parsnip, peeled and chopped

¼ cup pine nuts

2½ cups filtered water

1 lemon, juiced

1 Tbs virgin coconut oil

2 tsp tamari

½ tsp thyme

¼ tsp salt

½ tsp nutmeg or to taste

\*garnish with minced chives

### DIRECTIONS

1. Place all ingredients in a high speed blender, and process until smooth and creamy.

2. Pour soup into a saucepan and heat on medium-low until warm or pour immediately into serving bowls and garnish with minced chives.

### NUTRITION FACTS

3g protein / 18g carbs / 12g fat / 5g fiber / 188 calories







## SUNBURST SEAWEED SALAD

makes 6 servings

### INGREDIENTS

¼ cup radish, julienned  
 ½ cup red beet, julienned  
 ½ cup carrot, shredded  
 1 oz seaweed  
 1 Tbs sesame or olive oil  
 1 tsp toasted sesame oil  
 1 Tbs apple cider vinegar  
 1 clove garlic, minced  
 1 tsp ginger, grated  
 1 tsp honey  
 1 tsp dulce flakes  
 2 Tbs tamari  
 1 green onion, thinly sliced  
 ½ tsp red pepper flakes

### DIRECTIONS

1. Drain and rinse seaweed well.
2. Place veggies and seaweed into a medium size bowl and toss. Set aside.
3. Place remaining ingredients into a high powered blender. Blend until smooth.
4. Pour over veggie and seaweed mixture.

*This salad is a great way to enjoy the health benefits of seaweed.*

### NUTRITION FACTS

1g protein / 4g carbs / 3g fat / 1g fiber / 47 calories



## MINERALIZED MERMAID SOUP

makes 4 servings

### INGREDIENTS

1 zucchini, chopped  
 1 cup water  
 ¼ cup seaweed  
 1 Tbs dulce flakes  
 1 Tbs tahini  
 2 Tbs olive oil  
 1 Tbs miso paste  
 1 garlic clove, minced  
 1 green onion, thinly sliced  
 2 mushrooms, thinly sliced

### DIRECTIONS

1. Place seaweed into soaking water and set aside for 10–15 minutes.
2. Drain seaweed and rinse well under filtered water.
3. Thinly slice mushrooms and green onion. Set aside to be added to soup last.
4. Place chopped zucchini and water into high powered blender, add remaining spices, miso, and tahini. Blend until smooth and all flavors are incorporated.
5. Pour into mixing bowl.
6. Add seaweed, mushrooms and green onion.

### NUTRITION FACTS

2g protein / 5g carbs / 9g fat / 1g fiber / 104 calories





## HARVEST SWEET POTATO BISQUE

makes 4 servings

### INGREDIENTS

3 cups water  
1 sweet potato, cubed  
1 large carrot, diced  
½ yellow onion, sliced  
⅓ cup cashews  
1 tsp black pepper  
1 tsp turmeric powder  
½ Tbs coriander  
2 tsp sea salt  
½ tsp sage  
¼ tsp cayenne  
1 apple, diced  
2 cloves garlic

### DIRECTIONS

1. In a large sauce pan or pot, bring water to a low boil and add the cubed sweet potato.
2. Cook until soft and tender, usually 15-20 minutes.
3. Place all ingredients in a high speed blender, including the sweet potatoes and water, process until smooth and creamy.
4. Garnish with green onion, fresh ground black pepper or your favorite nuts or seeds.

*Hint: You can use a drizzle of almond milk to create the design shown.*

### NUTRITION FACTS

3g protein / 22g carbs / 5g fat / 4g fiber / 140 calories



Sweet potatoes are well known as a superfood because they are rich in fiber, vitamin A, vitamin C and potassium. When selecting sweet potatoes, pick a small to medium sized potato and one that is firm and smooth; avoid any cracks or blemishes on the skin. Store 3-5 weeks in a cool, dark and dry place.

## THAI COLESLAW

makes 6 servings

### INGREDIENTS

¼ head purple cabbage, shredded  
¼ head green cabbage, shredded  
½ cup cucumber, diced  
½ cup bell pepper, diced  
¼ cup almond butter  
¼ cup honey  
2 Tbs red curry paste  
3 Tbs red onion  
2 cloves garlic  
½ tsp toasted sesame oil  
2 limes, juiced

### DIRECTIONS

1. Place cabbage, bell pepper and cucumber in a large salad bowl for mixing.
2. In a blender, mix remaining ingredients into a dressing adding water if necessary. You'll want this to be on the thicker side.
3. Pour dressing over the coleslaw veggie mixture and toss until well coated. Enjoy.

### NUTRITION FACTS

4g protein / 22g carbs / 7g fat / 4g fiber / 156 calories







## SO FRESH & SO LEAN

*makes 1 serving*

### INGREDIENTS

4 oz tempeh, cut into thin strips  
 ½ cup carrots, grated  
 ½ cup cucumber, grated  
 ½ lemon, squeezed  
 2 tsp basil or mint, finely chopped  
 1 tsp real honey

### DIRECTIONS

1. Spray medium skillet with non-stick cooking spray.
2. Cook tempeh strips over medium heat for about 5 minutes until heated through.
3. Remove from heat and toss all ingredients and juice from lemon together in a bowl.
4. If you'd like, you can chill the cooked tempeh before mixing in with other ingredients for a cool, refreshing morning salad.

### NUTRITION FACTS

23g protein / 30g carbs / 13g fat / 5g fiber / 284 calories



## CREAMY CUCUMBER SALAD

*makes 2 servings*

### INGREDIENTS

½ cup plain almond or Greek yogurt  
 1 green onion, chopped  
 ¼ tsp black pepper  
 pinch of dill  
 1 clove of garlic, minced  
 ¼ cup cucumber, thinly sliced

### DIRECTIONS

1. Mix yogurt with green onion, pepper, dill and garlic.
2. Add cucumbers and toss to coat with dressing.

### NUTRITION FACTS

6g protein / 4g carbs / 0g fat / 0g fiber / 40 calories







## 7 DAY SLIM DOWN LUNCH SALAD

*makes 1 serving*

### INGREDIENTS

2 cups veggies  
(your choice!)

unlimited mixed greens

4 oz tempeh or tofu on top

salad dressing can be plain  
balsamic vinegar

### DIRECTIONS

1. Cook protein thoroughly in a skillet with a little bit of olive oil.
2. Toss veggies together in a bowl and top with protein.
3. Drizzle with dressing and serve.

### NUTRITION FACTS

*nutrition facts vary based on salad ingredients*



*we love broccoli,  
celery, tomatoes, + carrots*

## COUSCOUS SALAD

*makes 1 serving*

### INGREDIENTS

¼ cup whole wheat  
couscous or quinoa

1 Tbs olive oil

½ tsp sea salt

¼ cup carrot, sliced

¼ cucumber, sliced

¼ cup cherry tomatoes,  
halved

¼ cup water

### DIRECTIONS

1. In a sauce pan combine ¼ cup water, olive oil and salt. Bring to a boil.
2. Remove from heat and pour in couscous. Stir thoroughly and cover. Let stand for five minutes.
3. Fluff with a fork and add vegetables. Stir and serve.

### NUTRITION FACTS

8g protein / 44g carbs / 14g fat / 8g fiber / 321 calories







## LEMON, SPINACH & CHICKPEA

*makes 1 serving*

### INGREDIENTS

½ cup chickpeas, drained and rinsed  
1 Tbs extra virgin olive oil  
1 lemon, squeezed  
½ tsp black pepper, freshly ground  
2 cup baby spinach leaves

### DIRECTIONS

1. Put the drained chickpeas into a large mixing bowl.
2. Combine the remaining ingredients with the chickpeas and stir well.
3. Chill before serving.

### NUTRITION FACTS

8g protein / 31g carbs / 16g fat / 11g fiber / 262 calories



## MEDITERRANEAN SALAD

*makes 1 serving*

### INGREDIENTS

6 red grapes, halved  
½ cup romaine lettuce, chopped  
4 oz extra firm tofu  
1 Tbs olive oil  
2 tsp sunflower seeds, unsalted & shelled  
2 tsp fresh basil, finely chopped  
1 tsp black pepper  
1 tsp balsamic vinegar

### DIRECTIONS

1. Heat olive oil in a small skillet. Season tofu with basil, pepper and any other seasoning you desire.
2. Cook seasoned tofu on medium heat for about 6 minutes or until cooked all of the way through.
3. Cut cooked tofu into small pieces and combine with remaining ingredients. Toss salad and serve!

### NUTRITION FACTS

16g protein / 5g carbs / 14g fat / 0g fiber / 176 calories



## CITRUS SUMMER SALAD

*makes 1 serving*

### INGREDIENTS

2 cups spinach  
4 oz extra firm tofu  
½ orange, peeled & sliced  
½ grapefruit, sliced  
10 walnuts  
¼ cup cherry tomatoes  
1 Tbs olive oil  
dash of black pepper

### DIRECTIONS

1. Season tofu with black pepper and cook thoroughly in a skillet with olive oil on medium low heat until cooked through and golden brown on the outside.
2. Remove tofu from skillet and cut into thin slices.
3. In a large bowl toss fruit, walnuts and tomatoes with spinach.
4. Top with sliced tofu and your favorite Tone It Up salad dressing.

### NUTRITION FACTS

19g protein / 40g carbs / 24g fat / 9g fiber / 418 calories





## TONE IT UP KALE SALAD

*makes 2 servings*

### INGREDIENTS

2 cups kale, finely chopped  
4 oz grilled tofu  
½ cup quinoa, cooked  
unlimited veggies!

### DIRECTIONS

1. Cook quinoa according to package instructions.
2. Cook protein until cooked through.
3. Toss kale quinoa, protein and veggies together in a bowl and top with your favorite Tone It Up Salad dressing.

### NUTRITION FACTS

*nutrition facts vary based on salad ingredients*



Kale salads are one of our favorites! We like to mix up the protein and veggies to make different versions throughout the week.

## QUINOA PASTA SALAD

*makes 2-3 servings*

### INGREDIENTS

2 cups quinoa pasta  
1 carrot, sliced  
1 red bell pepper, diced  
1 cup broccoli, chopped  
½ cup balsamic vinegar  
2 Tbs olive oil  
½ lemon, squeezed  
½ lime, squeezed  
1 tsp sea salt  
¼ cup black olives, sliced  
¼ cup artichoke hearts, chopped

### DIRECTIONS

1. Boil pasta until al dente, (cooked according to package directions.) Drain and allow to cool.
2. Mix vinegar, olive oil, salt, and the juice from the lemon and lime together in a small bowl.
3. Add vegetables to pasta and pour on dressing mixture.
4. Stir thoroughly until pasta and vegetables are covered.

### NUTRITION FACTS

5g protein / 49g carbs / 11g fat / 7g fiber / 306 calories







## GARBANZO CITRUS SALAD

*makes 1 serving*

### INGREDIENTS

½ cup garbanzo beans  
¼ cup cucumber, diced  
¼ cup red bell pepper, diced  
1 Tbs onion, diced  
1 Tbs grapefruit juice  
1 tangerine, juiced  
1 tsp tangerine zest  
1 tsp red wine vinegar

### DIRECTIONS

1. Toss beans and veggies together in a bowl.
2. Combine liquids together in a separate bowl.
3. Drizzle the juice mixture over the veggies and mix until evenly covered.

### NUTRITION FACTS

7g protein / 35g carbs / 2g fat / 7g fiber / 180 calories



## TONE IT UP SUPER SALAD

*makes 1 serving*

### INGREDIENTS

¼ avocado, sliced  
½ Tbs raw almonds, slivered  
¼ cup tomatoes, diced  
½ cup asparagus, chopped  
½ Tbs extra virgin olive oil  
½ Tbs balsamic vinegar  
¼ tsp black pepper  
½ lime, squeezed  
½ lemon, squeezed

### DIRECTIONS

1. Bring 1 cup of water to a boil. Add asparagus and cook for about 1 minute until asparagus turns bright green.
2. Drain and immediately place into cold water to preserve crispness.
3. In a small bowl mix oil, vinegar, pepper and lemon/lime juice.
4. Remove asparagus from cold water and pat dry with paper towel.
5. Toss tomatoes, avocados and asparagus together with mixture from bowl. Top with almonds.

### NUTRITION FACTS

4g protein / 19g carbs / 14g fat / 8g fiber / 186 calories





## TOFU SALAD

*makes 1 serving*

### INGREDIENTS

4 oz extra firm tofu, cubed  
1 Tbs plain almond or Greek yogurt  
1 lemon, juiced  
2 Tbs celery, chopped  
2 Tbs carrots, shredded  
2 Tbs onions, diced  
1 Tbs almonds, slivered  
pepper & sea salt to taste

### DIRECTIONS

1. Mix ingredients together in a bowl.
2. Allow to chill in the refrigerator for half an hour if desired.
3. Serve over a bed of fresh spinach if desired.

### NUTRITION FACTS

40g protein / 17g carbs / 8g fat / 7g fiber / 272 calories



These salads are great for a small meal or as side dishes for a picnic or barbecue!

## CARROT SALAD

*makes 2 servings*

### INGREDIENTS

1 cup carrots, grated  
¼ cup raisins  
½ apple, diced  
½ Tbs honey  
½ Tbs almond or Greek yogurt  
½ lemon, juiced

### DIRECTIONS

1. Thoroughly mix carrots, raisins, apples, and honey until evenly covered.
2. Add yogurt and squeeze lemon into mixture.
3. Stir until completely mixed.
4. Serve chilled.

### NUTRITION FACTS

2g protein / 48g carbs / 0g fat / 5g fiber / 180 calories





## ZESTY QUINOA

*makes 1 serving*

### INGREDIENTS

- ½ cup quinoa, cooked
- 1 lemon, squeezed
- 1 Tbs cilantro, finely chopped
- 2 Tbs dried cranberries or cherries

### DIRECTIONS

1. Cook quinoa according to package instructions.
2. When finished, remove from heat and chill in the fridge for about 20 minutes.
3. Add in remaining ingredients and mix thoroughly before serving.

### NUTRITION FACTS

6g protein / 47g carbs / 2g fat / 8g fiber / 199 calories



## SWEET MEADOWS KALE SALAD

*makes 1 serving*

### INGREDIENTS

- 1 cup kale, washed and shredded
- 3 strawberries, thinly sliced
- 1 Tbs coconut, shredded
- TIU balsamic citrus dressing

### DIRECTIONS

1. Toss ingredients together in a bowl.
2. Top with the balsamic citrus dressing (recipe in the dressing section).

### NUTRITION FACTS

3g protein / 9g carbs / 2g fat / 4g fiber / 62 calories





## BEET SALAD

*makes 1 serving*

### INGREDIENTS

½ cup beets, thinly sliced  
¼ cup fennel, thinly sliced  
1 Tbs red onion, diced  
1 Tbs white wine vinegar  
1 Tbs cashews, chopped  
1 Tbs red bell pepper, diced  
1 Tbs celery, chopped  
1 tsp fresh parsley

### DIRECTIONS

1. Combine ingredients in a bowl and toss thoroughly.
2. Serve chilled.

### NUTRITION FACTS

4g protein / 14g carbs / 6g fat / 3g fiber / 127 calories



## PEACH PECAN QUINOA SALAD

*makes 1 serving*

### INGREDIENTS

1 peach, sliced  
1 cup fresh spinach  
¼ cup pecans  
¼ cup quinoa, cooked

### DIRECTIONS

1. Combine ingredients in a bowl and toss thoroughly.
2. Mix 1 tsp of sesame oil, juice from 1 lemon & a pinch of black pepper to use for dressing.

### DRESSING

1 tsp sesame oil  
1 lemon, juiced  
black pepper

### NUTRITION FACTS

7g protein / 29g carbs / 20g fat / 7g fiber / 309 calories







## EDAMAME DILL SALAD

makes 1 serving

### INGREDIENTS

½ cup edamame shelled  
¼ cup yellow bell pepper,  
diced  
¼ cup red onion, sliced or  
chopped  
1 tsp fresh dill, minced  
1 tsp extra-virgin olive oil

### DIRECTIONS

1. Combine ingredients in a bowl and toss thoroughly.
2. Serve chilled.

### NUTRITION FACTS

11g protein / 33g carbs / 9g fat / 6g fiber / 241 calories



## SUPERFOOD HONEY SALAD

makes 2 servings

### INGREDIENTS

3 cup kale  
½ cup cabbage  
½ cucumber  
¼ red onion  
5 strawberries

### DRESSING

¼ avocado  
1 Tbs olive oil  
1 Tbs white rice vinegar  
1 tsp honey  
pinch of sea salt

### DIRECTIONS

1. Chop kale, cabbage, onions together in a bowl.
2. Top with cucumber and strawberries.
3. To make dressing blend all ingredients in a food processor or high speed blender.
4. Toss salad with dressing and serve!

*Tip: We like to make chopped salad by dicing chunks of ingredients with kitchen scissors in the bowl.*

### NUTRITION FACTS

4g protein / 14g carbs / 7g fat / 4g fiber / 119 calories





## CHILLED CARROT GINGER SOUP

*makes 2 servings*

### INGREDIENTS

½ avocado  
1 carrot, chopped  
1 Tbs finely cut ginger  
⅔ cup celery, chopped  
⅔ cup cucumber, chopped  
¼ cup unsweetened almond milk  
pinch of nutmeg  
pinch of curry powder  
pinch of black pepper  
pinch of sea salt

### DIRECTIONS

1. In a food processor or high speed blender mix all ingredients.
2. Add water, if necessary, to reach desired consistency.

### NUTRITION FACTS

2g protein / 9g carbs / 6g fat / 4g fiber / 86 calories



## COOL AS A CUCUMBER

*makes 1 serving*

### INGREDIENTS

⅔ cup pineapple, chopped  
⅔ cup cucumber, chopped  
⅓ cup fresh pineapple juice  
½ green onion, chopped  
½ lime, squeezed  
dash of sea salt  
1 Tbs macadamia nuts  
1 sprig of parsley

### DIRECTIONS

1. In a food processor or high speed blender add cucumber, pineapple, green onion, lime, and sea salt.
2. Blend until smooth.
3. Add macadamia nuts and parsley and only pulse a few times so it's still chunky.

### NUTRITION FACTS

2g protein / 26g carbs / 7g fat / 4g fiber / 156 calories



*These soups are great warm or cold!*



# SANDWICHES & WRAPS







## EGG & VEGGIE BREAKFAST WRAP

*makes 1 serving*

### INGREDIENTS

- ¼ cup egg whites
- 1 whole wheat or GF wrap
- ¼ cup tomato, diced
- 1 Tbs green pepper, diced
- ¼ cup asparagus, chopped
- ½ tsp cayenne powder
- ½ tsp black pepper

### DIRECTIONS

1. In a bowl, add diced tomato, asparagus, pepper, and cayenne and stir together until evenly mixed.
2. In a small skillet cook egg whites and veggie mix for about 3 minutes, until fully cooked.
3. Warm wraps in oven.
4. When the eggs are fully cooked, remove from heat and place in wrap.
5. Roll up, top with fresh salsa and enjoy!

### NUTRITION FACTS

13g protein / 32g carbs / 7g fat / 7g fiber / 233 calories



## QUICK & SPICY PITA

*makes 2 servings*

### INGREDIENTS

- 4 oz tempeh, cooked and mashed
- 1 tsp spicy brown mustard
- 1 whole wheat or GF wrap
- ½ roma tomato
- ½ cup spinach, chopped

### DIRECTIONS

1. Mix tempeh together with mustard.
2. Fill pita with mixture and remaining ingredients.
3. Roll up and enjoy!!!

*Tip: You can add a little hot pepper spread for extra spice*

### NUTRITION FACTS

14g protein / 20g carbs / 10g fat / 3g fiber / 210 calories



*Katrina's  
Favorite* →





# BIKINI WRAPS



## THE WRAP

1-2 Collard Greens

### PROTEIN

4 oz of your fave lean protein!

- tofu
- tempeh
- beans
- nuts
- quinoa

### VEGGIES

Top with as many veggie toppings as you like!

- red onions
- shredded lettuce
- jicama slices
- chopped jalapeño
- diced tomatoes
- cucumbers slices
- green onions
- sprouts
- radish
- bell pepper

### TOPPINGS

Top with 1-2 flavorings

- a splash of hot sauce
- balsamic vinegar
- fresh lemon squeeze
- stone ground mustard



## CALIFORNIA GREENS WRAP

*makes 1 serving*

### INGREDIENTS

1 whole wheat wrap  
 ½ cup spinach  
 ½ cup cucumber, thinly sliced  
 3.5 oz grilled tofu or tempeh  
 ¼ avocado, thinly sliced  
 ½ lemon

### DIRECTIONS

1. Fill wrap with ingredients.
2. Squeeze lemon over filling.
3. Roll up and eat.

### NUTRITION FACTS

31g protein / 38g carbs / 14g fat / 10g fiber / 362 calories



This is Karena's favorite wrap! Its the perfect combination of lean protein, green veggies and good fats. It's high in fiber and loaded with nutrients.

## PB BANANA SNACK WRAP

*makes 2 servings*

### INGREDIENTS

1 whole wheat or GF wrap  
 1 Tbs natural peanut butter  
 ½ banana, sliced  
 1 tsp honey  
 cinnamon to taste

### DIRECTIONS

1. Spread peanut butter on wrap, place banana slices on peanut butter.
2. Drizzle with honey.
3. Roll up and enjoy!!

### NUTRITION FACTS

5g protein / 25g carbs / 7g fat / 4g fiber / 179 calories







## WALDORF WRAP

*makes 1 serving*

### INGREDIENTS

1 whole wheat or GF wrap  
1 small apple, diced  
4 oz firm baked tofu, cut in thin strips  
2 Tbs walnuts, crushed  
1 Tbs plain almond or Greek yogurt  
¼ cup celery, finely chopped

### DIRECTIONS

1. Mix apple, tofu, walnuts, celery and yogurt together in a bowl until dried ingredients are evenly covered.
2. Scoop into wrap, roll up and serve.

### NUTRITION FACTS

21g protein / 58g carbs / 32g fat / 13g fiber / 586 calories



Wraps make the perfect lunch! Use a wrap that's high in fiber and low in carbs. For a wrap that fits with Meal 4 & 5 use a collard green instead.

## PROTEIN WRAP

*makes 2 servings*

### INGREDIENTS

1 whole wheat or GF wrap  
4 oz grilled tofu or tempeh  
½ cup mixed greens  
¾ Tbs dijon mustard  
1 Tbs onions, diced  
¼ cup celery, diced  
3 Tbs tomatoes, diced  
1 tsp black pepper

### DIRECTIONS

1. Spread mustard on the wrap. Add protein and veggies.
2. Season with pepper. Wrap up & enjoy!

### NUTRITION FACTS

21g protein / 16g carbs / 5g fat / 3g fiber / 201 calories





## TEMPEH KALE ROLL-UPS

makes 1 serving

### INGREDIENTS

3 whole kale leaves  
½ bell pepper, sliced  
4 oz tempeh, sliced  
2 tsp Tone It Up dressing of choice

### DIRECTIONS

1. Place a small amount of each ingredient onto one side of kale leaf.
2. Drizzle with a little dressing and roll up tightly.
3. Use as many kale leaves as necessary to use up all other ingredients.

*Tip: These are great to take with you and quick and easy to eat when prepared in advance.*

### NUTRITION FACTS (WITHOUT DRESSING)

22g protein / 15g carbs / 12g fat / 7g fiber / 247 calories



## TOFU COLLARD WRAP

makes 2 servings

### INGREDIENTS

2 whole collard or iceberg lettuce leaves  
3.5 oz firm tofu  
1 roma tomato, diced  
½ white onion, diced  
½ lime, squeezed  
¼ cup mushrooms, sliced  
¼ avocado, thinly sliced  
½ tsp cilantro (optional)  
¼ tsp chili powder  
¼ tsp black pepper  
¼ tsp cayenne pepper (optional)

### DIRECTIONS

1. Cook tofu and mushrooms over medium heat in a skillet sprayed with non-stick cooking spray for about 4 minutes.
2. Add spices. Cook for another 5 minutes or until tofu is cooked through.
3. Remove from heat.
4. While tofu is cooking, prepare pico de gallo salsa by combining onion, tomato & cilantro with lime juice.
5. Place tofu & mushrooms in the center of the lettuce leaves.
6. Top with pico de gallo salsa and avocado slices. Wrap up like a burrito & serve.

### NUTRITION FACTS

10g protein / 13g carbs / 6g fat / 6g fiber / 146 calories



*Tip: You can double or triple this recipe to feed more people. If you are cooking for someone not on the plan just have some tortillas on hand and they probably won't even think about this as a healthy dish!*





## THAI LETTUCE WRAPS

*makes 4 servings*

### INGREDIENTS

2 Tbs olive oil  
 1 head fresh iceberg lettuce  
 3 cloves garlic, minced  
 1 tsp ginger, grated  
 1 red chili, de-seeded and finely sliced  
 2 shallots, finely sliced  
 ½ cup firm tofu, cut in thin strips  
 1 carrot, grated  
 5 mushrooms, thinly sliced  
 ½ cup red cabbage, shredded  
 3 green onions, sliced  
 2 cups bean sprouts  
 2 Tbs lime juice  
 3 Tbs tamari  
 1 cup fresh basil, chopped  
 ½ cup peanuts, unsalted, chopped

### DIRECTIONS

1. Drizzle oil into a wok or large frying pan over medium-high heat.
2. Add garlic, ginger, chili and shallots. Stir-fry one minute. Add a spoonful of water if pan gets dry. Don't add more oil.
3. Add tofu, carrot, mushrooms, cabbage, and spring onions. As you stir-fry, add the lime juice and tamari. Stir-fry about 1 minute.
4. Add the bean sprouts to the mix and continue to stir-fry.
5. Pull leaves of iceberg lettuce in large pieces. Take a whole lettuce leaf and place 1-2 tablespoons of filling in the center.
6. Sprinkle with fresh basil and peanuts. Wrap and eat.

### NUTRITION FACTS

18g protein / 23g carbs / 23g fat / 6g fiber / 343 calories





## TERIYAKI WRAP

*makes 1 serving*

### INGREDIENTS

1 collard green  
3 pieces of teriyaki marinated tofu  
½ cup kelp noodles  
sesame seeds

### TERIYAKI SAUCE

3 Tbs tamari  
1 tsp sesame oil  
1 tsp apple cider vinegar  
2 green onions, finely chopped  
½ Tbs garlic, finely chopped  
½ tsp fresh ginger, finely chopped  
1 tsp honey or maple syrup  
pinch of chilies  
dash of red pepper flakes

### DIRECTIONS

1. Stir all ingredients for the sauce together until evenly mixed.
2. You may heat up the collard green on a pan to soften and prevent breakage, low heat for 30 seconds on each side.
3. Lay ingredients into your collard green.
4. Drizzle teriyaki sauce, some sesame seeds & slivered almonds on top. Wrap & enjoy!

### NUTRITION FACTS

21g protein / 16g carbs / 12g fat / 6g fiber / 257 calories



## SPICY TOFU CUCUMBER

*makes 2 servings*

### INGREDIENTS

4 oz extra firm tofu  
¼ cup cucumber, sliced  
¼ cup quinoa  
1 collard leaf  
½ lemon, juiced  
1 Tbs olive oil  
1 tsp black pepper  
1 tsp cayenne pepper  
1 clove garlic, minced  
1 tsp paprika

### DIRECTIONS

1. In a small bowl mix together lemon juice, oil and seasonings. Thoroughly cover tofu in the mixture.
2. Place tofu in a skillet and pour in remaining seasoning mix from the bowl.
3. Cover and cook on medium low heat for about 10 minutes, or until tofu is done.
4. Place tofu on top of the cucumber and quinoa in the lettuce wrap. Enjoy!

### NUTRITION FACTS

14g protein / 25g carbs / 19g fat / 7g fiber / 327 calories



## GRAPEFRUIT & TOFU LOVE AFFAIR

*makes 1 serving*

### INGREDIENTS

1 collard green  
½ red bell pepper, diced  
½ grapefruit, cut in sections  
4 oz extra firm tofu  
1 green onion, diced  
3 Tbs cilantro  
1 lemon, juiced  
pinch of sea salt

### DIRECTIONS

1. Combine the ingredients on collard leaf.
2. Fold & enjoy!

### NUTRITION FACTS

20g protein / 31g carbs / 8g fat / 10g fiber / 276 calories







## TEMPTING MANGO TEMPEH

*makes 1 serving*

### INGREDIENTS

1 collard green  
4-6 oz tempeh, sliced  
½ lime, juiced  
2 Tbs white rice vinegar  
1 Tbs fresh cilantro, finely chopped

### MANGO SALSA

½ ripe mango, sliced  
3 Tbs onions, diced  
3 Tbs green peppers, diced  
1 tsp jalapeño, diced  
3 Tbs cilantro, chopped  
1 lemon, squeezed

### DIRECTIONS

1. Marinate tempeh in lime juice, white rice vinegar and fresh chopped cilantro.
2. You may sauté in a pan on medium heat for 3 minutes with olive oil spray.
3. Chop all fresh salsa ingredients.
4. Mix together and lay over sliced tempeh.

### NUTRITION FACTS

24g protein / 48g carbs / 14g fat / 10g fiber / 361 calories



# BURGERS!

Burgers are a summer BBQ favorite and make a quick, satisfying meal anytime. If you are careful with the ingredients they can still make a perfect healthy addition to your menu! This section lays out some of our favorite ways to enjoy a burger.

Start by choosing a healthy protein source from the options below. Choose the style of burger you are in the mood for from the selections here and add the Mix It! ingredients before forming your patties. Cook the patties on the grill or in a skillet sprayed with non-stick cooking spray. Once your burger is cooked through, remove and place on whole wheat bun (or bun alternative) with the ingredients from the Top It! section. Make your burger traditional on a bun for Meal 3 or use lettuce leaves or portobello caps to enjoy with any meal!



**The heart of your burger is your protein. Choose your favorite from the basic burger recipes below to get started.**

## BLACK BEAN BURGER

Thoroughly mash  $\frac{1}{2}$  cup of black beans. Add in  $\frac{1}{4}$  cup ground flaxseed with seasoning and mix thoroughly. Form into a patty & grill until cooked through.

## CHICKPEA PATTY

Same as the black bean burger but use chickpeas instead & add  $\frac{1}{4}$  cup shredded carrot. Form into a patty & grill until cooked through.

## NEED MORE OPTIONS?

Use grilled veggies in place of the burger mixes for a delicious grilled sandwich with even less prep!



with a whole wheat bun



with lettuce leaves or portobello caps

## SPINACH CRANBERRY

### MIX IT!

$\frac{1}{4}$  cup spinach, finely chopped  
1 tsp extra virgin olive oil  
2 tsp dried cranberries  
1 tsp pepper  
1 tsp garlic, minced

### TOP IT!

lettuce  
tomato slices  
honey mustard

## TOMATO BASIL

### MIX IT!

$\frac{1}{4}$  cup fresh spinach, chopped  
1 tsp extra virgin olive oil  
3 fresh basil leaves, chopped  
4 Tbs sun dried tomato, minced  
1 tsp pepper  
1 clove garlic, minced

### TOP IT!

lettuce  
tomato  
organic ketchup

## SOUTHWEST

### MIX IT!

1 tsp black pepper  
1 tsp chili powder  
 $\frac{1}{2}$  Tbs onion, diced  
pinch of cayenne pepper

### TOP IT!

salsa  
avocado  
hot sauce  
tomato  
onions  
lettuce

## CALI

### MIX IT!

$\frac{1}{2}$  Tbs shallots, minced  
1 clove garlic, minced  
1 tsp black pepper

### TOP IT!

avocado  
alfalfa sprouts  
red onions  
tomato  
arugula  
dijon mustard

## MEDITERRANEAN

### MIX IT!

1 Tbs black olives, finely chopped  
1 tsp black pepper  
 $\frac{1}{2}$  Tbs lemon juice  
1 tsp oregano

### TOP IT!

kalamata olives, sliced  
Tone It Up tzatziki sauce  
lettuce  
tomato

## HAWAIIAN

### MIX IT!

$\frac{1}{2}$  Tbs crushed pineapple  
 $\frac{1}{2}$  tsp maple or agave syrup  
 $\frac{1}{2}$  Tbs red onion, finely chopped  
 $\frac{1}{2}$  tsp Baco Bits (vegan!)

### TOP IT!

pineapple slices  
Tone It Up teriyaki sauce  
onions  
lettuce





## QUINOA BURGER

*makes 4-6 burgers*

### INGREDIENTS

1 cup portobello mushroom, diced  
 1 cup quinoa, cooked  
 ½ red bell pepper, diced  
 ½ yellow onion, diced  
 ½ cup parsley, minced  
 2 cloves garlic or 1 tsp crushed garlic  
 ¼ cup olive oil  
 2 Tbs flax meal  
 2 tsp tamari  
 ½ tsp pepper or to taste  
 ½ tsp salt

### DIRECTIONS

1. Place cooked quinoa into a food processor or high speed blender. Add remaining ingredients to the mix and pulse until desired consistency.
2. Form the mixture into patties.
3. Heat 2-4 Tbs olive oil over medium heat.
4. Place patties in pan and sear for about 5 minutes on each side.
5. Serve warm with desired bun option and toppings from the previous pages.
6. Add your favorite Tone It Up sauce or dip if you'd like.

### NUTRITION FACTS

3g protein / 10g carbs / 11g fat / 2g fiber / 146 calories



## SUPER SLIM BURGER

*makes 2 servings*

### INGREDIENTS

8 oz. tempeh  
 ¼ cup chickpeas  
 ¼ cup egg whites  
 ½ tsp. ground garlic  
 pinch of salt  
 pinch of pepper  
 4 portobello mushroom caps  
 favorite burger toppings  
 (we love ¼ avocado, ketchup, mustard, red onions, and leafy greens)

### DIRECTIONS

1. Preheat grill.
2. In a bowl, crumble tempeh and combine with chickpeas, egg whites, garlic, salt, and pepper. Stir well to combine. Form 2 patties. Put on the grill and cook on each side for about 5-7 minutes, depending on how thick your patties are.
3. Form your burger with the mushrooms caps as the "bun" and add your favorite toppings. We also love pairing this with grilled asparagus and lemon! Serve warm with desired bun option and toppings from the previous pages.
4. If you don't have a grill, you can bake them in the oven at 350°

### NUTRITION FACTS

27g protein / 8g carbs / 10g fat / 2g fiber / 230 calories



# MY FAVORITE RECIPES



# SNACKS







## COCONUT MACAROONS

*makes 14 cookies, serving size 1 cookie*

### INGREDIENTS

2 bananas, mashed  
1 egg  
1 cup unsweetened coconut flakes  
2 scoops vanilla Tone It Up Protein  
pinch of salt  
coconut oil spray

### DIRECTIONS

1. Preheat oven to 350°
2. Combine all ingredients in bowl until well combined.
3. On a cookie sheet sprayed with coconut oil spray, add 2 tbsp. of the mixture to make 14 macaroons. Bake for 13 minutes.

### NUTRITION FACTS

3g protein / 5g carbs / 2g fat / 2g fiber / 48 calories



## PEANUT BUTTER COOKIES

*makes 12 cookies (serving size is 1 cookie)*

### INGREDIENTS

2 scoops vanilla Tone It Up Protein  
¼ cup egg whites  
1 cup peanut butter

### DIRECTIONS

1. Preheat the oven to 350.
2. Mix together all ingredients.
3. Roll dough into approx. 2 tablespoons and then flatten balls with fork to form cookie shape.
4. Cook for 10 minutes.

### NUTRITION FACTS

8g protein / 5g carbs / 11g fat / 2g fiber / 146 calories







## ALMOND FALAFEL

*makes 12 servings*

### INGREDIENTS

1½ cup almonds  
½ small zucchini  
2 Tbs sesame seeds, ground  
2 Tbs tahini  
2 Tbs lemon juice  
2 Tbs minced cilantro  
2 Tbs minced parsley  
1 green onion, sliced  
1 tsp coriander  
1 tsp white miso  
1 tsp ground cumin  
½ tsp salt  
dash of cayenne pepper

### DIRECTIONS

1. Put all ingredients into a food processor and mix until well combined into a dough like consistency.
2. Add 2–3 Tbs of coconut or olive oil to a non stick pan over medium low heat.
3. Form mixture into small patties and fry until golden brown, 5–7 minutes per side.
4. Serve with red onions, lettuce and tomatoes.

### NUTRITION FACTS

5g protein / 5g carbs / 11g fat / 3g fiber / 131 calories



## MARINARA STUFFED MUSHROOMS

*makes 15 servings*

### INGREDIENTS

2 large roma tomatoes, diced  
½ cup sundried tomatoes, soaked  
2 Tbs garlic, minced  
2 Tbs onion, minced  
2 Tbs basil, minced  
1 Tbs olive oil  
2 tsp thyme  
1 tsp balsamic vinegar  
½ tsp black pepper  
3 cups mushrooms

### DIRECTIONS

1. Remove stems from the mushrooms and marinate in balsamic vinegar and olive oil for 30 minutes to an hour.
2. Place the remaining ingredients in a blender, starting with the chopped tomatoes, and blend until smooth, adding more water if necessary. This is your marinara sauce.
3. Pour marinara into a saucepan and bring to a simmer.
4. Remove from heat and scoop marinara mixture into mushrooms and serve fresh, or place in oven at 350 F for 15–20 minutes.

### NUTRITION FACTS

1g protein / 3g carbs / 1g fat / 0g fiber / 24 calories



# SALAD TOPPERS!

Recipes make a large batch, serving is 1 Tbs on a salad or wrap or ¼ cup as a snack



## DIRECTIONS

1. Toss all ingredients in a large mixing bowl until evenly coated. Let marinate for 5-30 minutes.
2. Place seeds on a non-stick baking pan, parchment paper, or dehydrator tray.
3. Bake at 200 F for one hour or less depending on oven and desired dryness. If using a dehydrator, place at 105 F for 6 hours or until desired crispness is achieved.
4. These great salad toppers will keep in a sealed container in the fridge for up to 2 weeks.

## NUTRITION FACTS

nutrition facts vary based on ingredients



add to your  
favorite salad  
or eat as a snack!

## SPICED ALMONDS

- 2 cups almonds, soaked
- ½ cups coconut shredded
- ½ orange, juiced
- 2 tsp cinnamon
- ½ Tbs raw honey
- ½ tsp vanilla bean or extract

## SPICY CASHEWS

- 2 cup cashews
- 2 tsp turmeric powder
- 2 tsp tamari
- 2 tsp salt
- 1 tsp chili powder
- dash of black pepper

## TERIYAKI PUMPKIN SEEDS

- 2 cups pumpkin seeds
- ½ cups orange juice
- 1 tsp honey
- ½ tsp ginger powder
- 1 tsp sesame oil
- 1 tsp onion powder
- ½ tsp tamari
- ½ tsp sea salt





## PISTACHIO CUCUMBER CANAPES

*makes 15–20 canapes*

### INGREDIENTS

1 cup pistachio  
 ½ onion, minced  
 ¼ cup mint, packed  
 ½ lime, juiced  
 1 Tbs olive oil  
 1 tsp apple cider vinegar  
 1 tsp sea salt  
 1 roma tomato, sliced  
 ½ cup basil leaves, minced  
 2 cucumbers

### DIRECTIONS

1. Combine all ingredients in a food processor and mix until chunky texture is achieved.
2. Using a vegetable peeler, make strips down the cucumber until the seeds are reached. Flip over and do all two or four sides, depending on amount of desired roll ups.
3. Place tomato slices and basil on top of cucumber strips with 1 tsp of pistachio mixture. Starting at the base, roll into a small canape, and garnish with black pepper or black sesame seeds.

### NUTRITION FACTS

2g protein / 3g carbs / 4g fat / 1g fiber / 49 calories



## PICK-ME-UP CHIA SEED PUDDING

*makes 3 servings*

### INGREDIENTS

½ cup of coconut milk  
 ½ cup of unsweetened almond milk  
 ¼ cup whole chia seeds  
 1 Tbs of pure maple syrup

### TOPPINGS (PER SERVING)

1 Tbs 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 your coconut flakes and cacao nibs before serving and enjoy!

*This is the best, low sugar  
 treat ever! It's satisfying  
 and delicious!*

### NUTRITION FACTS

11g protein / 19g carbs / 10g fat / 13g fiber / 199 calories





## PEANUT BUTTER & CELERY

*makes 2 servings*

### INGREDIENTS

2 Tbs natural peanut butter  
2 stalks of celery  
handful of raisins (optional)

### DIRECTIONS

1. Wash celery and pat dry.
2. Cut celery into four inch sections. Spread with peanut butter.
3. Top with raisins if desired.

### NUTRITION FACTS

4g protein / 4g carbs / 8g fat / 2g fiber / 111 calories



## YOGURT & GRANOLA

*makes 1 serving*

### INGREDIENTS

½ cup almond or Greek yogurt  
¼ cup natural granola

### DIRECTIONS

1. Top yogurt with granola for a simple and delicious way to start your day.

### NUTRITION FACTS

*nutrition facts vary based on ingredients*



## FRUIT & NUTS

*makes 1 serving*

Get creative here! There are endless combinations. Below are some of our favorites:

1 navel orange  
handful of raw almonds  
or  
¼ cup chopped walnuts  
¼ cup fresh blueberries

*Tip: Have this with ¼ cup almond or Greek yogurt (if you didn't have dairy yet) and it's Meal 1 or Meal 2*

### NUTRITION FACTS

*nutrition facts vary based on ingredients*







## VEGGIES... DIPPED

*makes 1 serving*

### INGREDIENTS

1 cup veggies  
16 oz chickpeas  
2 Tbs tahini  
2 Tbs olive oil  
2 cloves garlic  
(or 4 oz pre-made hummus)

### DIRECTIONS

1. Make your own hummus by mixing chickpeas, tahini, olive oil, and garlic & blend until smooth. You can also use an all natural pre-made variety.
2. To make it more interesting you can mix in your favorite seasonings for a different twist every day. Cayenne powder or red pepper flakes for spice, basil and lemon pepper for a fresh mediterranean vibe, or some crushed garlic. You can also switch up what kind of nuts you mix in. Pine nuts, slivered almonds and crushed cashews are all good choices. The possibilities are endless!

### NUTRITION FACTS

*nutrition facts vary based on ingredients*



## KALE CHIPS & GUAC

*makes 1 serving*

### INGREDIENTS

3 cups kale  
1 Tbs olive oil  
dash of sea salt  
½ avocado  
1 Tbs chopped onion  
¼ lime, squeezed  
½ tomato, diced  
pinch of cilantro

### DIRECTIONS

1. Preheat oven to 350 degrees.
2. Wash and dry kale, break into chip size pieces. Drizzle kale with olive oil and sea salt.
3. Bake until the edges brown but are not burnt, 10 to 15 minutes.
4. Mash together avocado, onion, lime juice, tomato, cilantro and sea salt.

### NUTRITION FACTS

11g protein / 28g carbs / 25g fat / 13g fiber / 350 calories



## AVOCADO WITH SUNFLOWER SEEDS AND HONEY

*makes 1 serving*

### INGREDIENTS

½ avocado  
½ Tbs sunflower seeds  
1 tsp honey

### DIRECTIONS

1. Cut avocado in half and remove pit.
2. Fill space left by pit with sunflower seeds.
3. Drizzle with honey.
4. Eat with a spoon getting a bit of each ingredient in every bite!

### NUTRITION FACTS

4g protein / 15g carbs / 18g fat / 6g fiber / 226 calories





## STRAWBERRY CUCUMBER RAFTS

makes 1 serving

### INGREDIENTS

4 slices fresh cucumber  
1 strawberry, thinly sliced  
4 Tbs almond or Greek yogurt  
4 tsp shredded coconut

### DIRECTIONS

1. Place a spoonful of yogurt on each slice of cucumber.
2. Sprinkle shredded coconut over the yogurt
3. Top with strawberry slices.

*Makes a perfect sweet, crisp and satisfying treat! They're also great as party apps.*

### NUTRITION FACTS

6g protein / 5g carbs / 2g fat / 1g fiber / 65 calories



## ROASTED VEGGIES & HUMMUS

### SUGGESTED INGREDIENTS

bell pepper  
zucchini  
asparagus  
hummus

### DIRECTIONS

Veggies & hummus are one of our favorite snack options. If you want to spice it up, try roasting your veggies first. Not only will it add some extra flavor, but it allows you to use different veggies than you might normally have with your hummus. For example, we would normally choose carrots, broccoli, or celery for dipping, but if roasting the vegetables first, bell pepper, zucchini and even asparagus make great choices.

1. To roast, toss the vegetables of your choice onto the grill or into a skillet.
2. Flip as necessary until they are a little black around the edges.
3. Use your favorite hummus or make your own!

### NUTRITION FACTS

nutrition facts vary based on ingredients





## HOMEMADE SUNDRIED TOMATO CRACKERS

*makes 10 servings*

### INGREDIENTS

- 1 cup GF oats
- ½ cup raw almonds
- ½ cup ground flax seed
- ¼ cup sundried tomatoes
- 1 Tbs fresh basil, diced

### DIRECTIONS

1. Soak oats and almonds in water for 2 hours.
2. Drain and use food processor to puree oats, almonds, tomatoes and basil together.
3. Remove mixture from processor and add flax seed. Add in water as necessary to form a thick paste. Add only enough water to make the mixture pliable, it shouldn't be runny.
4. Spread in a thin (think cracker) layer on a foil lined baking sheet and place in oven on 120 F for 3 hours or until dry. If you have a dehydrator you can use that instead.
5. Once completely dry cut into bite sized pieces and serve.

### NUTRITION FACTS

4g protein / 9g carbs / 6g fat / 4g fiber / 109 calories



## HOMEMADE FLAX CRACKERS

*makes 10 servings*

### INGREDIENTS

- 1 cup flax seeds
- ½ cup ground flaxseed
- 1 clove garlic, minced
- ¼ cup onion, diced
- 1 tsp dried mustard

### DIRECTIONS

1. Soak flax seeds in water overnight. Drain and set aside.
2. Use food processor to puree onion and garlic together.
3. Remove mixture from processor and add soaked flax seeds. Add in water if necessary to form a thick paste. Only add enough water to make the mixture pliable, it shouldn't be runny.
4. Spread in a thin, layer on a foil lined baking sheet and place in oven on 120 F for 3 hours or until dry. If you have a dehydrator you can use that instead.
5. Once completely dry cut into bite sized pieces and serve.

### NUTRITION FACTS

4g protein / 6g carbs / 8g fat / 6g fiber / 114 calories



## CAPRESE SKEWERS

*makes 1 skewer*

### INGREDIENTS

- 3 cherry tomatoes
- 3 fresh basil leaves
- 3 (½ oz) cubes buffalo mozzarella or
- 3 (1 oz) cubes firm tofu

### DIRECTIONS

- These are another awesome entertaining option that are as impressive & delicious as they are easy.
1. Just stack cherry tomatoes, fresh basil leaves and buffalo mozzarella (or firm tofu) on a skewer.
  2. Drizzle or dip in balsamic vinegar for added flavor.

### NUTRITION FACTS

10g protein / 4g carbs / 9g fat / 1g fiber / 137 calories



### ALMOND CHEESE!

We discovered this at Whole Foods and LOVE it! The taste is surprisingly similar to real cheese, it is a healthier fat source and it's even a good source of protein. Delish!

It can be a little hard to find but if you can, give it a try!

# HAVE A BALL!

These snack balls are not only raw... which means your metabolism will thank you for eating clean, but each include a secret weapon to make sure your waistline thanks you too! It's Tone It Up Protein! It adds the perfect touch to your recipes. The protein balances your glycemic index, which means they won't spike your blood sugar, you won't be hungry anytime soon. You'll cruise through the day and your workouts with energy!!!



## WALNUT DATE CRANBERRY BALLS

*makes about 10 servings*

### INGREDIENTS

- ½ cup dried cranberries
- ½ cup pitted whole dates
- ¾ cup walnuts (unsalted)
- 1 scoop Tone It Up Protein

### DIRECTIONS

1. Dice your fruit and place into a food processor with your dates until you have a paste consistency. If you don't have a food processor, you can still make this recipe, but they'll be more coarse!
2. Add your fruit and dates to a bowl.
3. Separately blend your nuts in your processor. Do not blend into a nut-butter! You want the walnuts to be finely chopped.
4. Add all ingredients to your bowl and knead together with your hands.
5. Roll and firmly press them into ½-1 inch snack balls!

### NUTRITION FACTS

2g protein / 11g carbs / 6g fat / 2g fiber / 107 calories



Use the directions from the Walnut Date Cranberry Balls with alternate ingredients to make different flavors!

Recipes make a full batch, keep serving size to 2-3 balls. They're great frozen!

## KEY LIME PIE

- |                             |                                    |
|-----------------------------|------------------------------------|
| ½ cup cashews               | 2 Tbs mint leaves, chopped         |
| ½ cup pitted whole dates    | 1 Tbs juice from a fresh lime      |
| 2 scoops Tone It Up Protein | ½ cup unsweetened coconut shavings |
| pinch of sea salt           |                                    |
| zest of 1 lime              |                                    |

## PEANUT BUTTER & JELLY

- |                             |                                    |
|-----------------------------|------------------------------------|
| ½ cup dried cranberries     | 2 Tbs creamy natural peanut butter |
| ½ cup pitted whole dates    | pinch of sea salt                  |
| ¾ cup peanuts (unsalted)    |                                    |
| 2 scoops Tone It Up Protein |                                    |

## MANGO COCONUT

- |                             |                                    |
|-----------------------------|------------------------------------|
| 1 cup dried mango, diced    | 1 Tbs virgin coconut oil           |
| ½ cup almonds               | ½ cup unsweetened coconut shavings |
| ½ cup pitted whole dates    | pinch of sea salt                  |
| 2 scoops Tone It Up Protein |                                    |



# ENTRÉES







## BEAUTIFUL BUDDHA BOWL

*makes 1 serving*

### INGREDIENTS

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

### DIRECTIONS

1. Preheat oven to 375 degrees.
2. Toss sweet potato with 2 tsp olive oil, crushed red pepper flakes, 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 clove. Sauté for 3 minutes.
4. In a small bowl, mix together the ingredients for the tahini sauce.
5. In a bowl, combine, all ingredients, including cooked kale and baked sweet potato. Top with tahini sauce.

### TAHINI DRESSING

1 Tbsp tahini  
½ lemon, juiced  
1 Tbsp water  
pinch of salt

### NUTRITION FACTS

15g protein / 53g carbs / 24g fat / 15g fiber / 458 calories



## BUTTERNUT SQUASH CHILI

*makes 1 serving*

### INGREDIENTS

½ yellow onion, diced  
2 garlic cloves, diced  
1 jalapeño, diced  
1 tsp olive oil  
2 15 oz. can black beans  
1 cup water or vegetable broth  
2 cups butternut squash, cubed (can use frozen, just thaw first)  
1 14.5 oz. can diced tomatoes  
1 Tbsp chili powder  
2 tsp garlic powder  
1 tsp cumin  
½ tsp salt  
cilantro garnish (optional)

### DIRECTIONS

1. In a large pot over medium heat, add olive oil, yellow onion, garlic, and jalapeño. Sauté for 3 minutes.
2. Drain the canned beans, then add beans & remaining ingredients. Raise to a boil then reduce to a simmer. Cook for 30 minutes.
3. Optional to top with cilantro when serving.

### NUTRITION FACTS

30g protein / 35g carbs / 11g fat / 12g fiber / 351 calories





# THAI GREEN CURRY BUDDHA BOWL

makes 6-8 servings

## INGREDIENTS

1 zucchini, diced  
3 cloves garlic, minced  
½ onion, diced  
1 green onion  
½ cup cilantro  
extra green veggies  
(optional)

## SAUCE

2 Tbs sesame oil  
1 cup coconut milk  
½ cup basil, minced  
1 Tbs tamari  
1 Tbs grated ginger  
1 tsp green curry paste  
1 lime, juiced

## DIRECTIONS

1. Sauté onions, garlic & zucchini in a skillet with sesame oil for 5 minutes.
2. In a high powered blender add all sauce ingredients and blend until smooth.
3. Transfer sauce into pan with cooked veggies. Continue to simmer on low.
4. Add ½ cup cabbage and 1 cup snap or snow peas to mixture or whatever green veggies you'd like!
5. Serve warm and garnish with ½ green onion and/or cilantro.

## NUTRITION FACTS

3g protein / 10g carbs / 21g fat / 3g fiber / 228 calories



# LEAN & GREEN

makes 1 serving

## INGREDIENTS

4 oz lean protein (your choice!)  
unlimited veggies!  
1 tsp black pepper  
1 tsp basil

## DIRECTIONS

1. Heat protein of choice in a skillet sprayed lightly with fat-free cooking spray until cooked through.
2. Heat veggies in a small sauce pan with ¼ cup of water and cook on high for about 2 minutes or until most of the water has evaporated.

## NUTRITION FACTS

nutrition facts vary based on protein and veggie choices



# MAKE IT LEAN 'N GREEN!

We eat lean, clean 'n green as much as possible. Veggies provide a ton of essential nutrients that your body needs to stay healthy and in top physical condition. They are also high in fiber, so they help fill you up without adding a lot of unwanted calories. Choose green leafy veggies whenever possible, and try to avoid denser, starchy ones.

Lean protein is important too! It allows your muscles to rebuild after a workout and helps you fill up without adding fats, sugars, or carbs which are more easily converted into fat.



## PUMPKIN SEED PESTO WITH KELP NOODLES

makes 4 servings

### INGREDIENTS

- 1 cup fresh basil leaves
- ½ cup spinach
- ½ cup pumpkin seeds
- 1 lime, juiced
- 2 cloves garlic
- 2 Tbs olive oil
- 1 Tbs miso
- 1 Tbs nutritional yeast
- ½ tsp salt
- 1 package kelp noodles (12 oz)
- 1 head of broccoli (8 oz)

### DIRECTIONS

1. To make the pesto place basil, spinach, lime, oil, miso, nutritional yeast and salt into a food processor and blend until mixed, 30–45 seconds. Add pumpkin seeds and pulse until it's the desired consistency for your sauce. Some like it really smooth, others like it thicker. Set aside.
2. Put kelp noodles in a colander and rinse very well with water, pulling them apart constantly. You may want to cut them into shorter pieces with a knife or scissors for easier eating. Pour noodles onto a clean cloth and pat dry. Place noodles into a mixing bowl and add sauce. Mix thoroughly with a spoon or hands. The noodles will begin to soften and absorb sauce.
3. Break broccoli into small pieces and place in colander. Pour hot water over the raw broccoli and drain. This will turn it bright green & soften for digestion without losing nutrients. Add mixture to noodles and sauce and top with pine nut parmesan cheese!

## WHY WE LOVE THIS LOW-CARB PASTA ALTERNATIVE!

Kelp noodles are made from seaweed and contain virtually no starches and only 6 calories per serving, so they are excellent to incorporate into your diet. They are a mineral rich food that can be used like regular noodles to make beautiful raw & nutrient dense dishes. They can be used raw, in their crunchy state, or cooked in soups and casseroles. Their neutral flavor allows you to manipulate them in any direction you'd like to take them. Kelp noodles only contain 1 gram of carbohydrate per serving which is why they are a great way to control weight and blood sugar levels.

## Pine Nut Parm

### INGREDIENTS

- ½ cup pine nuts
- 1 Tbs nutritional yeast
- 1-2 tsp oregano
- 1-2 tsp thyme
- 1-2 tsp garlic powder
- ½ tsp sea salt

### DIRECTIONS

1. Place all ingredients into a food processor or high powered blender. Blend until well mixed.
2. Use to top any of your healthy dishes as garnish or add to any sauce for a new texture and flavor.

*Tip: You can use cashews in place of pine nuts.*

### NUTRITION FACTS

8g protein / 11g carbs / 16g fat / 4g fiber / 203 calories







## ASIAN STYLE SPAGHETTI SQUASH

### with Bok Choy & Mushrooms

makes 4 to 6 servings

#### INGREDIENTS

- 1 whole spaghetti squash (approx. 2½ cups)
- 1 baby bok choy, diced
- ½ cup red onion or shallots, diced
- 1 portobello mushroom or 1 cup shiitake, sliced
- 3 Tbs olive oil
- 1 Tbs tamari

#### DRESSING

- ½ cup light miso
- ⅓ cup water
- 1 Tbs honey
- 2 tsp tamari
- 1 tsp toasted sesame oil
- 1 clove garlic
- 1 tsp grated ginger

#### DIRECTIONS

1. Cut spaghetti squash down the middle lengthwise.
2. Place on baking sheet and cook at 350 F for 30–45 minutes.
3. Scrape out insides with fork and place in a large mixing bowl. It will come out in long noodle like strands.
4. Over medium heat, lightly sauté the bok choy, onions, and mushrooms in the olive oil until tender, about 5 minutes. Place on a plate and set aside.
5. Combine all dressing ingredients into a high powered blender and blend until smooth, adding small amounts of water if necessary.
6. Combine all ingredients together in a large mixing bowl and serve or arrange squash on plate, place veggies on top and drizzle with dressing. If desired, garnish with black or white sesame seeds.

#### NUTRITION FACTS

6g protein / 18g carbs / 10g fat / 4g fiber / 171 calories



Spaghetti Squash is a great way to create a pasta-like dish with fewer starchy carbs!

## CURRY MINT TAJINE

makes 4 servings

Tajine is the name for a traditional Moroccan meat & vegetable stew. Spices are very important to Moroccan cuisine. To get the full flavor of this dish make sure to use fresh ground spices.

#### INGREDIENTS

- 1 cup quinoa
- 2 Tbs olive oil
- 1 leek, cut into ½ inch slices
- 1 red bell pepper, diced
- 1 onion, chopped
- 2 carrots, peeled and sliced
- 15 oz can garbanzo beans
- 2 cloves of garlic, minced
- ½ cup dried apricots
- ½ cup black olives, sliced
- 3 Tbs fresh cilantro, chopped
- 3 Tbs fresh mint, chopped
- 2½ cups of water

#### EXOTIC SPICE MIX

- 2 tsp curry powder
- 2 tsp cumin
- 1 ½ tsp paprika
- 1 tsp ginger
- ½ tsp turmeric
- ¼ tsp cinnamon

#### DIRECTIONS

1. Bring water to a boil in a medium saucepan. Pour 1 cup of quinoa into a small unheated saucepan. Pour boiling water over quinoa, cover and allow to stand while you prepare the rest of the meal.
2. Next, mix ingredients from exotic spice mix list together in a small bowl.
3. In a large stock pot, heat olive oil over medium-high heat. Add leek, bell pepper and onion into the pot and sauté for 3 minutes or until the onion starts to turn clear. Add garbanzos, carrots, garlic, and exotic spice mixture. Cook for 30 seconds. Stir in 2 cups of water, apricots, and black olives. If desired add some black pepper to taste. Put a lid on the pot and bring to a boil. When the stew reaches a boil, reduce heat to medium-low and simmer 20 minutes. Time to eat!
4. Dish quinoa onto a plate or bowl. Pour tajine over the quinoa and sprinkle with fresh, chopped mint and cilantro.

*Tips: If desired you can add an additional lean protein source (tofu, tempeh, etc.) to your tajine. This dish goes well with a side of Greek Yogurt.*

#### NUTRITION FACTS

14g protein / 66g carbs / 14g fat / 13g fiber / 430 calories





## BUTTERNUT SQUASH RISOTTO

*makes 6-8 servings*

### INGREDIENTS

2 cups wild rice  
 ½ cup vegetable stock  
 2 cups butternut squash, cubed  
 ¼ cup virgin coconut oil  
 2 Tbs real maple syrup  
 2 Tbs nutritional yeast  
 1 Tbs rosemary  
 1 tsp thyme  
 2 tsp sea salt  
 1 tsp black pepper  
 1 cup tomato, diced  
 ½ cup onion, diced  
 ½ cup fresh basil  
 ¼ cup parsley

### DIRECTIONS

1. Cook rice halfway in water or vegetable stock. It should take about 15-20 minutes. You are looking for it to be still slightly hard and chewy. Drain water from rice and set aside.
2. Meanwhile, wash butternut squash and cut in half lengthwise. Scoop out all seeds from inside.
3. Preheat your oven to 350 F. Place halves face down on parchment paper on a cookie sheet. Bake in oven for 20 minutes or until tender.
4. Allow to cool. Scoop butternut squash out of shell and place in high powered blender. Add the remaining ingredients (except tomato, onion, basil, and parsley) and blend until smooth.
5. Combine half-cooked rice with butternut squash mixture and return to a pan over medium heat.
6. Add chopped tomatoes, onion and fresh basil leaves into risotto and continue to cook on medium heat for about 15 minutes, or until the rice is tender and flavors are incorporated nicely. Top with chopped parsley.

### NUTRITION FACTS

7g protein / 38g carbs / 7g fat / 5g fiber / 236 calories



## RED LENTIL BOLOGNESE

*makes 4 servings*

### INGREDIENTS

1 cup red lentils  
 4 ripe tomatoes, chopped  
 ½ onion, chopped  
 1 carrot, shredded  
 4 celery stalks, diced  
 1 cup veggie broth  
 4 Tbs sundried tomato powder  
 1 tsp oregano  
 1 tsp fennel seeds  
 1 tsp black pepper  
 1 tsp chipotle powder

### DIRECTIONS

1. Sauté onions, garlic, celery, carrots and tomatoes in 1 Tbs of olive oil over medium heat until tender, about 5-10 minutes.
2. Add veggie broth to pan along with lentils and remaining spices. Continue to cook over medium heat until lentils are soft, 30-45 minutes.
3. You may serve this dish over spaghetti squash or on it's own.

### NUTRITION FACTS

14g protein / 39g carbs / 2g fat / 8g fiber / 217 calories







## EGGPLANT RAGU

*with Amaranth Polenta*

*makes 4 servings*

### RAGU

- 1 Tbs tamari
- 3 Tbs olive oil
- ¼ cup onion, diced
- 1 eggplant, peeled and diced
- 2 cloves garlic, minced
- 1 cup spinach
- ½ cup basil, chopped
- ½ cup tomato, diced
- ½ tsp sea salt
- ¼ tsp black pepper

### POLENTA

- 2 cups water
- 1 cup amaranth
- 1 cup unsweetened almond milk
- 2 tsp olive oil
- 2 Tbs nutritional yeast
- 1 tsp rosemary
- ¼ tsp sea salt

### DIRECTIONS

1. Warm a large skillet with olive oil and tamari. Add in diced onion and peeled and cubed eggplant.
2. Cook over medium-low heat, stirring rapidly at first as eggplant absorbs liquids. Continue to sauté for 5 minutes.
3. Add remaining ingredients for the ragù and continue to simmer over low heat for 3-5 minutes.
4. In a small saucepan, bring water to a low boil. Add the amaranth and cook for 10-20 minutes. Stirring in the almond milk towards the end as needed.
5. Allow to cool slightly and stir in the remaining polenta ingredients.
6. Arrange amaranth polenta on plate, top and garnish with fresh basil leaves.

### NUTRITION FACTS

10g protein / 44g carbs / 17g fat / 9g fiber / 357 calories



## MUSHROOM STROGANOFF

*makes 6-8 servings*

### MUSHROOMS

- ½ yellow onion, thinly sliced
- 3-4 cloves garlic, minced
- 4 cups mushrooms
- 3 Tbs tamari
- 3 Tbs olive oil
- ¼ cup white wine

### SAUCE

- 2 Tbs olive oil
- 1 Tbs sundried tomatoes
- 1 Tbs smoked paprika
- ½ cup vegetable stock
- 1 tsp black pepper
- 1 tsp rosemary
- 1 tsp thyme
- ½ cup cashews
- 1 tsp sea salt

### DIRECTIONS

1. Toss sliced mushrooms, garlic and onion together in the olive oil and tamari. Set aside to marinate for 10-15 minutes.
2. When ready, heat a skillet over medium heat. Add mushroom mixture to pan and sauté until tender. Add wine and allow to simmer for 5 minutes.
3. In high powered blender, mix olive oil, sundried tomatoes, paprika, vegetable stock, cashews, rosemary, thyme, pepper and salt together until smooth.
4. Transfer into frying pan with mushrooms, onions and garlic. Continue to simmer until sauce is thick, creamy and desired consistency.

### NUTRITION FACTS

4g protein / 7g carbs / 12g fat / 1g fiber / 145 calories



*great with portobello  
or crimini mushrooms!*





## POWER PACKED QUINOA BOWL

makes 2 servings

### INGREDIENTS

½ cup quinoa, cooked  
1 roma tomato, diced  
½ cup kidney or black beans  
½ red bell pepper, diced  
4 oz tofu  
¼ avocado, sliced  
¼ tsp chili powder  
¼ tsp cinnamon  
¼ tsp cayenne powder (optional)

### DIRECTIONS

1. Spray a medium skillet with non-stick cooking spray. Cook tofu over medium until heated through and lightly browned.
2. Add in tomatoes and peppers. Cook for another two minutes.
3. Add in beans and bring contents of skillet to a simmer, stirring occasionally.
4. Stir in seasoning and return to simmer.
5. Remove from heat and serve over quinoa topped with avocado.

### NUTRITION FACTS

25g protein / 26g carbs / 6g fat / 7g fiber / 255 calories



Quinoa bowls are a great way to serve your favorite ingredients in a quick all-in-one meal! Try your own favorite veggie/protein combo.

## SPAGHETTI & MEATBALLS

makes 1 serving

### INGREDIENTS

¼ cup whole wheat or GF spaghetti  
4 oz chickpea or black bean veggie patty  
1 Tbs olive oil  
¼ cup onion, diced  
1 tsp black pepper  
1 tsp fresh basil, finely chopped.  
¼ cup organic tomato sauce

### DIRECTIONS

1. Cook pasta according to package instructions until al dente. Drain pasta and allow to cool.
2. Mix bean patty, onion, black pepper and basil together and form into small balls.
3. Pour olive oil into skillet and bring to medium heat. Place 'meat balls' into skillet and cook until browned on all sides.
4. Reduce temperature to low and pour tomato sauce over the meat balls. Bring to a simmer and remove from heat. Serve over cooked pasta.

*Tip: Switch this meal from Meal 3 only, to 'good anytime.' Just substitute spaghetti squash or quinoa for the pasta!*

### NUTRITION FACTS

22g protein / 48g carbs / 21g fat / 13g fiber / 427 calories







## 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 romaine!)  
¼ cup salsa  
2 Tbsp guacamole

### DIRECTIONS

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

### NUTRITION FACTS

18g protein / 70g carbs / 8g fat / 22g fiber / 403 calories



## SPICY MANGO BLACK BEAN TACOS

*3 tacos per serving (salsa makes 4 servings)*

### INGREDIENTS

3 (or more) endive 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 and toss to combine.  
2. Lay endive leaves on a plate. Add black beans and ¼ cup mango salsa.

### NUTRITION FACTS

12g protein / 74g carbs / 2g fat / 21g fiber / 323 calories







## THAI COCONUT TOFU

makes 1 serving

### INGREDIENTS

- ½ Tbs olive oil
- ½ Tbs sesame oil
- 4 oz extra-firm tofu
- 1 Tbs onions, chopped
- ¼ Tbs tamari
- ¼ Tbs fresh ginger, grated
- 2 Tbs natural peanut butter
- 2 Tbs raw coconut flakes

### DIRECTIONS

1. Cut tofu into ¾ inch cubes.
2. In a large skillet over medium heat, sauté the tofu and green onions in the olive oil and sesame oil for 5 to 7 minutes or until lightly browned on all sides.
3. Add remaining ingredients except coconut and cook for another minute on low heat, stirring gently until tofu is completely covered. Remove from heat.
4. Gently toss with coconut flakes and serve immediately.

### NUTRITION FACTS

20g protein / 12g carbs / 43g fat / 4g fiber / 507 calories



Try combining these two recipes for a delicious Thai veggie stir-fry! Add the tofu in with the veggies when cooking and mix the ginger, peanut butter and tamari in at the end. Sprinkle with the coconut flakes and voilà!

## CRUNCHY VEGGIE MEDLEY

makes 1 serving

### INGREDIENTS

- ¼ cup zucchini, sliced
- ¼ cup green onion, diced
- ¼ cup broccoli, chopped
- ¼ cup asparagus, chopped
- 1 Tbs cashews
- 2 Tbs olive oil
- ½ tsp curry powder (optional)

### DIRECTIONS

1. Heat oil in a skillet over medium heat.
2. Add zucchini and onions. Sauté for 5 minutes stirring occasionally.
3. Season with black pepper, basil, cumin or even some curry... whatever you like!
4. Add in the remaining veggies and cook for another 3 to 5 minutes stirring regularly.
5. Remove from heat and serve.

*Tip: Extra hungry? Add more broccoli and asparagus. You can also substitute any of the vegetables for zucchini, carrots, summer squash or peppers.*

### NUTRITION FACTS

3g protein / 8g carbs / 30g fat / 2g fiber / 307 calories







## CHILI IN A BOWL

*makes 1 serving*

### INGREDIENTS

4 oz tempeh  
 ¼ cup onion, diced  
 ½ cup tomato, diced  
 ½ cup kidney or black beans  
 ½ cup bell pepper, diced  
 1 tsp jalapeño, diced (optional)  
 ½ tsp chili powder  
 ½ tsp black pepper  
 ¼ tsp cayenne pepper  
 ½ cup vegetable broth  
 cilantro (as garnish)

### DIRECTIONS

1. In a medium saucepan heat beans & vegetable broth on low until they come to a simmer.
2. Add in tomatoes and spices; stir to mix thoroughly.
3. Meanwhile, in a medium skillet sprayed with fat-free cooking spray, cook tempeh on medium heat until lightly browned.
4. Mix in onions & peppers and cook for another minute. Add contents from skillet into saucepan. Slowly add a little bit of warm water if desired to reach preferred consistency. Return to simmer.
5. Remove from heat and serve in a bowl.

### NUTRITION FACTS

33g protein / 35g carbs / 2g fat / 12g fiber / 285 calories



## QUICK & LEAN DINNER

*makes 1 serving*

### INGREDIENTS

½ Tbs olive oil  
 ¼ cup chickpeas  
 ½ cup broccolini  
 ¼ cup cherry tomatoes, halved  
 1 Tbs red onion, finely chopped

### DIRECTIONS

1. Heat olive oil in a skillet. Add in onions & chickpeas. Cook for about five minutes over medium heat.
2. Add in broccolini and tomatoes and season with fresh basil & black pepper.
3. Cook for another three minutes, stirring occasionally.
4. Remove from heat and serve.

### NUTRITION FACTS

6g protein / 18g carbs / 8g fat / 5g fiber / 161 calories



*Karena's  
Favorite* →







## SIMPLE STIR-FRY

*makes 1 serving*

### INGREDIENTS

¼ cup mushrooms, sliced  
¼ cup onions, diced  
¼ cup carrots, finely chopped  
¼ cup broccoli, chopped  
4 oz extra firm tofu, pressed and cubed  
½ cup spinach  
2 tsp sesame oil  
½ orange, juiced

### DIRECTIONS

1. Add the oil to a wok or skillet over medium heat. Add in Tofu cubes and cook until slightly browned on the outside.
2. Add the vegetables and turn heat to high. Add one Tbs of water after about a minute to allow the vegetables to cook at high heat without burning.
3. Lightly toss veggies and tofu in wok occasionally. Cook for about 3 minutes. Add more water if needed during this process to keep veggies from getting browned.
4. During the last 30 seconds pour juice from orange over contents of wok for a nice orange flavor.

### NUTRITION FACTS

14g protein / 19g carbs / 16g fat / 5g fiber / 259 calories



## SPAGHETTI SQUASH MARINARA

*makes 1 serving*

### INGREDIENTS

1 cup spaghetti squash  
1 Tbs olive oil  
½ tsp basil  
½ tsp black pepper  
¼ cup marinara sauce (organic, all-natural is best)

### DIRECTIONS

1. Cut the squash in half, long ways. Use a spoon to take out the seeds and discard. Place both halves of the squash in a baking pan with the cut side facing down.
2. Fill the baking dish with about a ½ inch of water and cover the dish with aluminum foil. Preheat oven to 375 F and bake for 45 minutes. Remove foil, flip the halves over, recover with foil and bake for another 15 minutes.
3. Remove the squash from the oven and allow to cool. With a fork, peel the insides of the squash away from the outer shell. It should come off in long string-like pieces that look like spaghetti!
4. Measure out 1 cup of the squash to get the proper portion. Top with marinara sauce, warmed first if desired. Share the rest of the squash or save it for lunch.

### NUTRITION FACTS

3g protein / 12g carbs / 15g fat / 3g fiber / 193 calories







## PUMPKIN CHILI

*makes 8 servings*

### INGREDIENTS

1½ Tbs virgin coconut oil  
 1½ cups onion, chopped  
 ¾ green bell pepper, chopped  
 ¾ yellow bell pepper, chopped  
 1½ cans (6 oz total) green chiles, chopped  
 1½ large garlic clove, minced  
 1½ cans (10-11 oz total) diced tomatoes  
 1½ cans (10-11 oz total) red kidney beans  
 1½ cups canned pumpkin puree  
 2¼ Tbs chili powder  
 ¾ Tbs cumin  
 1 tsp sea salt  
 ½ tsp freshly ground black pepper  
 ¼ cup chopped fresh cilantro  
 ¾ cup almond or Greek yogurt  
 2 tsp of cinnamon

### DIRECTIONS

1. First, heat the oil in a large skillet on medium-high heat.
2. Next, sauté the onion, peppers, green chiles, and garlic for about 5 minutes or until tender.
3. Stir in tomatoes, beans, and pumpkin and bring to a simmer.
4. Season with chili powder, cumin, sea salt, and pepper.
5. Turn heat down to low and continue to let it simmer for 20 minutes.
6. Mix in fresh cilantro and stir in with plain yogurt and cinnamon right before serving. Voilà! Your pumpkin chili is ready for eight.

### NUTRITION FACTS

7g protein / 18g carbs / 5g fat / 5g fiber / 148 calories



Just one serving of our Pumpkin Chili provides an impressive 28% of your daily selenium needs. Selenium is a trace mineral that helps boost our immune system while also promoting the growth of new cells in our body.

## SUMMER TOFU STEAK

*makes 1 serving*

### INGREDIENTS

4 oz extra firm tofu  
 2 Tbs white rice vinegar  
 2 Tbs balsamic vinegar  
 1 tsp natural maple syrup  
 ¼ cup cucumber, peeled and grated  
 1 apricot, grated  
 ½ Tbs honey  
 2 Tbs fresh mint leaves, finely chopped

1. Wrap tofu in clean dry paper towel and press to remove moisture. Cut into ½ to ¾ inch thick slices.
2. Mix white rice vinegar, balsamic vinegar, and natural maple syrup together in a large bowl.
3. Place slices of pressed tofu in a large Ziploc bag, laid flat. Pour contents of bowl into bag and seal tightly.
4. Chill in the refrigerator for 30 minutes to marinate, flip the bag over at 15 minutes to cover tofu on both sides.
5. While the tofu is marinating, prepare cucumber, apricots, and mint. Place in bowl, and stir in honey. Cover and place in fridge.
6. Start up your grill and turn to medium heat. Remove tofu from the bag and place on grill using tongs. Cook for about seven minutes on each side or until slightly blackened. Flip and repeat. Brush with excess marinade from the bag to keep tofu moist.
7. Remove from grill and top with cucumber/apricot mixture.

### NUTRITION FACTS

12g protein / 21g carbs / 7g fat / 2g fiber / 182 calories





## QUINOA & VEGGIES

*makes 1 serving*

### INGREDIENTS

- ¼ cup dry quinoa
- ½ cup water
- 1 Tbs olive oil
- 1 Tbs red pepper flakes
- 1 clove garlic, minced
- ¼ cup mushrooms, sliced
- ¼ cup zucchini, chopped
- 1 tsp fresh thyme, chopped

### DIRECTIONS

1. Combine the quinoa in a saucepan with a ½ cup of water and a dash of sea salt. Bring to a boil, cover, and let simmer for about 12 minutes or until the quinoa is fluffy and tender.
2. While the quinoa is cooking, heat 1 tsp of oil in a large skillet over medium heat. Add the veggies and red pepper flakes and cook for about 8 minutes or until tender. Season with salt and red pepper flakes and remove from heat.
3. Add the remaining oil to the skillet and place on medium heat. Add garlic. When it starts to turn golden, add mushrooms. After about 3 minutes season with black pepper to taste and stir. 2 minutes after that, stir in the cooked veggies and thyme and heat through. Reduce heat to low and stir in the quinoa.

### NUTRITION FACTS

7g protein / 30g carbs / 16g fat / 4g fiber / 292 calories



## SOUTHWEST STUFFED PEPPERS

*makes 1 serving*

### INGREDIENTS

- 4 oz veggie patty mix
- 1 large red bell pepper
- ½ cup black beans, drained and rinsed
- ¼ cup tomatoes, diced
- 2 Tbs onion, diced
- 1 clove of garlic, minced
- ½ tsp black pepper
- 1 tsp fresh cilantro, finely chopped
- ½ Tbs chili powder
- 1 tsp jalapeño pepper, diced
- ½ Tbs olive oil
- 1 Tbs nutritional yeast

### DIRECTIONS

1. Cut the top off of the pepper and rinse inside thoroughly to remove seeds. In large pot of boiling water, cook peppers for 3–5 minutes. Drain and rinse in cold water; set aside.
2. In a skillet, warm olive oil over medium heat. Add onion and garlic and cook until onions are clear. Break the veggie patty mix into small pieces, and stir it in with the tomato, black pepper, cilantro, chili powder and jalapeño. Add black beans. Mix thoroughly and cook for about 7 minutes until veggie patty mix is lightly browned. Remove from heat and spoon mixture into peppers.
3. Top stuffed pepper with a sprinkling of nutritional yeast. Wrap in foil and bake at 350 F for 20 minutes or until heated through. Remove from oven and uncover. Serve topped with fresh salsa of your choice.

### NUTRITION FACTS

26g protein / 59g carbs / 15g fat / 14g fiber / 487 calories





# TRAY DINNER

Nix those sodium and calorie packed "TV Dinners" for your TIU approved Tray Dinner! These are SO simple, tasty, and packed with everything you need to recover from your Tone It Up workouts! We like to triple the recipe and make enough for a few days at a time. It makes meal prep a cinch! 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 (acorn, butternut, delicata, pumpkin, or any other winter squash!)
- 1 cup fennel, chopped
- 1 cup cauliflower, chopped
- 1 cup broccoli, chopped

### PICK YOUR PROTEIN

Choose one from the below.

- 6 oz tofu
- 6 oz tempeh
- ½ cup beans (chickpea, 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

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

# BRUSSELS SPROUTS

We love Brussels sprouts not only for their amazing flavor and texture, but for all of the benefits they provide us, inside and out! They are one of mother nature's best superfoods! Brussels sprouts help keep you young! Packed with antioxidants, they're perfect served up after intense workouts. B vitamins, plus A, C and E boost your immunity, metabolism and organ health! Vitamin K keeps your babelicious bones strong and gives you out of this world anti-inflammatory powers. They contain glucosinolates, which have detox activating isothiocyanates that fight against breast and ovarian cancer. They're filling and help keep your blood sugar levels steady.



## MAPLE WALNUT BRUSSELS

*makes 2 servings*

### INGREDIENTS

1 tsp olive oil  
 ¼ tsp salt  
 3 cups Brussels sprouts, cut into quarters  
 1 15 oz. can chickpeas, drained and rinsed  
 ¼ cup walnuts, chopped  
 1 Tbsp maple syrup  
 Optional: 4-6 oz. lean protein  
 Optional to add leafy greens

### DIRECTIONS

1. In a large saucepan over medium-low heat, add olive oil, Brussels sprouts, and salt. Sauté for 15-20 minutes, or until Brussels are tender. Make sure to stir frequently.
2. Add chickpeas, walnuts, and maple syrup. Sauté for 1 more minute then remove from heat.
3. Optional to add lean protein to this or to pair with as many leafy greens as you want! We love this with arugula.

### NUTRITION FACTS

13g protein / 48g carbs / 14g fat / 11g fiber / 342 calories



## ROASTED GARLIC ROSEMARY

*makes 2 servings*

### INGREDIENTS

2 cups Brussels sprouts  
 2 Tbs olive oil  
 2 Tbs pine nuts  
 2 garlic cloves, minced  
 1½ Tbs fresh rosemary (or dried)  
 pinch of sea salt

### DIRECTIONS

1. Set the oven at 400 F. Cover baking sheet with foil.
2. Cut off the ends of the Brussels sprouts and cut in half lengthwise. Spray a little non-stick spray on your foil.
3. Mix together olive oil, pine nuts and diced garlic in a bowl. Toss your Brussels sprouts in the bowl. Lay Brussels over the foil and sprinkle with rosemary and sea salt.
4. Broil for 20-30 minutes or until browned. Flip big Brussels with tongs.

### NUTRITION FACTS

5g protein / 26g carbs / 10g fat / 4g fiber / 206 calories



## LEMON ZEST

*makes 2 servings*

### INGREDIENTS

2 cups Brussels sprouts  
 1 Tbs walnut oil  
 1 Tbs minced shallot  
 2 Tbs spicy dijon mustard  
 2 Tbs walnuts  
 ¼ tsp freshly grated lemon zest  
 1 Tbs lemon juice  
 pinch of sea salt

### DIRECTIONS

1. Cut off the ends of the Brussels sprouts and cut in half lengthwise.
2. Steam Brussels sprouts for 5-8 minutes (until tender).
3. Whisk together oil, shallots, mustard, walnuts, lemon zest, lemon juice in a pan and sauté Brussels sprouts on medium heat for 5 minutes.

### NUTRITION FACTS

4g protein / 10g carbs / 12g fat / 4g fiber / 166 calories







## QUINOA CAKES

### with Basil Pesto

makes 1 serving

#### INGREDIENTS

2 Tbs almond flour  
 ½ Tbs tahini  
 ½ Tbs ground flaxseed  
 1 egg white or Ener-G egg replacer  
 ½ tsp lemon juice  
 ½ cups quinoa, cooked  
 ¼ cup spinach, finely chopped  
 1 tsp onion, finely diced  
 1 clove garlic, minced  
 pinch of sea salt

#### DIRECTIONS

1. Mix ingredients together in bowl.
2. Form into 1 or 2 patties.
3. Preheat oven to 400 F and cook on a foil covered baking sheet for about 20 minutes or until lightly browned, flip halfway.
4. Remove from oven, spray a skillet with fat free cooking spray and cook on medium heat for about 2 minutes on each side to brown.
5. Serve cake on a bed of spring greens, walnuts & blueberries and top with a dollop of Pesto!

#### PESTO

¼ cup fresh basil leaves  
 1 Tbs pine nuts  
 1 Tbs extra virgin olive oil  
 1 clove of garlic, minced

#### NUTRITION FACTS

15g protein / 29g carbs / 34g fat / 7g fiber / 461 calories



## CARROT PARSNIP CAKES

makes 2 servings

#### INGREDIENTS

½ cup carrots, grated  
 ¼ cup parsnips, grated  
 1 Tbs green onion, finely chopped  
 2 Tbs ground flaxseed  
 1 egg white or Ener-G egg replacer  
 1 tsp black pepper  
 1 clove garlic, minced

#### DIRECTIONS

1. Mix ingredients together thoroughly in a bowl, form into 1 or 2 small patties.
2. In a skillet sprayed with fat free cooking spray cook the cakes on medium heat until golden on both sides.
3. Serve on a bed of mixed greens with 1 Tbs of pine nuts, cherry tomatoes and avocado slices!

#### NUTRITION FACTS

8g protein / 19g carbs / 6g fat / 8g fiber / 153 calories



# MY FAVORITE RECIPES



# DESSERTS







## GRASSHOPPER BITES

*makes 24, 1" squares, 1 square per serving*

### INGREDIENTS

2 cups pumpkin seeds  
 ½ cup goji berries  
 ½ cup virgin coconut oil  
 1 cup cacao powder  
 ½ cup hemp seeds  
 ½ cup honey  
 1 tsp mint extract

### DIRECTIONS

1. Pour the pumpkin seeds into a food processor outfitted with an "S" blade and pulse for 15–30 seconds, until seeds are broken up into medium size pieces.
2. Add in the goji berries or dried cranberries, pulse to incorporate.
3. Transfer mixture into a large bowl. Mix in the cacao powder, hemp seeds, honey and mint extract. Stir well.
4. Warm coconut oil over low heat until completely liquid. Pour the coconut oil into the rest of the ingredients and stir until fully mixed.
5. Transfer batter into a 6 x 6 pan or onto non-stick parchment paper, place in fridge until firm, about 30 minutes to an hour. Cut into squares and serve chilled.

### NUTRITION FACTS

4g protein / 10g carbs / 9g fat / 0g fiber / 135 calories

## CHOCOLATE STRAWBERRY CUPS

*makes 6–10 servings, 1 cup per serving*

### INGREDIENTS

1 cup dark chocolate or carob chips  
 1 cup fresh strawberries, sliced

Also a cute dish for one scoop of yogurt or ice-cream for a special treat

### DIRECTIONS

1. Melt chocolate or carob in a heat proof container, either in the microwave or by melting it in a small pan slowly over another larger saucepan filled halfway with water, on low heat. It will melt quickly. Stir, frequently and pay close attention while it's melting to be sure it doesn't burn!
2. Lightly spray cupcake liners with organic spray before spooning melted chocolate inside. Carefully brush the chocolate mixture inside the liner with your spoon. The layer of chocolate should be thin, but thick enough to hold up, about ¼" or less. Take special care on the sides. Place on a plate in the refrigerator or freezer for 30 minutes allowing the chocolate to harden. If you see any thin spots, you can re-brush chocolate on the liners.
3. When ready, peel the paper liners to reveal a perfect chocolate cup. Fill with sliced strawberries or your favorite fruit!

### NUTRITION FACTS

1g protein / 15g carbs / 7g fat / 2g fiber / 129 calories







## LEMON HEMPSEED BARS

*makes 24, 2" squares, 1 bar per serving*

### CRUST INGREDIENTS

- 1 cup raw & unsalted macadamia nuts
- 1 cup dried shredded coconut
- ½ cup hemp seeds
- 1 scoop Tone It Up Protein
- ¼ tsp salt
- 2 Tbs honey

### FILLING INGREDIENTS

- 1 cup cashews
- ¾ cup lemon juice
- ½ cup water
- 4 Tbs honey
- 5 Tbs virgin coconut oil (slowly melted to liquid)
- ½ tsp turmeric
- 1 Tbs lemon zest
- 1 Tbs Tone It Up Protein

### DIRECTIONS

1. Place macadamia nuts and shredded coconut into a food processor and blend until broken into a crumble. 30 seconds should do it.
2. Add hemp seeds, Tone It Up Protein, salt, and honey. Pulse for another 15–30 seconds to incorporate. You'll know your crust mixture is ready when it starts creeping up the sides of the food processor vessel. Check to make sure the mixture will stick together by grabbing a handful and squeezing it and making a fist. If it sticks, it's ready.
3. Transfer to a 6 x 6 inch pan, and press down firmly and evenly on the bottom.
4. Add all filling ingredients (except coconut oil) into a high speed blender and blend until smooth. Once the mixture is smooth, keep the blender going and pour the coconut oil into the mixture.
5. Continue to blend just until incorporated, about 15 seconds. Take the crust out of the fridge and pour the filling on top of it. Spread it out evenly until nice and smooth.
6. Place the lemon bars into the fridge or freezer to set. This allows the coconut oil to go back to a solid state, which helps the bars set. Allow bars to set up for at least one hour, the longer they set, the better. Serve chilled.

### NUTRITION FACTS

4g protein / 9g carbs / 15g fat / 1g fiber / 181 calories

## AVOCADO PEANUT BUTTER BROWNIES

*makes 9 servings*

### INGREDIENTS

- 2 avocados, mashed
- 2 Tbsp melted coconut oil
- 2 eggs
- ½ cup maple syrup
- 1 tsp vanilla extract
- ¼ cup vanilla Tone It Up Protein
- ½ cup oat flour or almond flour
- ¼ cup unsweetened cocoa
- ½ tsp baking powder
- ¼ tsp salt
- 2 Tbsp peanut butter
- coconut oil spray

### DIRECTIONS

1. Preheat oven to 350 degrees.
2. In a bowl, combine wet ingredients (minus the peanut butter).
3. In a separate bowl, combine dry ingredients.
4. Mix wet ingredients into dry ingredients.
5. Pour mixture into a baking pan sprayed with coconut oil spray.
6. Top with peanut butter, with a few dollops around the entire pan. Use your knife to drag the peanut butter through the mixture to create swirls.
7. Bake for 30–35 minutes, or until a toothpick comes out clean.

### NUTRITION FACTS

8g protein / 22g carbs / 12g fat / 5g fiber / 219 calories







## TONE IT UP CHOCOLATE CAKE

*makes 6-8 servings*

### INGREDIENTS

1 tsp baking powder  
 ½ cup Tone It Up Protein  
 ½ tsp sea salt  
 ¾ cup unsweetened cocoa powder  
 1 banana, mashed  
 2 eggs  
 ½ cup virgin coconut oil  
 ½ cup maple syrup  
 ½ cup coffee or unsweetened almond milk

### DIRECTIONS

1. Preheat oven to 350 degrees.
2. Mix all wet ingredients and banana together thoroughly until banana is completely mashed and set aside.
3. Mix dry ingredients in a separate bowl.
4. Add the dry mix gradually, making sure it's fully incorporated before adding more. Mix carefully, but do not over mix!
5. Spray a cake pan with cooking spray and pour in the combined ingredients.
6. Drizzle 1 Tbs of maple syrup on top.
7. Bake for 30-40 minutes, or until you can pull a toothpick cleanly from the center.

### NUTRITION FACTS

9g protein / 17g carbs / 19g fat / 5g fiber / 197 calories

## BANANA BREAD BARS

*makes 6-8 servings*

### INGREDIENTS

1 scoop Tone It Up Protein  
 2 whole eggs  
 3 egg whites  
 1¼ tsp cinnamon  
 ¼ tsp nutmeg  
 2 Tbs honey or maple syrup  
 2 large bananas, mashed  
 ½ cup coconut flour  
 ½ cup of walnuts, chopped  
 1 Tbs of virgin coconut oil, melted  
 2 Tbs of coconut water  
 ½ tsp baking powder

### OPTIONAL

3 Tbs of natural almond or peanut butter

### DIRECTIONS

1. Combine Tone It Up Protein, coconut flour, sugar, baking powder, and spices. Mix well.
2. Whisk eggs and coconut oil together in a separate bowl and add to mashed bananas.
3. Combine the wet and dry ingredients (except walnuts), adding coconut water (add a bit more if batter seems too thick), and stir together until any lumps are gone. Fold in walnuts.
4. Use organic cooking spray to lightly grease two loaf pans or baking dish. Pour batter evenly about 1" inch deep, and bake for 15-20 minutes or until done. If it seems a little undercooked, continue baking for 3 minute increments until it's dry on the edges.
5. If desired, spread a thin layer of almond or peanut butter on top, and sprinkle with toppings. Allow to cool slightly before cutting into bars.

### NUTRITION FACTS

6g protein / 11g carbs / 7g fat / 4g fiber / 128 calories



Have you ever thought about grilling your dessert? It only takes minutes, and is a nice treat with all the fresh fruit that is available year round. Try pineapple, nectarines, peaches, apples...anything you like! Just slice the fruit, take out the pits if needed, drizzle with 1 teaspoon of honey if desired, and sprinkle some nutmeg or cinnamon. Grill over medium high heat for about 2 minutes on each side of fruit and enjoy!





## MINT CHOCOLATE CHIA PUDDING

*makes 4 servings*

### INGREDIENTS

- ½ cup chia seeds
- 2 cups water
- ¼ cup honey
- ¼ cup cacao powder
- ¼ cup cacao nibs
- 2 Tbs maca powder
- ½ Tbs vanilla extract
- ¼ tsp salt (optional)
- ¼ tsp mint extract

### DIRECTIONS

- 1.** Pour chia seeds in a large mixing bowl. Add water and stir until the chia seeds have absorbed the water.
- 2.** Continue to stir occasionally for about 5 minutes to make sure no clumps form.
- 3.** Set aside for 10–15 minutes. You will know it is ready when a pudding-like consistency is reached.
- 4.** Add the remaining ingredients to the chia mixture and stir until the pudding is evenly mixed.
- 5.** Serve immediately, or cover and chill for an hour for a cool and tasty treat!

### NUTRITION FACTS

9g protein / 29g carbs / 16g fat / 15g fiber / 326 calories

## LEMON POPPYSEED COOKIES

*makes 12 servings*

### INGREDIENTS

- 1 cup almond meal
- 1 scoop Tone It Up Protein
- 2 egg whites
- 1 tsp coconut sugar
- 1 Tbs coconut oil
- 1 Tbs poppy seeds
- ½ tsp salt
- ½ lemon, juiced
- 1 tsp lemon extract
- ½ Tbs lemon zest

### DIRECTIONS

- 1.** Preheat oven to 350 F.
- 2.** Combine all dry ingredients in one bowl and mix well.
- 3.** Add egg whites, coconut oil and vanilla extract to the dry mixture and mix with a fork until it reaches a dough like consistency.
- 4.** Roll out dough to about ¼ inch thick and cut into desired shapes.
- 5.** Spray a baking sheet with fat free cooking spray and evenly space cookies on it.
- 6.** Bake for 5–8 minutes or until golden brown.
- 7.** For an extra gloss, brush each cookie with a little egg white before baking.

### NUTRITION FACTS

4g protein / 3g carbs / 6g fat / 2g fiber / 80 calories



# BABE POPS!

These delicious popsicles are basically just frozen smoothies! Have them for Meal 2 on a hot summer day or make them as a healthier dessert option anytime. These recipes make a batch, serving size is 1 pop.



## KIWI KRUSH POPS

### INGREDIENTS

8 kiwis • drop of honey

### DIRECTIONS

1. Blend kiwis until smooth. Add a couple drops of honey to the mix if you like it sweeter.
2. Add one non-blended kiwi slice to each mold.
3. Pour blended mix into molds and freeze.

## CHUNKY FRUIT POPS

### DIRECTIONS

1. Slice your favorite fruit into small pieces (about ½ inch slices.) We like mango, kiwi, strawberries, peaches and raspberries.
2. Mix slices of fruit into a big bowl. Place into your molds (do not squish too much).
3. Pour a combination of ½ coconut water and ½ pineapple juice into the molds until it's full to the brim and freeze.

## WATERMELON HONEY DELIGHTS

### INGREDIENTS

½ seedless watermelon  
1 Tbs honey

### DIRECTIONS

1. Cut watermelon into big pieces and add to blender.
2. Blend watermelon, then add honey. Honey can be slightly heated up before adding to mixture, so it pours easier.
3. Pour into popsicle molds and freeze overnight.

## STRAWBERRY BANANA POPS

### INGREDIENTS

3 cups strawberries  
1 cup coconut water  
½ cup plain Greek yogurt  
2 ripe bananas  
½ Tbs lemon juice  
drop of honey

### DIRECTIONS

1. Blend all ingredients together in a blender.
2. Divide into popsicle molds and freeze overnight. Tangy!

## RASPBERRY LEMONADE POPS

### INGREDIENTS

1 cup plain almond or Greek yogurt  
1 cup unsweetened almond milk  
1 scoop Tone It Up Protein  
1 cup raspberries  
2 whole fresh lemons, juiced

### DIRECTIONS

1. Blend all ingredients together in a blender!
2. Pour into popsicle molds and freeze overnight.

## COCO-BANANA CREAM POPS

### INGREDIENTS

1 cup coconut milk  
1 ripe banana  
½ cup plain almond or Greek yogurt  
1 scoop Tone It Up Protein  
2 Tbs unsweetened shaved coconut  
1 tsp virgin coconut oil  
pinch of sea salt

### DIRECTIONS

1. In a food processor or blender, blend banana, yogurt, Tone It Up Protein and coconut shavings.
2. Add in coconut milk into a bowl and whip together with blended ingredients.
3. Pour into popsicle molds and freeze overnight.

## STRAWBERRIES 'N CREAM POPS

### INGREDIENTS

1 cup plain almond or Greek yogurt  
½ cup unsweetened almond milk  
1 scoop Tone It Up Protein  
1 Tbs virgin coconut oil  
10 strawberries  
drop of honey

### DIRECTIONS

1. Whip together your yogurt and Tone It Up Protein with a whisk in a bowl until fluffy.
2. In a food processor or blender, blend together strawberries, coconut oil and honey.
3. Combine all ingredients and pour into popsicle mold. Put the filled mold into the freezer until they are frozen.

## CREAMSICLE

### INGREDIENTS

5 oranges  
1 cup plain almond or Greek yogurt  
½ cup unsweetened almond milk  
1 scoop Tone It Up Protein  
1 Tbs virgin coconut oil  
drop of honey

### DIRECTIONS

1. Whip together your yogurt and Tone It Up protein with a whisk in a bowl until fluffy.
2. In a blender, blend oranges, coconut oil and honey.
3. Combine all ingredients including almond milk and mix well.
4. Pour into ice-cream popsicle containers. Put into your freezer until they are frozen.



# DRESSINGS, DIPS, & SAUCES





# DELICIOUS DIPS!

These tasty and nutritious dips make a great alternative to pre-packaged store bought dips. Dip them in veggies or GF crackers!  
These dips are super easy to make! Just gather your ingredients and mix them in a blender or food processor until you get your desired consistency.  
These recipes make a batch of each. A serving is a quarter cup.



## INDIAN SPICED SPINACH DIP

*makes 5 servings*

### INGREDIENTS

3 cups spinach	½ yellow onion, chopped
2 garlic cloves	1 tsp nutritional yeast
½ cup cashews	1 Tbs olive oil
1 orange, juiced	½ tsp turmeric
½ lemon, juiced	½ tsp salt
2 Tbs capers	¼ tsp cumin
1 tsp coriander	¼ tsp cayenne

### DIRECTIONS

Sauté onion and garlic in a pan until tender before adding to blender with remaining ingredients.

### NUTRITION FACTS

3g protein / 9g carbs / 6g fat / 2g fiber / 94 calories



## CAULIFLOWER SPREAD

*makes 5 servings*

### INGREDIENTS

½ cup cauliflower	1 ripe avocado
¼ cup pine nuts	2 garlic cloves
1 lemon, juiced	½ tsp black pepper
1 Tbs olive oil	¼ tsp sea salt

### NUTRITION FACTS

2g protein / 6g carbs / 12g fat / 3g fiber / 124 calories



These dips taste so good and are loaded with so many nutrient dense ingredients! You can use them to compliment your favorite foods without worrying about unwanted effects.







## NACHO CHEEZ

*makes 5 servings*

### INGREDIENTS

- 1 cup filtered water
- 1 cup cashews
- ½ tsp chili powder
- ¼ tsp cayenne
- ½ lemon, juiced
- 2 Tbs nutritional yeast
- 2 garlic cloves
- ½ tsp turmeric powder

### TIP!

This dip packs delicious flavor that is perfect as a stand alone dip or a tasty way to compliment your favorite dish with guilt free cheesy goodness!

### NUTRITION FACTS

4g protein / 9g carbs / 9g fat / 1g fiber / 138 calories



## RED PEPPER ZUCCHINI HUMMUS

*makes 5 servings*

### INGREDIENTS

- ½ zucchini
- 1 red bell pepper
- ½ cup sunflower seeds
- ½ avocado
- 2 garlic clove
- ¼ cup sesame oil
- 1 tsp chili powder
- 2 lemons, juiced
- ¼ cup water
- 1 Tbs cumin
- 1 Tbs paprika
- ½ cup tahini
- 2 tsp salt

### TIP!

This hummus recipe is full of the great mediterranean flavor you're used to, but it's made without chickpeas for a totally fresh twist.

### NUTRITION FACTS

1g protein / 5g carbs / 2.8g fat / 1g fiber / 47 calories



## SIMPLE HOMEMADE HUMMUS

*makes 8 servings*

### INGREDIENTS

- 2 cups chickpeas
- 2 Tbs tahini
- 2 Tbs olive oil
- 2 cloves fresh garlic

### TIP!

Use this recipe as a base and add in your favorite herbs, spices, and veggies to create your own unique flavor.

### NUTRITION FACTS

4g protein / 12g carbs / 6g fat / 3g fiber / 117 calories







## BLACK & TAN TAPENADE

*makes 8 servings*

### INGREDIENTS

½ cup hemp seeds  
½ zucchini, chopped  
¼ cup black olives  
¼ cup sun dried tomato  
3 cloves garlic  
¼ cup olive oil

### DIRECTIONS

Soak the sun dried tomato in water for 30 minutes to soften. Then pulse everything in a food processor or blender until mixed.

### NUTRITION FACTS

4g protein / 3g carbs / 11g fat / 1g fiber / 129 calories



## SPICY BLACK BEAN DIP

*makes 5 servings*

### INGREDIENTS

1 cup black beans, cooked, rinsed and drained  
1 jalapeño, seeded and sliced  
1 Tbs olive oil  
2 Tbs apple cider vinegar  
2 pinches of sea salt  
2 pinches of red pepper flakes

### TIP!

This recipe is great as a dip or for adding a little spice to a burger or wrap!

### NUTRITION FACTS

3g protein / 8g carbs / 3g fat / 3g fiber / 70 calories



## EGGPLANT BABA GANOUSH

*makes 8 servings*

### INGREDIENTS

½ of an eggplant, peeled and diced  
½ of onion, diced  
2 Tbs olive oil  
1 Tbs tamari  
½ zucchini, chopped  
½ cup tahini  
½ avocado  
2 garlic cloves  
2 lemons, juiced  
¼ cup filtered water  
1 Tbs cumin  
1 tsp chili powder  
2 tsp sea salt

### DIRECTIONS

Sauté onion and eggplant with tamari and olive oil before adding to blender with remaining ingredients.

### NUTRITION FACTS

4g protein / 10g carbs / 12g fat / 4g fiber / 157 calories





## OLIVE TAPENADE

*makes 5 servings*

### INGREDIENTS

½ cup kalamata olives  
½ cup manzanilla olives  
1 Tbs extra virgin olive oil  
2 cloves garlic  
1 lemon, juiced

### DIRECTIONS

1. Finely chop pitted olives and garlic.
2. Add lemon juice and oil.
3. Mix together thoroughly and serve.

### NUTRITION FACTS

0g protein / 4g carbs / 5g fat / 1g fiber / 57 calories



## VIDALIA ONION DIP

*makes 5 servings*

### INGREDIENTS

1 cup plain almond or Greek yogurt  
1 vidalia onion, chopped  
1 Tbs honey  
1 Tbs white rice vinegar  
1 pinch of sea salt  
½ tsp fresh dill, finely chopped  
½ tsp ground black pepper

### TIP!

If you can't find vidalia onions use a sweet yellow onion. This recipe goes perfectly with one of the flatbreads in the snack section of the plan.

### NUTRITION FACTS

5g protein / 7g carbs / 0g fat / 0g fiber / 49 calories



## GARLIC TOMATO TABBOULEH

*makes 5 servings*

### INGREDIENTS

1 lemon, juiced  
2 Tbs extra-virgin olive oil  
¼ cup quinoa  
¼ cup red onion  
½ cup fresh parsley, finely chopped  
½ cup cherry tomatoes, sliced

### DIRECTIONS

1. Cook quinoa according to package instructions.
2. Allow to cool and toss with remaining ingredients.

### NUTRITION FACTS

2g protein / 10g carbs / 6g fat / 2g fiber / 94 calories



## BUTTERNUT SQUASH

*makes 8 servings*

### INGREDIENTS

½ butternut squash  
2 cloves garlic, minced  
1 Tbs olive oil  
½ cup raw cashews  
1 tsp black pepper

### DIRECTIONS

1. Cut butternut squash in half horizontally, remove seeds and place face-down in a baking pan. Fill with an inch of hot water. Bake for 1 hour at 350.
2. Remove from oven and scrape out insides. Add to food processor with other ingredients and puree.
3. Cover and allow to chill before serving.

### NUTRITION FACTS

2g protein / 9g carbs / 6g fat / 2g fiber / 97 calories



## SPINACH DIP

*makes 5 servings*

### INGREDIENTS

½ cup spinach  
1 clove garlic, minced  
1 Tbs olive oil  
½ cup raw cashews  
1 cup plain fat free almond or Greek yogurt

### DIRECTIONS

1. Finely chop spinach. Sauté with garlic and olive oil.
2. Remove from heat and let cool.
3. Blend the yogurt and cashews until smooth. Stir in spinach mixture.

### NUTRITION FACTS

5g protein / 2g carbs / 3g fat / 0g fiber / 52 calories



## RED PEPPER SPREAD

*makes 5 servings*

### INGREDIENTS

2 red peppers  
1 cup tomato, seeded and diced  
1 Tbs red wine vinegar

1 Tbs fresh basil  
1 tsp black pepper  
1 Tbs olive oil

### DIRECTIONS

Blend ingredients together to puree in a food processor and serve.

### NUTRITION FACTS

1g protein / 5g carbs / 3g fat / 2g fiber / 47 calories



## CLUSTERED KALE CHIPS

*makes 3 servings*

### INGREDIENTS

1 bunch fresh kale  
1 Tbs balsamic vinegar  
½ cup raw cashews  
2 Tbs olive oil  
1 tsp black pepper  
dash of sea salt

### DIRECTIONS

1. Puree vinegar, cashews, and oil in a food processor.
2. Add salt and pepper.
3. Cut kale down to the fluffy edge sections.
4. Thoroughly cover with mixture from the food processor.
5. Place kale on a foil lined baking sheet and place in the oven on the lowest setting until dried.

### NUTRITION FACTS

7g protein / 15g carbs / 18g fat / 3g fiber / 236 calories



## FRESH TOMATO SALSA

*makes 5 servings*

### INGREDIENTS

1 cup tomatoes, diced  
½ white onion, diced  
1 serrano pepper, finely chopped  
1 lime, juiced  
1 Tbs cilantro, finely chopped

### DIRECTIONS

1. Thoroughly mix ingredients together in a bowl.
2. Serve with kale chips.

### NUTRITION FACTS

0g protein / 4g carbs / 0g fat / 1g fiber / 15 calories



## WHY WE LOVE TOMATOES!

Fresh tomatoes contain lycopene, a phytochemical that has been proven to reduce the risk of cancer. Tomatoes are indeed, a “power food” because they are one of the top 5 food sources of fiber, potassium, vitamin C, vitamin A, and vitamin E!

## SPICY AVOCADO DIP

*makes 5 servings*

### INGREDIENTS

1 avocado, peeled, pitted, and sliced  
1 cup plain almond or Greek yogurt  
1 tsp sea salt  
1 lime  
½ tomato, diced  
3 Tbs onion, diced  
1 Tbs fresh cilantro, chopped  
1 clove of garlic, minced  
1 fresh jalapeño, seeds removed, sliced

### TIP!

This avocado dip is a deliciously smooth and protein-rich guacamole alternative.

### NUTRITION FACTS

5g protein / 7g carbs / 4g fat / 3g fiber / 82 calories



## CREAMY AVOCADO DIP

*makes 5 servings*

### INGREDIENTS

1 avocado, peeled, pitted, and sliced  
1 cup plain almond or Greek yogurt  
1 tsp sea salt  
2 limes, juiced  
3 Tbs onion, diced  
1 clove of garlic, minced

### DIRECTIONS

1. Blend avocado, onion, and garlic to a smooth consistency.
2. Add salt and lime juice.
3. Stir together with yogurt.
4. Cover and chill before serving.
5. Garnish with lime, avocado, and tomato slices.

### NUTRITION FACTS

5g protein / 8g carbs / 4g fat / 3g fiber / 83 calories





# DESSINGS & SAUCES

Use these dressings on your favorite salad or as a marinade. The sauces make an excellent flavorful addition to your favorite dish.



*just blend everything together until smooth!*

## ASIAN SOY VINAIGRETTE

*makes 2-3 servings*

### INGREDIENTS

½ cup white rice vinegar	1 Tbs tamari
2 Tbs sesame seed oil	1 tsp coconut sugar

### NUTRITION FACTS

1g protein / 4g carbs / 13g fat / 0g fiber / 161 calories

## BALSAMIC CITRUS DRESSING

*makes 2-3 servings*

### INGREDIENTS

½ cup balsamic vinegar	1 tsp sea salt
2 Tbs olive oil	pinch of ground black pepper
½ lemon, squeezed	
½ lime, squeezed	

### NUTRITION FACTS

0g protein / 15g carbs / 13g fat / 1g fiber / 185 calories

## CREAMY ITALIAN DRESSING

*makes 2-3 servings*

### INGREDIENTS

1 cup plain almond or Greek yogurt	1 tsp oregano
3 Tbs white rice vinegar	½ tsp basil
1 shallot, minced	1 clove garlic, pressed
drop of honey	

### NUTRITION FACTS

12g protein / 8g carbs / 0g fat / 0g fiber / 91 calories

## CRANBERRY CHILI SAUCE

*makes 2-3 servings*

### INGREDIENTS

½ cup fresh cranberries	½ tsp chili flakes
¼ cup honey	2 Tbs lemon juice
¾ cup dried cranberry	¼ tsp salt
½ cup coconut water	

### NUTRITION FACTS

0g protein / 79g carbs / 1g fat / 6g fiber / 312 calories

## SWEET MAPLE VINAIGRETTE

*makes 2-3 servings*

### INGREDIENTS

½ cup white rice vinegar
2 Tbs balsamic vinegar
2 tsp coconut sugar
½ tsp real maple syrup

### NUTRITION FACTS

0g protein / 10g carbs / 0g fat / 0g fiber / 66 calories

## LEMON POPPY SEED

*makes 2-3 servings*

### INGREDIENTS

¼ cup white rice vinegar	1 lemon, squeezed
2 Tbs olive oil	2 tsp poppy seeds
2 Tbs plain almond or Greek yogurt	1 tsp sea salt
1 Tbs honey	drop of honey

### NUTRITION FACTS

2g protein / 17g carbs / 15g fat / 3g fiber / 198 calories

## RED WINE SAUCE

*makes 2-3 servings*

### INGREDIENTS

¼ cup red wine  
¾ cup almond or Greek yogurt  
1 Tbs olive oil  
¼ cup onion, diced  
2 tsp basil  
2 tsp black pepper  
1 clove garlic, minced

### DIRECTIONS

1. Heat oil in a small skillet. Add onions and garlic and cook until onions turn clear.
2. In a separate small saucepan over low heat add in yogurt and wine. Stir until evenly mixed.
3. Mix in onions and garlic from the skillet and add spices. Stir continuously until sauce is heated through. Be sure to keep on very low heat the entire time.

### NUTRITION FACTS

9g protein / 7g carbs / 7g fat / 1g fiber / 150 calories

## TZATZIKI SAUCE

*makes 2-3 servings*

### INGREDIENTS

1 cup almond or Greek yogurt  
1 Tbs olive oil  
2 Tbs lemon juice  
1 clove garlic, chopped  
1 tsp fresh dill, chopped  
1 tsp black pepper  
¼ cup tomato, seeded and diced  
¼ cup cucumber, seeded and diced

### DIRECTIONS

1. Blend all ingredients except tomato and cucumber until smooth.
2. Add in tomato and cucumber and stir until sauce is well mixed.
3. Cover and refrigerate for at least one hour.

### NUTRITION FACTS

12g protein / 8g carbs / 4g fat / 0g fiber / 116 calories

## TERIYAKI SAUCE

*makes 2-3 servings*

### INGREDIENTS

¼ cup tamari  
¼ cup fresh squeezed orange juice  
1 Tbs sesame oil  
2 Tbs all-natural honey  
¼ cup onion, diced  
1 tsp fresh ginger, grated  
1 tsp red pepper flakes  
1 clove garlic, minced

### DIRECTIONS

1. Heat sesame oil in a small skillet. Add onions and garlic and cook until onions turn clear.
2. In a separate small saucepan over low heat add in tamari, orange juice and honey. Stir until evenly mixed.
3. Add oil, onions and garlic from the skillet and add spices.
4. Stir continuously until sauce is heated through.

### NUTRITION FACTS

4g protein / 25g carbs / 7g fat / 1g fiber / 120 calories

## SWEET & SOUR DRESSING

*makes 2-3 servings*

### INGREDIENTS

1 Tbs tamari  
1 Tbs honey  
½ tsp cayenne or chili powder  
1 lemon, juiced  
1 tsp apple cider vinegar  
½ cup mango or pineapple

### DIRECTIONS

1. Blend all ingredients together.
2. You can add water or coconut water as needed to achieve desired consistency.

### NUTRITION FACTS

2g protein / 20g carbs / 0g fat / 3g fiber / 124 calories

## CILANTRO AVOCADO DRESSING

*makes 2-3 servings*

### INGREDIENTS

½ avocado  
1 Tbs spirulina  
1 Tbs olive oil or flax oil  
1 tsp dulse flakes  
½ lemon, juiced  
½ cup water  
¼ cup sunflower seeds

### DIRECTIONS

Blend all ingredients together until smooth.

### NUTRITION FACTS

6g protein / 10g carbs / 22g fat / 5g fiber / 236 calories

## DIJON DRESSING

*makes 2-3 servings*

### INGREDIENTS

2 Tbs red or white onion  
1 Tbs honey  
1 Tbs dijon or hot mustard  
½ lemon, juiced  
1 tsp sea salt  
½ tsp black pepper  
½ tsp garlic powder  
1 tsp mustard powder

### DIRECTIONS

Blend all ingredients together until smooth.

### NUTRITION FACTS

1g protein / 13g carbs / 0g fat / 2g fiber / 58 calories





# MY FAVORITE RECIPES





# MY FAVORITE RECIPES



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# TONE IT UP NUTRITION PLAN

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