



WEEK ONE

stock up to TONE UP!

Before you get started, here are some important items to stock up on! This way you always have them on hand for your favorite Tone It Up Recipes. Before you grocery shop, check your pantry to make sure you're not out of anything!

CANNED ITEMS

- Chickpeas (Garbanzo Beans)
- Black Beans
- Pinto Beans
- Kidney Beans

DIPS & FLAVORING

- Hot sauce! We love Sriracha!
- Organic Ketchup
- Organic Mustard
- GF Tamari
- TIU approved dressing
- Honey
- Maple Syrup

NUTS & MISC.

- Almond butter
- Peanut butter
- Almonds
- Your Favorite Nuts
- Coconut flakes
- Cacao nibs
- Chia Seeds

FROZEN

- Frozen Strawberries
- Frozen Blueberries
- Frozen Mango
- Frozen Cauliflower
- Frozen Veggies

PANTRY

- Tone It Up Protein
- Tone It Up Protein Bars
- Quinoa
- GF Rolled Oats
- Almond flour
- Oat flour
- Baking powder
- Baking soda
- Coconut oil
- Olive oil
- Coconut oil spray
- Balsamic Vinegar
- Apple Cider Vinegar

SPICES

- Cinnamon
- Cardamom
- Cayenne
- Cumin
- Curry Powder
- Coriander
- Chili Powder
- Paprika
- Thyme, dried
- Oregano, dried
- Turmeric, ground
- Ginger, ground
- Garlic, ground
- Black Pepper, ground
- Basil, dried
- Red Pepper
- Sea Salt or Pink Himalayan Salt
- Vanilla extract
- Any other fav spices and herbs!

ADD YOUR FAVES!

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Monday

Tuesday

wednesday

Thursday

Friday

Saturday

Sunday

M1

Piña Colada Overnight Oats

Piña Colada Overnight Oats

Fave Tone It Up Protein Smoothie

½ cup egg whites + ½ cup veggies scramble + 1 slice gluten-free toast

½ cup egg whites + ½ cup veggies scramble + 1 slice gluten-free toast

Fave Tone It Up Protein Smoothie

Tone It Up Protein Pancake + 1 Tbsp. unsweetened coconut flakes

M2

Pick Me Up Chia Pudding + ½ cup strawberries

Pick Me Up Chia Pudding + 2 Tbsp. fave nuts

Pick Me Up Chia Pudding + ½ cup strawberries

1 cup fave berries + 2 Tbsp. walnuts

1 cup fave berries + 2 Tbsp. walnuts

Grab a fresh green juice + 2 Tbsp. walnuts

1 cup fave berries + 2 Tbsp. walnuts

M3

Guacamole Quinoa Salad

Bikini Wrap *grab some collard greens if you plan on making these ;)

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Bikini Wrap *grab some collard greens if you plan on making these ;)

Tray Dinner Leftovers

Bikini Wrap *grab some collard greens if you plan on making these ;)

M4

All Greens Juice or TIU approved bar

Avocado Smoothie

1 cup baby carrots + ¼ cup beet or fave hummus

All Greens Juice or TIU approved bar

1 cup baby carrots + ¼ cup beet or fave hummus

1 cup baby carrots + ¼ cup beet or fave hummus

1 Blueberry Chia Muffin while meal prepping

M5

Tahini Tray Dinner (make 2 servings, save leftovers) + sparkling water and lemon

Leftover Tahini Tray Dinner + optional TIU approved dessert

12oz lean protein + 4 cups veggies lightly steamed + 4 Tbsp. fave TIU Dressing (makes 2 servings, save leftovers) + optional glass of wine/kombucha

Wednesday's M5 leftovers + sparkling water and lemon

Tray Dinner (make 2 servings and save leftovers)

Go Out for a Lean Clean N' Green meal + optional TIU approved dessert

Everything but the Kitchen Sink Salad (chop up all of your leftover veggies + lean protein)

	Monday	Tuesday	wednesday	Thursday	Friday	Saturday	Sunday
M1	Piña Colada Overnight Oats	Piña Colada Overnight Oats	Fave Tone It Up Protein Smoothie	½ cup egg whites + ½ cup veggies scramble + 1 slice gluten-free toast	½ cup egg whites + ½ cup veggies scramble + 1 slice gluten-free toast	Fave Tone It Up Protein Smoothie	Tone It Up Protein Pancake + 1 Tbsp. unsweetened coconut flakes
M2	Pick Me Up Chia Pudding + ½ cup strawberries	Pick Me Up Chia Pudding + 2 Tbsp. fave nuts	Pick Me Up Chia Pudding + ½ cup strawberries	1 cup fave berries + 2 Tbsp. walnuts	1 cup fave berries + 2 Tbsp. walnuts	Grab a fresh green juice + 2 Tbsp. walnuts	1 cup fave berries + 2 Tbsp. walnuts
M3	Guacamole Quinoa Salad	Bikini Wrap *grab some collard greens if you plan on making these ;)	Guacamole Quinoa Salad	Guacamole Quinoa Salad	Bikini Wrap *grab some collard greens if you plan on making these ;)	Tray Dinner Leftovers	Bikini Wrap *grab some collard greens if you plan on making these ;)
M4	All Greens Juice or TIU approved bar	Avocado Smoothie	1 cup baby carrots + ¼ cup beet or fave hummus	All Greens Juice or TIU approved bar	1 cup baby carrots + ¼ cup beet or fave hummus	1 cup baby carrots + ¼ cup beet or fave hummus	1 Blueberry Chia Muffin while meal prepping
M5	Tahini Tray Dinner (make 2 servings, save leftovers) + sparkling water and lemon	Leftover Tahini Tray Dinner + optional TIU approved dessert	12oz lean protein + 4 cups veggies lightly steamed + 4 Tbsp. fave TIU Dressing (makes 2 servings, save leftovers) + optional glass of wine/kombucha	Wednesday's M5 leftovers + sparkling water and lemon	Tray Dinner (make 2 servings and save leftovers)	Go Out for a Lean Clean N' Green meal + optional TIU approved dessert	Everything but the Kitchen Sink Salad (chop up all of your leftover veggies + lean protein)

grocery LIST

Here's a grocery list with some of our favorite TIU Approved essentials, plus the ingredients you need to make what's on K&K's menu! When you plan your meals for the week, take stock of what you have at home and what you need to pick up.

VEGGIES

- Kale
- Arugula
- Spinach
- Baby carrots
- Avocado
- Brussels Sprouts
- Bell Peppers
- Cucumber
- Onion
- Tomato
- Zucchini
- Corn
- Beets (pre-cooked or raw)
- Broccoli
- Sweet Potato
- collard greens
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FRUIT

- Bananas (freeze for smoothies too)
- Pineapple
- Strawberries
- Berries
- Grapefruit
- Lemon
- Apples
- Frozen fruit
- _____
- _____
- _____
- _____

PROTEIN & MISC

- Lean protein of choice
- Eggs
- Egg Whites
- Unsweetened Almond Milk
- Unsweetened Coconut Milk
- Your Favorite Plain Yogurt
- _____
- _____
- _____

CANNED ITEMS

- Chickpeas (Garbanzo Beans)
- Black Beans
- _____
- _____
- _____

DIPS & FLAVORING

- Cilantro
- Jalapeño
- Garlic
- Salsa
- Parsley
- Hummus
- Guacamole
- Tahini
- Honey or Maple Syrup
- _____
- _____
- _____

PANTRY

- Tone It Up Protein
- Tone It Up Protein Bars
- GF bread (freeze extra!)

- GF Rolled Oats
- Quinoa
- Chia seeds
- Coconut flakes
- Cacao nibs
- Olive oil
- TIU approved snacks
- Check the STOCK UP! page
- _____
- _____
- _____

DRINKS

- Coffee
- Kombucha
- Coconut water
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- _____

SPICES

- Cumin
- Cardamom
- Red Pepper Flakes

ADD YOUR FAVES!

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meal PREP!

Ready for a little meal prep & chill?! Join us on Instagram LIVE [@ToneltUp](#) Sunday, April 23rd at 11:30am (PST Cali Time)! We're also going to be sharing some major staples that we love to meal prep!

- Wash & chop veggies
- Pre-cook/grill your lean protein for the week
- Slice bananas & freeze for smoothies
- Pre-cook your quinoa for the week
- Prep dressings for your salads this week - store in a mason jar
- Prep your **Piña Colada Overnight Oats** and store individual serving in mason jars
- Prep your **Pick Me Up Chia Seed Pudding** and store individual servings in mason jars
- Prep the beet hummus and store in a glass container
- Check in on Instagram with your #TIUmealprep pics! [@ToneltUp](#)

