



WEEK THREE

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!

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

- ☐ Hot sauce! We love Sriracha!
- ☐ Organic Ketchup
- ☐ Organic Mustard
- ☐ Tamari or Soy Sauce
- ☐ TIU approved dressing
- ☐ Honey
- ☐ Maple Syrup

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

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

- ☐ 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

- ☐ 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?

[illegible]



week three

BIKINI SERIES EDITION

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

M1

1 Slice Blueberry
Lemon Zest
Breakfast Cake + 1
Tbsp. pure maple
syrup + 1 cup
blueberries

1 Slice Blueberry
Lemon Zest
Breakfast Cake + 1
Tbsp pure maple
syrup + 1 cup
blueberries

1 Slice Blueberry
Lemon Zest
Breakfast Cake + 1
Tbsp pure maple
syrup + 1 cup
blueberries

Berry Cauliflower
Smoothie

1 Slice Blueberry
Lemon Zest
Breakfast Cake + 1
Tbsp pure maple
syrup + 1 cup
blueberries

Berry Cauliflower
Smoothie

Tone It Up Protein
Waffle + 1 cup
berries

M2

Tone It Up Bar or
TIU approved bar

1 apple + 1 Tbsp.
almond or peanut
butter

1 apple + 1 Tbsp.
almond or peanut
butter

Tone It Up Bar or
TIU approved bar

1 apple + 1 Tbsp.
almond or peanut
butter

Tone It Up Bar or
TIU approved bar

Tone It Up Bar or
TIU approved bar

M3

Chopped Greek
Salad

Chopped Greek
Salad

Bikini Wrap

Bikini Wrap

2 cups kale + 6oz
lean protein + ½
cup cooked quinoa
+ 2 Tbsp. TIU
dressing

Bikini Wrap

Chopped Greek
Salad

M4

**Cinnamon
Smoothie

**Avocado
Smoothie

Pick Me Up Chia
Pudding + 1 Tbsp.
fave nuts

Pick Me Up Chia
Pudding + 1 Tbsp.
fave nuts

**Cinnamon
Smoothie

Pick Me Up Chia
Pudding + 1 Tbsp.
fave nuts

1/4 cup guacamole
+ cucumber
slices while meal
prepping

M5

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

Tray Dinner
Leftovers +
sparkling water
with lemon

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

Leftovers from
Wednesday's M5

K + Kale Salad + 6oz
lean protein + TIU
approved dessert

Invite friends over
for BBQ with Grilled
Sliders

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

**Tip! If you don't have a blender in your break room, pre-make this smoothie in the morning and store in your Tone It Up Insulated Water Bottle. It stays cold for up to 24 hours! Just shake before drinking 🥤

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
- ☐ Yellow Onion
- ☐ Tomato
- ☐ Sprouts
- ☐ Corn
- ☐ Portobello Mushrooms
- ☐ Frozen Cauliflower Rice
- ☐ collard greens
- ☐ cilantro
- ☐ red onion
- ☐
- ☐
- ☐

FRUIT

- ☐ Bananas (freeze for smoothies too)
- ☐ Berries
- ☐ Blueberries
- ☐ Grapefruit
- ☐ Lemons
- ☐ Apples
- ☐ Frozen fruit
- ☐
- ☐
- ☐
- ☐

PROTEIN & MISC

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

CANNED ITEMS

- ☐ Olives
- ☐ Sundried Tomatoes
- ☐
- ☐
- ☐

DIPS & FLAVORING

- ☐ Garlic
- ☐ Parsley
- ☐ Salsa
- ☐ Hummus
- ☐ Guacamole
- ☐ Maple Syrup
- ☐
- ☐
- ☐

PANTRY

- ☐ Tone It Up Protein
- ☐ Tone It Up Protein Bars
- ☐ Ezekiel/GF bread (freeze extra!)
- ☐ Almond Butter

- ☐ Coconut Oil
- ☐ Coconut Oil Spray
- ☐ Chia Seeds
- ☐ Coconut Flakes
- ☐ Cacao Nibs
- ☐ Almond Flour
- ☐ Baking Powder
- ☐ TIU approved snacks
- ☐ Check the STOCK UP! page
- ☐ pine nuts
- ☐
- ☐

DRINKS

- ☐ Coffee
- ☐ Kombucha
- ☐ Coconut water
- ☐
- ☐
- ☐

SPICES

- ☐ Vanilla Extract
- ☐ Cinnamon
- ☐ Salt
- ☐ Pepper

ADD YOUR FAVES!

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



meal PREP!

- ☐ Wash & chop veggies
- ☐ Slice bananas & freeze for smoothies
- ☐ Pre-cook/grill your lean protein for the week
- ☐ Pre-cook your quinoa for the week
- ☐ Prep dressings for your salads this week - store in a mason jar
- ☐ Prep the **Blueberry Lemon Zest Breakfast Cake**
- ☐ Prep your **Pick Me Up Chia Seed Pudding** and store individual servings in mason jars
- ☐ Check in on Instagram with your #TIUmealprep pics! @ToneltUp

