



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
- ☐ Agave
- ☐ Maple Syrup

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

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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
- ☐ 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
- ☐ Ground Flax 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

