



WEEK FOUR



# 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
- ☐ Tamari or Soy Sauce
- ☐ 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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# week four

## BIKINI SERIES EDITION

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

M1

Spring Scramble + 1 slice Ezekiel toast + 1/4 avocado

Fave Tone It Up Protein Smoothie

Spring Scramble + 1 slice Ezekiel toast + 1/4 avocado

Fave Tone It Up Protein Smoothie

Tone It Up Protein Pancake + 1 cup strawberries

Tone It Up Protein Waffle + 1 cup strawberries

Fave Tone It Up Protein Smoothie

M2

Tone It Up Bar or TIU approved bar

Pick Me Up Chia Pudding + 1 cup strawberries

Tone It Up Bar or TIU approved bar

1 apple + 1 Tbsp. almond or peanut butter

1 apple + 1 Tbsp. almond or peanut butter

Head out for an almond milk latte with your girls + Tone It Up Bar or TIU approved bar

Tone It Up Bar or TIU approved bar

M3

Spicy Burrito Rolls + 6oz lean protein + 1/3 cup salsa (or bikini wrap)

Spicy Burrito Rolls + 6oz lean protein + 1/3 cup salsa (or bikini wrap)

2 cups Kale + 6oz lean protein + 1/2 cup cooked quinoa + 1 Tbsp. fave nuts + 2 Tbsp. TIU approved dressing

K + Kale Salad + 6oz lean protein

Leftover Lettuce Wrap Tacos + 2 cups lightly steamed veggies

Bikini Wrap

K + Kale Salad + 6oz lean protein

M4

2 Tbsp. guacamole + 1/2 cucumber

2 Tbsp. guacamole + 1/2 cucumber

\*\*Slimdown Smoothie

Pick Me Up Chia Pudding + 2 tsp. cacao nibs

6oz almond or coconut yogurt + 2 tsp. cacao nibs + 1 Tbsp. unsweetened coconut flakes

Celery + 2 Tbsp. almond or peanut butter

1 Lemon Poppyseed Muffin while meal prepping

M5

Your Fave Tray Dinner (double and save leftovers) + optional TIU approved dessert

Yesterdays M5 Leftovers + sparkling water with lemon

6oz grilled protein + 2 cups fave veggies + 2 Tbsp. guacamole + optional glass of wine or kombucha

Lettuce wrap tacos: 6oz lean protein + 1/2 cup black beans + 1/4 avocado + 1/4 cup fave salsa + romaine lettuce (for shell) + 2 cups fave veggies lightly steamed. (double and save leftovers)

Head out for a Lean Clean N' Green dinner

6oz grilled protein + 2 cups fave veggies + 2 cups kale + 2 Tbsp. guacamole + optional TIU approved dessert

Bikini Wrap + 2 cups fave veggies lightly steamed + sparkling water with lemon

\*\*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
- ☐ Carrots
- ☐ Avocado
- ☐ Brussels Sprouts
- ☐ Bell Peppers
- ☐ Cucumber
- ☐ Red Onion
- ☐ Green Onions
- ☐ Tomato
- ☐ Broccoli
- ☐ Leeks
- ☐ Corn
- ☐ Cauliflower Rice
- ☐ Frozen Peas
- ☐ celery
- ☐ cilantro
- ☐ romaine lettuce
- ☐
- ☐
- ☐
- ☐

## FRUIT

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

## PROTEIN & MISC

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

## CANNED ITEMS

- ☐ Black Beans
- ☐
- ☐
- ☐

## DIPS & FLAVORING

- ☐ Garlic
- ☐ Jalapeño
- ☐ Salsa
- ☐ Hummus
- ☐ Guacamole
- ☐ Tamari or Soy Sauce
- ☐ Rice Vinegar
- ☐
- ☐
- ☐

## PANTRY

- ☐ Tone It Up Protein
- ☐ Tone It Up Protein Bars
- ☐ Ezekiel/GF bread (freeze extra!)
- ☐ Rice Paper Wraps
- ☐ Olive Oil
- ☐ Coconut Oil

- ☐ TIU approved snacks
- ☐ Check the STOCK UP! page
- ☐
- ☐
- ☐

## DRINKS

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

## SPICES

- ☐ Ground Turmeric
- ☐ Ground Ginger
- ☐ Salt

## ADD YOUR FAVES!

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# meal PREP!

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

