



WEEK FIVE

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?

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week five

BIKINI SERIES EDITION

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

M1

Berry Cauliflower Smoothie

Berry Cauliflower Smoothie

Spring Scramble

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

Spring Scramble

Head out for a Lean Clean N' Green brunch

Fave Tone It Up Protein Smoothie

M2

1 Lemon Poppyseed Muffin

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1 apple + 1 Tbsp. almond or peanut butter

6oz almond or coconut milk yogurt + 1 cup berries

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Tone It Up Bar or TIU approved bar

Avocado Toast (check ToneItUp.com for ideas)

M3

Favorite Salad from the Bikini Series Edition

Beautiful Buddha Bowl Leftovers

Bikini Wrap + 1 apple

Chickpea Salad Sandwich + 1 cup grapes

Chickpea Salad Sandwich + 1 cup grapes

Tray Dinner Leftovers

Bikini Wrap + 1 apple

M4

Pick Me Up Chia Pudding + 2 Tbsp. fave nuts

Pick Me Up Chia Pudding + 2 Tbsp. fave nuts

Grab a green juice + 2 Tbsp. fave nuts

**Avocado Smoothie

**Cinnamon Smoothie

**Slimdown Smoothie

1 Coconut Pineapple Muffin while meal prepping

M5

Beautiful Buddha Bowl (make 2 servings, save leftovers)

Tray Dinner + optional TIU approved dessert

Burrito Bowl: 6oz lean protein + 1 cup cauliflower rice + 1/4 cup black beans + 1/4 cup fave salsa + 1/4 avocado + optional glass of wine or kombucha

6oz lean protein + 2 cups fave veggies + 2 cups kale + 2 Tbsp. fave dressing

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

Burrito Bowl: 6oz lean protein + 1 cup cauliflower rice + 1/4 cup black beans + 1/4 cup fave salsa + 1/4 avocado

Sauté all leftover veggies + 1/4 cup fave salsa + 1/4 avocado + optional TIU approved dessert

**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
- ☐ Onion
- ☐ Tomato
- ☐ Sweet Potato
- ☐ Sprouts
- ☐ Frozen or fresh Cauliflower Rice
- ☐ broccoli
- ☐ leeks
- ☐ _____
- ☐ _____
- ☐ _____

FRUIT

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

PROTEIN & MISC

- ☐ Lean protein of choice
- ☐ Unsweetened Almond Milk

- ☐ Your Favorite Plain Yogurt
- ☐ Edamame
- ☐ _____
- ☐ _____
- ☐ _____

CANNED ITEMS

- ☐ Chickpeas (Garbanzo Beans)
- ☐ _____
- ☐ _____
- ☐ _____

DIPS & FLAVORING

- ☐ Fresh Dill
- ☐ Garlic
- ☐ Salsa
- ☐ Hummus
- ☐ Guacamole
- ☐ Tahini
- ☐ Agave
- ☐ Maple Syrup
- ☐ _____
- ☐ _____
- ☐ _____

PANTRY

- ☐ Tone It Up Protein
- ☐ Tone It Up Protein Bars
- ☐ GF bread (freeze extra!)
- ☐ Peanut Butter
- ☐ Ground Flax Seeds
- ☐ Chia Seeds
- ☐ Poppyseeds (or Chia Seeds!)
- ☐ Coconut Flakes
- ☐ Almonds
- ☐ Quinoa

- ☐ Oat Flour (or Almond Meal)
- ☐ Baking Soda
- ☐ Baking Powder
- ☐ Olive Oil
- ☐ Coconut Oil
- ☐ Coconut Oil Spray
- ☐ TIU approved snacks
- ☐ Check the STOCK UP! page
- ☐ _____
- ☐ _____
- ☐ _____

DRINKS

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

SPICES

- ☐ Vanilla Extract
- ☐ Salt
- ☐ Pepper
- ☐ Crushed Red Pepper
- ☐ Dried Basil
- ☐ Onion Powder

ADD YOUR FAVES!

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



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 **Lemon Poppyseed Muffins**.
- ☐ Bake sweet potato slices for your **Beautiful Buddha Bowl**.
- ☐ Prep your **Pick Me Up Chia Seed Pudding** and store individual servings in mason jars.
- ☐ Check in on Instagram with your #TIUmealprep pics! @ToneltUp

