

Summer TONE UP

MEAL PLAN



[illegible]



WEEK ONE



week one

BIKINI SERIES EDITION

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 ezeziel toast

½ cup egg whites + ½ cup veggies scramble + 1 slice ezeziel 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
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

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
- ☐ Ezekiel/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
- ☐
- ☐

SPICES

- ☐ Cumin
- ☐ Cardamom
- ☐ Red Pepper Flakes

ADD YOUR FAVES!

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meal PREP!

- ☐ Wash & chop veggies
- ☐ Pre-cook/grill your lean protein for the week (chicken, fish, shrimp, tempeh, etc.)
- ☐ 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](#)





WEEK TWO

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

M1

Orange Dreamsicle Smoothie

Tone It Up Protein Pancake + 1 cup berries

Orange Dreamsicle Smoothie

Tone It Up Protein Pancake + 1 cup berries

Orange Dreamsicle Smoothie

Superfood Parfait

Tone It Up Protein Waffle + 1 cup berries

M2

1 Blueberry Chia Muffin

1 Blueberry Chia Muffin

1 cup fave berries + 2 Tbsp. fave nuts

1 Blueberry Chia Muffin

1 cup fave berries + 2 Tbsp. fave nuts

1 Blueberry Chia Muffin

Grab a fresh green juice + 2 Tbsp. fave nuts

M3

Chickpea Salad Sandwich, add 2 slices of avocado + 1 apple

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

Chickpea Salad Sandwich, add 2 slices of avocado + 1 apple

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

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

Fave M3

Everything but the Kitchen Sink Salad (chop up all of your leftover veggies + lean protein) + 1/4 avocado

M4

2 Tbsp Pesto + 1 bell pepper sliced

2 Tbsp Pesto + 1 bell pepper sliced

TIU approved bar

TIU approved bar

2 Tbsp Pesto + 1 cucumber sliced

**Cinnamon Smoothie

1 slice Blueberry Lemon Zest Breakfast Cake while meal prepping

M5

Sushi Bowl + sparkling water with lemon

Tray Dinner make 2 servings, save leftovers + optional TIU approved dessert

Sushi Bowl + optional glass of wine/kombucha

Leftover Tray Dinner + sparkling water with lemon

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

12oz lean protein + 4 cups veggies lightly steamed + 4 Tbsp. fave TIU Dressing (makes 2 servings, save leftovers)

Leftovers from yesterday's M5

**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 Onion
- ☐ Tomato
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FRUIT

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

PROTEIN & MISC

- ☐ Lean protein of choice
- ☐ Sushi Grade Salmon or Tuna

- ☐ Eggs
- ☐ Egg Whites
- ☐ Unsweetened Almond Milk
- ☐ Unsweetened Coconut Milk
- ☐ Your Favorite Plain Yogurt
- ☐ Edamame
- ☐ _____
- ☐ _____
- ☐ _____

CANNED ITEMS

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

DIPS & FLAVORING

- ☐ Garlic
- ☐ Jalapeño
- ☐ Fresh Dill
- ☐ Fresh Basil
- ☐ Salsa
- ☐ Hummus
- ☐ Guacamole
- ☐ Maple Syrup
- ☐ Tamari or Soy Sauce
- ☐ Wasabi (optional)
- ☐ Pickled Ginger (optional)
- ☐ _____
- ☐ _____
- ☐ _____

PANTRY

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

- ☐ Coconut Flakes
- ☐ Chia Seeds
- ☐ Quinoa
- ☐ Pine Nuts
- ☐ Oat Flour (or Almond Meal)
- ☐ Baking Powder
- ☐ Olive Oil
- ☐ Coconut Oil
- ☐ Coconut Oil Spray
- ☐ TIU approved snacks
- ☐ Check the STOCK UP! page
- ☐ _____
- ☐ _____
- ☐ _____

DRINKS

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

SPICES

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

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 your **Blueberry Chia Muffins**
- ☐ Prep your **Pick Me Up Chia Seed Pudding** and store individual servings in mason jars
- ☐ Prep the Pesto
- ☐ Check in on Instagram with your #TIUmealprep pics! @ToneltUp





WEEK THREE



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
- ☐ Grilled Chicken
- ☐ Ground Meat or 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

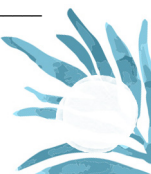
- ☐ Coffee
- ☐ Kombucha
- ☐ Coconut water
- ☐
- ☐
- ☐

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





WEEK FOUR



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

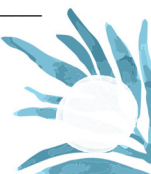
- ☐ Coffee
- ☐ Kombucha
- ☐ Coconut water
- ☐
- ☐
- ☐

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





WEEK FIVE



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 Poppysseed Muffin

1 Lemon Poppysseed Muffin

1 apple + 1 Tbsp. almond or peanut butter

6oz almond or coconut milk yogurt + 1 cup berries

6oz almond or coconut milk yogurt + 1 cup berries

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

Tuna Salad Sandwich + 1 cup grapes

Tuna 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
- ☐ Tuna

- ☐ Eggs
- ☐ Egg Whites
- ☐ Unsweetened Almond Milk
- ☐ Your Favorite Plain Yogurt
- ☐ Edamame
- ☐
- ☐
- ☐

CANNED ITEMS

- ☐
- ☐
- ☐

DIPS & FLAVORING

- ☐ Fresh Dill
- ☐ Garlic
- ☐ Salsa
- ☐ Hummus
- ☐ Guacamole
- ☐ Tahini
- ☐ Honey
- ☐ Maple Syrup
- ☐
- ☐
- ☐

PANTRY

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





WEEK SIX



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

M1

Piña Colada Overnight Oats

Piña Colada Overnight Oats

Spring Scramble + Ezekiel toast + 1/4 avocado

Spring Scramble + Ezekiel toast + 1/4 avocado

Tone It Up Protein Pancake + 1 cup strawberries

Spring Scramble + Ezekiel toast + 1/4 avocado

Tone It Up Protein Waffle + 1 cup strawberries

M2

1 Coconut Pineapple Muffin

1 Coconut Pineapple Muffin

1 apple + 1 Tbsp. almond or peanut butter

1 Coconut Pineapple Muffin

6oz almond or coconut yogurt + 1 cup berries

1 apple + 1 Tbsp. almond or peanut butter

6oz almond or coconut yogurt + 1 cup berries

M3

Bikini Wrap

K and Kale Salad + 6oz lean protein

Easy Marinara

Leftover Tray Dinner

K and Kale Salad + 6oz lean protein

Fave Tone It Up Salad

Bikini Wrap

M4

Green Juice + 2 Tbsp. nuts

Green Juice + 2 Tbsp. nuts

**Cinnamon Smoothie

Pick Me Up Chia Pudding + 2 tsp. cacao nibs + 1 Tbsp. unsweetened coconut flakes

1/4 cup pico + 1/2 cucumber sliced + 2 Tbsp. guacamole

Pick Me Up Chia Pudding + 2 tsp. cacao nibs + 1 Tbsp. unsweetened coconut flakes

1/4 cup pico + 1/2 cucumber sliced + 2 Tbsp. guacamole

M5

6oz lean protein + 2 cups fave veggies + 2 cups kale + 2 Tbsp. fave dressing + optional TIU approved dessert

Taco Tuesday! Try out your favorite taco recipe from [ToneItUp.com](https://www.toneitup.com)

Tray Dinner (make 2 servings, save leftovers) + optional glass of wine or kombucha

Pineapple Pico Salmon + 1 cup veggies (make 2 servings, save leftovers)

Pineapple Pico Salmon Leftovers + 1 cup veggies + optional Pick Me Up Chia Pudding + 2 tsp. dark chocolate chips for dessert

Head out for a Lean Clean N' Green meal

Everything but the kitchen sink salad: chop up all your leftover veggies + 6oz lean protein

**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
- ☐ Celery
- ☐ Yellow Onion
- ☐ Red Onion
- ☐ Tomato
- ☐ Broccoli
- ☐ Leeks
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FRUIT

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

PROTEIN & MISC

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

CANNED ITEMS

- ☐ Canned Coconut Milk
- ☐ _____
- ☐ _____
- ☐ _____

DIPS & FLAVORING

- ☐ Garlic
- ☐ Ginger
- ☐ Jalapeño
- ☐ Cilantro
- ☐ Salsa
- ☐ Hummus
- ☐ Guacamole
- ☐ Maple Syrup
- ☐ _____
- ☐ _____
- ☐ _____

PANTRY

- ☐ Tone It Up Protein
- ☐ Tone It Up Protein Bars
- ☐ Ezekiel/GF bread (freeze extra!)
- ☐ Banza Chickpea Pasta

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

DRINKS

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

SPICES

- ☐ Ground Turmeric
- ☐ Ground Ginger
- ☐ Cinnamon
- ☐ Salt
- ☐ Pepper
- ☐ Cayenne
- ☐ Paprika
- ☐ Garlic Granules
- ☐ Dried Thyme
- ☐ Vanilla Extract
- ☐ Dried Basil

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 **Piña Colada Overnight Oats**.
- ☐ Prep your **Pick Me Up Chia Seed Pudding** and store individual servings in mason jars.
- ☐ Prep **Pineapple Pico**.
- ☐ Check in on Instagram with your #TIUmealprep pics! @ToneltUp

