Summer TONE UP





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	PANTRY	ADD YOUR FAVES!
Chickpeas (Garbanzo Beans)	Tone It Up Protein	
Black Beans	Tone It Up Protein Bars	
Pinto Beans	Quinoa	
Kidney Beans	GF Rolled Oats	
Mariey Bearis	Almond flour	
DIPS & FLAVORING	Oat flour	
Hot sauce! We love Sriracha!	Baking powder	
Organic Ketchup	Baking soda	
Organic Mustard	Coconut oil	
Tamari or Soy Sauce	Olive oil	
TIU approved dressing	Coconut oil spray	
Honey	Balsamic Vinegar	
Maple Syrup	Apple Cider Vinegar	
NUTS & MISC.	SPICES	
Almond butter	Cinnamon	
Peanut butter	Cardamom	
Almonds	Cayenne	
Your Favorite Nuts	Cumin	
Coconut flakes	Curry Powder	
Cacao nibs	Coriander	
Chia Seeds	Chili Powder	
FROZEN	Paprika	
Frozen Strawberries	Thyme, dried	
Frozen Blueberries	Oregano, dried	
Frozen Mango	Turmeric, ground	
Frozen Cauliflower	Ginger, ground	
Frozen Veggies	Garlic, ground	
	Black Pepper, ground	
	Basil, dried	
	Red Pepper	
	Sea Salt or Pink Himalayan Salt	
	Vanilla extract	-
	Any other fav spices and herbs!	





	monday	Tuesday	wednesday	Thursolay	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 ezekiel toast	½ cup egg whites +½ cup veggies scramble +1 slice ezekiel toast	Fave Tone It Up Protein Smoothie	Tone It Up Protein Pancake + 1 Tbsp. unsweetened coconut flakes
	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
	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 + 1/4 cup beet or fave hummus	All Greens Juice or TIU approved bar	1 cup baby carrots + 1/4 cup beet or fave hummus	1 cup baby carrots + 1/4 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)



VEGGIES	PROTEIN & MISC	GF Rolled Oats
Kale	Lean protein of choice	Quinoa
Arugula	Eggs	Chia seeds
Spinach	Egg Whites	Coconut flakes
Baby carrots	Unsweetened Almond Milk	Cacao nibs
Avocado	Unsweetened Coconut Milk	Olive oil
Brussels Sprouts	Your Favorite Plain Yogurt	TIU approved snacks
Bell Peppers		Check the STOCK UP! page
Cucumber		
Onion		
Tomato		
Zucchini	CANNED ITEMS	DRINKS
Corn	Chickpeas (Garbanzo Beans)	Coffee
Beets (pre-cooked or raw)	Black Beans	Kombucha
Broccoli		Coconut water
Sweet Potato		
collard greens		
	DIPS & FLAVORING	
	DIPS & FLAVORING	SPICES
		0020
	Cilantro	Cumin
	Jalapeño	
	Jalapeño Garlic	Cumin Cardamom
	Jalapeño Garlic Salsa	Cumin Cardamom Red Pepper Flakes
FRUIT	Jalapeño Garlic Salsa Parsley	Cumin Cardamom
FRUIT Bananas (freeze for smoothies too)	Jalapeño Garlic Salsa Parsley Hummus	Cumin Cardamom Red Pepper Flakes
_	Jalapeño Garlic Salsa Parsley Hummus Guacamole	Cumin Cardamom Red Pepper Flakes
Bananas (freeze for smoothies too)	Jalapeño Garlic Salsa Parsley Hummus Guacamole Tahini	Cumin Cardamom Red Pepper Flakes
Bananas (freeze for smoothies too) Pineapple	Jalapeño Garlic Salsa Parsley Hummus Guacamole	Cumin Cardamom Red Pepper Flakes
Bananas (freeze for smoothies too) Pineapple Strawberries	Jalapeño Garlic Salsa Parsley Hummus Guacamole Tahini	Cumin Cardamom Red Pepper Flakes
Bananas (freeze for smoothies too) Pineapple Strawberries Berries	Jalapeño Garlic Salsa Parsley Hummus Guacamole Tahini	Cumin Cardamom Red Pepper Flakes
Bananas (freeze for smoothies too) Pineapple Strawberries Berries Grapefruit	Jalapeño Garlic Salsa Parsley Hummus Guacamole Tahini	Cumin Cardamom Red Pepper Flakes
Bananas (freeze for smoothies too) Pineapple Strawberries Berries Grapefruit Lemon	Jalapeño Garlic Salsa Parsley Hummus Guacamole Tahini Honey or Maple Syrup	Cumin Cardamom Red Pepper Flakes
Bananas (freeze for smoothies too) Pineapple Strawberries Berries Grapefruit Lemon Apples	Jalapeño Garlic Salsa Parsley Hummus Guacamole Tahini Honey or Maple Syrup	Cumin Cardamom Red Pepper Flakes
Bananas (freeze for smoothies too) Pineapple Strawberries Berries Grapefruit Lemon Apples	Jalapeño Garlic Salsa Parsley Hummus Guacamole Tahini Honey or Maple Syrup PANTRY Tone It Up Protein	Cumin Cardamom Red Pepper Flakes
Bananas (freeze for smoothies too) Pineapple Strawberries Berries Grapefruit Lemon Apples	Jalapeño Garlic Salsa Parsley Hummus Guacamole Tahini Honey or Maple Syrup	Cumin Cardamom Red Pepper Flakes



☐ 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 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! @ToneItUp













	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
	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
	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	120z lean protein + 4 cups veggies lightly steamed + 4 Tbsp. fave TIU Dressing (makes 2 servings, save leftovers)	Leftovers from yesterday's M5



VEGGIES Kale Arugula Spinach Carrots Avocado Brussels Sprouts Bell Peppers Cucumber Red Onion	Eggs Egg Whites Unsweetened Almond Milk Unsweetened Coconut Milk Your Favorite Plain Yogurt Edamame CANNED ITEMS	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
Green Onion Tomato	Chickpeas (Garbanzo Beans)	
FRUIT	DIPS & FLAVORING Garlic Jalapeño Fresh Dill Fresh Basil	DRINKS Coffee Kombucha Coconut water
Bananas (freeze for smoothies too) Berries Oranges Grapefruit Lemons Apples Frozen Blueberries Frozen Fruit	Salsa Hummus Guacamole Maple Syrup Tamari or Soy Sauce Wasabi (optional) Pickled Ginger (optional)	SPICES Cinnamon Salt Pepper Vanilla Extract ADD YOUR FAVES!
PROTEIN & MISC Lean protein of choice Sushi Grade Salmon or Tuna	PANTRY Tone It Up Protein Tone It Up Protein Bars Ezekiel/GF bread (freeze extra!)	



■ 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 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! @ToneItUp













	Monday	Tuesday	wednesday	Thursday	friday	saturday	sunday
M1	1 Slice Blueberry Lemon Zest Breakfast Cake + 1 Tbsp. pure maple syprup + 1 cup blueberries	1 Slice Blueberry Lemon Zest Breakfast Cake + 1 Tbsp pure maple syprup + 1 cup blueberries	1 Slice Blueberry Lemon Zest Breakfast Cake + 1 Tbsp pure maple syprup + 1 cup blueberries	Berry Cauliflower Smoothie	1 Slice Blueberry Lemon Zest Breakfast Cake + 1 Tbsp pure maple syprup + 1 cup blueberries	Berry Cauliflower Smoothie	Tone It Up Protein Waffle + 1 cup berries
	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
	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	120z 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 + 60z 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



VEGGIES	PROTEIN & MISC	Almond Butter
Kale	Lean protein of choice	Coconut Oil
Arugula	Grilled Chicken	Coconut Oil Spray
Spinach	Ground Meat or Veggie Burgers	Chia Seeds
Baby carrots	Eggs	Coconut Flakes
Avocado	Egg Whites	Cacao Nibs
Brussels Sprouts	Unsweetened Almond Milk	Almond Flour
Bell Peppers	Unsweetened Coconut Milk	Baking Powder
Cucumber	Your Favorite Plain Yogurt	TIU approved snacks
Yellow Onion		Check the STOCK UP! page
Tomato		pine nuts
Sprouts		
Corn		
Portobello Mushrooms	CANNED ITEMS	DRINKS
Frozen Cauliflower Rice	Olives	Coffee
collard greens	Sundried Tomatoes	Kombucha
cilantro		Coconut water
red onlon		Coconat water
		H
		H
	DIPS & FLAVORING	
	Garlic	SPICES
FRUIT	Parsley	Vanilla Extract
Bananas (freeze for smoothies too)	Salsa	Cinnamon
Berries	Hummus	Salt
Blueberries	Guacamole	Pepper
Grapefruit	Maple Syrup	
Lemons		ADD YOUR FAVES!
Apples		<u> </u>
Frozen fruit		
	PANTRY	Ц
	Tone It Up Protein	Ц
	Tone It Up Protein Bars	Ц
	Ezekiel/GF bread (freeze extra!)	<u> </u>



☐ 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 individua servings in mason jars
☐ Check in on Instagram with your #TIUmealprep pics! @ToneItUp













	monday	Tuesday	wednesday	Thursolay	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
	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
	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 + 60z lean protien + 1/2 cup cooked quinoa + 1 Tbsp. fave nuts + 2 Tbsp. TIU approved dressing	K + Kale Salad + 60z lean protein	Leftover Lettuce Wrap Tacos + 2 cups lightly steamed veggies	Bikini Wrap	K + Kale Salad + 60z 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	60z 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: 60z lean protien + 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



Kale	! page
Arugula Spinach Carrots Unsweetened Almond Milk Your Favorite Plain Yogurt Brussels Sprouts Egg Whites Unsweetened Almond Milk Your Favorite Plain Yogurt Coffee	
Spinach Carrots Unsweetened Almond Milk Avocado Brussels Sprouts Egg Whites Unsweetened Almond Milk Your Favorite Plain Yogurt Coffee	
Carrots Unsweetened Almond Milk Your Favorite Plain Yogurt DRINKS Coffee	
Brussels Sprouts Coffee	
Brussels Sprouts Coffee	
Bell Peppers Kombucha	
Cucumber Coconut water	
Red Onion	
Green Onions CANNED ITEMS	
Tomato Black Beans	
Broccoli ————	
Leeks SPICES	
Corn Ground Turmeric	
Cauliflower Rice DIPS & FLAVORING Ground Ginger	
Frozen Peas Salt	
<u>celery</u> Garlic	
Jalapeño ADD YOUR FAVES	!
romane letture Salsa	
Hummus ——————————————————————————————————	
Guacamole	
Tamari or Soy Sauce	
Rice Vinegar — — — — — — — — — — — — — — — — — — —	
FRUIT	
Bananas (freeze for smoothies too)	
Berries	
Grapefruit	
PANIRY	
Lemons	
Tana It I In Directoin	
Apples Tone It Up Protein	
Apples Tone It Up Protein — — — — — — — — — — — — — — — — — — —	
Apples Frozen fruit Ezekiel/GF bread (freeze extra!) Tone It Up Protein Ezekiel/GF bread (freeze extra!)	



■ 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! @ToneIt∪p













	Monday	Tuesday	wedvesday	Thursolay	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
	1 Lemon Poppyseed Muffin	1 Lemon Poppyseed 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 ToneltUp. com for ideas)
	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: 60z 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: 60z 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



Kale	VEGGIES	Eggs	Quinoa
Arugula	Kale	Egg Whites	Oat Flour (or Almond Meal)
Spinach Spinach Spinach Spinach Spinach Spinach Spinach Shavecardo Saby carrots Salts Sprouts Sprouts Sprouts Spinach		Unsweetened Almond Milk	Baking Soda
Baby carrots Avocado Brussets Sprouts Bell Peppers Cucumber Onion Tomato Sweet Potato Sprouts Fresh Dill Garlic Garlic Garlic Garlic Garlic Bananas (freeze for smoothies too) Berries Blueberries Grapefruit Lemons Apples Frozen fruit Frozen fruit Fresh Dill Derries Crushed Red Pepper Grapefruit Lemons Apples Frozen fruit Tone It Up Protein Tone It Up Protein Tone It Up Protein Bananas (Freeze ot conduct Flakes Peoppyseeds (or Chia Seeds) Peoppyseeds (or Chia Seeds) Cocconut Oil Cocconut Oil Spray TiU approved snacks Check the STOCK UP! page Rombus Check the STOCK UP! page Check the STOCK UP! page Check the STOCK UP! page Rombus Check the STOCK UP! page Check the STOCK UP! page Check the STOCK UP! page Rombus Check the STOCK UP! page Check the STOCK UP! page Check the STOCK UP! page Rombus Check the STOCK UP! page Rombus Check the STOCK UP! page Check the STOCK UP! page Rombus		Your Favorite Plain Yogurt	Baking Powder
Avocado Brussels Sprouts Bell Peppers Cucumber Coconut Oil Spray TIU approved snacks Check the STOCK UP! page Coconut Oil Coconut Oil Spray TIU approved snacks Check the STOCK UP! page Check the STOCK UP! page Check the STOCK UP! page DRINKS Frozen or fresh Cauliflower Rice Fresh Dill Gartic Satsa Hummus Guacamole Bananas (freeze for smoothies too) Berries Blueberries Grapefruit Lemons Apples Apples PANTRY Frozen fruit Tone It Up Protein Tone It Up Protein Bars Ezekiel/GF bread (freeze extral) Peanut Butter Chia Seeds Propyseeds (or Chia Seeds!) Procent of choice Coconut Oil Coconut Oil Spray TIU approved snacks Check the STOCK UP! page		Edamame	Olive Oil
Brussels Sprouts Bell Peppers Cucumber Canned ITEMS Onion Tomato Sweet Potato Sprouts Frozen or fresh Cauliflower Rice Frozen or fresh Dill Gartic Saltsa Hummus Guacamole FRUIT Bananas (freeze for smoothies too) Berries Blueberries Blueberries Blueberries Grapefruit Lemons Apples Frozen fruit Tone It Up Protein Tone It Up Protein Bars Ezekiel/GF bread (freeze extra) Peanut Butter Chia Seeds Poppyseeds (or Chia Seeds) Coconut Oil Spray TIU approved snacks Check the STOCK UP! page Check the STOCK UP! page Check the STOCK UP! page Toll Apple Service Nother Stock the STOCK UP! page Check the STOCK UP! page Frozen frouth Salt Coconut water Spice Service Kombucha Coconut water Spice Service Kombucha Coconut water Spice Service Coconut Water Coconut Water Coconut Water Coconut Water Coconut Water Coconut Water Coconut Varial Extract Salt Coconut Varial Extract Salt Coconut Varial Extract Salt Coconut Water Coconut Varial Extract Coconut Water Coconut Varial Extract Salt Coconut Varial Extract Coconut Water Coconut Varial Extract Coconut Water Coconut Varial Extract Coconut Water Coconut Varial Extract Coconut Varial E			Coconut Oil
Bell Peppers Cucumber Conion Tomato Sweet Potato Sprouts Frozen or fresh Cauliflower Rice Procedu Fresh Dill Gartic Salsa Hummus Guacamole Benanas (freeze for smoothies too) Berries Blueberries Grapefruit Lemons Apples PROTEIN & MISC Poppyseeds (or Chia Seeds!) Check the STOCK UP! page Apin School Check the STOCK UP! page Check the STOCK UP! page Apin School Check the STOCK UP! page Check the STOCK UP! page North School Check the STOCK UP! page Apin School Check the STOCK UP! page North School Check the STOCK UP! page Apin School Check the STOCK UP! page North School			Coconut Oil Spray
Cucumber Onion Tomato Sweet Potato Sprouts Frozen or fresh Cauliflower Rice Fresh Dill Garlic Salsa Hummus Guacamole Berries Blueberries Blueberries Grapefruit Lemons Apples PROTEIN & MISC Prozen or fresh Cauliflower Rice DIPS & FLAVORING Fresh Dill Coconut water SPICES Tahini Honey Salt Pepper Crushed Red Pepper Dried Basil Onion Powder ADD YOUR FAVES! PROTEIN & MISC Poppyseeds (or Chia Seeds!) Cannot the STOCK UP! page Check the STOCK UP!			☐ TIU approved snacks
Onion Tomato Sweet Potato Sprouts Frozen or fresh Cauliflower Rice Procedu Fresh Dill Gartic Salsa Hummus Guacamole Berries Blueberries Blueberries Blueberries Grapefruit Lemons Apples PROTEIN & MISC PROTEIN & MISC DIPS & FLAVORING Kombucha Coconut water SpiCES Kombucha Coconut water SpiCES Kombucha Coconut water SpiCES Kombucha Coconut water SpiCES Coffee Kombucha Coconut water SpiCES Coconut water Cocon			Check the STOCK UP! page
Tomato Sweet Potato Sprouts Frozen or fresh Cauliflower Rice Fresh Dill Cartic Salsa Hummus Guacamole Guacamole SPICES FRUIT Tahini Honey Salt Pepper Salt Pepper Crushed Red Pepper Crushed Red Pepper Crushed Red Pepper Dried Basil Dried Basil Onion Powder Apples PANTRY Frozen fruit Frozen fruit Frozen fruit Frozen fruit Peanut Butter Chia Seeds Poppyseeds (or Chia Seeds!) Coconut Water ADD YOUR FAVES! Pepper Crushed Red Pepper Cru		CANNED ITEMS	
Sweet Potato Sprouts Frozen or fresh Cauliflower Rice Fresh Ditl Garlic Salsa Hummus Guacamole Tahini Honey Salta Bananas (freeze for smoothies too) Berries Blueberries Grapefruit Lemons Apples PANTRY ADD YOUR FAVES! Peanut Butter Chia Seeds Poppyseeds (or Chia Seeds!) Lean protein of choice Coconut water Coffee Kombucha Coconut water Vanilla Extract Salt Pepper Crushed Red Pepper Crushed Red Pepper Dried Basil Onion Powder ADD YOUR FAVES!			
Sprouts			
Frozen or fresh Cauliflower Rice			DDINKS
Fresh Dill			
Fresh Dill Garlic Salsa Hummus Guacamole Bananas (freeze for smoothies too) Berries Blueberries Blueberries Grapefruit Lemons Apples PANTRY Frozen fruit Tone It Up Protein Tone It Up Protein Tone It Up Protein Bars Ezekiel/GF bread (freeze extral) Peanut Butter Chia Seeds PROTEIN & MISC Lean protein of choice Fresh Dill Cocconut water Cocconuc wate		DIPS & FLAVORING	
Garlic Salsa Hummus Guacamole Tahini Wanilla Extract Salt Honey Bananas (freeze for smoothies too) Berries Blueberries Grapefruit Lemons Apples Apples PANTRY Frozen fruit Tone It Up Protein Tone It Up Protein Tone It Up Protein Bars Ezekiel/GF bread (freeze extral) Peanut Butter Chia Seeds PROTEIN & MISC Lean protein of choice Coconut Flakes		Fresh Dill	
Hummus Guacamole Tahini Honey Bananas (freeze for smoothies too) Berries Blueberries Grapefruit Lemons Apples Frozen fruit Tone It Up Protein Tone It Up Protein Bars Ezekiel/GF bread (freeze extral) Peanut Butter Chia Seeds PROTEIN & MISC Lean protein of choice Coconut Flakes SPICES Vanilla Extract Vanilla Extract Vanilla Extract Salt Peepper Crushed Red Pepper Crushed Red Pepper Dried Basil Onion Powder ADD YOUR FAVES! Forel (freeze extral) Peanut Butter Chia Seeds		Garlic	Cocoriut water
Guacamole Tahini Tahini Vanilla Extract Salt Honey Salt Honey Salt Pepper Crushed Red Pepper Crushed Red Pepper Dried Basil Lemons Apples Frozen fruit Tone It Up Protein Tone It Up Protein Tone It Up Protein Bars Ezekiel/GF bread (freeze extral) Peanut Butter Chia Seeds PROTEIN & MISC Lean protein of choice Coconut Flakes	H	Salsa	
FRUIT Tahini	H	Hummus	
FRUIT Tahini		Guacamole	SPICES
Bananas (freeze for smoothies too) Berries Blueberries Grapefruit Lemons Apples Frozen fruit Tone It Up Protein Tone It Up Protein Bars Ezekiel/GF bread (freeze extral) Peanut Butter Chia Seeds PROTEIN & MISC Lean protein of choice Honey Maple Syrup Pepper Crushed Red Pepper Crushed Red Pepper Dried Basil Onion Powder ADD YOUR FAVES!	FRUIT	Tahini	
Berries Blueberries Grapefruit Lemons Apples Frozen fruit Tone It Up Protein Tone It Up Protein Bars Ezekiel/GF bread (freeze extra!) Peanut Butter Chia Seeds PROTEIN & MISC Lean protein of choice Maple Syrup Pepper Crushed Red Pepper Crushed Red Pepper Dried Basil Onion Powder ADD YOUR FAVES! Tone It Up Protein Feanut Butter Chia Seeds Poppyseeds (or Chia Seeds!) Coconut Flakes	Rananas (franza for smoothins too)	Honey	
Blueberries Grapefruit Lemons Apples Frozen fruit Tone It Up Protein Tone It Up Protein Bars Ezekiel/GF bread (freeze extral) Peanut Butter Chia Seeds PROTEIN & MISC Lean protein of choice Coconut Flakes Crushed Red Pepper Dried Basil Onion Powder ADD YOUR FAVES! Tone It Up Protein Ezekiel/GF bread (freeze extral) Peanut Butter Chia Seeds Coconut Flakes		Maple Syrup	
Grapefruit Lemons Apples Frozen fruit Tone It Up Protein Tone It Up Protein Bars Ezekiel/GF bread (freeze extral) Peanut Butter Chia Seeds PROTEIN & MISC Lean protein of choice Coconut Flakes Dried Basil Onion Powder ADD YOUR FAVES! Fone It Up Protein Peanut Butter Chia Seeds Coconut Flakes			
Lemons Apples PANTRY ADD YOUR FAVES! Tone It Up Protein Tone It Up Protein Bars Ezekiel/GF bread (freeze extral) Peanut Butter Chia Seeds PROTEIN & MISC Lean protein of choice Coconut Flakes			
Apples Frozen fruit Tone It Up Protein Tone It Up Protein Bars Ezekiel/GF bread (freeze extra!) Peanut Butter Chia Seeds PROTEIN & MISC Lean protein of choice Coconut Flakes			
Frozen fruit Tone It Up Protein Tone It Up Protein Bars Ezekiel/GF bread (freeze extral) Peanut Butter Chia Seeds PROTEIN & MISC Poppyseeds (or Chia Seeds!) Lean protein of choice Coconut Flakes		_	Onion Powder
Tone It Up Protein Tone It Up Protein Bars Ezekiel/GF bread (freeze extra!) Peanut Butter Chia Seeds PROTEIN & MISC Poppyseeds (or Chia Seeds!) Lean protein of choice Coconut Flakes		PANTRY	ADD YOUR FAVES!
Tone It Up Protein Bars Ezekiel/GF bread (freeze extra!) Peanut Butter Chia Seeds PROTEIN & MISC Poppyseeds (or Chia Seeds!) Lean protein of choice Coconut Flakes		Tone It Up Protein	
PROTEIN & MISC Lean protein of choice Ezekiel/GF bread (freeze extra!) Peanut Butter Chia Seeds Poppyseeds (or Chia Seeds!) Coconut Flakes	agrapes		
PROTEIN & MISC Lean protein of choice Peanut Butter Chia Seeds Poppyseeds (or Chia Seeds!) Coconut Flakes			
PROTEIN & MISC Poppyseeds (or Chia Seeds!) Lean protein of choice Coconut Flakes	Н ————		
PROTEIN & MISC Poppyseeds (or Chia Seeds!) Lean protein of choice Coconut Flakes			
Lean protein of choice Coconut Flakes	PROTEIN & MISC		
T. T	Lean protein of choice		
Li Tuna Li Almonds Li >	Tuna	Almonds	



☐ 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! @ToneItUp











	Monday	Tuesday	wednesday	Thursolay	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
	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
	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 ToneltUp.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 + 60z lean protein



VEGGIES	PROTEIN & MISC	Quinoa
Kale Arugula Spinach	Lean protein of choice Salmon Eggs	Oat Flour (or Almond Meal) Baking Powder Coconut Flakes
Baby carrots Avocado Brussels Sprouts	Egg WhitesUnsweetened Almond MilkUnsweetened Coconut Milk	Olive OilCoconut Oil SprayTIU approved snacks
Bell Peppers Cucumber Celery	Your Favorite Plain Yogurt ———————————————————————————————————	Check the STOCK UP! page ———————————————————————————————————
Yellow Onion Red Onion Tomato	CANNED ITEMS	DRINKS Coffee
Broccoli Leeks	Canned Coconut Milk ————————————————————————————————————	Kombucha Coconut water
	DIPS & FLAVORING	SPICES
	Garlic Ginger Jalapeño	Ground Turmeric Ground Ginger Cinnamon
FRUIT	Cilantro	Salt
Bananas (freeze for smoothies too) Pineapple Berries Grapefruit Lemons Lime	Salsa Hummus Guacamole Maple Syrup ————————————————————————————————————	Pepper Cayenne Paprika Garlic Granules Dried Thyme Vanilla Extract
Apples		Dried Basil
Frozen fruit	PANTRY	ADD YOUR FAVES!
	 Tone It Up Protein Tone It Up Protein Bars Ezekiel/GF bread (freeze extra!) Banza Chickpea Pasta 	



☐ 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! @ToneItUp







