

31 Day MEAL PLAN



Tone It Up®

31 Day MEAL PLAN

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WITH REGISTERED DIETITIAN
LORI ZANINI

Tone It Up

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Hi Gorgeous!

Welcome to your 31 Day Meal Plan ~ Karena and I are so glad you're here!
Fall is such a special time of year! 🍂 ✨ 🧡

Every year as the weather gets cooler, it reminds us of our favorite season growing up in New Hampshire and Indiana. We think of blazing orange sunsets, changing leaves, apple orchards, and bundling up in cozy sweaters.

For this challenge, we wanted to bring all our favorite parts of fall — and yours — into this plan. We asked you what you love most about this season and you told us lattes, apple treats, warm comfort meals, easy crockpot recipes, and pumpkin spice errrrrythang! These pages are filled with those recipes and more! Plus, you'll find meal-by-meal guides, meal prep tips, and nutrition advice that make it easy to stick to your healthy lifestyle during this busy time.

In 31 days, you can achieve more than you ever imagined. You'll fall in love with nourishing your beautiful body. As the seasons change, so will you — you will grow stronger, more confident, and more radiant each day. We believe in you with all our hearts and this whole community has your back!

Love your trainers,

Karena & Katrina



BELIEVE IN
YOUR DREAMS.
THEY WERE
GIVEN TO YOU
FOR A REASON.

Writing down your dreams will be one of the most powerful steps you take in this journey and you'll revisit them often. Here we go!

31 Day Challenge CHECKLIST

☐ DOWNLOAD THE TIU APP

The Studio Tone It Up app is your on-the-go fitness studio and THE place for all your 31 Day Challenge workouts. We created your app so you can work out anywhere and make it fit with your lifestyle. You can take workout video classes — from HIIT, to strength training, to yoga, and barre — every hour on the hour with your girlfriends. Plus, you'll find Daily Moves, designed to tone your beautiful body from head to toe. Download your app for [iPhone](#) and [Android](#) and start your 7-day free pass today!

☐ GRAB YOUR GIRLS

Having an accountability partner will be KEY for you during this challenge — you can motivate each other, work out together in the app, and swap TIU approved recipe ideas. Most importantly, you'll always have each other's backs.



☐ PREP YOUR WORKOUT SPACE

When the space is there, you'll do it! Set up your [yoga mat](#), [dumbbells](#), [Booty Bands](#), music and make it your new fave place! Pssst....have you seen all the cute new gear we have for you at Target? Check it out [HERE!](#)

31 Day Challenge CHECKLIST

☐ MAKE AN INSPIRATION AREA

It's also amazing to create a space devoted just to you and your spiritual goals. Whether it's for your yoga practice, goal setting, or meditation, make a space just for you. Frame some of your favorite pictures and inspirational quotes to hang on the wall (I have a chalkboard where I write all my intentions).

☐ ORGANIZE YOUR GEAR

Think about what apparel makes you feel the most confident. What inspires you for your workout? What will motivate you to run that extra mile or do that extra rep? Put those clothes front and center! Create a space in your closet where you can set out your fave yoga pants, tanks, sports bras, sneakers, and socks. This makes it so easy to grab your gear when you're running out the door for your workout!

☐ STOCK UP ON PROTEIN

You're going to love your protein powder! Think pancakes, smoothies, muffins, and more! Tone It Up Protein is plant-based, gluten-free, dairy-free, non-GMO, and made with the cleanest ingredients ~ and of course so delicious! You can grab your Tone It Up Protein at Target or online [HERE!](#) On the go? Your Tone It Up Bars and Bites are the perfect protein-packed snacks to pack in your purse or gym bag. Pick yours up at Target or [ToneltUp.com](https://www.toneitup.com).

☐ GET GLOWING WITH COLLAGEN

Tone It Up Marine Collagen delivers beauty from the inside out! Mix it into hot and cold drinks or your favorite baked goods! We even have a special section of collagen recipes for you in this plan! Collagen supports gorgeous glowing skin, radiant flowing hair, and strong and healthy nails! Get ready to feel like the amazing, confident bombshell that you are! Grab yours [HERE!](#)

☐ PREP A PLAYLIST 🎵

A good pump-up playlist is SO motivating! Looking for inspo? Follow us on Spotify [HERE!](#)

☐ GET YOUR WATER BOTTLE

Make sure you have this on you at all times! Water boosts your metabolism and energizes you so drink up buttercup! Grab your TIU bottle from Target [HERE!](#)

☐ YOUR A GAME! 💪

31 Day Challenge GUIDELINES

Here's how to rock your challenge and set yourself up for success!



DOWNLOAD YOUR TIU APP

By now you probably know it's THE place to get your 31 Day Challenge workouts! Download your app for [iPhone](#) and [Android](#) and let's get toning!

CRUSH 3 - 4 STUDIO TONE IT UP CLASSES WEEKLY

When you become a member of Studio Tone It Up within the app, you get access to fitness classes every hour on the hour! During the next 31 days, we challenge you to take 3-4 classes a week. We have some amazing classes coming out for you!

ON THE OTHER DAYS, DO YOUR DAILY MOVES!

You'll find these in your app every day free. These moves are designed to sculpt your beautiful body from head to toe. During the challenge, we'll all be doing 31 reps of each move. You can break these up however you like. You can do them in 1 set or break them up into 2, 3, or more ~ whatever works best for you!

Remember to always listen to your body and take an active rest day when you need it. Think stretching, foam rolling, or a walk with a girlfriend. You got this girl!

FOLLOW YOUR PLAN GUIDELINES

You'll find all your nutrition guidelines right here in this plan. We lay everything out and make it easy to follow along! You'll also find meal-by-meal guides that take all the guesswork out of meal planning, but feel free to mix and match your meals to make the plan fit your schedule and lifestyle. Just follow the guidelines and you're golden!!

CHECK IN WITH THE COMMUNITY

This will be so powerful! Check in every day on Instagram [@ToneltUp](#) to hold yourself accountable, connect with other girls in the community, and make lifelong friendships! Your checkin can be a sweaty selfie, Flex Friday pic, meal prep — anything to let us know how you're doing! Use the hashtag [#TIUteam](#) and the official challenge hashtag [#TIU31](#).

NUTRITION *guidelines*

✓ **EAT LEAN, CLEAN, 'N GREEN**

This is KEY to your success! It means you'll be eating clean, unprocessed, whole foods — think of plenty of lean proteins, leafy greens, and healthy fats.

✓ **HAVE 5 MEALS A DAY**

Yes 5! You'll be keeping your metabolism and energy levels boosted all day long with these meals ~

M1: Breakfast

M2: Mid-morning snack

M3: Lunch

M4: Energizing afternoon snack

M5: Dinner

We'll be giving you all the details on each meal with recipe suggestions later in the plan!

✓ **NO FRIED FOOD FOR 31 DAYS**

You can do this! This includes chips, sweet potato fries, wontons, tempura, and anything fried at a restaurant. And watch out for those restaurant Brussels sprouts! They're so good, but a lot of places deep fry them. Ask your waiter for steamed instead.

✓ **NO REFINED BREAD, PASTA OR RICE**

This includes white bread, pasta dishes, white rice in sushi, tortillas, and crackers. You won't need them — you'll be feeling so satisfied and energized from all your Lean, Clean, 'N Green meals!

✓ **NO HIGH FRUCTOSE CORN SYRUP**

Where can you find high fructose corn syrup? Check your labels! A lot of bread, bars, snacks, drinks, and yogurts add it. Avoiding high fructose corn syrup will help your blood sugar levels stay balanced, giving you more energy and keeping you feeling satisfied.

✓ **ENJOY TIU APPROVED TREATS**

You have so many amazing treats to choose from ~ cookies, muffins, donuts, and dark chocolate recipes! Check out the recipes in this plan and ToneltUp.com for all the sweet stuff! And we'll be ending the challenge on Halloween so we'll have some special spooky treats for you ;)

✓ **LIMIT STARCHES IN THE AFTERNOON AND EVENING**

We want you to start choosing foods that help you reach your goals, not work against them. Instead of wondering what pasta, rice, potato, bread, or carb you need to add to dinner, you're making delicious meals that are Lean, Clean, 'N Green with protein and healthy fats. You're reaching for foods that help your metabolism through the night, not foods that will spike your blood sugar, causing your body to release insulin and cortisol and decrease the fat-burning hormones you want working overtime.

When can you have your Ezekiel or GF bread, sweet potato, brown rice, and other TIU approved starches? Meals 1, 2, 3 baby! You'll have all day to burn through that fuel. Your dinner is now your metabolism meal.

NUTRITION *guidelines*

It's the meal you're feeding your body to help you wake up feeling lean and refreshed. We promise, when you're consistently following this, those muscles will start poppin' first thing in the morning! It's amazing!

✓ **STAY IN TUNE WITH YOUR BODY**

When you're feeling sluggish we want you to ask yourself these questions:

Are you thirsty? When was the last time you drank water? Most of the time when your brain is tired and you feel fatigued, you're actually dehydrated and you can be tempted to grab something high in sugar to help your energy levels. If you do that, your insulin levels will spike and you'll actually be more tired and even hungrier an hour later. So remember to grab that water girl.

Have you been sitting for too long? Most of us spend our days in front of a computer. Us too! We're also tempted to grab an extra coffee around 3pm or eat something sugary. Instead, your body just needs to wake up! Get outside and take a 5-minute walk around the block. Trust us, your body will wake up, you'll feel less foggy, and you may even be motivated to sign up for that 6pm Studio Tone It Up class.

When is the last time you ate? If you skip a meal, you'll feel the effects. Make sure you're eating all 5 of your meals and snacks!

✓ **LIMIT LATE NIGHT TREATS**

After dinner cravings? We love our late night chocolate too, but for the next 31 days we

challenge you to grab a tall sparkling water, some tea, or a glass of kombucha (We love Health-Ade!) Still feelin' like you want something? Grab a TIU approved dessert and enjoy every single bite!

✓ **WINE + COCKTAILS**

We're the last trainers to ever tell you that you can't have that glass of champagne at a girlfriend's birthday or a mimosa at brunch... or wine cuz it's Wednesday ;) We like to choose 3 nights or less per week to have 2 or fewer drinks. We usually choose Wednesday, Saturday, and Sunday (or Friday) to have a glass or two. It's totally up to you. A lot of you may even choose to drink nothing at all, Do you girl!

✓ **WHAT IF I SLIP UP?**

We understand there might be some birthdays, some wedding celebrations, or a night or two that there are no other options... we're with you! If you get off track for a meal, don't let it get you down. It happens to all of us so please don't be hard on yourself! The best way to recover is to get right back up for the next meal. Don't think of everything day to day or week to week. Then we're always starting on a Monday, right? So if you slip up on a Wednesday, it's not the end of the world. Thursday morning, grab a light breakfast, get your Booty Call in the morning and voila, you're golden. It's not how you fall down, it's how you get up and bounce back!

31 Day Challenge Q+A

Can I mix and match the meals?

Of course! The meal-by-meal guides are just suggestions for you. Do what works for YOU and your lifestyle! Feel free to swap in other recipes from this plan or [ToneItUp.com](https://www.toneitup.com).

Can I substitute ingredients?

If there's an ingredient you can't have or don't love, feel free to sub in another. Just make sure it fits in with your Nutrition Guidelines.

Are there "cheat days"?

We don't believe in the term "cheat day" because having the occasional dessert or cocktails with girlfriends isn't cheating, it's called enjoying your life! And we never want you to feel guilty or be hard on yourself. Remember, you're still "on the plan" if you treat yourself and make it work for your life. The Nutrition Plan is a lifestyle and it's all about balance!

When should I eat my meals?

Depending on your schedule, space your meals out by about three hours. Remember to have water with you at all times and sip all day!

When should I work out?

This is up to you and your schedule! We recommend waking up 45 minutes earlier (so going to bed 45 minutes earlier), so you can crush your workout first thing in the morning! If you need to work out in the afternoon or evening, go for it! Just remember to get up and moving for a bit in the morning ~ take a stroll with your coffee! Remember, you can always find a workout in the On Demand section of [Studio Tone It Up!](https://www.toneitup.com)

Where do I find my Daily Moves?

You can get your Daily Moves FREE in your Tone It Up app for iPhone [HERE](#) and Android [HERE!](#) It's so easy and convenient to scroll through them anywhere and you can invite friends to join!

Why have Tone It Up Protein over other proteins?

We of course highly recommend Tone It Up Protein! We couldn't find one that we trusted for our community, so we made it just for you! It's perfect because it's plant-based, dairy-free, gluten-free, non-GMO, and it has simple, clean ingredients. We don't recommend whey (it's a byproduct of cheese production and can cause bloating) or any other protein with a lot of ingredients that you can't pronounce. You can find Tone It Up Protein and bars at your local Target or [HERE!](#) If you're looking for an organic option, we also offer Tone It Up Organics [HERE!](#)

What will my results be?

The 31 Day Challenge will help you look and feel your best!

- You'll feel light, lean, and toned
- Your energy levels will be up
- Your skin will be glowing
- You'll sleep better
- You'll feel connected to the #TIUteam
- Best of all, you'll feel more confident than ever!

our best MEAL PREP TIPS

KATRINA'S TIPS

- ✿ My go-to smoothie trick: I've been freezing fresh fruit — blueberries, raspberries, and sliced banana in Ziploc bags laid flat. It's easy to grab everything for smoothies and the fruit still tastes fresh!
- ✿ Mini muffins are a BIG lifesaver when you're hungry and on the go! All of the muffin recipes in this plan and on ToneltUp.com are delish! And did you know you can also turn your Tone It Up Pancakes into mini muffins?! We do this all the time...especially with extra blueberries in the batter!
- ✿ I've also been making enough quinoa for the week and putting it into little containers to grab and go, instead of one big container. I'll take a little container to the HQ and sprinkle it on top of salads for lunch.
- ✿ Karena and I have both been so into whipping up easy Tray Dinners or sautés and making extra for the next day. You can even make your leftovers into a hearty, slimming soup! It's so easy! Just heat your leftovers on the stovetop with vegetable broth and your favorite herbs and spices and voila, a brand new meal!
- ✿ I love making an easy stir-fry on a busy weeknight. All you have to do is for a TIU approved stir-fry ~ add 1 Tbsp. olive oil to a pan over medium heat. Add 6 oz. of your favorite lean protein and cook until done. Then add 2 cups of your fave veggies and herbs & spices and sauté. If it's too dry but you don't want to add more oil, try adding

a little vegetable broth. You can top with $\frac{1}{4}$ avocado + $\frac{1}{4}$ cup salsa or 1 Tbsp. of your favorite TIU approved dressing.

- ✿ Crockpot meals are SO easy to prep on Sundays ~ and they're perfect for crisp fall nights! We asked you what you wanted to see more of in this plan and crockpot recipes were the #1 thing you requested! You ask, we make it happen!! So we created a special section of crockpot recipes for you in this plan. These are going to be our go-tos throughout the 31 Day Challenge! They're amazing to prep for families too!



our best MEAL PREP TIPS

KARENA'S TIPS

- ✿ Egg muffins are one of my absolute favorite breakfasts and perfect to grab and go. You can find the recipe in the back of this plan and you can also get creative and toss in your favorite veggies. They're amazing with a little sriracha!



- ✿ Make all your dressings on Sunday and put them into smaller containers or bring one container to work so you have it with you for the week.
- ✿ I'm obsessed with adding spice to my meals! You can change up the flavor of any dish while still keeping it #TIUapproved. Some of my faves are paprika, Himalayan sea salt, cayenne, and of course lots and lots of garlic!
- ✿ I love grilling year-round, but sometimes the brisk weather means taking it inside. For quick grilled tasting veggies, just season and toss them in the broiler until the edges are slightly charred. This gives veggies like broccoli, cauliflower, and sweet potato the smoky flavor like they just came off the grill! Make sure to flip the veggies every 5 minutes...and 20-25 minutes you're done!
- ✿ You know how you would never leave your house without your cell phone?! Make your water bottle like that! I carry my TIU water bottle with me everywhere!

- ✿ Pack your healthy, non-perishable snacks in your purse or gym bag. My go-tos are a [Tone It Up Protein Bar and Bites](#), a [Tone It Up Protein Shake](#), beef jerky, and trail mix or a handful of nuts that I portion out into individual bags (I love pairing nuts with a green juice for an afternoon snack. The healthy fats balance your glycemic index so your blood sugar doesn't spike.)



KEEP IT *fresh*

Shopping for in-season fruits and veggies is the best way to ensure your food is crisp, fresh, and at its tastiest! Plus, seasonal eats are higher in body-loving nutrients than out-of-season produce. Win, win! Check out our list of go-to fruits and veggies below! Some items are in season multiple times of the year, so you'll see duplicates. You can print this out and keep it handy on your fridge or in your office for future reference.

WINTER

Grapefruit
Onions
Leeks
Winter squash
Mushrooms
Sweet potatoes
Turnips
Bananas

SPRING

Apricot
Bananas
Broccoli
Cabbage
Green beans
Lettuce
Mango
Onions
Leeks
Spinach
Strawberries
Pineapple

SUMMER

Bananas
Apricot
Bell peppers
Blackberries
Blueberries
Cherries
Corn
Cucumber
Eggplant
Mushrooms
Kiwi
Plums
Tomatoes
Watermelon
Peas
Kale

FALL

Kale
Apples
Bananas
Brussels sprouts
Carrots
Cauliflower
Cranberries
Mushrooms
Grapes
Parsnip
Squash
Sweet potato



TIU approved

We love getting quick and easy snacks at the grocery store! Here are some of our TIU Approved faves :) Check your labels! Avoid heavily processed foods, artificial sweeteners, and mysterious ingredients you can't pronounce. Look for non-GMO, organic, and clean (minimal ingredients on the back!)

FRUIT & VEGGIES

Pre-chopped Veggies (green beans, snap peas, mini peppers, cherry tomatoes, stir-fry mixes)
Sliced Mushrooms
Shaved Brussels Sprouts
Pre-Washed Salad Mixes (we love kale, spinach, or arugula!)
Seasonal Fruits
Packaged Pomegranate Seeds
Sliced Apples

FROZEN SECTION

Brussels sprouts
Kale
Spinach
Veggies
Strawberries
Blueberries
Mango
Pineapple
All fruits
Frozen cauliflower

PRE-MADE MUST HAVES

Guacamole (check label)
Salsa
Pico de gallo
Bean dip (check label)
Bean salads or canned lentils & beans
Rice paper rolls: Shrimp, Tofu, Fish
Hummus
Prepared Sashimi + Ginger
Pre-Made Salads (look for ones with protein, veggies, and light on dressing)



Lean PROTEIN

What do we mean when we say "lean protein" in the plan? You can always whip up chicken, turkey, fish, or shrimp for your lean proteins. We also love plant-based proteins! High in antioxidants, fiber, vitamins, and minerals, plant-based proteins are incredible for your beautiful body!

TIU PROTEIN

We formulated [Tone It Up Protein](#) for you as an ideal source for 15 grams of delicious clean, plant-based protein. Add it to smoothies, substitute it for flour in any recipe, and even make amazing protein pancakes!

QUINOA

Quinoa is a complete protein source containing all of the essential amino acids. It contains nearly twice as much fiber as grains and has 4 grams of protein in a half-cup serving. Its high fiber and protein content give it a lower glycemic index than grains too! Use it as a substitute for pasta, rice, and oats! We also love it thrown in salads and chili!

CHIA

Chia seeds are made up of 20% protein which means a 2 Tbsp. serving contains 4 grams of your essential amino acids. In addition, they are also a good source of Omega-3s. Add them to smoothies, salads, fruit, oatmeal, or lemon water and use them to make pudding with almond milk! Let chill in the fridge for 2 hours and voilà! So easy!

HEMP

Hemp seeds are a complete protein that are also high in good fats and dietary fiber. They are one of the most nutrient complete foods on the planet and one of the only foods to contain chlorophyll. Sprinkle on salads and toss into veggies for a nutty crunch.

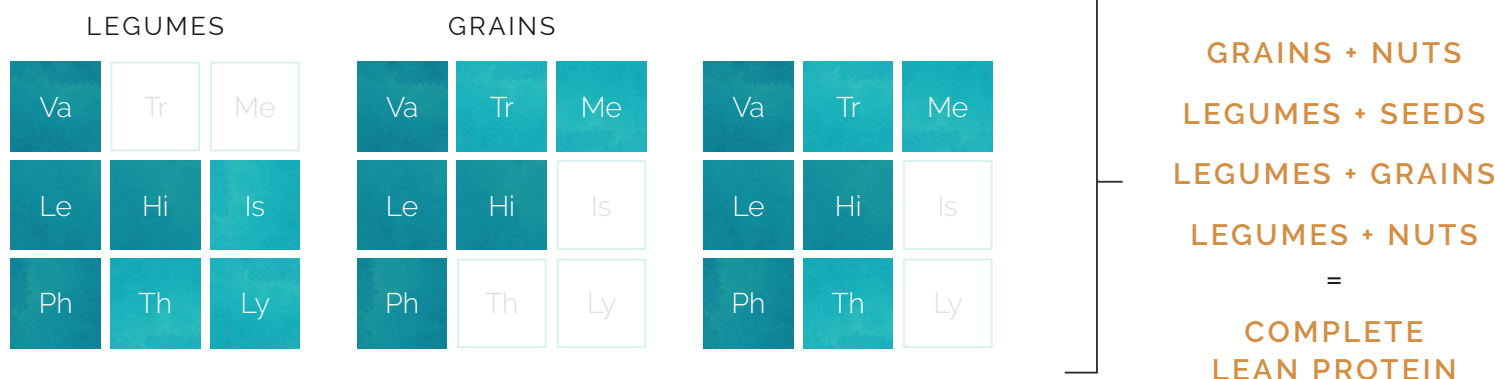
TOFU & TEMPEH

Tofu and tempeh are both made from soy beans. In addition to being a complete protein, tempeh is also high in dietary fiber. A 6 oz. serving of tofu contains about 15 grams of protein. A similar serving of tempeh contains slightly more protein. *Try to limit soy intake to a couple of times a week.*

LEGUMES & BEANS

Legumes are vegetables like peas, beans, and lentils that are high in protein and dietary fiber. A half cup serving contains 10 grams of protein. They are also a great source of iron, zinc, potassium, folate, riboflavin, and antioxidants! We love lentils, chickpeas, black beans, and pinto beans! Keep total daily servings to about 1 cup.

It's easy to make a complete protein by combining these delicious plant-based foods. Follow these combinations to make perfect protein pairings!



TREAT YOURSELF *girl!*

The 31 Day Challenge Meal Plan is designed to help you feel and look the best you ever have. You're going to be eating clean and satisfying meals that are so delicious, that you'll feel energized immediately and you'll actually start craving healthy food! We also love a little something sweet or a glass of wine to relax or celebrate a girls' night out.

We love Wine Not Wednesday — whether it's a bubble bath, face mask and a glass of wine, or a happy hour with the girls after a long day of work. Celebrating a girls' night is good for your mental health and happiness. Just try and keep it to 1-2 glasses a couple nights a week. Feel like celebrating but wanna skip the wine? Sip on some kombucha! We love to pour Health-Ade kombucha or soda water with fresh lemon in a wine glass to get into the Wine Not Wednesday spirit!

As for desserts, it's about making smart choices and not overindulging when you do go for something sweet. Below you'll find some examples of TIU approved desserts to nibble on at most 2-3 times a week. Just make sure to stick to the serving size!

3 Tone It Up Protein Bites
1 glass of wine
1 serving of baked sweet potato chips
3 cups air-popped popcorn
1 TIU approved cocktail
1 glass of champagne
1 TIU approved donut (recipes in this plan and on ToneltUp.com)
2 small dark chocolate squares

1 cup almond or coconut yogurt with 1 Tbsp. cocoa nibs and 1 Tbsp. slivered almonds
2 Coconut Macaroons (recipe on ToneltUp.com)
½ cup frozen grapes
Apple slices with cinnamon
Chia seed pudding with cacao nibs or chocolate chips
1 oz Skinny Dipped Almonds ~ your fave flavor!



CALORIE *add ons*

If you're not looking to lose weight, did a long workout, still hungry, or simply feel like you need more fuel for your day, you can use these calorie add-ons to supplement your meals. It's all about listening to your body and what works best for you!

100-150 CALORIES



- 5 egg whites
- 1 cup plain yogurt (almond or coconut)
- 1 tablespoon extra virgin olive oil
- 2 tablespoons chia seeds
- ½ cup cooked quinoa
- ½ medium (5 oz) avocado
- 3 oz canned tuna, in water, drained
- 3 oz skinless chicken
- 1 cup firm, organic tofu
- 3 cups cooked and chopped kale
- 3 tablespoons ground flaxseed
- 3 oz grilled shrimp
- ¼ cup almonds
- 1 cup pineapple
- 1 banana
- 1 large apple
- 2 dates
- 2 inch square dark chocolate
- Tone It Up Protein Shake
- Tone It Up Protein Bar (160 calories)

200-250 CALORIES



- 1 cup beans
- ¼ cup chopped walnuts
- ¼ cup unsalted sunflower seeds
- 2 tablespoons natural peanut or almond butter
- 1 cup cooked amaranth
- 4 oz tempeh
- 4 oz cooked salmon
- 2 tablespoons virgin coconut oil
- 1 scoop of Tone It Up Protein + frozen banana + 1 cup almond milk
- 1 cucumber with ½ cup hummus
- 25 baby carrots with ¼ cup hummus

START NOW.

START WHERE YOU ARE.

RIGHT IN THIS MOMENT.

START WITH FEAR.

START WITH HESITATION.

START WITH FRUSTRATION.

START WITH PASSION.

START WITH DRIVE.

JUST START.

START AND DON'T STOP.

WEEK 1



day 1

day 2

day 3

day 4

day 5

day 6

day 7

AM

M1

M2

M3

M4

M5

PM

Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell
Cranberry Nectarine Smoothie Bowl	Cranberry Nectarine Smoothie Bowl	Cranberry Nectarine Smoothie Bowl	Your fave Overnight Oats — how about PB&J?!	Your fave Overnight Oats	Fave breakfast from the plan!	Tone It Up Pancakes or French Toast
6 oz. coconut or Greek yogurt with 2 tsp. cacao nibs and ½ cup sliced strawberries	3 Pumpkin Mini Muffins	3 Pumpkin Mini Muffins	1 apple, sliced + 1 Tbsp. almond butter	1 apple, sliced + 1 Tbsp. almond butter	6 oz. coconut or Greek yogurt with 2 tsp. cacao nibs and ½ cup sliced strawberries	Piece of fruit or 8 oz. fresh green juice
Red Cabbage and Carrot Salad + 4 oz. protein of your choice	Leftover Cauliflower Bolognese + 4 oz. lean protein	Red Cabbage and Carrot Salad + 4 oz. protein of your choice	2 cups lettuce (kale, arugula, spinach) + 2 cups veggies of your choice topped with leftover Salmon and Cucumber Sauce	Leftover Tray Dinner. Feel free to top on a bed of lettuce! Add fresh lemon squeeze and olive oil.	Head out for a TIU approved lunch	Everything But The Kitchen Sink Salad (What's still good? Combine for a delicious superfood salad!)
3 Pumpkin Mini Muffins	Tone It Up Protein Bar	2 cups veggies + ¼ cup hummus or Quick Guac	Pumpkin Pie Chia Seed Pudding	Pumpkin Pie Chia Seed Pudding	Cinnamon Smoothie	Enjoy a couple Peanut Butter Cookies as you're prepping for the week!
Cauliflower Bolognese + 4 oz. fave lean protein (Save extras for tomorrow's lunch!)	6 oz. lean protein + 2 cups lightly steamed veggies + 2 tsp. olive oil + ¼ cup beans or hummus + your fave spices	Salmon with Cucumber Yogurt Sauce + ¼ cup cooked quinoa + 2 cups veggies (Save extra salmon for tomorrow's lunch!)	Your favorite Tray Dinner (Make extra for tomorrow's lunch!)	Spicy Thai Veggie Stir-Fry	Your Favorite Lean Bowl	Vegetable & Garbanzo Curry + 4 oz. lean protein (You'll have extras for the week!)
Sparkling water + lemon	Ginger lemon tea	Treat yourself to a glass of wine or Kombucha + a TIU approved dessert	Sparkling water + lemon	Ginger lemon tea	Optional TIU approved dessert	Sparkling water + lemon

grocery LIST

When you plan your meals for the week, take stock of what you have at home and what you need to pick up.

VEGGIES

- ☐ Baby Bok Choy
- ☐ Carrots (medium size)
- ☐ Celery
- ☐ Cilantro
- ☐ Cucumber
- ☐ Fresh Thyme
- ☐ Frozen Cauliflower Rice
- ☐ Garlic
- ☐ Green Onion
- ☐ Jalapeño
- ☐ Onion
- ☐ Parsnips
- ☐ Spaghetti Squash
- ☐ Sugar Snap Peas
- ☐ Sweet Potato
- ☐ Red Bell Pepper
- ☐ Red Cabbage
- ☐ Red Onions
- ☐ Thai Chili Pepper
- ☐ Spaghetti Squash or Zucchini Noodles
- ☐ Yellow Onion
- ☐ Your Favorite Seasonal Veggies (we love squash and broccolini!)
- ☐ Your Favorite Mixed Greens (kale, arugula, spinach)
- ☐ Zucchini

FRUIT

- ☐ Apples
- ☐ Avocado
- ☐ Bananas
- ☐ Frozen Cranberries
- ☐ Lemons
- ☐ Limes

- ☐ Nectarines
- ☐ Strawberries
- ☐ Your Favorite Fruit or Fresh Green Juice

PROTEIN & MISC

- ☐ Egg Whites
- ☐ Salmon
- ☐ Your Favorite Lean Proteins
- ☐ Kombucha (We love Health-Ade!)

CANNED ITEMS

- ☐ Your Favorite Beans
- ☐ Pumpkin Puree
- ☐ Whole Plum Tomatoes in thick puree

DIPS & FLAVORINGS

- ☐ Cayenne Pepper
- ☐ Cinnamon
- ☐ Crushed Red Pepper
- ☐ Dried Basil
- ☐ Dried Oregano
- ☐ Ground Coriander
- ☐ Himalayan Sea Salt
- ☐ Hummus
- ☐ Pumpkin Pie Spice
- ☐ Turmeric
- ☐ Whole Grain Mustard (look for GF if desired)
- ☐ Your Favorite Spices

NUTS, SEEDS, MILKS & BUTTERS

- ☐ Almond Butter
- ☐ Almond Yogurt or Coconut Yogurt
- ☐ Cashews

- ☐ Fennel Seeds
- ☐ Pumpkin Seeds
- ☐ Unsweetened Almond Milk
- ☐ Whole Plain Greek Yogurt
- ☐ Your Favorite Nuts and Seeds

PANTRY

- ☐ Tone It Up Protein
- ☐ Tone It Up Protein Bars & Bites
- ☐ Tone It Up Protein Shake
- ☐ Tone It Up Marine Collagen
- ☐ Apple Cider Vinegar
- ☐ Apple Juice
- ☐ Avocado Oil
- ☐ Baking Powder
- ☐ Baking Soda
- ☐ Balsamic Vinegar
- ☐ Black Pepper
- ☐ Cacao Nibs
- ☐ Chia Seeds
- ☐ Coconut Oil
- ☐ Coconut Oil Spray
- ☐ Coffee/Tea/Espresso
- ☐ GF Oats
- ☐ Ginger Lemon Tea
- ☐ Honey
- ☐ Pineapple Juice
- ☐ Pure Maple Syrup
- ☐ Olive Oil
- ☐ Quinoa
- ☐ Sea Salt
- ☐ Sparkling Water
- ☐ TIU Approved Dressing
- ☐ Unsweetened Applesauce
- ☐ Vanilla Extract
- ☐ Wine for WNW! (optional)

meal PREP

- ☐ Wash & chop veggies
- ☐ Prep your lean proteins
- ☐ Slice and freeze bananas for smoothies
- ☐ Prep your **Meta D** or **Bombshell Spell**
- ☐ Prep the **Pumpkin Mini Muffins**
- ☐ Prep your fave Overnight Oats
- ☐ Prep the **Pumpkin Pie Chia Seed Pudding**
- ☐ Cook and prep quinoa for the week

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Cranberry Nectarine Smoothie Bowl

M2

6 oz. coconut or Greek yogurt with 2 tsp. cacao nibs and ½ cup sliced strawberries

M3

Red Cabbage and Carrot Salad + 4 oz. protein of your choice

M4

3 Pumpkin Mini Muffins

M5

Cauliflower Bolognese over Roasted Spaghetti Squash + 4 oz. fave lean protein (Save extras for tomorrow's lunch!)

PM

Sparkling water + lemon

☐ Daily Workout☐ Check In #TIUTeam #TIU31☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D** or **Bombshell Spell**

M1

Cranberry Nectarine Smoothie Bowl

M2

3 **Pumpkin Mini Muffins**

M3

Leftover **Cauliflower Bolognese** over Roasted Spaghetti Squash +
4 oz. lean protein

M4

Tone It Up Protein Bar

M5

6 oz. lean protein + 2 cups lightly steamed veggies + 2 tsp. olive oil + ¼ cup
beans or hummus + your fave spices

PM

Ginger lemon tea

☐ Daily Workout☐ Check In #TIUTeam #TIU31☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Cranberry Nectarine Smoothie Bowl

M2

3 Pumpkin Mini Muffins

M3

Red Cabbage and Carrot Salad + 4 oz. protein of your choice

M4

2 cups veggies + $\frac{1}{4}$ cup hummus or **Quick Guac**

M5

Salmon with Cucumber Yogurt Sauce + $\frac{1}{4}$ cup cooked quinoa + 2 cups veggies (Save extra salmon for tomorrow's lunch!)

PM

Treat yourself to a glass of wine or Kombucha + an optional TIU approved dessert

☐ Daily Workout☐ Check In #TIUTeam #TIU31☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Your fave Overnight Oats — how about **PB&J**?!

M2

1 apple, sliced + 1 Tbsp. almond butter

M3

2 cups lettuce (kale, arugula, spinach) + 2 cups veggies of your choice topped with leftover **Salmon and Cucumber Sauce**

M4

Pumpkin Pie Chia Seed Pudding

M5

Your favorite Tray Dinner (Make extra for tomorrow's lunch!)

PM

Sparkling water + lemon

☐ Daily Workout☐ Check In #TIUTeam #TIU31☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AMCoffee / Tea + **Meta D or Bombshell Spell****M1**

Your fave Overnight Oats

M2

1 apple, sliced + 1 Tbsp. almond butter

M3

Leftover Tray Dinner. Feel free to top on a bed of lettuce! Add fresh lemon squeeze and olive oil.

M4**Pumpkin Pie Chia Seed Pudding****M5****Spicy Thai Veggie Stir-Fry****PM**

Ginger lemon tea

☐ Daily Workout☐ Check In #TIUTeam #TIU31☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Fave breakfast from the plan!

M2

6 oz. coconut or Greek yogurt with 2 tsp. cacao nibs and ½ cup sliced strawberries

M3

Head out for a TIU approved lunch!

M4

Cinnamon Smoothie

M5

Your Favorite Lean Bowl

PM

Optional TIU approved Dessert. How about the **Dark Chocolate Collagen Bark?!**☐ Daily Workout☐ Check In #TIUTeam #TIU31☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Tone It Up Pancakes or French Toast

M2

Piece of fruit or 8 oz. fresh green juice

M3

Everything But The Kitchen Sink Salad

(What's still good? Combine for a delicious superfood salad!)

M4

Enjoy a couple **Peanut Butter Cookies** as you're prepping for the week!

M5

Vegetable & Garbanzo Curry + 4 oz. lean protein (You'll have extras for the week!)

PM

Sparkling water + lemon

☐ Daily Workout☐ Check In #TIUTeam #TIU31☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

WEEK 2



day 8

day 9

day 10

day 11

day 12

day 13

day 14

AM

M1

M2

M3

M4

M5

PM

Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell
3 Egg Muffins + ¼ avocado + piece of fruit	3 Egg Muffins + ¼ avocado + piece of fruit	Vanilla Latte Smoothie	Vanilla Latte Smoothie	3 Egg Muffins + ¼ avocado	Fave weekend breakfast from the plan!	Pumpkin Tone It Up Pancakes
Enjoy a Tone It Up Protein Shake on the go!	Tone It Up Protein Bar or Shake	3 Pumpkin Spice Donut Holes	3 Pumpkin Spice Donut Holes	1 apple or banana + 1 oz. nuts	1 apple, sliced + cinnamon + 6 oz. coconut or Greek yogurt	Piece of fruit or 8 oz. fresh juice
Roasted Fig & Quinoa Bowl + 4 oz. protein of your choice	Roasted Fig & Quinoa Bowl + 4 oz. protein of your choice	Leftover Tahini Tray Dinner + piece of fruit	Leftover Lemon, Chicken, & Quinoa Soup + piece of fruit	Leftover Stir-Fry	Tuna or Veggie Bikini Wrap + sliced veggies and hummus	Everything But The Kitchen Sink Salad (What's still good? Combine for a delicious superfood salad!)
2 Peanut Butter Cookies + 1 glass unsweetened almond milk	2 Peanut Butter Cookies + 1 glass unsweetened almond milk	2 cups veggies + ¼ cup hummus or Quick Guac	2 cups veggies + ¼ cup hummus or Quick Guac	3 Pumpkin Spice Donut Holes	2 Peanut Butter Cookies + 1 glass unsweetened almond milk	Enjoy a couple Baked Oatmeal Apple Mini Muffins as you're meal prepping for the week ahead
Vegetable & Garbanzo Curry + 4 oz. lean protein	Tahini Tray Dinner (Make extra for tomorrow's lunch!)	Lemon, Chicken, & Quinoa Soup (Save extras for tomorrow's lunch!)	TIU Stir-Fry: Sauté 6 oz. lean protein + 2 cups veggies + 1 Tbsp. olive oil. Add herbs and spices. Top with ¼ avocado + ¼ cup salsa or 1 Tbsp. TIU approved dressing. (Make an extra serving)	Fave TIU approved dinner	Head out for a Lean, Clean, 'N Green dinner!	Cozy up with your fave soup or crockpot dish!
Ginger lemon tea	Sparkling water + lemon	Treat yourself to a glass of wine or Kombucha + a TIU approved dessert	Ginger lemon tea	Sparkling water + lemon	Optional TIU approved dessert. The Coconut Thumbprint Cookies are delish!	Ginger lemon tea

grocery LIST

When you plan your meals for the week, take stock of what you have at home and what you need to pick up.

VEGGIES

- ☐ Broccoli
- ☐ Carrots (medium size)
- ☐ Celery
- ☐ Collard Green
- ☐ Fresh Dill Leaves
- ☐ Fresh Parsley
- ☐ Fresh Thyme
- ☐ Frozen Cauliflower Rice
- ☐ Garlic
- ☐ Jalapeño
- ☐ Leek
- ☐ Onion
- ☐ Parsnips
- ☐ Scallions
- ☐ Sweet Potato
- ☐ Red Onions
- ☐ Yellow Onion
- ☐ Your Favorite Seasonal Veggies (we love squash and broccolini!)
- ☐ Your Favorite Mixed Greens (kale, arugula, spinach)
- ☐ Zucchini
- ☐ _____
- ☐ _____

FRUIT

- ☐ Apples
- ☐ Avocado
- ☐ Bananas
- ☐ Figs
- ☐ Lemons
- ☐ Limes
- ☐ Your Favorite Fruit or Fresh Green Juice
- ☐ _____
- ☐ _____

PROTEIN & MISC

- ☐ Eggs
- ☐ Egg Whites
- ☐ Rotisserie Chicken
- ☐ Your Favorite Lean Proteins
- ☐ Kombucha (We love Health-Ade!)

CANNED ITEMS

- ☐ Chickpeas
- ☐ Pumpkin Puree
- ☐ Tuna

DIPS & FLAVORINGS

- ☐ Bay Leaves
- ☐ Cinnamon
- ☐ Cumin
- ☐ Garlic Powder
- ☐ Himalayan Sea Salt
- ☐ Hummus
- ☐ Pumpkin Pie Spice
- ☐ Red Pepper Flakes
- ☐ Salsa
- ☐ Tahini
- ☐ Your Favorite Spices

NUTS, SEEDS, MILKS & BUTTERS

- ☐ Almond Yogurt or Coconut Yogurt
- ☐ Peanut Butter
- ☐ Unsweetened Almond Milk
- ☐ Unsweetened Plain Dairy-Free Yogurt
- ☐ Walnuts
- ☐ Whole Plain Greek Yogurt
- ☐ Your Favorite Nuts and Seeds

PANTRY

- ☐ Tone It Up Protein
- ☐ Tone It Up Protein Bars & Bites
- ☐ Tone It Up Protein Shake
- ☐ Tone It Up Marine Collagen
- ☐ Almond Meal
- ☐ Apple Cider Vinegar
- ☐ Apple Juice
- ☐ Avocado Oil
- ☐ Baking Powder
- ☐ Balsamic Vinegar
- ☐ Black Pepper
- ☐ Cacao Nibs
- ☐ Chicken Stock (or veggie stock)
- ☐ Coconut Oil
- ☐ Coconut Oil Spray
- ☐ Coconut Sugar
- ☐ Coffee/Tea/Espresso
- ☐ Espresso Beans
- ☐ Ginger Lemon Tea
- ☐ Honey
- ☐ Lemon Juice
- ☐ Pineapple Juice
- ☐ Pure Maple Syrup
- ☐ Olive Oil
- ☐ Quinoa
- ☐ Red Quinoa
- ☐ Sea Salt
- ☐ Sparkling Water
- ☐ TIU Approved Dressing
- ☐ Unsweetened Coconut Flakes
- ☐ Vanilla Extract
- ☐ Wine for WNW! (optional)
- ☐ _____
- ☐ _____

- ☐ Your Favorite TIU Approved Dinner
- ☐ Favorite Weekend Breakfast from the Plan!
- ☐ Favorite Soup or Crockpot Dish!
- ☐ Optional TIU Approved Desserts (The Coconut Thumbprint Cookies are delish!)

[illegible]

meal PREP

- ☐ Wash & chop veggies
- ☐ Prep your lean proteins
- ☐ Slice and freeze bananas for smoothies
- ☐ Prep your **Meta D** or **Bombshell Spell**
- ☐ Prep the **Peanut Butter Cookies**
- ☐ Prep the **Egg Muffins**
- ☐ Prep the **Pumpkin Spice Donut Holes**
- ☐ Cook and prep quinoa for the week

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

3 **Egg Muffins** + $\frac{1}{4}$ avocado + piece of fruit

M2

Enjoy a Tone It Up Protein Shake on the go!

M3

Roasted Fig & Quinoa Bowl + 4 oz. protein of your choice

M4

2 **Peanut Butter Cookies** + 1 glass unsweetened almond milk

M5

Vegetable & Garbanzo Curry + 4 oz. lean protein

PM

Ginger lemon tea

☐ Daily Workout☐ Check In #TIUTeam #TIU31☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

3 **Egg Muffins** + $\frac{1}{4}$ avocado + piece of fruit

M2

Tone It Up Protein Bar or Shake

M3

Roasted Fig & Quinoa Bowl + 4 oz. protein of your choice

M4

2 **Peanut Butter Cookies** + 1 glass unsweetened almond milk

M5

Tahini Tray Dinner (Make extra for tomorrow's lunch!)

PM

Sparkling water + lemon

☐ Daily Workout☐ Check In #TIUTeam #TIU31☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Vanilla Latte Smoothie

M2

3 Pumpkin Spice Donut Holes

M3

Leftover **Tahini Tray Dinner** + piece of fruit

M4

2 cups veggies + $\frac{1}{4}$ cup hummus or **Quick Guac**

M5

Lemon, Chicken, & Quinoa Soup (Save extras for tomorrow's lunch!)

PM

Treat yourself to a glass of wine or Kombucha + an optional TIU approved dessert

☐ Daily Workout☐ Check In #TIUTeam #TIU31☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Vanilla Latte Smoothie

M2

3 **Pumpkin Spice Donut Holes**

M3

Leftover **Lemon, Chicken, & Quinoa Soup** + piece of fruit

M4

2 cups veggies + $\frac{1}{4}$ cup hummus or **Quick Guac**

M5

TIU Stir-Fry: Sauté 6 oz. lean protein + 2 cups veggies + 1 Tbsp. olive oil. Add herbs and spices. Top with $\frac{1}{4}$ avocado + $\frac{1}{4}$ cup salsa or 1 Tbsp. TIU approved dressing. (Make an extra serving for tomorrow)

PM

Ginger lemon tea

☐ Daily Workout☐ Check In #TIUTeam #TIU31☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

3 **Egg Muffins** + $\frac{1}{4}$ avocado

M2

1 apple or banana + 1 oz. nuts

M3

Leftover Stir-Fry

M4

3 **Pumpkin Spice Donut Holes**

M5

Fave TIU approved dinner

PM

Sparkling water + lemon

☐ Daily Workout☐ Check In #TIUTeam #TIU31☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Fave weekend breakfast from the plan!

M2

1 apple, sliced + cinnamon + 6 oz. coconut or Greek yogurt

M3

Tuna or **Veggie Bikini Wrap** + sliced veggies and hummus

M4

2 **Peanut Butter Cookies** + 1 glass unsweetened almond milk

M5

Head out for a Lean, Clean, 'N Green dinner!

PM

Optional TIU approved dessert. The **Coconut Thumbprint Cookies** are delish!☐ Daily Workout☐ Check In #TIUTeam #TIU31☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Pumpkin Tone It Up Pancakes

M2

Piece of fruit or 8 oz. fresh juice

M3

Everything But The Kitchen Sink Salad

(What's still good? Combine for a delicious superfood salad!)

M4

Enjoy a couple **Baked Oatmeal Apple Mini Muffins** as you're meal prepping for the week ahead

M5

Cozy up with your fave soup or crockpot dish!

PM

Ginger lemon tea

☐ Daily Workout☐ Check In #TIUTeam #TIU31☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

WEEK 3



day 15

day 16

day 17

day 18

day 19

day 20

day 21

AM

M1

M2

M3

M4

M5

PM

Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell
Cranberry Nectarine Smoothie Bowl	Your Fave TIU Smoothie	3 Baked Oatmeal Apple Mini Muffins + hard boiled egg + ½ cup berries	3 Egg Muffins + ¼ avocado	3 Egg Muffins + ¼ avocado	Fave breakfast from the plan!	Head out for a Lean, Clean, 'N Green brunch with your girlfriends!
3 Baked Oatmeal Apple Mini Muffins	3 Baked Oatmeal Apple Mini Muffins	6 oz. coconut or Greek yogurt with 2 tsp. cacao nibs	6 oz. coconut or Greek yogurt with 2 tsp. cacao nibs	1 apple, sliced + cinnamon	Grab an 8 oz. green juice or Tone It Up Protein Shake on the go!	1 apple, sliced + cinnamon
Fall In Love Kale Salad + piece of fruit	Leftover Tray Dinner. TIP- Make a slimming soup! Add veggies and protein to vegetable broth + your favorite herbs and spices. Add ¼ cup quinoa & carrots!	Fall In Love Kale Salad + piece of fruit	Fall In Love Kale Salad + piece of fruit	Tuna or Veggie Bikini Wrap + sliced veggies and hummus	Head out for a TIU approved lunch!	Everything But The Kitchen Sink Salad (What's still good? Combine for a delicious superfood salad!)
Homemade trail mix ~ ⅓ cup of your favorite nuts with unsweetened coconut shavings	Homemade trail mix ~ ⅓ cup of your favorite nuts with unsweetened coconut shavings	3 Bean Salad	3 Bean Salad	3 Bean Salad	Homemade trail mix ~ ⅓ cup of your favorite nuts with unsweetened coconut shavings	Cozy up with your Spiced Hazelnut Collagen Cocoa!
Your Favorite Tray Dinner (Make extra for tomorrow's lunch!)	Zucchini Pasta (Save leftovers for tomorrow's dinner!)	Leftover Zucchini Pasta	Turmeric Cauliflower Rice Bowl (Make extras for tomorrow's dinner!)	Leftover Turmeric Cauliflower Rice Bowl	Fave Lean Bowl	Your fave soup or crockpot recipe (Save extras for tomorrow's dinner!)
Sparkling water + lemon	Ginger lemon tea	Treat yourself to a glass of wine or Kombucha + a TIU approved dessert	Sparkling water + lemon	Ginger lemon tea	Optional TIU Approved Dessert. How about the Apple Pie Mug Cake?!	Sparkling water + lemon

grocery LIST

When you plan your meals for the week, take stock of what you have at home and what you need to pick up.

VEGGIES

- ☐ Carrots (medium size)
- ☐ Celery
- ☐ Cilantro
- ☐ Collard Greens
- ☐ Frozen Cauliflower Rice
- ☐ Frozen Peas
- ☐ Green Onions
- ☐ Kale
- ☐ Red Onions
- ☐ Rosemary
- ☐ Yellow Onion
- ☐ Your Favorite Veggies (we love onions, mushrooms, and peppers!)
- ☐ Your Favorite Mixed Greens (kale, arugula, spinach)
- ☐ Zucchini
- ☐ _____
- ☐ _____

FRUIT

- ☐ Apples
- ☐ Avocado
- ☐ Bananas
- ☐ Frozen Cranberries
- ☐ Lemons
- ☐ Limes
- ☐ Nectarines
- ☐ Your Favorite Berries!
- ☐ Your Favorite Fruit or Fresh Green Juice
- ☐ _____
- ☐ _____

PROTEIN & MISC

- ☐ Eggs
- ☐ Egg Whites
- ☐ Your Favorite Lean Proteins
- ☐ Lean Turkey
- ☐ Kombucha (We love Health-Ade!)

CANNED ITEMS

- ☐ Cannellini Beans
- ☐ Garbanzo Beans
- ☐ Kidney Beans
- ☐ Tuna

DIPS & FLAVORINGS

- ☐ Chipotle Powder (or cayenne)
- ☐ Cinnamon
- ☐ Garlic Powder
- ☐ GF Tamari
- ☐ Ground Ginger
- ☐ Ground Turmeric
- ☐ Himalayan Sea Salt
- ☐ Hummus
- ☐ Your Favorite Spices
- ☐ Your Favorite TIU Approved Pasta Sauce!

NUTS, SEEDS, MILKS & BUTTERS

- ☐ Almond Yogurt or Coconut Yogurt
- ☐ Pecans
- ☐ Pumpkin Seeds
- ☐ Raw Hazelnuts (optional to make own nut milk)
- ☐ Unsweetened Almond Milk
- ☐ Unsweetened Plain Dairy-Free Yogurt
- ☐ Whole plain Greek Yogurt
- ☐ Your Favorite Nuts and Seeds

PANTRY

- ☐ Tone It Up Protein
- ☐ Tone It Up Protein Bars & Bites
- ☐ Tone It Up Protein Shake
- ☐ Tone It Up Marine Collagen
- ☐ Apple Cider Vinegar
- ☐ Apple Juice
- ☐ Avocado Oil
- ☐ Baking Powder
- ☐ Baking Soda
- ☐ Balsamic Vinegar
- ☐ Black Pepper
- ☐ Cacao Nibs
- ☐ Cacao Powder
- ☐ Chicken Stock (or veggie stock)
- ☐ Coconut Oil
- ☐ Coconut Oil Spray
- ☐ Coffee/Tea/Espresso
- ☐ Dates (pitted)
- ☐ Dried Cranberries
- ☐ Espresso Beans
- ☐ Ginger Lemon Tea
- ☐ GF Oats
- ☐ Honey
- ☐ Pineapple Juice
- ☐ Pure Maple Syrup
- ☐ Oat Flour
- ☐ Olive Oil
- ☐ Quinoa
- ☐ Rice Vinegar
- ☐ Sea Salt
- ☐ Sparkling Water
- ☐ TIU Approved Dressing
- ☐ Unsweetened Coconut Flakes
- ☐ Vanilla Extract
- ☐ Wine for WNW! (optional)

meal PREP

- ☐ Wash & chop veggies
- ☐ Prep your lean proteins
- ☐ Slice and freeze bananas for smoothies
- ☐ Prep your **Meta D** or **Bombshell Spell**
- ☐ Prep the **Oatmeal Apple Mini Muffins**
- ☐ Prep the **Egg Muffins**
- ☐ Cook and prep quinoa for the week

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Cranberry Nectarine Smoothie Bowl

M2

3 Baked Oatmeal Apple Mini Muffins

M3

Fall In Love Kale Salad + piece of fruit

M4

Homemade trail mix ~ $\frac{1}{3}$ cup of your favorite nuts with unsweetened coconut shavings

M5

Your Favorite Tray Dinner (Make extra for tomorrow's lunch!)

PM

Sparkling water + lemon

☐ Daily Workout☐ Check In #TIUTeam #TIU31☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Your Fave TIU Smoothie

M2

3 **Baked Oatmeal Apple Mini Muffins**

M3

Leftover Tray Dinner. TIP- Make it into a slimming soup! Add veggies and protein to vegetable broth + your favorite herbs and spices. Add ¼ cup quinoa & carrots!

M4

Homemade trail mix ~ ⅓ cup of your favorite nuts with unsweetened coconut shavings

M5

Zucchini Pasta (Save leftovers for tomorrow's dinner!)

PM

Ginger lemon tea

☐ Daily Workout☐ Check In #TIUTeam #TIU31☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

3 **Baked Oatmeal Apple Mini Muffins** + hard boiled egg + ½ cup berries

M2

6 oz. coconut or Greek yogurt with 2 tsp. cacao nibs

M3

Fall In Love Kale Salad + piece of fruit

M4

3 **Bean Salad**

M5

Leftover **Zucchini Pasta**

PM

Treat yourself to a glass of wine or Kombucha + an optional TIU approved dessert

☐ Daily Workout☐ Check In #TIUTeam #TIU31☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

3 **Egg Muffins** + $\frac{1}{4}$ avocado

M2

6 oz. coconut or Greek yogurt with 2 tsp. cacao nibs

M3

Fall In Love Kale Salad + piece of fruit

M4

3 Bean Salad

M5

Turmeric Cauliflower Rice Bowl (Make extras for tomorrow's dinner!)

PM

Sparkling water + lemon

☐ Daily Workout☐ Check In #TIUTeam #TIU31☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

3 **Egg Muffins** + $\frac{1}{4}$ avocado

M2

1 apple, sliced + cinnamon

M3

Tuna or **Veggie Bikini Wrap** + sliced veggies and hummus

M4

3 **Bean Salad**

M5

Leftover **Turmeric Cauliflower Rice Bowl**

PM

Ginger lemon tea

☐ Daily Workout☐ Check In #TIUTeam #TIU31☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Fave breakfast from the plan!

M2

Grab an 8 oz. green juice or Tone It Up Protein Shake on the go!

M3

Head out for a TIU approved lunch!

M4

Homemade trail mix ~ $\frac{1}{3}$ cup of your favorite nuts with unsweetened coconut shavings

M5

Fave Lean Bowl

PM

Optional TIU approved dessert. How about the **Apple Pie Mug Cake?!**☐ Daily Workout☐ Check In #TIUTeam #TIU31☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Head out for a Lean, Clean, 'N Green brunch with your girlfriends!

M2

1 apple, sliced + cinnamon

M3

Everything But The Kitchen Sink Salad

(What's still good? Combine for a delicious superfood salad!)

M4

Cozy up with your **Spiced Hazelnut Collagen Cocoa!**

M5

Your fave soup or crockpot recipe (Save extras for tomorrow's dinner!)

PM

Sparkling water + lemon

☐ Daily Workout☐ Check In #TIUTeam #TIU31☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

WEEKS 4+5



day 22

day 23

day 24

day 25

day 26

day 27

day 28

AM

M1

M2

M3

M4

M5

PM

Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell	Coffee/Tea + Meta-D or Bombshell Spell
Pumpkin Overnight Oats	Pumpkin Overnight Oats	Pumpkin Overnight Oats	Your fave TIU Smoothie	Your fave TIU smoothie	Your fave breakfast from the plan!	Maple Oat Protein Pancakes
1 apple or banana. Feelin' like a latte? Enjoy the Golden Turmeric Latte!	6 oz. coconut or Greek yogurt with 2 tsp. cacao nibs + ½ cup sliced strawberries	1 apple or banana + optional Cashew Collagen Chai if you're feelin' it ;)	1 apple, sliced + cinnamon	1 apple, sliced + cinnamon	6 oz. coconut or Greek yogurt with 2 tsp. cacao nibs + ½ cup sliced strawberries	Piece of fruit or 8 oz. fresh juice
Roasted Winter Squash & Arugula Salad + 3 oz. fave lean protein	Roasted Winter Squash & Arugula Salad + 3 oz. fave lean protein	Leftover Cauliflower Bolognese + 4 oz. fave lean protein	Hearty Kale Salad	Hearty Kale Salad	Hearty Kale Salad	Everything But The Kitchen Sink Salad (What's still good? Combine for a delicious superfood salad!)
2 cups veggies + ¼ cup hummus or Quick Guac	2 cups veggies + ¼ cup hummus or Quick Guac	Tone It Up Protein Bar	Pumpkin Pie Chia Seed Pudding	Pumpkin Pie Chia Seed Pudding	Pumpkin Pie Chia Seed Pudding	Homemade trail mix ~ ⅓ cup of your favorite nuts with unsweetened coconut shavings
Leftover soup or crockpot dish	Cauliflower Bolognese + 4 oz. fave lean protein (Save extras for tomorrow's lunch!)	TIU Stir-Fry: Sauté 6oz. lean protein + 2 cups veggies + 1 Tbsp. olive oil. Add herbs and spices. Top with ¼ avocado + ¼ cup salsa or 1 Tbsp. favorite TIU approved dressing.	Your fave Lean Bowl	Fave TIU approved dinner	Head out for Lean, Clean, 'N Green dinner!	Butternut Squash, Turkey, & Lentil Chili (You'll have extras for the week!)
Ginger lemon tea	Sparkling water + lemon	Treat yourself to a glass of wine or Kombucha + a TIU approved dessert	Ginger lemon tea	Sparkling water + lemon	Optional TIU Approved Dessert. Have you tried the Maple Cinnamon Cookies?!	Ginger lemon tea

day 29

day 30

day 31

AM

Coffee/Tea + Meta-D
or Bombshell Spell

Coffee/Tea + Meta-D
or Bombshell Spell

Coffee/Tea + Meta-D
or Bombshell Spell

M1

Your fave TIU
smoothie

Your fave TIU
smoothie

Your fave TIU
breakfast!

M2

1 slice Ezekiel
or gluten-free
bread + 1 Tbsp.
almond butter +
sliced bananas or
strawberries

1 slice Ezekiel
or gluten-free
bread + 1 Tbsp.
almond butter +
sliced bananas or
strawberries

1 apple, sliced +
cinnamon

M3

Red Cabbage
and Carrot Salad +
4 oz. protein of your
choice

Red Cabbage
and Carrot Salad +
4 oz. protein of your
choice

Red Cabbage
and Carrot Salad +
4 oz. protein of your
choice

M4

Tone It Up
Protein Bar

2 cups veggies +
¼ cup hummus or
Quick Guac

Tone It Up
Protein Bar

M5

Leftover Butternut
Squash, Turkey, &
Lentil Chili

6 oz. lean protein + 2
cups lightly steamed
veggies + 2 tsp. olive
oil + ¼ cup beans or
hummus + your
fave spices

Your fave Tray
Dinner!

PM

Ginger lemon tea

Sparkling water +
lemon

Treat yourself to a glass of
wine or Kombucha + a TIU
approved dessert



Happy Halloween!!!

We have spooky treats for you
on [Toneitup.com](https://toneitup.com)!

xo, K+K

grocery LIST

When you plan your meals for the week, take stock of what you have at home and what you need to pick up.

VEGGIES

- ☐ Acorn Squash (small)
- ☐ Arugula
- ☐ Baby Kale
- ☐ Butternut Squash
- ☐ Carrots (medium size)
- ☐ Cherry Tomatoes
- ☐ Cucumber
- ☐ Fresh Cilantro
- ☐ Fresh Thyme
- ☐ Frozen Cauliflower Rice
- ☐ Garlic
- ☐ Jalapeño
- ☐ Kale
- ☐ Lacinato Kale
- ☐ Onion
- ☐ Spaghetti Squash
- ☐ Red Bell Pepper
- ☐ Red Cabbage
- ☐ Red Onions
- ☐ Yellow Onion
- ☐ Your Favorite Veggies
- ☐ Your Favorite Mixed Green (kale, arugula, spinach)
- ☐ Your Favorite Seasonal Veggies (we love squash and broccolini!!)

FRUIT

- ☐ Apples
- ☐ Avocado
- ☐ Bananas
- ☐ Lemons
- ☐ Limes
- ☐ Strawberries
- ☐ Your Favorite Fruit or Fresh Green Juice

PROTEIN & MISC

- ☐ Eggs
- ☐ Ground Turkey
- ☐ Lentils (Beluga lentils or lentils of choice)
- ☐ Your Favorite Lean Proteins
- ☐ Kombucha (We love Health-Ade!)

CANNED ITEMS

- ☐ Diced Tomatoes
- ☐ Kidney Beans
- ☐ Pumpkin Puree
- ☐ Whole Plum Tomatoes in thick puree
- ☐ Your Favorite Beans

DIPS & FLAVORINGS

- ☐ Chili Powder
- ☐ Chipotle Powder
- ☐ Cinnamon
- ☐ Crushed Red Pepper
- ☐ Dried Basil
- ☐ Dried Oregano
- ☐ Ground Cumin
- ☐ Ground Ginger
- ☐ Ground Turmeric
- ☐ Himalayan Sea Salt
- ☐ Hummus
- ☐ Pumpkin Pie Spice
- ☐ Salsa
- ☐ Tomato Paste
- ☐ Whole Grain Mustard (GF if desired)
- ☐ Your Favorite Spices

NUTS, SEEDS, MILKS & BUTTERS

- ☐ Almond Yogurt or

Coconut Yogurt

- ☐ Almond Butter
- ☐ Cashews
- ☐ Fennel Seeds
- ☐ Hemp Seeds
- ☐ Pine Nuts
- ☐ Pumpkin Seeds
- ☐ Unsweetened Almond Milk
- ☐ Unsweetened Coconut Milk
- ☐ Whole Plain Greek Yogurt
- ☐ Your Favorite Nuts and Seeds

PANTRY

- ☐ Tone It Up Protein
- ☐ Tone It Up Protein Bars & Bites
- ☐ Tone It Up Protein Shake
- ☐ Tone It Up Marine Collagen
- ☐ Apple Cider Vinegar
- ☐ Apple Juice
- ☐ Avocado Oil
- ☐ Balsamic Vinegar
- ☐ Black Pepper
- ☐ Cacao Nibs
- ☐ Chai Tea Bags
- ☐ Chia Seeds
- ☐ Coconut Oil
- ☐ Coconut Oil Spray
- ☐ Coffee/Tea/Espresso
- ☐ Dried Cranberries
- ☐ Ezekiel Bread (or gluten-free bread)
- ☐ Farro (Sub Quinoa for gluten-free)
- ☐ GF Oats
- ☐ Ginger Lemon Tea
- ☐ Honey
- ☐ Lemon Juice

- ☐ Pineapple Juice
- ☐ Pure Maple Syrup
- ☐ Oat Flour
- ☐ Olive Oil
- ☐ Quinoa
- ☐ Red Wine Vinegar (optional sub for white vinegar)
- ☐ Sea Salt
- ☐ Sparkling Water
- ☐ TIU Approved Dressing
- ☐ Unsweetened Coconut Flakes
- ☐ Vanilla Extract
- ☐ Vegetable Stock
- ☐ White Wine Vinegar
- ☐ Wine for WNW! (optional)

(Make sure to grab ingredients for these recipes!)

- ☐ Your Favorite TIU Smoothie
- ☐ Your Favorite Lean Bowl
- ☐ Your Favorite TIU Approved Dinner
- ☐ Favorite Breakfast from the Plan!
- ☐ Tray Dinner
- ☐ Optional TIU Approved Desserts (Have you tried the Maple Cinnamon Cookies?!)

[illegible][illegible][illegible]

meal PREP

- ☐ Wash & chop veggies
- ☐ Prep your lean proteins
- ☐ Slice and freeze bananas for smoothies
- ☐ Prep your **Meta D** or **Bombshell Spell**
- ☐ Prep the **Pumpkin Overnight Oats**
- ☐ Prep the **Pumpkin Pie Chia Seed Pudding**
- ☐ Cook and prep quinoa for the week!

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Pumpkin Overnight Oats

M2

1 apple or banana. Feelin' like a latte? Enjoy the **Golden Turmeric Latte!**

M3

Roasted Winter Squash & Arugula Salad + 3 oz. fave lean protein

M4

2 cups veggies + $\frac{1}{4}$ cup hummus or **Quick Guac**

M5

Leftover soup or crockpot dish

PM

Ginger lemon tea

☐ Daily Workout☐ Check In #TIUTeam #TIU31☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Pumpkin Overnight Oats

M2

6 oz. coconut or Greek yogurt with 2 tsp. cacao nibs + ½ cup sliced strawberries

M3

Roasted Winter Squash & Arugula Salad + 3 oz. fave lean protein

M4

2 cups veggies + ¼ cup hummus or **Quick Guac**

M5

Cauliflower Bolognese over Roasted Spaghetti Squash + 4 oz. fave lean protein (Save extras for tomorrow's lunch!)

PM

Sparkling water + lemon

☐ Daily Workout☐ Check In #TIUTeam #TIU31☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Pumpkin Overnight Oats

M2

1 apple or banana + optional **Cashew Collagen Chai** if you're feelin' it

M3

Leftover **Cauliflower Bolognese** over Roasted Spaghetti Squash
+ 4 oz. fave lean protein

M4

Tone It Up Protein Bar

M5

TIU Stir-Fry: Sauté 6 oz. lean protein + 2 cups veggies + 1 Tbsp. olive oil. Add herbs and spices. Top with $\frac{1}{4}$ avocado + $\frac{1}{4}$ cup salsa or 1 Tbsp. favorite TIU approved dressing.

PM

Treat yourself to a glass of wine or Kombucha + an optional TIU approved dessert

☐ Daily Workout☐ Check In #TIUTeam #TIU31☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Your fave TIU Smoothie

M2

1 apple, sliced + cinnamon

M3

Hearty Kale Salad

M4

Pumpkin Pie Chia Seed Pudding

M5

Your fave Lean Bowl

PM

Ginger lemon tea

☐ Daily Workout☐ Check In #TIUTeam #TIU31☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Your fave TIU smoothie

M2

1 apple, sliced + cinnamon

M3

Hearty Kale Salad

M4

Pumpkin Pie Chia Seed Pudding

M5

Your fave TIU approved dinner

PM

Sparkling water + lemon

☐ Daily Workout☐ Check In #TIUTeam #TIU31☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Your fave breakfast from the plan!

M2

6 oz. coconut or Greek yogurt with 2 tsp. cacao nibs + ½ cup sliced strawberries

M3

Hearty Kale Salad

M4

Pumpkin Pie Chia Seed Pudding

M5

Head out for Lean, Clean, 'N Green dinner!

PM

Optional TIU approved Dessert. Have you tried the **Maple Cinnamon Cookies?!**☐ Daily Workout☐ Check In #TIUTeam #TIU31☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Maple Oat Protein Pancakes

M2

Piece of fruit or 8 oz. fresh juice

M3

Everything But The Kitchen Sink Salad

(What's still good? Combine for a delicious superfood salad!)

M4

Homemade trail mix ~ $\frac{1}{3}$ cup of your favorite nuts with unsweetened coconut shavings

M5

Butternut Squash, Turkey, & Lentil Chili (You'll have extras for the week!)

PM

Ginger lemon tea

☐ Daily Workout☐ Check In #TIUTeam #TIU31☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Your fave TIU smoothie

M2

1 slice Ezekiel or gluten-free bread + 1 Tbsp. almond butter + sliced bananas or strawberries

M3

Red Cabbage and Carrot Salad + 4 oz. protein of your choice

M4

Tone It Up Protein Bar

M5

Leftover **Butternut Squash, Turkey, & Lentil Chili**

PM

Ginger lemon tea

☐ Daily Workout☐ Check In #TIUTeam #TIU31☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Your fave TIU smoothie

M2

1 slice Ezekiel or gluten-free bread + 1 Tbsp. almond butter + sliced bananas or strawberries

M3

Red Cabbage and Carrot Salad + 4 oz. protein of your choice

M4

2 cups veggies + $\frac{1}{4}$ cup hummus or **Quick Guac**

M5

6 oz. lean protein + 2 cups lightly steamed veggies + 2 tsp. olive oil + $\frac{1}{4}$ cup beans or hummus + your fave spices

PM

Sparkling water + lemon

☐ Daily Workout

☐ Check In #TIUTeam #TIU31

☐ Stick to Plan Guidelines

☐ Drink 8-10 glasses of water

AM

Coffee / Tea + **Meta D or Bombshell Spell**

M1

Your fave TIU breakfast!

M2

1 apple, sliced + cinnamon

M3

Red Cabbage and Carrot Salad + 4 oz. protein of your choice

M4

Tone It Protein Bar

M5

Your fave Tray Dinner!

PM

Happy Halloween!!! We have spooky treats for you on ToneltUp.com!☐ Daily Workout☐ Check In #TIUTeam #TIU31☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water

31 Day MEAL PLAN

The following pages are your blank charts!

You can fill them out with your own planned TIU approved meals. Make sure you stick to your guidelines!

We're so excited to do this with you girls!

you are capable of more than you know...

PUSH YOUR LIMITS AND YOU'LL
LEARN SO MUCH ABOUT YOURSELF
AND YOUR BODY!

customize your plan

31 DAY CHALLENGE

day 1

day 2

day 3

day 4

day 5

day 6

day 7

AM

M4

M5

PM

customize your plan

31 DAY CHALLENGE

day 8

day 9

day 10

day 11

day 12

day 13

day 14

AM

M4

M5

PM

customize your plan

31 DAY CHALLENGE

day 15

day 16

day 17

day 18

day 19

day 20

day 21

AM

M4

M5

PM

customize your plan

31 DAY CHALLENGE

day 22

day 23

day 24

day 25

day 26

day 27

day 28

AM

M4

M5

PM

day 31

PM

M1

MEAL 1 *or*

M2

MEAL 2

Alright girl... Ready!?

The number one question we get is... "Am I on the plan if I mix in my own meals?"

YES!!! Just follow the Main Plan guidelines and make the TIU lifestyle work for you!

In this plan, we simplified everything. From meal prep, to breakfasts to making quick 'n easy dishes, you'll be good to GO! But, we totally understand that life happens and you'll need to mix in your own meals. On the following pages you'll find ideal meals for M1-M5.

You can follow the meal-by-meal guide above, and there's also a TON of new recipes that you can sub in, especially if you have more time to make some fancy muffins or if you've been eying that chia seed pudding and want to make it for the week.

It's all you girl!

Any flavor or variation of your Tone It Up Protein Pancake or Waffle or Donuts

1 cup egg whites + 1 cup veggies scrambled or as an omelette. Cook with 2 tsp. coconut oil or spray. Serve with 1 slice Ezekiel toast or piece of fruit

1 piece Ezekiel or GF toast with 1 Tbsp. almond or nut butter

½ cup GF rolled oats + 1 cup almond milk + 1 Tbsp. chia seeds. Optional: Add ½ scoop Tone It Up Protein and fruit

2 Tbsp. coconut flakes + 2 Tbsp. favorite nuts + 1 Tbsp. cacao nibs + 1 cup favorite fruit

1 piece Ezekiel or GF toast with ¼ avocado + pepper. Optional to top with 2 egg whites + sriracha or spices

1 scoop Tone It Up Protein + ¾ cup almond milk + ½ frozen banana (or other fruit). Optional to add cacao nibs, espresso, coffee, fruit

fruit + 1 Tbsp. nut butter

5-6 oz container almond or coconut yogurt with 1 cup fruit + 1 Tbsp. walnuts or almonds

Any 3 mini muffins from the plan or ToneItUp.com

We love making egg muffins- spray pan and pour in whisked egg whites, veggies, herbs and spices. Serve with Ezekiel or GF toast!

½ cup cooked quinoa or oatmeal cooked with almond milk and topped with cinnamon and fruit.

M3

MEAL 3

We totally get it...lunch is either meal prepped, out at a restaurant, or thrown together at work between meetings. Sometimes it's forgotten or skipped and by 3 you're starving and scouring the kitchen for anything to eat.

Since you're always on-the-go, here are our top tips for either dining out or bringing your own lunch.

Dining Out for Lunch: Wherever you are, keep it Lean, Clean, 'N Green. This means finding something on the menu that has lean protein, clean foods like beans, salsa, quinoa, lentils, nuts, seeds, and tons of greens. Examples would be ordering a salad with salmon on top and asking for no cheese, and balsamic and lemon wedges on the side. Or ordering a wrap and doing the same as above since wraps can be loaded with cheese and dressing. We also love getting sushi for lunch. Ask for sashimi, extra ginger (YUM!), seaweed salad, edamame, and miso soup! We also love having 4 pieces with rice. Just keep the white rice to a minimum. That's why we usually opt for sashimi to keep it lean 'n clean.

2 cups any greens +
½ cup mixed veggies
+ ¼ cup beans or
quinoa + 1 Tbsp. seeds
+ 4 oz protein + 2 Tbsp
dressing. Optional: Top
with fruit

Our fave -
K&Kale Salad!

1 Ezekiel or GF wrap
with 4 oz. turkey or lean
protein + handful lettuce
+ mustard. Serve with a
side 2 cups leafy greens
+ 2 Tbsp. favorite TIU
approved dressing

2 pieces of Ezekiel
or GF bread with 4
oz. protein inside +
veggies + TIU approved
condiments

PB + J! grab a wrap, GF
tortilla or TIU approved
bread and spread 1
Tbsp. nut butter, slice 5
strawberries + add a pinch
of coconut shavings

1 GF tortilla
toasted with 2 Tbsp.
marinara sauce, 4 oz
sliced turkey, fresh
basil, + 1 Tbsp. cashew
cheese. Toast in toaster
oven.

TIU approved Soup:
2 cups of broth + ½ cup
veggies + ¼ cup beans
+ 4 oz lean protein or 1
Tbsp. yogurt + spices.
Serve with slice of GF
bread or tortilla.

Leftovers from M5!
Is it grilled protein with
veggies? Throw it in a
wrap or heat up with
some red sauce. We also
love throwing on a salad.

Veggie burger on a bed
of lettuce + onions + ¼
cup veggies + 2 Tbsp.
organic ketchup (or TIU
approved condiment)

Sweet Potato Toast
~ see the recipe on
ToneltUp.com

1 sweet potato heated
up with 4 oz chicken, +
spices. ½ cup veggies
like broccoli or green
beans.

Bikini Wraps: 4-6 oz
protein + TIU approved
condiment wrapped in
collard green

M4

MEAL 4

For M4 we want you to remember to include lean protein + healthy fats. Stay lighter on fruit. If you do have fruit, combine it with some nuts to help balance your blood sugar/glucose.

If you're out and about, grab a green juice, smoothie, tuna salad, hummus + veggies, a TIU approved bar, or something lean and green! Stay light on the starches and sugar. This is your time to stay lean!

Turkey Roll Ups! 5 slices of lean turkey or chicken. Rolled up and dipped in spicy mustard. You can add hummus, herbs or serve with veggies.

¼ cup nuts or seeds + 1 Tbsp. coconut shavings + sprinkle cinnamon or cayenne whether you want sweet or spicy!

Leftover M5 from the night before!

4-6 oz protein mixed with 1 Tbsp. almond or coconut yogurt + pepper. Place on 1 sliced cucumber.

Tone It Up Protein Shake for on the go!

Lemon Pepper Tuna: Tuna stored in water. Mix with 1 lemon squeeze + pepper. Add celery or veggies. Serve in endive leaves.

Tone It Up Protein Muffins: Use a recipe from the plan! Add optional blueberries, coconut, cinnamon, or 3 Tbsp. nuts.

Chicken Lettuce Wraps: Leftover chicken in lettuce wraps with soy sauce, 1 Tbsp. peanuts.

Celery with 2 Tbsp. almond butter and a few raisins

Tone It Up Protein Bar ~ you can find them at Target!

Almond or coconut yogurt with 2 tsp. cacao nibs

Afternoon Slimdown Smoothie: 6 ice cubes, 1 cup almond milk, 1 scoop Tone It Up Protein. Optional: 2 tsp. cinnamon, 1 Tbsp. coconut or almond butter

TIU Tropical Greens Smoothie or a green juice when you're on the go!

Tone It Up Almond Butter Cookie (see the recipe on ToneltUp.com)

Bikini Wraps: 4-6 oz protein + TIU approved condiment wrapped in collard green

Carrots, celery, and other veggies dipped in hummus, salsa, or ¼ cup guacamole

M5

MEAL 5

You know the drill girl. Your M5 is the most important, metabolism-affecting meal, setting the stage for 8 hours of muscle repair and fat burning throughout the night! Your body worked hard all day long so you need to properly fuel those muscles and give your body metabolism lovin' food. While you sleep, growth hormone, glucagon, leptin, adiponectin, and ghrelin do their job, so having the right nutrients is essential.

What do you reach for? Lean protein, leafy greens, vegetables, healthy fats such as nuts, seeds, coconut oil, or avocado. Avoid heavy sauces, cheese, refined starches, and sugary foods.

Below are great sample meals! Feel free to add fresh herbs, spices, and TIU approved condiments from the Spice It Up page!

4-6 oz chicken + ½ cup
marinara sauce + ¼
cup chickpeas + 2 cup
greens + fresh basil + 1
Tbsp. healthy oil

4-6 oz grilled or broiled
fish + fresh lemon +
pepper + ½ cup cooked
quinoa + green beans +
1 Tbsp. healthy oil

4-6 oz lean protein
+ 2 cups vegetables
+ ¼ cup beans + 1
Tbsp. healthy oil + TIU
approved condiments
+ herbs

2 cups vegetables (or
more!) + ½ cup beans +
2 Tbsp nuts or seeds + 1
Tbsp. healthy oil + herbs

6 oz lean ground turkey
+ tomatoes + taco
seasoning + steamed
vegetables

2 cups zucchini pasta +
½ cup marinara sauce
+ herbs + spices. Top
with 6 oz. protein and
optional: nuts + seeds

Sliced up sweet potato
+ veggies + 6 oz lean
protein with 1 Tbsp.
olive oil + spices on
baking sheet on 350 for
15 minutes.

Baked spaghetti
squash + marinara
sauce + 6 oz sliced
grilled chicken

Cauliflower "Rice"
+ ½ cup black beans
with chopped cilantro,
tomatoes, bell peppers
and topped with ¼ of
an avocado

6 oz ground turkey +
2 Tbsp. hummus + 1
chopped bell pepper
+ a few slices of red
onion all in a few
collard greens.

1 cup cubed butternut
squash + 2 cloves garlic +
1 cup green beans + ½ cup
chickpeas sautéed with
1 tsp. olive oil and tossed
over arugula.

6 oz chicken breast,
cubed + ¼ cup
chopped red onion + ¼
cup chopped celery +
¼ avocado combined
and tossed over 2 cups
lettuce

Recipes



GIMME ALL THE
Pumpkin





pumpkin OVERNIGHT OATS

makes 1 serving

INGREDIENTS

1 cup GF oats
1 cup almond milk
2 shots espresso
1 Tbsp. honey
1 scoop vanilla
Tone It Up Protein
¼ tsp. pumpkin spice
pinch of sea salt

DIRECTIONS

1. Mix all ingredients in a jar and let sit overnight.
2. Enjoy in the morning! Perfect if you're on the go.

M1 M2 M3

pumpkin TONE IT UP PANCAKES

makes 1 serving

INGREDIENTS

1 scoop Tone It Up Protein
1 Tbsp. pumpkin puree
½ banana, mashed
½ Tbsp. unsweetened
almond milk
¼ cup egg whites
½ tsp. cinnamon
1 tsp. pumpkin pie spice
Coconut oil spray
Real maple syrup or honey
(optional)

DIRECTIONS

1. Completely mash banana with almond milk. Gradually stir in the remaining ingredients.
2. Spray your skillet with cooking spray and turn to medium-low heat. Slowly and evenly pour the batter into the pan. Cook for 3 to 5 minutes on one side.
3. Using a spatula, carefully lift the edge and take a peek. If the underside of your pancake is golden brown, it's ready to flip. Carefully flip your pancake and cook for another 3 minutes on the other side until both sides are golden brown and the pancake is cooked through.
4. Remove from heat and top with additional ingredients if desired. Drizzle with real maple syrup or honey and serve!

M1 M2 M3

pumpkin SOUP

makes 2 servings

INGREDIENTS

1 can pumpkin puree
2 cups veggie broth
½ onion, chopped
3 cloves garlic
1 tsp. dried sage
1 tsp. olive oil
pinch of salt

DIRECTIONS

1. In a pot over medium heat, add olive oil.
2. Add onions, garlic, dried sage, and a pinch of salt. Sauté for 2 minutes.
3. Pour in pumpkin puree and veggie broth. Stir and cook for another 5 minutes.
4. Remove from heat and pour into a blender. Blend until smooth.

M3 M4 M5

pumpkin spice latte SMOOTHIE

makes 1 serving

INGREDIENTS

- 1 cup almond milk
- 2 shots of espresso
- 2 dates, pitted
- ¼ cup pumpkin puree (canned)
- 1 scoop of Tone It Up Protein
- ¼ tsp. pumpkin pie spice
- ½ cup ice

DIRECTIONS

1. Blend and enjoy!



pumpkin spice DONUT HOLES

makes 12 donut holes (serving size: 3 donut holes)

INGREDIENTS

- ½ cup almond meal
- ½ cup Tone It Up Protein
- 1 tsp. baking powder
- ½ tsp. pumpkin pie spice
- ¼ tsp. salt
- ½ cup pumpkin puree
- ¼ cup maple syrup
- 1 egg
- ¼ cup almond milk
- 1 Tbsp. coconut oil
- ½ tsp. vanilla extract
- Coconut oil spray

DIRECTIONS

1. Preheat the oven to 350 degrees.
2. Mix all dry ingredients together in a medium bowl.
3. Add in wet ingredients and stir until fully combined.
4. Spray cake pop mold with coconut oil. Spoon batter into each hole.
5. Bake at 350 degrees for 12-15 minutes or until a toothpick comes out clean.
6. Let cool for 5 minutes and remove from mold.
7. Stir together coconut sugar and cinnamon. Take each donut hole and roll it into the mixture, making sure it's fully coated.

CINNAMON TOPPING

- 1 Tbsp. cinnamon
- 1 Tbsp. coconut sugar





pumpkin MINI MUFFINS

makes 12 mini muffins (serving size: 3 mini muffins)

INGREDIENTS

- 1 ½ cups GF rolled oats
- 1 cup pumpkin puree
- ¼ cup unsweetened apple sauce
- 1 Tbsp. vanilla extract
- 2 Tbsp. melted coconut oil
- ¼ cup unsweetened almond milk
- ¼ cup pure maple syrup
- 1 tsp. baking powder
- ½ tsp. baking soda
- ¼ tsp. salt
- 1 tsp. cinnamon
- Coconut oil spray

DIRECTIONS

1. Preheat the oven to 350 degrees. Lightly spray a muffin pan with cooking spray ~ use cupcake liners to take these on the go!
2. Combine all ingredients in a food processor and mix until well combined. Pour into greased muffin tins and bake for 15 minutes.



pumpkin pie CHIA SEED PUDDING

makes 3 servings

INGREDIENTS

- ¼ cup chia seeds
- 1 cup pumpkin puree
- 1 ½ cup unsweetened almond milk
- 2 Tbsp. maple syrup
- 1 tsp. vanilla
- ½ tsp. pumpkin pie spice

DIRECTIONS

1. Combine all ingredients in a bowl (make sure they're mixed really well) and let sit in the fridge for at least 30 minutes.
2. Top with pumpkin seeds or cacao nibs (optional). Enjoy!





BEAUTY BITES
& Sips

These recipes are made with our new Tone It Up Collagen! We created it to promote beauty from the inside out! The amino acids in collagen are essential for supporting radiant hair, glowing skin, and healthy nails. Get your collagen [HERE!](#)

spiced hazelnut COLLAGEN COCOA

makes 2 servings

INGREDIENTS

1 scoop Tone It Up Marine Collagen
½ cup raw hazelnuts (soaked in 1 cup water overnight) or 2 cups store-bought nut milk
2 cups water
2 pitted dates
1 Tbsp. cacao powder
½ tsp. vanilla
½ tsp. ground cinnamon
¼ tsp. chipotle powder (or cayenne)
1 tsp. coconut oil
pinch of sea salt

DIRECTIONS

1. First make the hazelnut milk. Drain and rinse hazelnuts then add to a high-speed blender with 2 cups of water. Blend well to finely grind the nuts to make nut milk. Strain the nut milk through a nut bag over a bowl, squeezing the pulp to make sure all the liquid is extracted. You can substitute 2 cups of any store-bought nut milk for this recipe too!
2. Return the nut milk to the blender and add all ingredients except the coconut oil and blend well.
3. Pour the mixture into a small saucepan. Add the coconut oil and heat on medium-low until very warm and the coconut oil has melted. Pour into mugs and enjoy!



creamy cashew COLLAGEN CHAI

makes 1 large or 2 small servings

INGREDIENTS

1 scoop Tone It Up Marine Collagen
16 oz. of your favorite hot brewed chai tea (brewed with 3 tea bags)
1 tsp. raw honey
2 Tbsp. cashews
1 Tbsp. hemp seeds
½ tsp. cinnamon

DIRECTIONS

1. Pour hot tea and all other ingredients into a high speed blender. Blend until well combined and frothy. Enjoy!



dark chocolate COLLAGEN BARK

makes 10 servings

INGREDIENTS

2 scoops Tone It Up Marine Collagen

10 oz. bittersweet melting cacao (60-70%)

Your favorite dried fruit, seeds, & chopped nuts

Sprinkle of sea salt

Coconut oil spray

DIRECTIONS

1. Prepare a baking sheet lined with wax paper or parchment paper sprayed with coconut oil spray.
2. Melt chocolate in a double boiler over medium-low heat.
3. Once chocolate is fully melted, add 2 scoops of Tone It Up Marine Collagen. Mix well to combine.
4. Pour chocolate onto prepared baking sheet and spread a little so the chocolate is in a thin (but not too thin) even layer. Sprinkle with your choice of toppings and sea salt.
5. Place in the fridge until cool and chocolate has hardened. Break up into bite-size pieces and enjoy!
6. Store in a cool place in an airtight container for up to 1 week.

berry bliss COLLAGEN JAM

makes 4 servings

INGREDIENTS

2 scoops Tone It Up Marine Collagen

2 cups mixed berries (organic frozen berries work great!)

4 pitted dates

2 Tbsp. water

¼ tsp. vanilla

2 Tbsp. chia seeds

DIRECTIONS

1. Place dates in a small bowl and cover with hot water to soften; set aside.
2. Add berries and water to a medium saucepan on medium-high heat. As berries warm, smash them gently to break them down.
3. Drain water from dates and add to berry mixture. Smash to combine.
4. Lower heat and add vanilla and chia seeds. Stir to combine.
5. Remove from heat and add Tone It Up Marine Collagen and mix well.
6. Jam will thicken as it cools. Store in an airtight container and enjoy on everything!





SHOTS, SHOTS, *Shots*

This is your daily Metabolism Boosting Drink... or Meta D for short! Cinnamon and apple cider vinegar have been shown to reduce hunger and balance blood sugar levels, while cayenne pepper raises body temperature and boosts your metabolism. This slimming sip is most effective early in the day, so drink it after your morning Booty Call with Meal 1 or 2. Look out for the Meta D glow—you'll be beaming all day!

META-D

makes 1 serving

INGREDIENTS

- 1 Tbsp. apple cider vinegar
- 6 oz. water
- 2 oz. 100% organic apple juice
- 1 tsp. cassia cinnamon
- 1 small shake of cayenne pepper (to your liking)

DIRECTIONS

1. Mix all ingredients together in a cocktail shaker. Shake and pour into a glass.
2. Try adding more water or a little more juice if the apple cider vinegar taste is too strong.



bombshell SPELL

makes 1 serving

INGREDIENTS

- 4 oz. 100% all-natural pineapple juice
- 1 Tbsp. apple cider vinegar
- Juice from ¼ of a lime
- 1 tsp. local honey

DIRECTIONS

1. Start with the pineapple juice and pour ingredients into a cocktail shaker over a couple ice cubes. Shaken not stirred!



I LOVE YOU

a latte



Morning CAFÉ LATTE

makes 2 servings

INGREDIENTS

1 scoop Café Latte
Tone It Up Protein
2 shots espresso
2 dates
2 cups warm unsweetened
almond milk
½ tsp. vanilla extract
4 dashes of cinnamon

DIRECTIONS

1. Blend all ingredients together in a blender.
Enjoy!



golden turmeric LATTE

makes 1 serving

INGREDIENTS

1 cup coconut milk
½ tsp. ground turmeric
½ tsp. ground ginger
½ tsp. cinnamon + a dash
to garnish
Pinch of pepper

DIRECTIONS

1. Put all ingredients in a pot and simmer on low for 5 minutes, whisking continuously.
2. Pour in a cup and garnish with extra cinnamon.





vanilla latte SMOOTHIE

makes 1 serving

INGREDIENTS

1 scoop vanilla
Tone It Up Protein

½ cup almond milk ice
cubes (freeze almond milk
in ice cube trays just like
water!)

¾ cup unsweetened
almond milk (optional
chocolate flavor)

1 shot espresso

½ cup frozen banana
slices (optional to make
creamier)

TOPPINGS

1 Tbsp. cacao nibs

Espresso beans

Unsweetened coconut
flakes

DIRECTIONS

1. Place all ingredients into a blender and blend until smooth.
2. Sprinkle with cacao nibs, espresso beans, & coconut flakes.



beet LATTE

makes 1 serving

INGREDIENTS

1 small beet, peeled

1 cup unsweetened
almond milk

1 tsp. honey

½ tsp. ground cinnamon

¼ tsp. ground ginger

DIRECTIONS

1. Preheat oven to 425 degrees. Wrap beet in foil and pierce with a fork a few times. Bake for 20-30 minutes, or until soft.
2. Blend all ingredients in a blender until smooth. Strain out the liquid using a strainer or cheesecloth.
3. In a pot over medium heat, add the liquid. Use a whisk to continuously stir until foamy and warm. Pour into a cup and sprinkle with ½ tsp. more cinnamon.



BREAKFAST *Bliss*



cranberry nectarine SMOOTHIE BOWL

makes 1 serving

INGREDIENTS

1 scoop vanilla
Tone It Up Protein
1 cup unsweetened
almond milk
1 cup frozen cranberries
½ frozen banana, sliced
½ fresh nectarine
Unsweetened coconut
shavings
Edible flowers (optional)

DIRECTIONS

1. Place all ingredients in a blender and blend until smooth.
2. Top with nectarine slices, coconut shavings, and edible flowers & enjoy!



pb + j OVERNIGHT OATS

makes 2 servings

INGREDIENTS

1 scoop Peanut Butter
Tone It Up Protein
¾ cup GF rolled oats
1 Tbsp. peanut butter
2 Tbsp. chia seeds
2 tsp. maple syrup
1 cup unsweetened
almond milk
¼ tsp. cinnamon

DIRECTIONS

1. Mix all overnight oat ingredients together in a bowl and let sit in the fridge overnight.
2. To make the jam, heat pan over medium heat. Add raspberries and mash until smooth.
3. Add chia seeds, lemon juice, and syrup or honey.
4. Add 2 Tbsp. homemade jam to oats. Enjoy!

HOMEMADE JAM

½ cup frozen raspberries
½ Tbsp. chia seeds
1 tsp. lemon juice
2 tsp. maple syrup or
honey





Tone It Up PROTEIN PANCAKE

makes 1 serving

INGREDIENTS

- 1 scoop Tone It Up Protein
- ½ banana, mashed
- ½ Tbsp. almond milk
- ¼ cup egg whites
- 1 tsp. cinnamon
- Coconut oil spray

DIRECTIONS

1. Mash banana with almond milk before stirring in remaining ingredients.
2. Spray pan with cooking spray and heat over medium-low before pouring in batter. Flip when ready! The key to the perfect protein pancakes is to cook them slow and low!



Maple oat PROTEIN PANCAKE

makes 1 serving

INGREDIENTS

- 1 scoop vanilla Tone It Up Protein
- 1 egg
- 3 Tbsp. oat flour
- 1-2 Tbsp. unsweetened almond milk
- ½ tsp. vanilla extract
- 2 tsp. maple syrup
- Coconut oil spray

DIRECTIONS

1. Combine all ingredients in a bowl and whisk until smooth.
2. Spray a pan with coconut oil and heat to medium-low. Cook pancake for 2-3 minutes on each side, then flip when ready. The key to the perfect protein pancake is to cook it low and slow!
3. Serve with optional 1 Tbsp. crushed almonds and 1 Tbsp. unsweetened coconut flakes.



ezeziel FRENCH TOAST

makes 1 serving

INGREDIENTS

2 slices Ezekiel or GF bread
¼ cup egg whites
1 Tbsp. vanilla Tone It Up Protein
½ tsp. cinnamon
1 tsp. coconut oil or coconut spray
optional maple syrup, strawberries, or honey

DIRECTIONS

1. Spray a large pan with coconut spray. Heat to medium.
2. In a bowl, combine egg whites, vanilla Tone It Up Protein, and cinnamon. Whisk until combined.
3. Dip both sides of each piece of bread into the mixture. Cook each side for 2 minutes or until golden brown. Top with strawberries, honey, or maple syrup!

M1 M2 M3



zucchini + caramelized onion EGG MUFFINS

makes 6 muffins (serving size is 3 muffins)

INGREDIENTS

1 tsp. olive oil
1 zucchini, diced
¼ cup yellow onion, diced
Pinch of salt
Dash of garlic powder
6 eggs
3 egg whites (or ½ cup liquid egg whites)
Coconut oil spray

DIRECTIONS

1. Preheat oven to 350 degrees.
2. In a small pan over medium heat, add olive oil. Sauté zucchini and onion for about 8 minutes. Season with salt and garlic powder.
3. Spray muffin tins with coconut oil spray.
4. Combine eggs and egg whites in a bowl and whisk to combine.
5. Scoop the veggie mixture into the muffin tins so that veggies are spread evenly. Pour egg mixture over veggies into muffin tins.
6. Bake for 20-25 minutes.
7. Store in a meal prep container after the eggs have cooled. These are good for up to 4 days!

M1 M2 M3 M4



angel food MINI MUFFINS

makes 12 mini muffins (serving size: 3 mini muffins)

INGREDIENTS

4 scoops vanilla
Tone It Up Protein
¾ cup egg whites
½ cup unsweetened
almond milk
¼ cup organic coconut
cream
¼ teaspoon baking soda
Dash of vanilla extract
Unsweetened coconut
flakes
Coconut oil spray

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Whisk protein, egg whites, almond milk, and coconut cream together in a bowl.
3. Add baking soda and vanilla.
4. Spray mini muffin pan with coconut oil.
5. Put mixture in pan. Top with unsweetened coconut flakes.
6. Bake for 10-12 minutes or until golden brown.



baked oatmeal apple MINI MUFFINS

makes 24 mini muffins (serving size: 3 mini muffins)

INGREDIENTS

1 cup oat flour
½ cup GF oats
½ tsp. baking powder
¼ tsp. baking soda
Pinch of salt
1 Tbsp. cinnamon
2 ripe bananas, mashed
2 Tbsp. coconut oil, melted
¾ cup unsweetened
almond milk
¼ cup pure maple syrup
¼ cup egg whites or 1 egg
1 small apple, diced
Coconut oil spray

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Combine all dry ingredients in a bowl. Whisk to combine.
3. Add all remaining ingredients other than the apples. Stir to combine. Gently fold in the apples.
4. Spray a mini muffin tin with coconut oil. Add batter. Bake for 20 minutes.
5. Store in a container in the fridge for up to 5 days.



FAVE FALL
lunches



fall in love KALE SALAD

makes 3 servings

INGREDIENTS

2 bunch kale, chopped
(Should equal to about 5 cups of chopped kale)

3 apples, chopped

¼ cup dried cranberries

1 cup cooked quinoa

¼ cup pecans

4 oz. lean protein

DRESSING

2 Tbsp. apple cider vinegar

2 Tbsp. olive oil

½ Tbsp. maple syrup

DIRECTIONS

1. Chop the kale and apples and combine in a large bowl. We like 'massaging' the kale a bit to soften it!

2. Mix all dressing ingredients and stir until blended.

3. Pour dressing onto the salad and top with the pecans, quinoa, protein, and cranberries.



hearty kale SALAD

makes 3 servings

INGREDIENTS

1 cup cooked farro (or quinoa if you're gluten-free!)

6 cups kale, chopped

1 cup cherry tomatoes, halved

1 can kidney beans, drained and rinsed

3 Tbsp. pine nuts

LEMON DRESSING

¼ cup olive oil

1 lemon, juiced

1 tsp. honey

Pinch of salt

DIRECTIONS

1. Combine salad ingredients in a bowl.

2. Toss salad with dressing. This can be stored in the fridge for 3 days.





chopped greek SALAD

makes 1 serving

INGREDIENTS

4 cups of your fave leafy greens (we love kale, arugula, and spinach!)

5 kalamata olives (or your favorite olive)

6 oz. lean protein, sliced

½ cup cucumber, chopped

¼ cup parsley, diced

2 Tbsp. sun dried tomatoes, diced

1 lemon, juiced

Pinch of salt and pepper

DIRECTIONS

1. Add all ingredients to a bowl and toss to combine!



chinese chicken SALAD

makes 1 serving

INGREDIENTS

¼ cup purple cabbage, diced

4 cups your fave leafy greens (we love kale, arugula, and spinach!)

6 oz. grilled chicken or your fave lean protein, sliced

½ bell pepper, diced

¼ cup cilantro, diced

¼ cup green onions, diced

1 carrot, chopped

1 Tbsp. sliced almonds

DRESSING

1 Tbsp. rice vinegar

½ Tbsp. GF tamari

2 tsp. olive oil

½ tsp. honey

DIRECTIONS

1. Combine all ingredients for the dressing in a bowl and whisk until well combined.
2. Toss salad ingredients in a large bowl. Add dressing and toss once more.



Tuna salad BIKINI WRAP

makes 1 serving

INGREDIENTS

1 collard green
4 oz. canned tuna
1 celery stalk, diced
2 Tbsp. red onions, diced
2 Tbsp. unsweetened plain
dairy-free yogurt
Pinch of salt

DIRECTIONS

1. Lay the collard wrap on a plate.
2. Combine all remaining ingredients in a food processor and pulse for 10 seconds.
3. Add the tuna salad to the collard green. Wrap it and enjoy!



roasted fig & QUINOA BOWL

makes 4 servings

INGREDIENTS

8 fresh figs, halved
1 Tbsp. plus 2 tsp. olive oil
or avocado oil
2 Tbsp. balsamic vinegar
Sea salt and ground
pepper to taste
¾ cup red quinoa
½ cup chopped walnuts
½ cup sliced scallions
(white, light green, & dark
green parts)

DIRECTIONS

1. Preheat oven to 425 degrees.
2. Toss figs in 1 Tbsp. oil and 1 Tbsp. balsamic vinegar. Arrange figs on a baking sheet in a single layer and season with salt and pepper. Roast until figs are juicy and glazed, about 15 minutes.
3. Cook quinoa according to package directions. Once done, toss in a large bowl with remaining 2 tsp. oil and 1 Tbsp. balsamic vinegar.
4. Arrange walnuts on a baking sheet and toast lightly for 2-3 minutes.
5. Add scallions and walnuts to the bowl with the quinoa and toss to combine. Fold in roasted figs. Add salt and pepper to taste. Enjoy!





red cabbage + carrot SALAD

makes 4 servings

INGREDIENTS

½ red cabbage, quartered & shredded thin
2 medium carrots, sliced thin or grated
½ cucumber, peeled and diced
3 Tbsp. cilantro
1 avocado, sliced
¼ red onion, sliced thin
2 tsp. fennel seeds
¼ cup toasted pumpkin seeds

DRESSING

1 tsp. whole grain mustard
Juice from ½ lemon (or more to taste)
3 Tbsp. avocado or olive oil
Pinch sea salt
Fresh ground pepper

DIRECTIONS

1. Place the cabbage, carrots, cucumber, cilantro, avocado, and onion in a mixing bowl.
2. Heat a frying pan and lightly toast fennel seeds for a couple minutes to release flavors. Let cool and add to the salad mix.
3. In a small bowl, add mustard, lemon juice, oil, salt, and pepper. Mix well.
4. Toss salad mix with dressing. Top with pumpkin seeds and enjoy!



roasted winter squash & ARUGULA SALAD

makes 4 servings

INGREDIENTS

¼ cup pine nuts
2 small acorn squash
1 Tbsp. olive oil
Sea salt and freshly ground black pepper
4 cups arugula and/or baby kale, washed and dried
1 ½ Tbsp. dried cranberries

DRESSING

¼ cup white or red wine vinegar
¼ cup olive oil
2 Tbsp. lemon juice
Fresh cracked pepper

DIRECTIONS

1. Preheat oven to 400 degrees. Spread pine nuts on a large rimmed baking sheet. Toast in oven, stirring occasionally until fragrant and lightly golden, about 5 minutes. Set aside.
2. Cut squash in half and scrape out seeds. Cut into quarters, leaving skin on. On a large baking sheet, toss with 1 Tbsp. oil and a pinch of salt and pepper. Roast until tender, about 35 minutes to 45 minutes depending on size. Let cool.
3. For the dressing, combine all ingredients and shake well.
4. In a large bowl, add arugula, kale, and dressing. Toss to combine.
5. To serve, divide squash, skin side-down among plates. Place dressed salad on top of each quarter and drizzle with extra dressing if desired and top with toasted pine nuts and cranberries.



POP SOME
Bubbly



orange carrot kombucha MINI MUFFINS

makes 22 mini muffins (serving size: 3 mini muffins)

INGREDIENTS

1 scoop vanilla Tone It Up Protein
¾ cup almond flour
½ tsp. baking soda
½ tsp. baking powder
¼ tsp. salt
1 egg
¼ cup maple syrup
2 Tbsp. applesauce
1 Tbsp. coconut oil
½ tsp. vanilla extract
¼ cup Blood Orange-Carrot-Ginger Health-Ade Kombucha
1 tsp. orange zest
½ cup shredded carrots
¼ cup dried cranberries
Coconut oil spray

DIRECTIONS

1. Preheat oven to 350 degrees. Spray a mini muffin tin with coconut oil spray.
2. Combine protein, flour, baking soda, baking powder, and salt in a bowl and mix together.
3. In a separate large bowl, whisk egg. Mix in maple syrup, applesauce, coconut oil, and vanilla extract.
4. Add in Health-Ade Kombucha to wet ingredients. Mix well.
5. Add dry ingredients to wet ingredients. Combine and mix all together.
6. Gently mix in orange zest, shredded carrots, and dried cranberries.
7. Evenly distribute batter into mini muffin pan. Bake for 14 - 18 minutes. Enjoy!



very berry BUBBLY SMOOTHIE

makes 1 serving

INGREDIENTS

1 scoop vanilla Tone It Up Protein
1 cup Maca-Berry Health-Ade Kombucha
1 cup frozen mixed berries
½ frozen banana, sliced
1 Tbsp. hemp seeds (optional)

DIRECTIONS

1. Place all ingredients, except hemp seeds, in a blender and blend until smooth.
2. Top smoothie with optional hemp seeds. Enjoy!





apple pumpkin MARTINI

makes 1 serving

INGREDIENTS

1 Tbsp. Ginger-Lemon
Health-Ade Kombucha
1 shot vodka
2 Tbsp. pumpkin puree
¼ tsp. vanilla extract
Dash of pumpkin pie spice
Pink Lady Apple
Health-Ade Kombucha
Cinnamon stick

DIRECTIONS

1. Combine all ingredients, except Pink Lady Apple kombucha and cinnamon stick, in a cocktail shaker with ice.
2. Strain into a martini glass.
3. Top off the glass with Pink Lady Apple Health-Ade Kombucha.
4. Serve with a cinnamon stick and enjoy!!

bubbly rose SANGRIA

makes 8 servings

INGREDIENTS

2 bottles Bubbly Rose
Tone It Up x Health-Ade
Kombucha
1 bottle rosé
1 lemon, sliced
1 cup strawberries
1 cup raspberries
Soda water

DIRECTIONS

1. Combine all ingredients except soda water in a large pitcher or punch bowl.
2. Let sit in the fridge for 4-6 hours or overnight.
3. Pour in glasses and top off with soda water. Enjoy!



ENERGIZING AFTERNOON
Snacks



cinnamon SMOOTHIE

makes 1 serving

INGREDIENTS

1 scoop vanilla
Tone It Up Protein
½ cup frozen cauliflower
rice
1 cup unsweetened
almond milk
1 Tbsp. almond butter
1 tsp. cinnamon

DIRECTIONS

1. Combine all ingredients in a blender and blend until smooth.
2. Add ¼ extra almond milk if you like your smoothie thinner!

M1 M2 M3 M4



slimdown SMOOTHIE

makes 1 serving

INGREDIENTS

1 scoop Tone It Up Protein
1 cup unsweetened
almond milk
½ cup ice
1 tsp. cinnamon

DIRECTIONS

1. Blend & enjoy!

M1 M2 M3 M4



chocolate pomegranate CHIA PUDDING

makes 3 servings

INGREDIENTS

- 1 cup coconut or almond milk, unsweetened
- ¼ cup chia seeds
- 3 Tbsp. 100% pure maple syrup
- 1 Tbsp. cacao powder
- ½ tsp. vanilla extract
- ¾ cup pomegranate seeds

DIRECTIONS

1. Mix all ingredients, except pomegranate seeds, together in a bowl.
2. Cover and place in the refrigerator for at least 10 minutes or up to overnight. Top with pomegranate seeds.



salsa VERDE

makes 4 servings

INGREDIENTS

- 4 tomatillos, husk removed
- ½ yellow onion
- 1 jalapeño
- 2 garlic cloves
- 1 tsp. olive oil
- Pinch of salt
- 1 lime, juiced
- ¼ cup cilantro

DIRECTIONS

1. Preheat oven to 400 degrees.
2. On a baking sheet, add tomatillos, onion, jalapeño, garlic, olive oil, and salt. Toss to combine.
3. Bake for 10 minutes.
4. Pour ingredients into a food processor or blender. Add lime juice and cilantro. Blend to combine. Store in a glass jar in the fridge for up to 5 days. Serve with sliced veggies!



spicy PICO

makes 4 servings

INGREDIENTS

- 2 tomatoes, cut into small cubes
- ½ cup red onion, diced
- ½ jalapeño, diced
- 2 limes, juiced
- ¼ cup cilantro
- Pinch of salt

DIRECTIONS

1. Combine all ingredients in a jar and allow to sit for at least 30 minutes before serving. Serve with sliced veggies!



quick GUAC

makes 4 servings

INGREDIENTS

- 1 avocado
- ¼ cup red onion, diced
- ½ jalapeño, diced
- 1 lemon, squeezed
- Pinch of salt

DIRECTIONS

1. Combine all ingredients in a bowl and mash to combine.
2. Serve with your fave veggies!



COZY NIGHT IN
Dinners



cauliflower BOLOGNESE

makes 4 servings

INGREDIENTS

2 Tbsp. avocado oil
1 cup chopped yellow onions
3 cups cauliflower rice
1 cup chopped fresh seasonal veggies (we love squash and broccolini!)
3 cloves garlic, minced
2 (28 oz.) cans whole plum tomatoes in thick puree
3 Tbsp. balsamic vinegar
½ tsp. minced fresh thyme
¼ tsp. dried basil
¼ tsp. dried oregano
Dash of crushed red pepper
Sea salt and black pepper to taste
Spaghetti squash or veggie noodles

DIRECTIONS

1. In a large heavy-bottomed pot, heat the oil over low heat. Add the onions and cook until soft, about 3-5 minutes.
2. Add the cauliflower and veggies to the pot. Increase the heat to medium and continue to cook, stirring occasionally, until the cauliflower begins to lose its shape and take on a light golden color, about 10-12 minutes.
3. Add the garlic and cook until fragrant, about 30 seconds. Pour in the tomatoes, balsamic vinegar, thyme, basil, oregano, crushed red pepper, salt, and pepper. Mix until well combined.
4. Place the lid on top and bring the sauce to a gentle boil. Reduce the heat to low and simmer with the lid on for about 30 minutes. Remove the lid and cook for an additional 15 minutes or until the cauliflower and veggies are soft. The sauce should be thick. Season with salt and pepper to taste.

5. Serve on top of spaghetti squash or your favorite veggie noodle. Enjoy!

○ ○ M3 M4 M5



maple walnut BRUSSELS

makes 2 servings

INGREDIENTS

1 tsp. olive oil
¼ tsp. salt
3 cups Brussels sprouts, cut into quarters
1 15 oz. can chickpeas, drained and rinsed
¼ cup walnuts, chopped
1 Tbsp. maple syrup
Optional: 4-6 oz. lean protein
Optional to add leafy greens

DIRECTIONS

1. In a large saucepan over medium-low heat, add olive oil, Brussels sprouts, and salt. Sauté for 15-20 minutes, or until Brussels are tender. Make sure to stir frequently.
2. Add chickpeas, walnuts, and maple syrup. Sauté for 1 more minute then remove from heat.
3. Optional to add lean protein to this or to pair with as many leafy greens as you want! We love this with arugula.

○ ○ M3 M4 M5



salmon with cucumber YOGURT SAUCE

makes 4 servings

INGREDIENTS

4 6 oz. fresh salmon fillets

Avocado oil

Sea salt and pepper to taste

CUCUMBER YOGURT SAUCE

½ cup plain whole Greek yogurt

1 small garlic clove, minced or grated

1 Tbsp. lemon zest

1 Tbsp. fresh squeezed lemon juice

1 cucumber, peeled and thinly sliced

¼ tsp. turmeric

¼ tsp. ground coriander

Sea salt and pepper to taste

DIRECTIONS

1. Preheat the oven to 375 degrees.
2. Brush salmon lightly with avocado oil and season with salt and pepper. Place on a baking sheet and bake for 8-10 minutes until cooked through.
3. In a medium bowl, combine all ingredients for the cucumber yogurt sauce and stir to combine.
4. Top salmon with cucumber yogurt sauce and enjoy!



lemon, chicken, herb & QUINOA SOUP

makes 4 servings

INGREDIENTS

½ cup quinoa

1 ½ cups water

1 Tbsp. extra virgin olive oil

1 leek, white part only, thinly sliced

2 cloves garlic, crushed

Meat from 1 rotisserie chicken

8 cups chicken or veggie stock

2 bay leaves

½ cup lemon juice

½ cup flat-leaf parsley leaves, finely chopped, plus extra to serve

½ cup dill leaves, finely chopped, plus extra to serve

¼ cup Greek yogurt (optional)

Sea salt and pepper to taste

DIRECTIONS

1. Place the quinoa and water in a medium saucepan over high heat and bring to a boil. Reduce the heat to low and cook, covered, for 12 minutes or until almost tender. Set aside, covered, for 5 minutes.
2. Heat the oil in a large saucepan or pot over high heat. Add the leek and garlic and cook, stirring, for 1-2 minutes. Add the cooked quinoa, chicken, stock, bay leaves, lemon juice, parsley, and dill. Stir to combine. Bring to a simmer.
3. Divide the soup between bowls and top with yogurt if desired, extra parsley, extra dill, and sprinkle with sea salt and pepper to serve. Enjoy!



sweet potato BAKE

makes 2 servings

INGREDIENTS

1 sweet potato, peeled and diced

12 oz. chicken or 1 can chickpeas

½ onion, diced

3 garlic cloves, chopped

½ lemon

1 tsp. dried thyme

2 tsp. olive oil

pinch of salt

DIRECTIONS

1. Preheat the oven to 350 degrees.

2. In a baking dish, add all ingredients. Toss to combine.

3. Bake for 20 minutes (for the chickpeas) or 30 minutes (for the chicken) or until chicken is done.



zucchini PASTA

makes 2 servings

INGREDIENTS

2 large zucchini, spiralized

1 Tbsp. olive oil

Veggies of your choice (we love onions, mushrooms, and peppers)

Your favorite TIU approved sauce!

Optional: 4 oz. lean turkey, cooked and mixed in the sauce

DIRECTIONS

1. Using a spiralizer, turn zucchini into noodles!

2. Heat olive oil over medium-low heat. Sauté veggies. Add noodles. Sauté just long enough to warm, about 3-5 minutes.

3. Top with your favorite sauce! We love marinara or pesto & sundried tomatoes.



fall CROCKPOT DISHES

veggie RATATOUILLE

makes 4 servings

INGREDIENTS

1 Tbsp. olive oil (or enough to coat the pot)
 ¼ cup finely chopped onions
 2 cloves garlic, finely chopped
 1 ½ cups cubed eggplant
 ½ cup coarsely chopped zucchini
 ½ cup coarsely chopped tomato
 ½ 8 oz. can no-salt-added tomato sauce
 ⅓ cup coarsely chopped red or green sweet pepper
 ½ tsp. sea salt
 ⅓ tsp. ground black pepper
 1 Tbsp. fresh basil ribbons

DIRECTIONS

1. Heat olive oil in a large pot over medium heat. Add the onions and cook until soft and translucent, about 3 minutes. Add the garlic and cook for about 30 seconds longer. Add onion-garlic mixture to slow cooker.
2. Add eggplant, zucchini, chopped tomato, tomato sauce, pepper, salt, and black pepper to the slow cooker. Stir to combine.
3. Cover and cook on low-heat setting for 4 ½ to 5 hours or on high-heat setting for 2 to 2 ½ hours. If no heat setting is available, cook for 4 to 4 ½ hours. Garnish with fresh basil! Serve with 4-6 oz of your fave lean protein!



vegetable + garbanzo CURRY

makes 4 servings

INGREDIENTS

1 Tbsp. coconut oil
 ½ cup chopped onion
 1 Tbsp. curry powder
 3 cups cauliflower florets
 1 15 oz. can garbanzo beans, rinsed and drained
 1 cup fresh or frozen cut green beans
 1 cup sliced carrots
 1 14 oz. can vegetable broth
 1 14 oz. can light coconut milk
 ¼ cup shredded fresh basil leaves

DIRECTIONS

1. Heat coconut oil in a large pot over medium heat. Add the onions and cook until soft and translucent, about 3 minutes. Add curry powder and cook for another minute. Add onion mixture to slow cooker.
2. Add cauliflower, garbanzo beans, green beans, and carrots. Stir in broth.
3. Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2 ½ to 3 hours. Stir in coconut milk and basil and enjoy!



fall VEGGIE STEW

makes 4 servings

INGREDIENTS

½ onion, diced
 2 celery, diced
 6 cloves garlic, chopped.
 1 tsp. olive oil
 2 parsnips, chopped
 2 carrots, chopped
 1 medium sweet potato, chopped
 3-5 sprigs fresh thyme
 1 tsp. salt
 4 cups water

DIRECTIONS

1. Add all ingredients into the crockpot and cook on low for 5-6 hours. Make sure to remove the thyme sprigs before eating!



butternut squash, turkey + LENTIL CHILI

makes 4-6 servings

INGREDIENTS

SPICE MIX

- 1 ½ tsp. ground cumin
- 1 tsp. ground cinnamon
- 1 ½ tsp. chili powder
- 1 tsp. dried oregano
- ¼ tsp. chipotle powder
- 1 tsp. sea salt + more as needed

CHILI

- 1 Tbsp. coconut oil
- 1 large onion, finely chopped
- 4-5 garlic cloves, minced
- 1 jalapeño pepper, seeded and minced (optional, to taste)
- 1 lb. lean ground turkey
- 1 red bell pepper, diced
- 3 cups diced butternut squash (about ½ large butternut squash)
- 1 cup dry beluga lentils (or lentils of choice)
- 1 28 oz can diced tomatoes (try fire roasted for a smoky flavor!)
- 1 Tbsp. tomato paste
- 2 cups vegetable stock
- 2 Tbsp. pure maple syrup
- 4-5 leaves lacinato kale, stems removed and finely chopped

DIRECTIONS

1. Mix all the spices together in a small bowl and set aside.
2. Heat coconut oil in a large pot over medium heat. Add the onions and cook until soft and translucent, about 3 minutes. Add the garlic, jalapeño pepper, and spice mix. Mix to coat and then add the ground turkey. Cook turkey until no longer pink. Add turkey mixture to slow cooker.
3. Add the bell pepper, butternut squash, lentils, diced tomatoes, tomato paste, vegetable stock, and maple syrup and stir well.
4. Cook on low for approximately 7 hours or on high for 4 hours.
5. Once chili is done, add finely chopped lacinato kale. Stir to combine and enjoy!



rosemary cauliflower SOUP

makes 4 servings

INGREDIENTS

- 4 cups water
- 1 head cauliflower, chopped
- 3-5 sprigs fresh rosemary
- 1 tsp. oil
- 1 shallot, chopped
- 1 tsp. salt

DIRECTIONS

1. Combine all ingredients in a crockpot and cook on low for 5-6 hours.
2. Once cooked, remove rosemary sprigs and blend until smooth in a blender.



spicy Mexican SOUP

makes 4 servings

INGREDIENTS

- 4 cups water
- 1 can roasted tomatoes
- 1 can black beans, drained
- 1 cup fresh or frozen corn
- 1 red bell pepper, chopped
- ½ onion, diced
- 1 Tbsp. chili powder
- 1 tsp. cumin
- 1 tsp. salt
- 1 lime, squeezed
- ½ cup fresh cilantro
- ¼ tsp. chili flakes
- 1 tsp. olive oil

DIRECTIONS

1. Add all ingredients to the crockpot except for the cilantro and cook on low for 4-5 hours.
2. Add cilantro when serving.



SIMPLE DINNERS FOR
busy nights





Turmeric cauliflower RICE BOWL

makes 1 serving

INGREDIENTS

2 tsp. coconut oil
1 tsp. ground turmeric
1 tsp. ground ginger
1 ½ cups cauliflower rice
2 eggs
¼ cup carrots, diced into small pieces
¼ cup frozen peas
2 tsp. GF tamari
Pinch of salt
2 tsp. rice vinegar
¼ cup green onions
1 Tbsp. pumpkin seeds

DIRECTIONS

1. Add coconut oil, ground turmeric, and ground ginger to a pan over medium heat. Mix together for 1 minute.
2. Add cauliflower rice and sauté so that each cauliflower piece is covered with the turmeric-coconut mixture. Sauté for 1 minute, then pour into a separate bowl.
3. Scramble eggs in a separate bowl, then add them to the pan. Cook for 2 minutes.
4. Add carrots, frozen peas, GF tamari, salt, and rice vinegar. Sauté for 1 minute. Remove from heat and add cauliflower rice. Toss to combine.
5. Pour into a bowl and top with green onions and pumpkin seeds.



Tahini TRAY DINNER

makes 1 serving

INGREDIENTS

1 cup chickpeas, drained
½ cup chopped broccoli
¼ sweet potato, chopped into bite-sized pieces
1 ½ cloves garlic, diced
1 Tbsp. tahini
½ tsp. olive oil
¼ tsp. cumin
Pinch of salt
Pinch of red pepper flakes at the end
2 Tbsp. fresh parsley, tossed at the end
¼ lemon, squeezed
Optional: 6 oz. lean protein

DIRECTIONS

1. Preheat oven to 375 degrees.
2. In a bowl, combine all ingredients except for red pepper flakes, parsley, and lemon. Toss to combine. Put on a cookie sheet and bake for 25 minutes.
3. Put cooked veggies on a plate and add parsley, a pinch of crushed red pepper, and a squeeze of lemon. Serve with lean protein if desired.



spicy Thai VEGGIE STIR-FRY

makes 1 serving

INGREDIENTS

- 1 Tbsp. coconut oil
- 1 cup sugar snap peas
- 1 red bell pepper
- 1 clove garlic
- Pinch of salt
- 1 baby bok choy
- 1 thai chili pepper (or your favorite pepper)
- 1 lime, juiced
- ¼ cup green onions, chopped
- 2 Tbsp. cashews
- 4 oz. lean protein, cooked

DIRECTIONS

1. In a pan over medium heat, add coconut oil, sugar snap peas bell pepper, garlic, and salt. Sauté for 2-3 minutes.
2. Chop the bok choy and chili pepper and add to the mixture Sauté for 1-2 more minutes.
3. Remove from heat and add lime juice, green onions, and cashews. Serve with 4 oz. of your favorite lean protein, cooked.



simple lemongrass COCONUT CURRY

makes 2 servings

INGREDIENTS

- 2 cups favorite veggies (we like carrots, zucchini, onions, and broccoli!)
- 2 stalks lemongrass
- 1 can light coconut milk
- 3 cloves garlic, chopped
- ½ inch ginger, peeled and chopped
- ½ cup cooked quinoa
- 2 Tbsp. red curry paste
- 1 tsp. olive oil
- Pinch of salt

DIRECTIONS

1. In a large pan over medium heat, add olive oil.
2. Add garlic, ginger, red curry paste, and a pinch of salt. Sauté for 2 minutes.
3. Add your favorite veggies and lemongrass. Sauté for 5-10 minutes.
4. Pour coconut milk over veggie mixture. Add ¼ cup water. Cook until veggies are soft.
5. Serve over ½ cup cooked quinoa.



Three bean SALAD

makes 3 servings

INGREDIENTS

- ½ cup cannellini beans
- ½ cup garbanzo beans
- ½ cup kidney beans
- ¼ cup diced celery
- 2 Tbsp. chopped red onions
- 2 Tbsp. chopped cilantro
- 2 Tbsp. chopped rosemary
- 2 Tbsp. apple cider vinegar
- 2 Tbsp. olive oil
- Pinch of salt and pepper

DIRECTIONS

1. Combine all ingredients in a bowl. Mix and enjoy!



build your own **LEAN BOWL**



GET YOUR BASE GOING

Start with cooked quinoa or cauliflower rice for your base! For cauliflower rice, sauté 1-2 cups frozen cauliflower rice over medium heat for 5-6 minutes in 1 tsp. of olive oil.

VEGGIES

Pick as many as you like!

- shredded carrots
- bell pepper
- broccoli
- tomatoes
- green beans
- Brussels sprouts
- asparagus
- leeks
- onions
- garlic
- green onions

LEAN PROTEIN

Pick 4-6 oz. of one of the below.

- chicken breast
- turkey
- salmon
- white fish
- shrimp
- tofu
- ½ cup beans
(chickpea, pinto, black,
kidney, navy)

SPICES/FLAVORINGS

Pick 2 from below.

- 2 Tbsp. pesto
(recipe on ToneltUp.com)
- ¼ cup salsa
- 1 jalapeño
- hot sauce

HERBS

Pick as many as you like!

- cilantro
- parsley
- dill
- basil
- mint

HEALTHY FATS

Choose one from below.

- ¼ cup guacamole
- 1 Tbsp. pumpkin/sunflower seeds
- 2 Tbsp. chopped nuts

Put quinoa or cauliflower rice in a bowl and sauté your chosen veggies until slightly tender. Season with a sprinkle of salt. Top quinoa or cauliflower rice with cooked veggies, spices, fresh herbs, and your favorite healthy fat.

Tray DINNER

Tray Dinners are one of our go-to meals for busy weeknights! They are so simple, tasty, and you can mix and match all of your fave ingredients.

We like to double the recipe and make extra for leftovers the next day. It makes meal prep a breeze! Just follow the instructions below for some amazing Tray Dinners!



First, preheat that oven to 375° girl.

GET YOUR BASE GOING

Chop ½ cup onions and 2-3 garlic cloves

NEXT, CHOOSE YOUR VEGGIES!

This is enough for 1 serving so double or triple if you make it for the week! You can choose up to 3 veggies

- 1 cup Brussels sprouts, halved
- 1 cup carrots, chopped
- 1 cup green beans
- ½ cup sweet potato or squash, cubed
- 1 cup fennel, chopped
- 1 cup cauliflower, chopped
- 1 cup broccoli, chopped

PICK YOUR PROTEIN

Choose one from the below.

- 6 oz chicken breast
- 6 oz salmon
- 6 oz white fish
- 6 oz shrimp
- ½ cup beans (chickpea, pinto, black, kidney, navy)

TOSS ALL TOGETHER WITH...

- 2 tsp. olive oil
- A pinch of salt

AND CHOOSE ONE OF THESE SEASONINGS (OPTIONAL!)

- 1 Tbsp. chili powder
- 1 Tbsp. garlic powder
- ¼ tsp. cayenne pepper
- 1 Tbsp. curry powder
- 1 tsp. lemon pepper

You can also serve with a small side of guacamole!

And bake for 20-40 minutes, depending on the protein you choose!

TREATS TO *fall for*





coconut thumbprint COOKIES

makes 12 cookies (serving size: 1 cookie)

INGREDIENTS

10 pitted dates
3 scoops Coconut
Tone It Up Protein
¾ cup coconut flour
3 Tbsp. shredded coconut,
plus more for topping
¼ tsp. baking soda
¼ tsp. salt
1 large egg white
2 Tbsp. honey
¼ cup almond butter
½ cup coconut oil, melted
¼ tsp. vanilla
4 Tbsp. water

DIRECTIONS

1. Preheat oven to 350 degrees and prepare a baking sheet with parchment paper.
2. Put dates in a bowl and cover with hot water to soften; set aside.
3. Combine all dry ingredients in a medium bowl. Stir to combine.
4. In a separate bowl, combine all wet ingredients except water. Stir well to combine.
5. Add dry ingredients to wet ingredients and slowly stir in water until a dough forms.
6. Make tablespoon-size balls and place on prepared baking sheet. Use a spoon to gently make a thumbprint into cookies. Bake for about 7 minutes.
7. While cookies are baking, make date caramel. Drain water into a separate bowl and add dates to a food processor. Blend dates, slowly adding water until you get a caramel consistency.
8. When cookies are cooled, add a spoonful of date caramel into the thumbprint of each cookie. Sprinkle with shredded coconut. Enjoy!

peanut butter COOKIES

makes 12 cookies (serving size: 2 cookies)

INGREDIENTS

2 scoops vanilla
Tone It Up Protein
¼ cup egg whites
1 cup peanut butter

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Mix together all ingredients.
3. Roll dough into approximately 2 Tbsp. balls and then flatten balls with fork to form cookie shape.
4. Cook for 10 minutes. Bon appetit bombshell!



maple cinnamon LATTE COOKIES

makes 12 cookies (serving size: 1 cookie)

INGREDIENTS

3 scoops Café Latte
Tone It Up Protein
¾ cup oat flour
¼ tsp. baking soda
¼ tsp. salt
1 tsp. cinnamon
1 large egg white
4 Tbsp. maple syrup
¼ cup GF tahini
¼ tsp. vanilla
4 Tbsp. water
1 tsp. cinnamon & 1 Tbsp.
maple sugar for topping
(optional)

DIRECTIONS

1. Preheat oven to 350 degrees and prepare a baking sheet with parchment paper.
2. Combine all dry ingredients in a medium bowl. Stir to combine.
3. In a separate bowl, combine all wet ingredients except water. Stir well to combine.
4. Add dry ingredients to wet ingredients and slowly stir in water until a dough forms.
5. Make tablespoon-size balls and place on prepared baking sheet. Use a fork to gently smash down cookies. Sprinkle with cinnamon & maple sugar topping.
6. Cook for about 7 minutes.



peanut butter + chocolate chip OATMEAL COOKIES

makes 12 cookies (serving size: 1 cookie)

INGREDIENTS

2 scoops Peanut Butter
Tone It Up Protein
¾ cup oats
½ tsp. baking soda
½ tsp. baking powder
Pinch of salt
½ cup creamy peanut
butter
¾ cup almond or coconut
milk
¼ cup egg whites
½ tsp. vanilla extract
¼ cup chocolate chips

DIRECTIONS

1. Preheat oven to 350 degrees.
2. In a bowl, mix all dry ingredients until combined.
3. In a separate bowl, mix all wet ingredients until combined.
4. Combine wet and dry ingredients. Gently fold in chocolate chips.
5. Bake for 15 minutes. Let cool and enjoy!



apple pie MUG CAKE

makes 1 serving

INGREDIENTS

- 1 scoop vanilla Tone It Up Protein
- ¼ tsp. baking powder
- ½ tsp. apple pie spice or cinnamon
- 1 tsp. maple syrup
- 2 Tbsp. unsweetened applesauce
- 2 Tbsp. unsweetened almond milk
- 1 tsp. coconut oil, melted

DIRECTIONS

1. Combine all ingredients in a mug and microwave for 1 ½ - 2 minutes. Enjoy!

avocado peanut butter BROWNIES

makes 9 servings

INGREDIENTS

- 2 avocados, mashed
- 2 Tbsp. melted coconut oil
- 2 eggs
- ½ cup maple syrup
- 1 tsp. vanilla extract
- ¼ cup vanilla Tone It Up Protein
- ½ cup oat flour or almond flour
- ¼ cup unsweetened cocoa
- ½ tsp. baking powder
- ¼ tsp. salt
- 2 Tbsp. peanut butter
- Coconut oil spray

DIRECTIONS

1. Preheat oven to 350 degrees.
2. In a bowl, combine wet ingredients (except the peanut butter).
3. In a separate bowl, combine dry ingredients.
4. Mix wet ingredients into dry ingredients.
5. Pour mixture into a baking pan sprayed with coconut oil spray.
6. Top with peanut butter, with a few dollops around the entire pan. Use your knife to drag peanut butter through the mixture to create swirls.
7. Bake for 30-35 minutes, or until a toothpick comes out clean.





CONGRATULATIONS!

You did it girl! You rocked 31 days of Booty Calls, pumpkin spice preppin', pancake flippin', TIU approved love for your gorgeous body and mind. Take a moment right now to acknowledge all you accomplished in the last month.

We are truly in awe of you! Not only have you inspired us and everyone in this community, you've shown yourself that you can do whatever you set your mind to. You are strong, brilliant, and beautiful! You are your own definition of amazing, always!

We can't wait to continue this journey with you and the #TIUteam. This is just the beginning for you!

Your trainers,

Karena & Katrina

WE CAN'T WAIT TO SEE YOUR TRANSFORMATION PHOTOS!
POST THEM WITH #TIUTRANSFORMATION

YOUR

31 Day

CHALLENGE

PARTNERS



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Tone It Up Nutrition Plan

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