LOVE YOUR BODY
MEAL PLAN

BY CERTIFIED PERSONAL TRAINERS
& NUTRITION COACHES
KARENA DAWN & KATRINA SCOTT

WITH REGISTERED DIETITIAN
LORI ZANINI

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Karena and I are so excited you’re here! And happy new year babe! This is the ultimate opportunity to refresh, set new goals, and really commit to yourself. So what are you dreaming of this year? Let’s make it happen together!

We’ll start by setting an intention of LOVE. Throughout the Love Your Body Series, we’re going to show our bodies love every single day. We’ll move and sweat together, we’ll eat nutrient-packed and delicious meals, we’ll practice meditation and self-care, and we’ll offer each other support and encouragement.

We created this meal plan to help you love your body with nourishing and easy meals. In these pages, you’ll find brand new recipes (we’re obsessed with the warm winter dinners and simple superfood smoothies), healthy treats (helloooo TIU approved panna cotta and brownies!), meal-by-meal guides and grocery lists to simplify everything, and grab-and-go options for busy babes.

You’re going to love the way you feel — strong, healthy, fit, glowing, empowered, supported, and loved...by yourself and this Tone It Up community.

This is your year! We believe in you with all our hearts.

Love your trainers,

Karena & Katrina
Get Ready For The Series

Checklist for Success

☐ DOWNLOAD THE TIU APP
The Tone It Up app is THE place for all your Love Your Body workouts. You’ll find brand new workouts for the series — HIIT, strength training, yoga, booty sculpting, and more. We designed a special program in the app for the BEST results — to tone every muscle group, boost your metabolism and energy levels, and help you feel confident and glowing from the inside out. All you have to do is sign up for the program in the app and we’ll guide you through the rest! Get the app and start your free trial HERE!

☐ INVITE YOUR GIRLS
Having an accountability partner is KEY for you during this series — you can motivate each other to crush your TIU app workouts and swap recipe ideas. Invite your squad to join you or find an entire community of strong, empowered TIU women on Instagram #TIUTeam!

☐ PREP YOUR WORKOUT SPACE
Your Tone It Up app workouts are designed to be done at home, in the gym, or wherever you’re traveling! In the cold winter months, it’s amazing that you can get your workouts done right from your living room or wherever is convenient for you. Throughout the series you’ll be toning, strengthening, and feeling the burn using a yoga mat, dumbbells, Booty Bands, and a kettlebell. Create a little workout basket that has all of your essentials now, so it’ll be handy when you’re ready to train! Pssst....have you seen all the cute gear we have for you at Target? Check it out HERE!
STOCK UP ON PROTEIN
Protein will fuel your fitness journey and give you the best results! It helps boost your metabolism, form lean muscle, and increase your energy. Tone It Up Protein is clean, gluten-free, non-GMO, and so delicious in pancakes, smoothies, muffins, and more! You can grab your Tone It Up Protein at Target or online here! On the go? Tone It Up Bars, Bites, and Shakes are the perfect protein-filled snacks to pack in your purse or gym bag.

GET GLOWING WITH COLLAGEN
Tone It Up Marine Collagen delivers beauty from the inside out. Collagen is packed with amino acids that support gorgeous glowing skin, radiant flowing hair, and strong nails. And it’s so easy to mix in everything! We mix it into hot and cold drinks and baked goods from this plan. Grab your collagen here! And did you see the new Tone It Up Collagen Creamer?! It’s perfect in your morning coffee!

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 so drink up buttercup! Grab your TIU bottle from Target here.

YOUR “A” GAME 💪
Love Your Body Series 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 ToningItUp.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 move 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 the Tone It Up App!

**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 gluten-free, non-GMO, and it has simple, clean ingredients. We don’t recommend any protein with a lot of ingredients that you can’t pronounce. You can find Tone It Up Protein powders and snacks at your local Target and [here](#).

**What will my results be?**
The Love Your Body Series will help you feel your best!

- You’ll feel lean, fit, 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!
**EAT LEAN, CLEAN, 'N GREEN**
This is KEY to your success! It means you’ll be eating clean, unprocessed, whole foods — think 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

**NO FRIED FOODS**
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 ~ 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.

**NO HIGH FRUCTOSE CORN SYRUP**
Where can you find high fructose corn syrup? Check your labels! A lot of bread, bars, snacks, and drinks add it. Avoiding high fructose corn syrup will help your blood sugar levels stay balanced, giving you more energy and keeping you 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 TonItUp.com! For this series, we challenge you to limit late-night treats and go for a sparkling water or kombucha instead.

**LIMIT STARCHES IN THE AFTERNOON AND EVENING**
Instead of wondering what pasta, rice, potato, bread, or carb you need to add to dinner, you’re making delicious meals 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 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. We promise, when you’re consistently following this, those muscles will start poppin’ first thing in the morning!

**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. We like to choose 3 nights or less per week to have 2 or fewer drinks. 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. 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, Thursday morning grab a light breakfast, do your workout, and you’re golden!
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!) Looking for more tips and tricks to succeed? Check out ToneItUp.com for our best meal prep tips!

**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

**PRE-MADE MUST HAVES**

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

**FROZEN SECTION**

- Brussels sprouts
- Kale
- Spinach
- Veggies
- Strawberries
- Blueberries
- Mango
- Pineapple
- All fruits
- Frozen cauliflower
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 doing 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
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 Bites
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
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<td><strong>M1</strong></td>
<td>Savory Green Smoothie</td>
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<td>1 apple, sliced + 1 Tbsp. almond butter</td>
<td>Tone It Up Protein Shake on the go</td>
<td>Everything But The Kitchen Sink Salad</td>
<td>Blueberry Pancakes drizzled with 1 Tbsp. nut butter + ½ cup berries</td>
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<td>3 Carrot Cake Mini Muffins</td>
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<td>1 apple, sliced + 1 Tbsp. almond butter</td>
<td>5 oz. Greek, coconut, or almond yogurt with 2 tsp. cocoa nibs</td>
<td>Piece of fruit or 8 oz. fresh green juice + ¼ cup nuts</td>
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<td><strong>M2</strong></td>
<td>Tropical Tossed Salad</td>
<td>Leftover Winter Veggie &amp; Tempeh Bowl</td>
<td>Tropical Tossed Salad</td>
<td>Leftover Tahini Tray Dinner</td>
<td>Head out for a Lean, Clean, 'N Green lunch!</td>
<td>Enjoy a couple of Crispy Kale Mini Muffins while you prep</td>
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<td>5 oz. Greek, coconut, or almond yogurt with 2 tsp. cocoa nibs</td>
<td>Chocolate Peanut Butter Chia Seed Pudding</td>
<td>Tone It Up Protein Bar</td>
<td>Chocolate Peanut Butter Chia Seed Pudding</td>
<td>Enjoy a couple of Crispy Kale Mini Muffins while you prep</td>
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<td>Winter Veggie &amp; Tempeh Bowl (Save extras for tomorrow’s lunch!)</td>
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<td>Winter Veggie &amp; Tempeh Bowl (Save extras for tomorrow’s dinner!)</td>
<td>Leftover Winter Veggie &amp; Tempeh Bowl</td>
<td>Chicken Zoodle Soup (Save extras for tomorrow’s lunch!) + side salad with lots of veggies and 1/4 avocado</td>
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<td><strong>M4</strong></td>
<td>Winter Veggie &amp; Tempeh Bowl (Save extras for tomorrow’s lunch!)</td>
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<td>Leftover Winter Veggie &amp; Tempeh Bowl</td>
<td>Try a new recipe from the plan!</td>
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<td><strong>M5</strong></td>
<td>Ginger lemon tea</td>
<td>Sparkling water + lemon</td>
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<td>Optional TIU approved dessert - try the new Panna Cotta!</td>
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<td><strong>PM</strong></td>
<td>Sparkling water + lemon</td>
<td>Ginger lemon tea</td>
<td>Optional TIU approved dessert - try the new Panna Cotta!</td>
<td>Ginger lemon tea</td>
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**Love Your Body Series**

Optional TIU approved dessert - try the new Panna Cotta!

**Day 1**

- AM: Coffee/Tea w/ TIU Collagen + Meta-D or Bombshell Spell
- PM: Ginger lemon tea

**Day 2**

- AM: Savory Green Smoothie
- PM: Sparkling water + lemon

**Day 3**

- AM: Coffee/Tea w/ TIU Collagen + Meta-D or Bombshell Spell
- PM: Ginger lemon tea

**Day 4**

- AM: Tone It Up Protein Shake on the go
- PM: Optional TIU approved dessert - try the new Panna Cotta!

**Day 5**

- AM: Coffee/Tea w/ TIU Collagen + Meta-D or Bombshell Spell
- PM: Blueberry Pancakes drizzled with 1 Tbsp. nut butter + ½ cup berries

**Day 6**

- AM: Coffee/Tea w/ TIU Collagen + Meta-D or Bombshell Spell
- PM: Everything But The Kitchen Sink Salad + 4 oz. lean protein (What’s still good? Combine for a delicious superfood salad!)

**Day 7**

- AM: Coffee/Tea w/ TIU Collagen + Meta-D or Bombshell Spell
- PM: Chicken Zoodle Soup (Save extras for tomorrow’s lunch!) + side salad with lots of veggies and 1/4 avocado
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 Spinach
- Baked Kale Chips (homemade or store-bought)
- Bell Pepper
- Broccoli
- Broccoli Florets
- Broccolini
- Brussels Sprouts
- Carrot
- Cauliflower Florets
- Celery
- Chives
- Cilantro
- Fresh Parsley
- Garlic
- Golden Beet
- Mini Cucumber
- Mushrooms
- Onion
- Parsley
- Red Onion
- Salad Greens
- Serrano Pepper
- Shallot
- Shredded Red Cabbage
- Sweet Potato
- Thyme
- Yellow Onions
- Your Favorite Veggies
- Zucchini

FRUIT
- Apple
- Avocado
- Banana

Veggies
- Blackberries
- Dragon Fruit
- Frozen Berries
- Green Apple
- Ginger
- Lemon
- Lime
- Mango
- Pomegranate Arils
- Raspberries
- Your Favorite Fruit or Fresh Green Juice

NUTS, SEEDS, MILKS & BUTTERS
- Almond Butter
- Chia Seeds
- Coconut Milk (optional)
- Pepitas
- Unsweetened Almond Milk
- Walnut Halves (optional)
- Your Favorite Nuts and Seeds
- Your Favorite Plant-Based Milk

PROTEIN & MISC
- Eggs
- Egg Whites
- Coconut, Almond, or Greek Yogurt
- Cooked and Shredded Chicken
- Tempeh
- Your Favorite Lean Proteins

CANNED ITEMS
- Chickpeas

DIPS & FLAVORINGS
- Cassia Cinnamon
- Cayenne Pepper
- Cumin
- Ground Cloves
- Ground Nutmeg
- Hot Sauce (optional)
- Low-Sodium Barbecue Sauce (we love Primal Kitchen!)
- Red Pepper Flakes
- Salsa (optional)
- Tahini
- Turmeric
- Your Favorite Spices

PANTRY
- Tone It Up Protein (Vanilla and Chocolate PB)
- Tone It Up Protein Bars & Bites
- Tone It Up Protein Shake
- Tone It Up Marine Collagen
- Almond Flour
- Apple Cider Vinegar
- Apple Juice
- Avocado Oil
- Baking Powder
- Baking Soda
- Black Pepper
- Cocoa Nibs
- Coconut Oil
- Coconut Oil Spray
- Coffee/Tea/Espresso
- Ezekiel or GF Toast
- Honey
Week 1 Grocery List

**Grocery List**

- Maple Syrup
- Olive Oil
- Pineapple Juice
- Quinoa
- Sea Salt
- Vanilla Extract
- Vegetable or Chicken Broth
- Wine for WNW! (optional)

**MAKE IT YOUR OWN!**
(Make sure to grab ingredients for these recipes!)

- Your Fave TIU Approved Weekend Breakfast
- Your Fave TIU Smoothie
- Your Fave Lean Bowl
- Optional TIU Approved Desserts

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Meal Prep

- Wash & chop veggies
- Prep your lean proteins
- Slice and freeze bananas for smoothies
- Prep the Carrot Cake Mini Muffins
- Prep the Chocolate Peanut Butter Chia Seed Pudding
- Cook and prep quinoa for the week
### Day 1

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<td>M4</td>
<td>5 oz. Greek, coconut, or almond yogurt with 2 tsp. cocoa nibs</td>
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<td>M5</td>
<td>Winter Veggie &amp; Tempeh Bowl (Save extras for tomorrow’s lunch!)</td>
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- Drink 8-10 glasses of water

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<td>4 oz. lean protein + 2 cups lightly steamed veggies + 2 tsp. olive oil + ¼ cup beans or quinoa + your fave spices</td>
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- Drink 8-10 glasses of water
**Day 3**

**AM**

Coffee / Tea w/ TIU Collagen + **Meta D or Bombshell Spell**

4 egg whites + 1 whole egg cooked in 1 tsp. olive oil + 1 cup veggies (mushrooms, peppers, spinach) w/ optional salsa or hot sauce. 1 piece Ezekiel or GF toast w/ ¾ avocado

**M1**

1 apple, sliced + 1 Tbsp. almond butter

**M2**

Tropical Tossed Salad

**M3**

Tone It Up Protein Bar

**M4**

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

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

**PM**

**Day 4**

**AM**

Coffee / Tea w/ TIU Collagen + **Meta D or Bombshell Spell**

**M1**

Your fave smoothie

**M2**

3 Carrot Cake Mini Muffins

**M3**

Leftover **Tahini Tray Dinner**

**M4**

Chocolate Peanut Butter Chia Seed Pudding

**M5**

Winter Veggie & Tempeh Bowl (Save extras for tomorrow’s dinner!)

**PM**

Ginger lemon tea

- Daily Workout
- Drink 8-10 glasses of water
**Day 5**

- **AM**
  - Coffee / Tea w/ TIU Collagen + **Meta D or Bombshell Spell**

- **M1**
  - 4 egg whites + 1 whole egg cooked in 1 tsp. olive oil + 1 cup veggies (mushrooms, peppers, spinach) w/ optional salsa or hot sauce. 1 piece Ezekiel or GF toast w/ ¼ avocado

- **M2**
  - 1 apple, sliced + 1 Tbsp. almond butter

- **M3**
  - **Tropical Tossed Salad**

- **M4**
  - 5 oz. Greek, coconut, or almond yogurt with 2 tsp. cocoa nibs

- **M5**
  - Leftover **Winter Veggie & Tempeh Bowl**

- **PM**
  - Sparkling water + lemon

**Day 6**

- **AM**
  - Coffee / Tea w/ TIU Collagen + **Meta D or Bombshell Spell**

- **M1**
  - Ezekiel or gluten-free toast with ½ avocado + 1 piece fruit

- **M2**
  - **Tone It Up Protein Shake** on the go

- **M3**
  - Head out for a Lean, Clean, ‘N Green lunch!

- **M4**
  - 5 oz. Greek, coconut, or almond yogurt with 2 tsp. cocoa nibs

- **M5**
  - Try a new recipe from the plan!

- **PM**
  - Optional TIU approved dessert

☐ Daily Workout

☐ Drink 8-10 glasses of water

☐ Daily Workout

☐ Drink 8-10 glasses of water
Day 1

**AM**
Coffee / Tea w/ TIU
Collagen + **Meta D or Bombshell Spell**

**M1**
Blueberry Pancakes drizzled with 1 Tbsp. nut butter + ½ cup berries

**M2**
Piece of fruit or 8 oz. fresh green juice + ¼ cup nuts

**M3**
Everything But The Kitchen Sink Salad + 4 oz. lean protein (What’s still good? Combine for a delicious superfood salad!)

**M4**
Enjoy a couple of **Crispy Kale Mini Muffins** while you prep

**M5**
Chicken Zoodle Soup (Save extras for tomorrow’s lunch!) + side salad with lots of veggies and ¼ avocado

**PM**
Ginger lemon tea

☐ Daily Workout
☐ Drink 8-10 glasses of water
WEEK 2
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<td>**M1</td>
<td>Blood Orange and Beet Smoothie Bowl</td>
<td>Blood Orange and Beet Smoothie Bowl</td>
<td>Oatmeal Raisin Cookie Overnight Oats</td>
<td>Oatmeal Raisin Cookie Overnight Oats</td>
<td>Your fave smoothie</td>
<td>Your fave breakfast from the plan</td>
<td>Tone It Up Pancakes or Waffles drizzled with 1 Tbsp. nut butter + ½ cup berries + Golden Turmeric Latte</td>
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<td>**M2</td>
<td>3 Crispy Kale Mini Muffins</td>
<td>3 Crispy Kale Mini Muffins</td>
<td>1 apple, sliced + 1 Tbsp. almond butter</td>
<td>1 apple, sliced + 1 Tbsp. almond butter</td>
<td>3 Crispy Kale Mini Muffins</td>
<td>Tone It Up Protein Shake on the go</td>
<td>Piece of fruit or 8 oz. fresh green juice + ¼ cup nuts</td>
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<td>**M3</td>
<td>Leftover Chicken Zoodle Soup + side salad with 1 - 2 Tbsp. TIU approved dressing + 1 piece fruit</td>
<td>Hearty Kale Salad</td>
<td>Hearty Kale Salad</td>
<td>Leftover Lean Bowl</td>
<td>Curried Chickpea and Avocado Wrap + 3 oz. lean protein + 1 piece fruit</td>
<td>Curried Chickpea and Avocado Wrap + 3 oz. lean protein + 1 piece fruit</td>
<td>Everything But The Kitchen Sink Salad + 4 oz. lean protein + 1 - 2 Tbsp. TIU approved dressing (What’s still good? Combine for a delicious superfood salad! Toss in some avo for healthy fats!)</td>
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<td>**M4</td>
<td>1 cup baby carrots + ¼ cup hummus</td>
<td>1 cup baby carrots + ¼ cup hummus</td>
<td>Tone It Up Protein Bar</td>
<td>Grab an 8 oz. fresh green juice + ¼ cup nuts</td>
<td>5 oz. Greek, coconut, or almond yogurt with 2 tsp. cocoa nibs</td>
<td>5 oz. Greek, coconut, or almond yogurt with 2 tsp. cocoa nibs</td>
<td>Make the cookies from the Almond Butter Cookie Smoothie recipe and enjoy a couple while you prep</td>
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<td>**M5</td>
<td>Shredded Veggie Cakes with Green Goddess Sauce (Save extras for tomorrow’s dinner!)</td>
<td>Leftover Shredded Veggie Cakes with Green Goddess Sauce</td>
<td>Lean Bowl (Make extras for tomorrow’s lunch!)</td>
<td>Simple Lemongrass Coconut Curry + 1 cup tofu or protein of choice (Save extras for tomorrow’s diner!)</td>
<td>Leftover Simple Lemongrass Coconut Curry + 3 oz. lean protein</td>
<td>Head out for a Lean, Clean, ‘N Green Dinner!</td>
<td>Teriyaki Tray Bake (Save extras for tomorrow’s lunch!)</td>
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<td>**PM</td>
<td>Ginger lemon tea</td>
<td>Sparkling water + lemon</td>
<td>Ginger lemon tea</td>
<td>Sparkling water + lemon</td>
<td>Optional TIU approved dessert</td>
<td>Ginger lemon tea</td>
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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 Carrots
- Baked Kale Chips (homemade or store-bought)
- Broccoli Florets
- Carrots
- Cherry Tomatoes
- Cremini Mushrooms
- Fresh Dill
- Fresh Mint
- Fresh Parsley
- Garlic
- Head of Cabbage
- Kale
- Lacinato Kale Leaves
- Large Radicchio or Collard Leaves
- Lemongrass
- Scallions
- Small Beet
- Sweet Potato
- Your Favorite Veggies

**FRUIT**
- Apple
- Avocado
- Banana
- Berries
- Dried Cranberries
- Frozen Raspberries
- Kiwifruit
- Ginger
- Lemon
- Lime
- Pomegranate Arils

**PROTEIN & MISC**
- Eggs
- Egg Whites
- Coconut, Almond, or Greek Yogurt
- Your Favorite Lean Proteins

**CANNED ITEMS**
- Chickpeas
- Kidney Beans

**DIPS & FLAVORINGS**
- Cassia Cinnamon
- Cayenne Pepper
- Curry Powder
- Ground Ginger
- Hummus
- Red Curry Paste
- Turmeric
- Your Favorite Spices

**NUTS, SEEDS, MILKS & BUTTERS**
- Almond Butter
- Chia Seeds
- Coconut Milk (optional)
- Pepitas
- Unsweetened Almond Milk
- Walnut Halves (optional)
- Your Favorite Nuts and Seeds
- Your Favorite Plant-Based Milk

**PANTRY**
- Tone It Up Protein (Vanilla and Chocolate PB)
- Tone It Up Protein Bars & Bites
- Tone It Up Protein Shake
- Tone It Up Marine Collagen
- Almond Flour
- Apple Cider Vinegar
- Apple Juice
- Avocado Oil
- Baking Powder
- Baking Soda
- Black Pepper
- Cocoa Nibs
- Coconut Oil
- Coconut Oil Spray
- Coffee/Tea/Espresso
- Ezekiel or GF Toast
- Honey
- Maple Syrup
- Olive Oil
- Pineapple Juice
- Quinoa
- Sea Salt
- Vanilla Extract
- Vegetable or Chicken Broth
- Wine for WNW! (optional)

**MAKE IT YOUR OWN!**
(Make sure to grab ingredients for these recipes!)
- Your Fave TIU Approved Weekend Breakfast
- Your Fave TIU Smoothie
- Your Fave Lean Bowl
- Optional TIU Approved Desserts
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</tbody>
</table>
Meal Prep

- Wash & chop veggies
- Prep your lean proteins
- Slice and freeze bananas for smoothies
- Prep the Crispy Kale Mini Muffins
- Prep the Oatmeal Raisin Cookie Overnight Oats
- Cook and prep quinoa for the week
Day 8

AM
Coffee / Tea w/ TIU
Collagen + Meta D or Bombshell Spell

M1
Blood Orange and Beet Smoothie Bowl

M2
3 Crispy Kale Mini Muffins

M3
Leftover Chicken Zoodle Soup + side salad with 1 - 2 Tbsp. TIU approved dressing + 1 piece fruit

M4
1 cup baby carrots + ¼ cup hummus

M5
Shredded Veggie Cakes with Green Goddess Sauce (Save extras for tomorrow’s dinner!)

PM
Ginger lemon tea

☐ Daily Workout
☐ Drink 8-10 glasses of water

Day 9

AM
Coffee / Tea w/ TIU
Collagen + Meta D or Bombshell Spell

M1
Blood Orange and Beet Smoothie Bowl

M2
3 Crispy Kale Mini Muffins

M3
Hearty Kale Salad

M4
1 cup baby carrots + ¼ cup hummus

M5
Leftover Shredded Veggie Cakes with Green Goddess Sauce

PM
Sparkling water + lemon

☐ Daily Workout
☐ Drink 8-10 glasses of water
Day 10

AM  Coffee / Tea w/ TIU  Collagen + Meta D or Bombshell Spell

M1  Oatmeal Raisin Cookie Overnight Oats

M2  1 apple, sliced + 1 Tbsp. almond butter

M3  Hearty Kale Salad

M4  Tone It Up Protein Bar

M5  Lean Bowl (Make extras for tomorrow’s lunch!)

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

☐ Daily Workout
☐ Drink 8-10 glasses of water

Day 11

AM  Coffee / Tea w/ TIU  Collagen + Meta D or Bombshell Spell

M1  Oatmeal Raisin Cookie Overnight Oats

M2  1 apple, sliced + 1 Tbsp. almond butter

M3  Leftover Lean Bowl

M4  Grab an 8 oz. fresh green juice + ¼ cup nuts

M5  Simple Lemongrass Coconut Curry + 1 cup tofu or protein of choice (Save extras for tomorrow’s dinner!)

PM  Ginger lemon tea

☐ Daily Workout
☐ Drink 8-10 glasses of water
## Day 12

**AM**
- Coffee / Tea w/ TIU Collagen + **Meta D or Bombshell Spell**

**M1**
- Your fave smoothie

**M2**
- 3 Crispy Kale Mini Muffins

**M3**
- Curried Chickpea and Avocado Wrap + 3 oz. lean protein + 1 piece fruit

**M4**
- 5 oz. Greek, coconut, or almond yogurt with 2 tsp. cocoa nibs

**M5**
- Leftover Simple Lemongrass Coconut Curry + 3 oz. lean protein

**PM**
- Sparkling water + lemon

- Daily Workout
- Drink 8-10 glasses of water

## Day 13

**AM**
- Coffee / Tea w/ TIU Collagen + **Meta D or Bombshell Spell**

**M1**
- Your fave breakfast from the plan

**M2**
- Tone It Up Protein Shake on the go

**M3**
- Curried Chickpea and Avocado Wrap + 3 oz. lean protein + 1 piece fruit

**M4**
- 5 oz. Greek, coconut, or almond yogurt with 2 tsp. cocoa nibs

**M5**
- Head out for a Lean, Clean, ‘N Green Dinner!

**PM**
- Optional TIU approved dessert

- Daily Workout
- Drink 8-10 glasses of water
Day 14

AM

Coffee / Tea w/ TIU
Collagen + Meta D or Bombshell Spell

M1

Tone It Up Pancakes or Waffles
drizzled with 1 Tbsp. nut butter +
½ cup berries + Golden Turmeric Latte

M2

Piece of fruit or 8 oz. fresh green juice + ¼ cup nuts

M3

Everything But The Kitchen Sink Salad + 4 oz. lean protein + 1 - 2 Tbsp. TIU approved dressing (What’s still good? Combine for a delicious superfood salad! Toss in some avo for healthy fats!)

M4

Make the cookies from the Almond Butter Cookie Smoothie recipe and enjoy a couple while you prep

M5

Teriyaki Tray Bake (Save extras for tomorrow’s lunch!)

PM

Ginger lemon tea

Daily Workout

Drink 8-10 glasses of water
<table>
<thead>
<tr>
<th>Day 15</th>
<th>Day 16</th>
<th>Day 17</th>
<th>Day 18</th>
<th>Day 19</th>
<th>Day 20</th>
<th>Day 21</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AM</strong></td>
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</tr>
<tr>
<td>Almond Butter Cookie Smoothie</td>
<td>2 Broccoli Leek Egg Muffins + ¼ avocado + ⅛ cup salsa + 1 piece fruit</td>
<td>Almond Butter Cookie Smoothie</td>
<td>2 Broccoli Leek Egg Muffins + ¼ avocado + ⅛ cup salsa + 1 piece fruit</td>
<td>Vanilla Latte Smoothie</td>
<td>Tone It Up Protein Shake on the go</td>
<td>Maple Coffee Pancake + ½ cup berries</td>
</tr>
<tr>
<td>Tone It Up Protein Bar</td>
<td>5 oz. Greek, coconut, or almond yogurt with ½ cup strawberries + 2 tsp. cocoa nibs</td>
<td>1 apple, sliced + 1 Tbsp. almond butter</td>
<td>5 oz. Greek, coconut, or almond yogurt with ½ cup strawberries + 2 tsp. cocoa nibs</td>
<td>1 apple, sliced + 1 Tbsp. almond butter</td>
<td>Tone It Up Protein Shake on the go</td>
<td>Piece of fruit or 8 oz. fresh green juice + ¼ cup nuts</td>
</tr>
<tr>
<td>Leftover Teriyaki Tray Bake + 1 piece fruit</td>
<td>Leftover Spicy Sesame Zoodles</td>
<td>Chopped Superfood Cobb Salad</td>
<td>Leftover Salmon With Chili-Tamari Sauce with 2 cups greens</td>
<td>Chopped Superfood Cobb Salad</td>
<td>Head out for a Lean, Clean, 'N Green lunch</td>
<td>Everything But The Kitchen Sink Salad + 4 oz. lean protein (What's still good? Combine for a delicious superfood salad!)</td>
</tr>
<tr>
<td>Pick-Me-Up Chia Seed Pudding</td>
<td>Pick-Me-Up Chia Seed Pudding</td>
<td>Tone It Up Protein Bar</td>
<td>Grab an 8 oz. fresh green juice + ¼ cup nuts</td>
<td>Tone It Up Protein Bar</td>
<td>Pick-Me-Up Chia Seed Pudding</td>
<td>Enjoy a couple of Chocolate Pomegranate Mini Muffins as you prep</td>
</tr>
<tr>
<td>Spicy Sesame Zoodles (Save extras for tomorrow’s lunch!)</td>
<td>Steamed Salmon With Chili-Tamari Sauce + ¼ cup cooked quinoa + 2 cups veggies (Save extras for tomorrow’s lunch!)</td>
<td>Lean Bowl (Make extras for tomorrow’s dinner!)</td>
<td>Lean Bowl (Make extras for tomorrow’s dinner!)</td>
<td>Leftover Lean Bowl</td>
<td>Leftover Lean Bowl</td>
<td>Mix-And-Match Beauty Broth + 2 cups steamed veggies (Make extras for tomorrow’s lunch!)</td>
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<tr>
<td>Ginger lemon tea</td>
<td>Sparkling water + lemon</td>
<td>Ginger lemon tea</td>
<td>Sparkling water + lemon</td>
<td>Optional TIU approved dessert</td>
<td>Ginger lemon tea</td>
<td>Ginger lemon tea</td>
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<td><strong>PM</strong></td>
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</table>
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
- Cabbage
- Carrots
- Celery
- Cilantro
- Dried Shiitake Mushrooms
- Garlic
- Green Onion (optional)
- Lacinato Kale
- Leeks
- Onion
- Parsley or Cilantro Stems
- Red Onion
- Shredded Carrots
- Shredded Purple Cabbage
- Shredded Rainbow Chard
- Wakame Seaweed
- Yellow Onion
- Your Favorite Veggies
- Zucchi

**PROTEIN & MISC**
- Eggs
- Greek, Coconut, or Almond Yogurt
- Liquid Egg Whites
- Salmon
- Your Favorite Lean Proteins

**CANNED ITEMS**
- Chickpeas
- Your Favorite Beans

**FRUIT**
- Apple
- Avocado
- Banana
- Berries
- Blueberries
- Ginger
- Lemon
- Lime
- Strawberries
- Tangerine or Orange Juice
- Your Favorite Fruit or Fresh Green Juice

**DIKS & FLAVORINGS**
- Cassia Cinnamon
- Cayenne Pepper
- Chili Powder
- Guacamole
- Peppercorns
- Salsa
- Tahini
- Turmeric
- Your Favorite Spices

**NUTS, SEEDS, MILKS & BUTTERS**
- Almond Butter
- Chia Seeds
- Coconut Milk
- Hemp Seeds
- Pepitas
- Sesame Seeds (optional)
- Slivered Almonds
- Sunflower Seeds
- Unsweetened Almond Milk
- Your Favorite Nuts and Seeds

**PANTRY**
- Tone It Up Protein (Vanilla and Chocolate PB)
- Tone It Up Protein Bars & Bites
- Tone It Up Protein Shake
- Tone It Up Marine Collagen
- Almond Flour
- Apple Cider Vinegar
- Apple Juice
- Avocado Oil
- Baking Powder
- Baking Soda
- Black Pepper
- Cocoa Nibs
- Coconut Oil
- Coconut Oil Spray
- Coffee/Tea/Espresso
- Hemp Seeds
- Pepitas
- Sesame Seeds (optional)
- Slivered Almonds
- Sunflower Seeds
- Unsweetened Almond Milk
- Your Favorite Nuts and Seeds

**MAKE IT YOUR OWN!**
(Make sure to grab ingredients for these recipes!)
- Your Fave TIU Approved Weekend Breakfast
- Your Fave TIU Smoothie
- Your Fave Lean Bowl
- Optional TIU Approved Desserts

__________________________
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Meal Prep

- Wash & chop veggies
- Prep your lean proteins
- Slice and freeze bananas for smoothies
- Prep the **Broccoli Leek Egg Muffins**
- Prep the **Pick-Me-Up Chia Seed Pudding**
- Cook and prep quinoa for the week
Day 15

AM
Coffee / Tea w/ TIU Collagen + Meta D or Bombshell Spell

M1
Almond Butter Cookie Smoothie

M2
Tone It Up Protein Bar

M3
Leftover Teriyaki Tray Bake + 1 piece fruit

M4
Pick-Me-Up Chia Seed Pudding

M5
Spicy Sesame Zoodles (Save extras for tomorrow’s lunch!)

PM
Ginger Lemon Tea

Day 16

AM
Coffee / Tea w/ TIU Collagen + Meta D or Bombshell Spell

M1
2 Broccoli Leek Egg Muffins + ¼ avocado + ¼ cup salsa + 1 piece fruit

M2
5 oz. Greek, coconut, or almond yogurt with ½ cup strawberries + 2 tsp. cocoa nibs

M3
Leftover Spicy Sesame Zoodles

M4
Pick-Me-Up Chia Seed Pudding

M5
Taco Tuesday! Make your fave tacos with 4 oz. lean protein, 2 cups grilled veggies, 2 organic corn tortillas, ¼ cup guac, and ¼ cup salsa

PM
Sparkling water + lemon

☐ Daily Workout
☐ Drink 8-10 glasses of water

☐ Daily Workout
☐ Drink 8-10 glasses of water
### Day 17

**AM**
- Coffee / Tea w/ TIU Collagen + **Meta D** or **Bombshell Spell**

**M1**
- Almond Butter Cookie Smoothie

**M2**
- 1 apple, sliced, sprinkled with cinnamon

**M3**
- Chopped Superfood Cobb Salad

**M4**
- Tone It Up Protein Bar

**M5**
- Steamed Salmon With Chili-Tamari Sauce + ¼ cup cooked quinoa + 2 cups veggies (Save extras for tomorrow’s lunch!)

**PM**
- Treat yourself to a glass of wine or kombucha + a TIU approved dessert

- Daily Workout
- Drink 8-10 glasses of water

### Day 18

**AM**
- Coffee / Tea w/ TIU Collagen + **Meta D** or **Bombshell Spell**

**M1**
- 2 Broccoli Leek Egg Muffins + ¼ avocado + ¼ cup salsa + 1 piece fruit

**M2**
- 5 oz. Greek, coconut, or almond yogurt with ½ cup strawberries + 2 tsp. cocoa nibs

**M3**
- Leftover Salmon With Chili-Tamari Sauce with 2 cups greens

**M4**
- Grab an 8 oz. fresh green juice + ¼ cup nuts

**M5**
- 4 oz. lean protein + 2 cups lightly steamed veggies + 2 tsp. olive oil + ¼ cup beans or quinoa + your fave spices

**PM**
- Ginger lemon tea

- Daily Workout
- Drink 8-10 glasses of water
Day 19

AM
Coffee / Tea w/ TIU Collagen + Meta D or Bombshell Spell

M1
Vanilla Latte Smoothie

M2
1 apple, sliced + 1 Tbsp. almond butter

M3
Chopped Superfood Cobb Salad

M4
Tone It Up Protein Bar

M5
Lean Bowl (Make extras for tomorrow’s dinner!)

PM
Sparkling water + lemon

Day 20

AM
Coffee / Tea w/ TIU Collagen + Meta D or Bombshell Spell

M1
Fave weekend breakfast - how about some avo-toast and scrambled eggs?!

M2
Tone It Up Protein Shake on the go

M3
Head out for a Lean, Clean, ‘N Green lunch

M4
Pick-Me-Up Chia Seed Pudding

M5
Leftover Lean Bowl

PM
Optional TIU approved dessert

Daily Workout
Drink 8-10 glasses of water
Day 21

**AM**
- Coffee / Tea w/ TIU
- Collagen + **Meta D or Bombshell Spell**

**M1**
- Maple Coffee Pancake + \(\frac{1}{2}\) cup berries

**M2**
- Piece of fruit or 8 oz. fresh juice + \(\frac{1}{4}\) cup nuts

**M3**
- Everything But The Kitchen Sink Salad + 4 oz. lean protein (What’s still good? Combine for a delicious superfood salad!)

**M4**
- Enjoy a couple of **Chocolate Pomegranate Mini Muffins** while you prep

**M5**
- Mix-And-Match Beauty Broth + 2 cups steamed veggies (Make extras for tomorrow’s lunch!)

**PM**
- Ginger lemon tea

☐ Daily Workout
☐ Drink 8-10 glasses of water
WEEK 4
## Week 4

<table>
<thead>
<tr>
<th>AM</th>
<th>M1</th>
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<th>M4</th>
<th>M5</th>
<th>PM</th>
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<tbody>
<tr>
<td>Day 22</td>
<td><strong>Emerald Spirulina Smoothie Bowl</strong></td>
<td><strong>3 Chocolate Pomegranate Mini Muffins</strong></td>
<td><strong>Leftover Beauty Broth + side salad w/ TIU approved dressing + 1 piece fruit</strong></td>
<td><strong>1 cup veggies + ¼ cup guac</strong></td>
<td><strong>Stuffed Chard Rolls + side salad with 1 - 2 Tbsp. TIU approved dressing (Save extras for tomorrow’s lunch)</strong></td>
<td><strong>Ginger lemon tea</strong></td>
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<tr>
<td>Day 23</td>
<td><strong>Emerald Spirulina Smoothie Bowl</strong></td>
<td><strong>3 Chocolate Pomegranate Mini Muffins</strong></td>
<td><strong>Leftover Stuffed Chard Rolls + 1 medium sweet potato</strong></td>
<td><strong>1 cup veggies + ¼ cup guac</strong></td>
<td><strong>TIU Stir-Fry Sauté</strong></td>
<td><strong>Sparkling water + lemon</strong></td>
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<tr>
<td>Day 24</td>
<td><strong>PB &amp; J Overnight Oats</strong></td>
<td><strong>Mediterranean Lentil Bowl</strong></td>
<td><strong>Your fave wrap from the plan</strong></td>
<td><strong>Tone It Up Protein Bar</strong></td>
<td><strong>Moroccan Stew (Save extras for tomorrow’s dinner!)</strong></td>
<td><strong>Treat yourself to a glass of wine or Kombucha + a TIU approved dessert</strong></td>
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<tr>
<td>Day 25</td>
<td><strong>PB &amp; J Overnight Oats</strong></td>
<td><strong>Your fave smoothie</strong></td>
<td><strong>Mediterranean Lentil Bowl</strong></td>
<td><strong>Grab an 8 oz. fresh green juice + ¼ cup nuts</strong></td>
<td><strong>Leftover Moroccan Stew</strong></td>
<td><strong>Ginger lemon tea</strong></td>
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<tr>
<td>Day 26</td>
<td><strong>Your fave smoothie</strong></td>
<td><strong>Your fave wrap from the plan</strong></td>
<td><strong>Your fave wrap from the plan</strong></td>
<td><strong>1 cup veggies + ¼ cup guac</strong></td>
<td><strong>Head out for a Lean, Clean, N’ Green Dinner</strong></td>
<td><strong>Sparkling water + lemon</strong></td>
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<tr>
<td>Day 27</td>
<td><strong>Fave TIU approved weekend breakfast</strong></td>
<td><strong>Tone It Up Protein Shake on the go</strong></td>
<td><strong>Everything But The Kitchen Sink Salad + 4 oz. lean protein (What’s still good? Combine for a delicious superfood salad!)</strong></td>
<td><strong>Tone It Up Protein Bar</strong></td>
<td><strong>Grab dinner with your girls to celebrate!</strong></td>
<td><strong>Optional TIU approved dessert</strong></td>
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<td>Day 28</td>
<td><strong>Tone It Up Pancakes or Waffles drizzled with 1 Tbsp. nut butter + ½ cup berries</strong></td>
<td><strong>Piece of fruit or 8 oz. fresh juice + ¼ cup nuts</strong></td>
<td></td>
<td><strong>Tone It Up Protein Bar</strong></td>
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<td><strong>Ginger lemon tea</strong></td>
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</tbody>
</table>
When you plan your meals for the week, take stock of what you have at home and what you need to pick up.

**VEGGIES**
- Bean Sprouts
- Garlic
- Green Onions
- Lacinato Kale
- Onion
- Parsley
- Purple Potato or Sweet Potato
- Radish
- Rainbow Chard Leaves
- Red Bell Pepper
- Sweet Potato
- Spinach
- Sugar Snap Peas
- Sweet Potato
- Yellow Onion
- Your Favorite Veggies

**PROTEIN & MISC**
- Eggs
- Ground Turkey or Plant-Based Ground Meat (like Beyond Meat)
- Unsweetened Plain or Almond Milk Yogurt
- Greek, Coconut, or Almond Milk Yogurt
- Lentils
- Your Favorite Lean Proteins

**CANNED ITEMS**
- Chickpeas
- Diced Tomatoes

**DIPS & FLAVORINGS**
- Cassia Cinnamon
- Cayenne Pepper
- Cumin
- Curry Powder
- Guacamole
- Hummus
- Paprika
- Your Favorite Spices

**FRUIT**
- Avocado
- Banana
- Berries
- Blueberries
- Frozen Raspberries
- Ginger
- Lemon
- Lime
- Strawberries
- Your Favorite Fruit or Fresh Green Juice

**PANTRY**
- Tone It Up Protein (Vanilla and Chocolate PB)
- Tone It Up Protein Bars & Bites
- Tone It Up Protein Shake
- Tone It Up Marine Collagen
- Almond Flour
- Apple Cider Vinegar
- Apple Juice
- Avocado Oil
- Avocado or Olive Oil
- Baking Powder
- Baking Soda
- Black Pepper
- Cocoa Nibs
- Coconut Oil
- Coconut Oil Spray
- Coffee/Tea/Espresso
- GF Rolled Oats
- Honey
- Maple Syrup
- Mini Chocolate Chips (optional)
- Oat Flour
- Pineapple Juice
- Pomegranate Powder
- Sea Salt
- Spirulina Powder
- Tomato Sauce (no added sugar)
- Vegetable Broth
- Wine for WNW! (optional)

**NUTS, SEEDS, MILKS & BUTTERS**
- Cashews
- Chia Seeds
- Peanut Butter
- Sesame Seeds
- Unsweetened Almond Milk
- Your Favorite Nuts and Seeds

**MAKE IT YOUR OWN!**
(Make sure to grab ingredients for these recipes!)
- Your Fave TIU Approved Weekend Breakfast
<table>
<thead>
<tr>
<th>Grocery List</th>
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</thead>
<tbody>
<tr>
<td>Your Fave TIU Smoothie</td>
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<tr>
<td>Your Fave Lean Bowl</td>
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<tr>
<td>Optional TIU Approved</td>
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<tr>
<td>Desserts</td>
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</tbody>
</table>
Meal Prep

- Wash & chop veggies
- Prep your lean proteins
- Slice and freeze bananas for smoothies
- Prep the **Chocolate Pomegranate Mini Muffins**
- Prep the **Beauty Broth**
- Prep the **Peanut Butter and Jelly Overnight Oats**
- Cook and prep quinoa for the week
**Day 22**

**AM**
- Coffee / Tea w/ TIU Collagen + **Meta D or Bombshell Spell**

**M1**
- Emerald Spirulina Smoothie Bowl

**M2**
- 3 Chocolate Pomegranate Mini Muffins

**M3**
- Leftover **Beauty Broth** + side salad w/ TIU approved dressing + 1 piece fruit

**M4**
- 1 cup veggies + ¼ cup guac

**M5**
- **Stuffed Chard Rolls** + ¼ cup quinoa + side salad with 1 - 2 Tbsp. TIU approved dressing (Save extras for tomorrow’s lunch!)

**PM**
- Ginger lemon tea

**Day 23**

**AM**
- Coffee / Tea w/ TIU Collagen + **Meta D or Bombshell Spell**

**M1**
- Emerald Spirulina Smoothie Bowl

**M2**
- 3 Chocolate Pomegranate Mini Muffins

**M3**
- Leftover **Stuffed Chard Rolls** + 1 medium sweet potato

**M4**
- 1 cup veggies + ¼ cup guac

**M5**
- **TIU Stir-Fry**: Sauté 3 oz. lean protein + 2 cups veggies + 1 Tbsp. olive oil. Add herbs and spices. Serve with ¼ cup quinoa and top with ¼ cup salsa or 1 Tbsp. TIU approved dressing

**PM**
- Sparkling water + lemon

☐ Daily Workout

☐ Drink 8-10 glasses of water
### Day 24

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Notes</th>
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<tbody>
<tr>
<td>AM</td>
<td>Coffee / Tea w/ TIU</td>
<td>Collagen + <strong>Meta D or Bombshell Spell</strong></td>
</tr>
<tr>
<td>M1</td>
<td><strong>PB &amp; J Overnight Oats</strong></td>
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<tr>
<td>M2</td>
<td>Mediterranean Lentil Bowl</td>
<td>5 oz. Greek, coconut, or almond yogurt with ½ cup strawberries + 2 tsp. cocoa nibs</td>
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<tr>
<td>M3</td>
<td>Tone It Up Protein Bar</td>
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<tr>
<td>M4</td>
<td><strong>Moroccan Stew</strong></td>
<td>(Save extras for tomorrow’s dinner)</td>
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<td>M5</td>
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<tr>
<td>PM</td>
<td></td>
<td>Treat yourself to a glass of wine or kombucha + a TIU approved dessert</td>
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- **Daily Workout**
- **Drink 8-10 glasses of water**

### Day 25

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Notes</th>
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<tbody>
<tr>
<td>AM</td>
<td>Coffee / Tea w/ TIU</td>
<td>Collagen + <strong>Meta D or Bombshell Spell</strong></td>
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<tr>
<td>M1</td>
<td><strong>PB &amp; J Overnight Oats</strong></td>
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<td>M2</td>
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<td>5 oz. Greek, coconut, or almond yogurt with ½ cup strawberries + 2 tsp. cocoa nibs</td>
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<td>M3</td>
<td>Your fave wrap from the plan</td>
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<td>M4</td>
<td>Tone It Up Protein Bar</td>
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<tr>
<td>M5</td>
<td>Leftover <strong>Moroccan Stew</strong></td>
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<td>PM</td>
<td>Ginger lemon tea</td>
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- **Daily Workout**
- **Drink 8-10 glasses of water**
Day 26

AM
Coffee / Tea w/ TIU Collagen + Meta D or Bombshell Spell

M1
Your fave smoothie

M2
3 Chocolate Pomegranate Mini Muffins

M3
Mediterranean Lentil Bowl

M4
Grab an 8 oz. fresh green juice + ¼ cup nuts

M5
Your fave Tray Bake

PM
Sparkling water + lemon

☐ Daily Workout
☐ Drink 8-10 glasses of water

Day 27

AM
Coffee / Tea w/ TIU Collagen + Meta D or Bombshell Spell

M1
Fave TIU approved weekend breakfast

M2
Tone It Up Protein Shake on the go

M3
Your fave wrap from the plan

M4
1 cup veggies + ¼ cup guac

M5
Head out for a Lean, Clean, N' Green Dinner

PM
Optional TIU approved dessert

☐ Daily Workout
☐ Drink 8-10 glasses of water
Day 28

**AM**
Coffee / Tea w/ TIU
Collagen + **Meta D or Bombshell Spell**

**M1**
**Tone It Up Pancakes or Waffles** drizzled with 1 Tbsp. nut butter + ½ cup berries

**M2**
Piece of fruit or 8 oz. fresh juice + ¼ cup nuts

**M3**
Everything But The Kitchen Sink Salad + 4 oz. lean protein (What’s still good? Combine for a delicious superfood salad!)

**M4**
**Tone It Up Protein Bar**

**M5**
Grab dinner with your girls to celebrate!

**PM**
Ginger lemon tea

☐ Daily Workout
☐ Drink 8-10 glasses of water
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!
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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!
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.

Creamy Cashew Collagen Chai

*makes 1 large or 2 small servings*

**INGREDIENTS**
- 16 oz. of your favorite hot brewed chai tea (brewed with 3 tea bags)
- 1 scoop Tone It Up Marine Collagen
- 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!
Energizing Breakfasts
Oatmeal Raisin Cookie Overnight Oats
makes 2 servings

**INGREDIENTS**
1 scoop vanilla Tone It Up Protein
½ cup GF oats
4 tsp. chia seeds
2 Tbsp. maple syrup
1 cup unsweetened almond milk
½ tsp. cinnamon

**DIRECTIONS**
1. Combine all ingredients in a bowl and stir to combine.
2. Split between two mason jars and store in the fridge for up to 5 days.

PBJ Overnight Oats
makes 2 servings

**INGREDIENTS**
1 scoop Peanut Butter Tone It Up Protein
½ cup GF rolled oats
1 Tbsp. peanut butter
2 Tbsp. chia seeds
2 tsp. maple syrup
1 cup unsweetened almond milk
½ tsp. cinnamon

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

**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!
Indi - Glow
OVERNIGHT OATS

makes 2 servings

INGREDIENTS

- ½ cup gluten-free rolled oats
- 1 scoop vanilla Tone It Up Protein
- 2 tsp. blue majik spirulina powder (you can find it on Amazon! you can also sub in regular spirulina)
- 1 Tbsp. chia seeds
- 1 cup unsweetened plant-based milk
- 2 scoops Tone It Up Marine Collagen
- 1 cup fresh berries
- 1 Tbsp. unsweetened coconut flakes

DIRECTIONS

1. In a mixing bowl, combine oats, protein, spirulina, and chia. Add plant-based milk; stir until thoroughly mixed.
2. Split mixture into two mason jars, cover, and store in the fridge overnight.
3. Stir in collagen (1 scoop per jar), top with berries, and sprinkle with coconut flakes before serving.
**Tone It Up Protein Pancake**

makes 1 serving

**INGREDIENTS**
- 1 scoop Tone It Up Protein
- ½ banana, mashed
- ½ Tbsp. unsweetened almond milk
- ¼ cup egg whites
- ½ 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, about 3 - 4 minutes per side.
3. The key to the perfect protein pancake is to cook them slow and low. Add your favorite toppings!

**Toppings**
- ¼ cup fresh berries
- 2 Tbsp. maple syrup
- 2 Tbsp. coconut or almond yogurt

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**Tone It Up Waffle**

makes 1 serving

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

**DIRECTIONS**
1. Turn on waffle maker and allow it to heat up.
2. Completely mash banana with almond milk. Gradually stir in remaining ingredients. You can also add all ingredients to a blender.
3. Spray waffle maker with cooking spray and pour in batter. Cook according to instructions until done!
4. Serve with your choice of toppings. We love fresh fruit, yogurt, and a drizzle of maple syrup!
Maple Coffee Pancake
makes 2 serving

INGREDIENTS
- 2 scoops vanilla Tone It Up Protein
- 1 tsp. cinnamon
- 1 banana, mashed
- ¼ cup egg whites
- 1 shot espresso
- 2 Tbsp. maple syrup

DIRECTIONS
1. Mash banana with espresso before stirring in remaining ingredients.
2. Spray pan with coconut oil spray and heat over medium-low before pouring in batter. Flip when ready, about 3 - 4 minutes per side.
3. The key to the perfect protein pancake is to cook them slow and low!
4. Add your favorite toppings!

Berries are high in antioxidants and vitamin C, which support your immune system and make your skin glow.

Recipes

Blueberry Pancake
makes 1 serving

INGREDIENTS
- 1 scoop vanilla Tone It Up Protein
- ½ banana, mashed
- 1 Tbsp. unsweetened almond milk
- 1/4 tsp. cinnamon
- ¼ cup egg whites
- 2 Tbsp. frozen berries
- Coconut oil spray

DIRECTIONS
1. Mash banana with espresso before stirring in remaining ingredients.
2. Spray pan with cooking spray and heat over medium-low before pouring in batter. Flip when ready, about 3 - 4 minutes per side.
3. The key to the perfect protein pancake is to cook them slow and low!
4. Top with unsweetened coconut shavings and fresh blueberries.
**Broccoli Leek Egg Muffins**

*makes 6 muffins (serving size is 2 muffins)*

**INGREDIENTS**
- 1 tsp. olive oil
- ½ cup broccoli, diced
- ½ cup leeks, diced
- ½ cup yellow onion, diced
- pinch of salt
- 6 eggs
- ½ cup liquid egg whites
- Coconut oil spray

**DIRECTIONS**
1. Preheat oven to 350.
2. In a pan over medium heat, add olive oil. Add broccoli, leeks, onions, and salt. Sauté for about 8 minutes.
3. Spray muffin tin 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 tin so that veggies are spread evenly. Pour egg mixture over veggies in muffin tin.
6. Bake for 20 minutes. Store in the fridge for up to 4 days.

**Mediterranean Egg Muffins**

*makes 6 muffins (serving size is 2 muffins)*

**INGREDIENTS**
- ½ cup liquid egg whites
- 6 eggs
- ¼ cup sundried tomatoes
- 10 kalamata olives, diced
- 1 Tbsp. fresh basil or 2 tsp. dried basil
- 1 tsp. olive oil
- Coconut oil spray

**DIRECTIONS**
1. Preheat oven to 350.
2. Combine all ingredients in a bowl.
4. Store in the fridge for up to 4 days.
Post-Workout Smoothies
**Savory Green Smoothie**  
*makes 1 serving*

**INGREDIENTS**
- 1 cup unsweetened plant-based milk
- 2 tsp. chia seeds
- 1 scoop vanilla Tone It Up Protein
- 1 small green apple, cored and chopped
- 1 cup raw baby spinach
- 1 mini cucumber, chopped
- 1 Tbsp. fresh lemon juice
- 2 tsp. chopped fresh parsley
- 3 chives
- Pinch of sea salt

**TOPPINGS**
- Pepitas
- Bee pollen
- Chopped chives or parsley

**DIRECTIONS**
1. Combine milk and chia seeds in the blender cup and let sit for 10 minutes, until seeds swell up a bit.
2. Add the remaining ingredients and blend until smooth.
3. Sprinkle with desired toppings.

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**Blood Orange and Beet Smoothie Bowl**  
*makes 1 serving*

**INGREDIENTS**
- 1 cup unsweetened plant-based milk
- 2 tsp. chia seeds
- 1 scoop vanilla Tone It Up Protein
- 1 small blood orange, peeled and torn into segments
- 1 small pre-cooked beet, chopped (about ¼ cup)
- ½ cup frozen raspberries

**TOPPINGS**
- ½ kiwifruit, peeled and sliced
- 1 Tbsp. pomegranate arils
- 1 tsp. unsweetened coconut flakes
- ½ tsp. toasted buckwheat groats

**DIRECTIONS**
1. Combine milk and chia seeds in a blender cup and let sit for 10 minutes, until seeds swell up a bit.
2. Add remaining ingredients and blend until smooth.
3. Pour into a bowl and arrange with toppings. Enjoy!
Cinnamon Smoothie
makes 1 serving

**INGREDIENTS**
- 1 scoop vanilla Tone It Up Protein
- ½ cup frozen cauliflower rice
- 2 cups unsweetened almond milk
- 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!

Mocha Latte Smoothie Bowl
makes 1 serving

**INGREDIENTS**
- 1 scoop vanilla or cafe latte Tone It Up Protein
- 1 shot espresso (or cup coffee)
- ½ cup ice cubes (you can also make ice cubes from almond milk)
- ½ cup almond or coconut milk (add more as needed as you blend)
- ½ frozen banana, sliced

**DIRECTIONS**
1. Combine all ingredients in a high-speed blender and blend until smooth.
2. Top with espresso beans and unsweetened shredded coconut.
3. Sprinkle some cacao nibs on top for a little chocolate fix!

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!)
- ½ 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.
Almond Butter Cookie Smoothie

Smoothie is 1 serving; makes 20 cookies - serving size is 1 cookie

**COOKIE INGREDIENTS**
- ¼ cup egg whites
- ½ tsp. vanilla extract
- ¼ cup unsweetened almond butter
- 2 scoops vanilla Tone It Up Protein
- ¼ tsp. salt
- Coconut oil spray

**DIRECTIONS**
1. Combine all ingredients except yogurt in a high-speed blender and blend until smooth.
2. Split smoothie into two glasses and layer with yogurt. Top with chia seeds. Enjoy!

Emerald Spirulina Smoothie Bowl

makes 1 serving

**INGREDIENTS**
- 1 scoop vanilla Tone It Up Protein
- 1 frozen banana, sliced
- ½ cup frozen blueberries
- 1 handful fresh spinach
- ¼ avocado
- 1 tsp. spirulina powder
- 1 cup unsweetened almond milk

**TOPPINGS**
- ¼ banana, sliced
- 2 strawberries, sliced
- 1 Tbsp. fresh blueberries
- 1 tsp. unsweetened coconut flakes
- ½ tsp. chia seeds

**DIRECTIONS**
1. Place all ingredients in a high-speed blender and blend until smooth.
2. Pour into a bowl and arrange with toppings. Enjoy!
Grab-And-Go MUFFINS
**Carrot Cake Mini Muffins**

*Makes 24 mini muffins (serving size is 3 mini muffins)*

**INGREDIENTS**

- 4 scoops vanilla Tone It Up Protein
- ¾ cup almond flour
- ½ tsp. baking powder
- ¼ tsp. baking soda
- ¼ tsp. salt
- ¼ tsp. ground nutmeg
- ¼ tsp. ground cinnamon
- Dash of ground cloves
- 1 cup unsweetened plant-based milk
- ½ cup nonfat plain Greek yogurt
- 1 egg
- 2 Tbsp. maple syrup
- 1 Tbsp. coconut oil, melted
- ½ tsp. vanilla extract
- ½ cup grated carrot (about 1 medium)
- Coconut oil spray
- 24 walnut halves (optional)

**DIRECTIONS**

1. Preheat oven to 350 degrees.
2. In a mixing bowl, combine protein, almond flour, baking powder, baking soda, salt, nutmeg, cinnamon, and cloves; whisk to combine.
3. In a separate bowl, combine plant-based milk, yogurt, egg, maple syrup, coconut oil, and vanilla; whisk to combine.
4. Add wet ingredients to dry ingredients and mix well. Gently fold in carrots.
5. Spritz a mini muffin tray with coconut oil spray and evenly distribute the batter among the cups. Top each one with a walnut and press down gently until it’s flush with the batter.
6. Bake for 20 to 25 minutes or until a toothpick inserted into the center of a muffin comes out clean.

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**Crispy Kale Mini Muffins**

*Makes 24 mini muffins (serving size is 3 mini muffins)*

**INGREDIENTS**

- 4 scoops vanilla Tone It Up Protein
- ¾ cup almond flour
- ½ tsp. baking powder
- ¼ tsp. baking soda
- ¼ tsp. salt
- 1 ½ cups unsweetened plant-based milk
- 1 ripe avocado, mashed
- 1 egg
- 1 Tbsp. maple syrup
- 1 Tbsp. avocado oil
- 2 oz. (1 ½ cups) baked kale chips (homemade or store bought)
- Coconut oil spray

**DIRECTIONS**

1. Preheat oven to 350 degrees.
2. In a mixing bowl, combine protein, almond flour, baking powder, baking soda, and salt; whisk to combine.
3. In a separate bowl, combine plant-based milk, avocado, egg, maple syrup, and avocado oil; whisk to combine.
4. Add wet ingredients to dry ingredients and mix well. Gently fold in kale chips (save a little to sprinkle on top of the muffins if you want).
5. Spritz a mini muffin tray with coconut oil spray and evenly distribute the batter among the cups. Crumble remaining kale chips on top.
6. Bake for 20 to 25 minutes or until a toothpick inserted into the center of a muffin comes out clean.
Coconut Mango Mini Muffins
makes 24 mini muffins (serving size is 3 mini muffins)

**INGREDIENTS**
- 3 scoops coconut Tone It Up Protein
- 1 cup almond flour
- ½ tsp. baking powder
- ½ tsp. baking soda
- Pinch of sea salt
- 2 eggs
- 2 Tbsp. coconut oil
- ½ cup almond milk
- 2 Tbsp. honey
- ½ cup mango puree (pulse fresh or frozen mango in a food processor or blender until smooth)
- ½ cup unsweetened plain or almond yogurt
- Unsweetened coconut flakes for topping (optional)
- Coconut oil spray

**DIRECTIONS**
1. Preheat oven to 350.
2. Mix all dry ingredients together in a medium bowl.
3. Mix all wet ingredients in a separate bowl until well combined. Add wet ingredients to dry ingredients. Mix until all ingredients are well incorporated.
4. Spray mini muffin tin with coconut oil spray. Pour mixture into muffin tin. Bake for about 20–25 minutes (keep an eye on them) or until a toothpick comes out clean. Enjoy!

Cranberry Orange Mini Muffins
makes 24 mini muffins (serving size is 3 mini muffins)

**INGREDIENTS**
- 4 scoops vanilla Tone It Up Protein
- ¾ cup almond flour
- ½ tsp. baking powder
- ¼ tsp. baking soda
- ¼ tsp. salt
- Zest of 1 navel orange
- ¼ cup unsweetened plant-based milk
- ½ cup nonfat Greek yogurt
- ¼ cup freshly squeezed orange juice
- 1 egg
- 2 Tbsp. maple syrup
- ½ cup fresh or thawed frozen cranberries, chopped
- Coconut oil spray

**DIRECTIONS**
1. Preheat oven to 350 degrees.
2. In a mixing bowl, combine protein, almond flour, baking powder, baking soda, salt, and orange zest; whisk to combine.
3. In a separate bowl, combine plant-based milk, yogurt, orange juice, egg, and maple syrup; whisk to combine.
4. Add wet ingredients to dry ingredients and mix well. Gently fold in cranberries.
5. Spray a mini muffin tray with coconut oil spray and evenly distribute the batter among the cups.
6. Bake for 20 minutes or until a toothpick inserted into the center of a muffin comes out clean.
**Chocolate Pomegranate Mini Muffins**

Makes 24 mini muffins (serving size is 3 mini muffins)

**INGREDIENTS**
- 1/4 cup oats
- 3 scoops chocolate Tone It Up Protein
- 2 Tbsp. pomegranate powder (If you don’t have pomegranate powder at your local store, no worries! You can leave it out and make delish double chocolate muffins!)
- 1/2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. cinnamon
- Pinch of sea salt
- 2 eggs
- 2 Tbsp. coconut oil
- 1/2 cup almond milk
- 2 Tbsp. maple syrup
- (We love it from Thrive Market!)
- 1 cup unsweetened plain or almond milk yogurt
- 1/2 cup mini chocolate chips (optional)
- Coconut oil spray

**DIRECTIONS**
1. Preheat oven to 350.
2. Mix all dry ingredients together in a medium bowl.
3. Mix all wet ingredients in a separate bowl until well combined. Add wet ingredients to dry ingredients. Mix until all ingredients are well incorporated.
4. Spray mini muffin tin with coconut oil spray. Pour mixture into muffin tin. Bake for about 20-25 minutes (keep an eye on them) or until a toothpick comes out clean. Enjoy!

**Blondie Mini Muffins**

Makes 45 mini muffins (serving size is 3 mini muffins)

**INGREDIENTS**
- 1 15 oz. can chickpeas, drained and rinsed
- 1/4 cup unsweetened almond butter
- 1/4 cup maple syrup
- 2 tsp. vanilla
- 1/2 tsp. salt
- 1/4 tsp. baking powder
- 1/4 tsp. baking soda
- Coconut oil spray

**DIRECTIONS**
1. Preheat oven to 350 degrees. Spray a mini muffin tin with coconut oil spray.
2. Combine all ingredients in a food processor. If you don’t have a food processor, you can use a blender!
3. Pour batter into the muffin tins and bake for 18-20 minutes or until a toothpick comes out clean.
**Berry Blue Mini Muffins**

Makes 24 mini muffins (serving size is 3 mini muffins)

**INGREDIENTS**

- ¾ cup oat flour
- 3 scoops vanilla Tone It Up Protein
- ¼ tsp. baking powder
- ¼ tsp. baking soda
- Pinch of sea salt
- ½ cup frozen blueberries
- ½ cup frozen raspberries
- 2 eggs
- 2 Tbsp. coconut oil
- ½ cup almond milk
- 2 Tbsp. honey
- 1 cup unsweetened plain or almond milk yogurt

**DIRECTIONS**

1. Preheat oven to 350.
2. Mix all dry ingredients together in a medium bowl.
3. Combine the frozen blueberries and raspberries in a separate bowl and microwave for 45 seconds to soften. Smash with a spoon.
4. Mix all wet ingredients, including smashed berries, in a bowl until well combined. Add wet ingredients to dry ingredients. Mix until all ingredients are well incorporated.
5. Spray mini muffin tin with coconut oil spray. Pour mixture into muffin tin. Bake for about 20 – 25 minutes or until a toothpick comes out clean. Enjoy!

**Cinnamon Fig Mini Muffins**

Makes 24 mini muffins (serving size is 3 mini muffins)

**INGREDIENTS**

- ¾ cup oat flour
- ¾ cup vanilla Tone It Up Protein
- ½ tsp. baking powder
- ¼ tsp. baking soda
- 2 tsp. cinnamon
- Pinch of salt
- 2 Tbsp. coconut oil, melted
- ¼ cup pure maple syrup
- 1 cup unsweetened almond milk
- 1 banana, mashed
- ½ cup egg whites or 1 egg
- ½ cup dried figs, diced and stem removed
- Coconut oil spray

**DIRECTIONS**

1. Preheat oven to 350.
2. Combine all dry ingredients in a bowl. Whisk to combine.
3. Add all remaining ingredients other than the figs. Stir to combine. Gently fold in the dried figs.
4. Spray a mini muffin tin with coconut oil spray. Pour mixture into muffin tin. Bake for about 20 minutes.

If you have extra muffins, you can freeze the rest so you have them on hand! Muffins can be stored in the freezer for up to 3 months!
Easy LUNCHES
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.

K+Kale Salad
Makes 2 servings

INGREDIENTS
4 cups kale, stemmed and chopped (we love chopping with kitchen shears — so easy!)
2 bell peppers, chopped
½ red onion, chopped
⅛ cup pine nuts
1 small bunch cilantro (remove large stems)

LEMON ZEST DRESSING
2 fresh lemons, juiced
2 Tbsp. olive oil
2 Tbsp. honey
Zest from 1 lemon
Pinch of Himalayan pink salt

DIRECTIONS
1. Add all ingredients to a bowl and toss to combine!
2. You can top with 4–6 oz. of your favorite lean protein per serving or enjoy as a side salad!

This is our absolute favorite salad — it’s so zesty and delicious! Rich with superfoods, the K+Kale is a powerhouse recipe packed with antioxidants, iron, B vitamins and metabolism-boosting benefits! Eat your heart out girl!
Tropical Tossed Salad WITH BLACKBERRY VINAIGRETTE

makes 2 servings

INGREDIENTS
- 6 cups fresh salad greens
- 1 small dragon fruit, peeled and sliced
- ½ mango, peeled and sliced (about ½ cup)
- 1 avocado, peeled, pitted, and sliced
- 1 mini cucumber, sliced
- ¼ cup pomegranate arils
- 1 Tbsp. chopped cilantro
- 4 oz. of your favorite lean protein *(we love grilled shrimp or fish)*

DRESSING
(makes ½ cup)
- ½ cup blackberries
- 1 small serrano pepper, stem and seeds removed *(optional)*
- 1 Tbsp. chopped shallot
- 2 Tbsp. avocado oil
- 1 Tbsp. fresh lemon juice
- ¼ to ½ tsp. raw honey or maple syrup *(depends on how sweet your blackberries are)*
- ¼ tsp. fresh thyme leaves
- Pinch of sea salt

DIRECTIONS
1. In a blender, combine all dressing ingredients and puree until smooth.
2. Combine all salad ingredients in a large bowl and toss with ¼ cup of the dressing *(you will have dressing leftover, which you can keep in the refrigerator)*.
3. Divide salad among two plates and top with protein of choice.
**Mediterranean Lentil Bowl**  
makes 2 servings

**INGREDIENTS**
- 1 small (about ½ cup) purple potato or sweet potato
- ½ cup chickpeas
- 1 tsp. curry powder
- 1 cup lacinato kale
- Avocado or olive oil for roasting & sautéing
- 2 Tbsp. hummus
- 1 tsp. lemon juice
- 1 tsp. paprika
- ½ cup prepared lentils
- A handful of bean sprouts
- 1 fresh radish, sliced
- 1 tsp. sesame seeds
- Sea salt and pepper to taste

**DIRECTIONS**
1. Preheat oven to 400. Line a baking sheet with parchment paper.
2. Slice potato into ¼-inch rounds. Place in a small bowl and drizzle with oil and a pinch of salt and pepper. Place potato slices on one side of prepared baking sheet.
3. Place chickpeas in the small bowl and drizzle with oil, curry powder, and a pinch of salt and pepper. Place on the other side of the baking sheet. Roast for about 7 minutes or until potatoes are tender.
4. While potatoes and chickpeas are roasting, sauté the kale over medium heat. Coat a sauté pan with about ½ Tbsp oil. Add kale and season with a pinch of salt and pepper. Sauté for about 3–4 minutes until just tender.
5. Mix together the hummus, lemon juice, and paprika in a separate bowl. In wide, shallow bowls, arrange roasted potatoes, curried chickpeas, sautéed kale, and lentils. Add bean sprouts, radish, and hummus mixture. Sprinkle with sesame seeds.

**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 or almond 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!
Chopped Superfood Cobb Salad
makes 4 servings

INGREDIENTS
3 cups shredded lacinato kale
2 cups shredded rainbow chard
1 cup shredded purple cabbage
¼ cup shredded carrots
½ minced red onion
¼ cup chickpeas
¼ cup fresh blueberries
1 avocado, sliced
¼ cup slivered almonds
¼ cup pepitas
2 Tbsp. sunflower seeds
2 Tbsp. hemp seeds
4 oz. optional favorite protein (we love grilled chicken or tofu!)

DRESSING
2 Tbsp. tahini
¼ cup tangerine or orange juice
¼ cup apple cider vinegar
¼ cup avocado oil
Pinch of sea salt and pepper

DIRECTIONS
1. In a medium bowl, combine shredded kale, rainbow chard, and shredded cabbage. Toss together and use this as the salad base.
2. In sections, top salad with shredded carrots, red onion, chickpeas, blueberries, and avocado.
3. Sprinkle the almonds, pepitas, sunflower seeds, and hemp seeds on top.
4. Top with protein if desired.
5. Combine all dressing ingredients in a small jar with a lid. Shake to combine.
6. Drizzle salad with vinaigrette and enjoy.
Curried Chickpea & Avocado Wrap

makes 2 servings

**INGREDIENTS**
- 1 cup chickpeas
- 1 ripe avocado
- 1 tsp. curry powder
- Juice from ½ lemon
- ¼ cup dried cranberries
- ¼ cup chopped walnuts
- Sea salt and pepper to taste
- 4 large fresh radicchio or collard leaves

**DIRECTIONS**
1. Drain and rinse chickpeas. Pat with a paper towel to dry slightly.
2. Add chickpeas and avocado to a medium bowl. With a fork, smash together until you have a nice, chunky texture.
3. Add curry powder, lemon juice, and a pinch of salt and pepper. Mix together.
4. Fold in cranberries and chopped walnuts.
5. Add mixture to radicchio or collard leaves and wrap it up!

Rainbow Veggies Bikini Wrap

makes 1 serving

**INGREDIENTS**
- 1 collard green
- ¼ cup shredded carrots
- 2 Tbsp. shredded purple beets
- 2 Tbsp. shredded yellow beets
- 1 radish, diced
- ¼ avocado
- 4 oz. lean protein
- 1 Tbsp. TIU approved dressing

**DIRECTIONS**
1. Combine all ingredients in the collard wrap.
Rainbow Thai Salad
makes 1 serving

**INGREDIENTS**
- 1 cup shaved brussels sprouts
- 1 cup shredded red cabbage
- ½ red bell pepper, stem and seeds removed, thinly sliced lengthwise
- ⅓ cup shredded carrots
- 2 Tbsp. diced red onion
- 1 Tbsp. pumpkin seeds
- 1 Tbsp. chopped cilantro or basil
- 4 oz. organic tofu cutlet or your favorite lean protein

**DRESSING**
- 2 Tbsp. plain coconut yogurt
- 2 Tbsp. unsweetened almond butter
- 1 small garlic clove, finely minced
- 2 tsp. apple cider vinegar
- ½ tsp. honey
- ¼ tsp. sea salt
- Pinch of ground black pepper
- Pinch of cayenne

**DIRECTIONS**
1. Mix all dressing ingredients in a large mixing bowl.
2. Add all salad ingredients and toss with dressing.
Delicious Dinners
**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.

**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
- 3 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.
Stuffed Chard ROLLS
makes 4 servings

INGREDIENTS
- 10 large rainbow chard leaves (about 2 bunches)
- 1 lb. lean ground turkey or plant-based ground "meat" (like Beyond Meat)
- 1 small onion, finely chopped
- 1/2 cup chopped parsley
- 3 cloves garlic, minced
- 1 egg
- 1 tsp. ground cumin
- 1 tsp. paprika
- 1/2 tsp. salt
- 1/4 tsp. ground black pepper
- 1/4 tsp. cayenne pepper
- 2 cups tomato sauce (with no added sugar)

DIRECTIONS
1. Using a paring knife, cut a narrow V-shape into the base of each leaf on either side of the rib in order to remove just the thickest part of the rib.
2. Finely chop up chard stems and combine with turkey or ground meat substitute, onion, parsley, garlic, egg, cumin, paprika, salt, black pepper, and cayenne. Mix gently with clean hands until incorporated; set filling aside.
3. Steam chard leaves until soft and pliable, about 1 to 2 minutes; let cool. Preheat oven to 350 degrees.
4. Place a leaf so that the V (from where the stem was removed) is facing you. Scoop a heaping 1/3 cup of filling into the center of the leaf. Starting at the base, fold the leaf over filling, fold in the sides, then keep rolling into a tight cylinder. Repeat with remaining leaves and filling.
5. Pour half the tomato sauce into an 8x8” pan, spreading it in an even layer. Tightly pack chard rolls into 2 side-by-side rows (5 rolls in each). Top rolls with remaining sauce and tightly cover the pan with foil. Bake until cooked through, about 1 hour.

Spice up your life with cayenne pepper – its compound capsaicin helps boost your metabolism!
Shredded Veggie Cakes
WITH GREEN GODDESS SAUCE
makes 4 servings

INGREDIENTS
½ small head cabbage (about 1 pound), thinly sliced
2 medium carrots, shredded or shaved into ribbons with a vegetable peeler
5 Lacinato kale leaves, ribs removed, thinly sliced
4 scallions, thinly sliced
¼ cup tapioca flour or cornstarch
1 tsp. salt
6 eggs, whisked
1 Tbsp. avocado oil
GREEN GODDESS SAUCE
1 avocado, peeled and pitted
½ cup packed fresh parsley
¼ cup packed fresh mint
¼ cup packed fresh dill
2 scallions, white and green parts, roughly chopped
2 cloves garlic
3 Tbsp. olive oil
Juice of 1 lemon
Pinch of sea salt

DIRECTIONS
1. Combine cabbage, carrots, kale, and scallions in a large bowl; toss with tapioca flour and salt until vegetables are well coated. Add eggs; mix until thoroughly combined.
2. Heat oil in a 12-inch nonstick skillet over medium-high heat. To make shareable portions, add half of the vegetable mixture, spreading it out to cover the bottom of the pan. Cook for 3 minutes, then swiftly flip the pan over a large plate, inverting the veggie cake, and slide it back into the pan to cook the other side until golden brown, about 3 minutes. Repeat with the remaining mixture. To make individual-size portions, place 1-cup piles of the vegetable mixture in the pan, pressing down gently with a spatula to flatten them slightly (you’ll be able to fit about 2-3 at a time). Cook for 3 minutes then flip and cook the other sides for 3 minutes.
3. Make the sauce: place all ingredients in a blender or food processor and puree until smooth.
4. Slice the large cakes into wedges with a sharp knife or pizza cutter. Enjoy the cakes with a dollop of green goddess sauce (save the rest for later!).

Recipes
Love Your Body Series
Teriyaki TRAY BAKE
makes 2 servings

**INGREDIENTS**
- 3 cups broccoli florets
- 1 small sweet potato, cut into ½-inch pieces
- 4 oz. cremini mushrooms
- 2 cloves garlic, minced
- 2 Tbsp. olive oil
- ¼ cup sugar-free mirin
- 2 tsp. low-sodium tamari
- ½ tsp. jarred minced ginger (or very finely minced fresh ginger)
- 1 tsp. sesame seeds
- 8 oz. (4 oz. per serving) prepared lean protein of your choice, such as chicken, salmon, or tempeh

**DIRECTIONS**
1. Preheat oven to 375 degrees.
2. In a large mixing bowl, toss together broccoli, sweet potato, mushrooms, and garlic with olive oil. Spread the vegetables out on a rimmed baking sheet.
3. Bake for 20 minutes, until veggies are tender.
4. While the vegetables cook, combine the mirin, tamari, and ginger in a small saucepan and bring to a gentle simmer over medium-low heat. Reduce heat to very low and simmer until vegetables are ready.
5. Remove vegetables from the oven and toss with the teriyaki sauce. Sprinkle sesame seeds on top and serve with your favorite protein (you can sauce the protein, too).

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: 4 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 baking 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.
Love Your Body Series

Winter Veggie & Tempeh Bowl
makes 2 servings

INGREDIENTS
8 oz. tempeh, cut into \( \frac{1}{4} \)-inch slices
1/2 medium sweet potato, cut into \( \frac{1}{2} \)-inch cubes
2 cups brussels sprouts, trimmed and quartered
1 bunch of broccolini (about 8 stalks)
2 Tbsp. olive oil
Salt and pepper, to taste
2 Tbsp. low-sodium barbecue sauce (We love Primal Kitchen)
1 Tbsp. tahini

DIRECTIONS
1. Preheat the oven to 400 degrees.
2. In a large mixing bowl, toss tempeh, sweet potato, brussels sprouts, and broccolini with olive oil, salt, and pepper.
3. Spread the ingredients out on baking sheet and brush tempeh pieces with barbecue sauce; roast for 20 to 25 minutes, tossing the ingredients with a spatula halfway through.
4. Transfer everything to two serving bowls. Drizzle tahini on top and enjoy!
Morrocan Stew
makes 4 servings

INGREDIENTS
1 tsp. olive oil
1 yellow onion, diced
8 garlic cloves, diced
1 tsp. ground cinnamon
1 tsp. ground cumin
1 tsp. paprika
A pinch of cayenne
14.5 oz. can diced tomatoes
2 cans chickpeas
1 sweet potato, cubed
4 cups vegetable broth
½ tsp. salt
2 cups chopped spinach

DIRECTIONS
1. Heat olive oil in a large pot over medium heat. Add onion and garlic and sauté for 3 minutes.
2. Add spices (not salt) and sauté for another minute.
3. Add canned tomatoes, chickpeas, sweet potato, and broth. Season with salt. Reduce heat to medium low and cook for 20–30 minutes, or until sweet potatoes are tender.
4. Remove soup from heat and stir in chopped spinach before serving.
**Spicy Sesame Zoodles**

*makes 4 servings*

**Sauce**

- ½ cup almond butter
- ¼ cup sesame oil
- ½ cup low-sodium tamari
- ¼ cup rice vinegar
- 2 Tbsp. chili paste (like sambal oelek)
- 1 Tbsp. honey
- 1 clove garlic, minced
- 1 tsp. fresh minced ginger

**Zoodles**

- 1 tsp. olive oil
- 4-6 zucchini, spiralized or about a 10 oz. package of prepared spiralized zoodles
- Salt and pepper to taste

Optional garnish: green onions and sesame seeds

**Directions**

1. In a medium bowl, add all ingredients for the sauce and stir until well combined. Set aside.
2. Coat a medium sauté pan with olive oil over medium heat. Add zoodles and season with salt and pepper. Cook zoodles for about 2 minutes, stirring.
3. Add sauce to zoodles and stir to combine. Cook until sauce is warm and remove from heat.
4. Portion into bowls. Garnish with green onions and sesame seeds. Enjoy!

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**Simple Lemongrass Coconut Curry**

*makes 2 servings*

**Ingredients**

- 1 tsp. olive oil
- 2 cloves garlic, chopped
- ½ inch ginger, peeled and chopped
- 2 Tbsp. red curry paste
- Pinch of salt
- 2 cups favorite veggies (we love carrots, zucchini, onions, and broccoli)
- 2 stalks lemongrass
- 1 can light coconut milk
- ¼ cup water
- ½ cup cooked quinoa

**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.
Tumeric and Veggie Soup

makes 4 servings

INGREDIENTS
2 Tbsp. olive or avocado oil
½ red onion, diced
2 cloves garlic, minced
1-inch piece of fresh ginger, peeled and grated
1 tsp. turmeric
4 cups low-sodium chicken or vegetable broth
1 large carrot, peeled and thinly sliced
1 medium golden beet, peeled and sliced
A handful of small broccoli florets
A handful of small cauliflower florets
1 serrano or jalapeño pepper, sliced (optional)
5-6 mushrooms, sliced
A handful of shredded red cabbage
1 bell pepper, any color, cut in strips
Salt and pepper to taste
Handful of baby spinach leaves

DIRECTIONS
1. Add oil to a stock pot or dutch oven over medium heat.
2. Add the onion, garlic, and ginger and sauté until onions start to become translucent. Add turmeric and stir to combine.
3. Add the broth and bring to a simmer. Add the carrots and beets and simmer for about 5 minutes.
4. Add the broccoli and cauliflower florets and the hot pepper, if desired, and simmer for another 2 minutes.
5. Add the mushrooms, red cabbage, and bell pepper and bring back to a simmer. Season with salt and black pepper.
6. When ready to serve, toss in the spinach.

Chicken Zoodle Soup

makes 4 servings

INGREDIENTS
1 Tbsp. avocado oil
½ onion, chopped
1 clove garlic, minced
2 medium carrots, diced
2 stalks celery, diced
1 tsp. grated ginger
1 tsp. ground turmeric
Salt and ground black pepper, to taste
4 cups low-sodium chicken broth or vegetable broth
1 ½ cups (8 oz.) cooked and shredded chicken (leftover roasted chicken is perfect for this)
1 zucchini, spiralized
¼ cup coconut milk (optional)

DIRECTIONS
1. In a large pot, heat oil over medium heat until simmering. Add onion and garlic; sauté for 1 minute, until softened.
2. Add carrots, celery, ginger, turmeric, salt, and pepper; sauté until the vegetables are soft.
3. Add broth, increase the heat and bring to a boil then reduce heat and simmer for 5 minutes. Stir in the chicken, zucchini, and coconut milk if using; simmer for 3 minutes.
4. Scoop into bowls and serve.
Beet and Cauliflower Soup

makes 2 servings

INGREDIENTS
- 1-2 Tbsp. olive or avocado oil
- ½ onion, diced
- 2 celery stalks, diced
- 2 small carrots, peeled and diced
- 2 garlic cloves, minced
- ½ head of cauliflower (about 12 oz.), trimmed and diced
- 1 cup fresh beets, peeled and chopped
- ½ tsp. ground coriander
- ½ tsp. ground cumin
- ½ tsp. paprika
- 2 cups low-sodium vegetable broth
- Sea salt and pepper to taste

DIRECTIONS
1. Add oil to a stock pot or dutch oven over medium heat.
2. Add onion, celery, and carrot and season with a pinch of salt and pepper. Sauté for a few minutes until onions start to become translucent.
3. Add garlic, cauliflower, beets, coriander, cumin, and paprika. Sauté for a few more minutes, until cauliflower and beets start to become tender.
4. Add vegetable broth and bring to a simmer.
5. Once vegetables are tender, add the soup mixture to a high-speed blender. Blend until smooth.
6. Season with salt and pepper and enjoy!

Steamed Salmon with Chili-Tamari Sauce

makes 2 servings

INGREDIENTS
- 2 6 oz. salmon filets
- ½ cup water
- 1 Tbsp. chopped cilantro leaves
- 2 Tbsp. low-sodium tamari
- 2 Tbsp. sesame oil
- 1 Tbsp. minced ginger
- 3 minced garlic cloves
- 1 Tbsp. chili paste
- 1 Tbsp. honey
- Black pepper to taste
- Lime wedges for garnish
- Fresh cilantro for garnish

DIRECTIONS
1. Season filets with black pepper.
2. Line a steamer basket with parchment paper and put the filets in there.
3. Cover and steam for about 12 minutes or until the fish is done. (*If you don’t have a steamer, add ½ inch of water to a sauté pan with a tight-fitting lid. Place salmon directly in the pan with water and steam as directed above.)
4. Bring the water, cilantro, tamari, sesame oil, ginger, garlic, chili paste, and honey to a simmer in a small pan. Once simmering, turn heat to low. Taste and add more seasoning to taste.
5. Arrange the salmon into 2 shallow bowls and pour the chili sauce on top. Garnish with lime wedge and fresh cilantro.
Mix-and-Match MEALS
Having a fridge fully stocked for your body-loving, protein-packed Tone It Up smoothies is a MUST as a #TIUgirl! Thankfully, putting together your fave flavor is easy, especially when you follow our go-to guide.

**GET YOUR BASE GOING**

1 scoop Tone It Up Protein

1 cup liquid (almond milk, coconut water, coconut milk, cashew milk, hazelnut milk, hemp milk, coffee or water) - If using espresso, use 1-2 shots + 1 cup liquid!

Frozen Fruit or Cauliflower + 1 cup ice (if desired)

**FROZEN FRUITS**

½ frozen banana, pre-sliced + up to 1 ½ cups frozen fruit

example- raspberries (high in fiber!), mango, pineapple, blueberries, strawberries, cranberries, acai (half packet), pitaya (half packet)

**GREENS & VEGGIES**

As many as you like!

We usually add about 1 cup if we add it in.

example - spinach, kale, parsley, cucumber

**BOOSTERS**

For added nutrient value, add 1-2 of the following!

½ tsp. powdered spirulina or chlorella

1 tsp. maca

2 tsp. hemp seed

1 tsp. chia seed

1 tsp. flax seed

**NUT BUTTERS**

Optional - for healthy fats & a little extra protein!

1 Tbsp. almond butter

1 Tbsp. peanut butter

**TOPPINGS**

Choose 1-2 toppings!

1 Tbsp. cacao nibs

1 Tbsp. unsweetened shredded coconut

1 tsp. chia seeds

¼ cup favorite fruit

1 tsp. bee pollen

**FLAVORINGS**

For an extra boost, add one of the following!

1-2 tsp. diced fresh ginger

1-2 tsp. diced fresh turmeric

1-2 drops extracts (mint, vanilla, almond, peppermint, lemon)

½ tsp. cinnamon

¼ tsp. nutmeg
Tray Dinners

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 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!
**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 one below.*
- 4-6 oz. chicken breast
- 4-6 oz. turkey
- 4-6 oz. salmon
- 4-6 oz. white fish
- 4-6 oz. shrimp
- 4-6 oz. tofu
- ½ cup beans (chickpea, pinto, black, kidney, navy)

**HEALTHY FATS**
*Choose one below.*
- ¼ cup guacamole
- 1 Tbsp. pumpkin/sunflower seeds
- 2 Tbsp. chopped nuts

**SPICES/FLAVORINGS**
*Pick 2 below.*
- 2 Tbsp. pesto (recipe on ToneItUp.com)
- ¼ cup salsa
- 1 jalapeño
- hot sauce

**HERBS**
*Pick as many as you like!*
- cilantro
- parsley
- dill
- basil
- mint

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.
**Beauty Broths**

One of the many beauties of this broth is that it’s flexible. If you don’t have all these ingredients on hand, just put in what you’ve got. Save extra veggies from food prep during the week — like kale stems and carrot peelings — and toss them in too!

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**BROTH**

*Broth makes 4 servings (2 cups each)*

**INGREDIENTS**
- 8 cups water
- ½ head of cabbage, halved
- 3 large carrots, cut into large chunks
- 3 celery stalks, cut into large chunks
- 1 onion, quartered
- 1 garlic bulb, sliced in half crosswise
- 1 bunch of parsley or cilantro stems
- ½ cup dried shiitake mushrooms
- ½ cup dried wakame seaweed
- 2-inch piece of ginger, cut into ¼-inch-thick slices
- 1 Tbsp. ground turmeric
- 1 Tbsp. peppercoms
- 1 Tbsp. olive oil

**DIRECTIONS**

1. Add everything to a large stockpot. Bring to a boil, cover, and simmer for 2 hours. Alternatively, throw it all into a slow cooker and put it on the low setting for 8 to 12 hours.
2. Let the broth cool then strain the liquid and discard the solids.
3. Store the broth in the fridge for up to 1 week or in the freezer for up to 1 month.
4. When ready to serve, combine 2 cups of broth in a small saucepan along with whatever add-ins you want. Bring to a simmer over medium-high heat until proteins are cooked through and vegetables are tender.

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**MIX-INS**

**LEAN PROTEIN**

Pick one below:
- 4-6 oz. chicken breast
- 4-6 oz. turkey
- 4-6 oz. salmon
- 4-6 oz. white fish
- 4-6 oz. shrimp
- ½ cup drained canned beans (chickpea, pinto, black, kidney, navy)
- 4-6 oz. tofu
- 2 eggs

**EXTRAS**

Pick as many as you like!
- 1 scoop Tone It Up Marine Collagen
- cilantro
- parsley
- dill
- basil
- lemon juice
- lime juice
- seasoning blends (salt-free)
- apple cider vinegar
- black pepper
- sea salt (limit to ½ tsp.)
- ginger
- garlic
- jalapeños
- cayenne pepper
- miso (limit to 1 tsp.)
- low-sodium tamari (limit to 1 tsp.)

**VEGGIES**

*Pick as many as you like!*
- kale
- carrots
- collard greens
- broccoli
- chard
- celery
- cauliflower
- mushrooms
- squash
- spinach
- parsnip
- sweet potato
- peppers

**HEALTHY FATS**

*Choose one below.*
- 1 Tbsp. seeds
- 2 Tbsp. coconut milk
- ¼ avocado

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Energizing SNACKS
Chocolate Peanut Butter Chia Seed Pudding

makes 2 servings

INGREDIENTS

1 scoop Chocolate Peanut Butter Tone It Up Protein
1 cup almond milk
1 tsp. pure maple syrup
2 Tbsp. chia seeds
¼ cup fresh raspberries
¼ fresh banana, sliced
1 tsp. peanut or almond butter
Sprinkle of chia seeds

DIRECTIONS

1. Add protein powder, almond milk, and maple syrup to a high-speed blender and blend until smooth.

2. In a small container with a tight-fitting lid, add the almond milk mixture and chia seeds. Stir well to combine and store in the fridge with a lid overnight.

3. When the pudding is thick, add ¼ cup of it to a small glass or bowl. Add a layer of fresh raspberries and banana, then pour another ¼ cup pudding on top. Garnish with the remaining raspberries and banana, nut butter, and a sprinkle of chia seeds.

Pick-Me-Up Chia Seed Pudding

makes 3 servings

INGREDIENTS

½ cup coconut milk
½ cup unsweetened almond milk
1 Tbsp. pure maple syrup
¼ cup whole chia seeds

TOPPINGS
(PER SERVING)

1 Tbsp. unsweetened coconut flakes
1 tsp. cacao nibs

DIRECTIONS

1. Add coconut milk, almond milk, and maple syrup to a large bowl and then stir in chia seeds.

2. Whisk together and allow to sit for 3 minutes. Whisk it again before covering and placing in the fridge for an hour or overnight.

3. Top with coconut flakes and cacao nibs before serving and enjoy!
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!

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!
Decadent Treats
### 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
- 1 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.

### Peanut Butter Cookies

**Makes 12 cookies (serving size is 1 cookie)**

**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!
Dark Chocolate Strawberry Popcorn
Makes 3 servings

INGREDIENTS
5 cups plain popcorn, popped
1 Tbsp. coconut oil, melted
1 cup freeze dried strawberries
1 cup Skinny Dipped Dark Chocolate Cocoa Almonds

DIRECTIONS
1. Make popcorn according to package instructions and place in large bowl.
2. In a food processor, lightly crush dried strawberries and set aside. Place Skinny Dipped Almonds in food processor and grind until finely chopped, but not powder.
3. Melt coconut oil and evenly coat popcorn in oil.
4. Add freeze dried strawberries and Skinny Dipped Almonds to popcorn and mix together.

Apple Cinnamon Donuts with Pomegranate Glaze
Makes 12 donuts (serving size is 1 donut)

INGREDIENTS
¾ cup oat flour
3 scoops vanilla Tone It Up Protein
½ tsp. baking powder
½ tsp. baking soda
1 tsp. cinnamon
Pinch of sea salt
2 eggs
2 Tbsp. coconut oil
½ cup almond milk
2 Tbsp. pure maple syrup
½ cup yogurt (your preference)
1 apple, peeled and finely chopped
Coconut oil spray

GLAZE
1 cup powdered sugar
1 Tbsp. pomegranate powder
2 Tbsp. almond milk

DIRECTIONS
1. Preheat oven to 350. Spray a donut tin with coconut oil.
2. Mix all dry ingredients together in a medium bowl.
3. Mix all wet ingredients in a separate bowl until well combined. Add wet ingredients to dry ingredients. Mix until all ingredients are well incorporated. Fold in apples.
4. Spoon mixture into prepared donut tin. Bake for about 35 minutes or until a toothpick comes out clean.
5. For glaze, add powdered sugar and pomegranate powder to a small bowl. Slowly whisk in almond milk until smooth and you have a thick glaze.
6. Once donuts are cool, drizzle each donut with 1 tsp. of glaze. Enjoy!
Collagen Panna Cotta

Makes 7 servings

**INGREDIENTS**

- 1 ¼ cups unsweetened coconut milk from a carton
- 1 Tbsp. unflavored gelatin
- 8 scoops Tone It Up Collagen
- 3 cups nonfat plain Greek yogurt or coconut yogurt
- 2 Tbsp. maple syrup
- ½ tsp. vanilla extract
- 1 lb. fresh strawberries, hulled and quartered (2 ½ cups)
- 1 Tbsp. raw honey, melted
- 1 Tbsp. aged balsamic vinegar

**DIRECTIONS**

1. Pour ¼ cup of milk in a small bowl and sprinkle the gelatin on top; let it sit for 5 minutes.

2. Meanwhile, heat up the remaining milk in a small saucepan over medium heat. Once you see bubbles begin to form along the edges, whisk in the gelatin mixture and collagen until dissolved; remove from heat and set aside to cool slightly.

3. In a mixing bowl, whisk gelatin mixture with yogurt, maple syrup, and vanilla until smooth and well combined.

4. Divide the mixture into 6 small bowls. Transfer them to the refrigerator and chill for at least 3 hours, until set.

5. To make the strawberry topping, heat the oven to 400 degrees. In a mixing bowl, toss the strawberries with warm honey and balsamic to coat. Spread strawberries out on a baking sheet and roast for 15 minutes, until slightly caramelized; remove from oven and let cool.

6. When ready to serve, spoon roasted strawberries on top of chilled panna cotta.
TIU Community

Recipes
Super Green Smoothie

@tiu_deli

**INGREDIENTS**

- 1 cup coconut water
- 1 scoop coconut Tone It Up Protein (vanilla works too!)
- 1 tsp maca
- 1 tbsp white chia seeds
- 1 diced mini cucumber
- 2 large kale greens, wash and pull leaves off the stems
- 1/2 frozen avocado (you can also sub in 3/4 cup frozen cauliflower)

**TOPPINGS**

- Sliced kiwi
- Gluten free granola
- Pomegranate seeds

**DIRECTIONS**

1. Blend well!
2. Top with sliced kiwi, gluten free granola and pomegranate seeds.

Chocolate Covered Cherry Pie Smoothie

@demullino9

**INGREDIENTS**

- 1 cup unsweetened Almond Milk
- 1 scoop chocolate Tone It Up protein
- 1 cup frozen Dark Cherries
- 1/2 cup riced cauliflower
- 1 Tbsp. Ground Flax Seed

**DIRECTIONS**

1. Blend all ingredients together in blender.
2. Rim glass with Agave Nectar and coconut flakes.
3. Garnish with Rosemary & enjoy!
Lavender Lemon Berry Smoothie Bowl

@tiu_deli

**INGREDIENTS**
- 1 scoop vanilla Tone It Up Protein
- 1 scoop Tone It Up collagen powder
- 1 cup almond milk
- 1/2 tbsp white chia seeds
- 1/2 cup frozen cauliflower rice (or half banana)
- 1/2 cup mixed frozen berries
- 1/2 tbsp lavender seeds
- 1 tbsp lemon juice

**DIRECTIONS**
1. Blend all ingredients! I topped with some GF granola, little banana, and sprinkled lavender. Enjoy!!

Coconut Carrot Smoothie

@tiu_deli

**INGREDIENTS**
- 1 scoop coconut Tone It Up Protein
- 3/4 cup coconut water
- 1 cup shredded carrots (you can buy this already shredded)
- 1/3 avocado
- 3/4 cup frozen cauliflower rice
- Juice squeezed from 1 orange

**DIRECTIONS**
1. Blend well and top with items such as chia seeds, hemp hearts, coconut flakes, granola etc! This is so creamy thanks to the avocado and full of nutrients!
**Chocolate Pomegranate Cookie**

@carla_mywellnessjournal

**INGREDIENTS**
- 1 dark chocolate slab
- 1 tsp coconut oil
- handful fresh pomegranate (optional, raspberries too)

**DIRECTIONS**
1. Melt chocolate & coconut oil over a double boiler on the stovetop.
2. Using silicone moulds, teaspoon some of the chocolate into the moulds. Add your raspberries and pomegranate, then top with more chocolate.
3. Set in freezer for 10-15 mins

**No Bake Chocolate Chip Cookie Dough With Greens**

@kimmyokeefewellness

**INGREDIENTS**
- 1 can chickpeas
- 1/4 cup peanut butter
- 1 scoop @toneitup protein + greens
- 1/3 cup maple syrup
- 1 tsp vanilla extract
- 1/4 cup cacao nibs or chocolate chips

**DIRECTIONS**
1. Pour all ingredients except the last ingredient into a blender or food processor. Blend until smooth.
2. Transfer to a medium bowl and fold in the chocolate chips
3. Place in freezer for 15-20 minutes to let it solidify
4. Start rolling into small balls (about 1 tbsp).
5. Keep in the fridge for up to 5 days or in the freezer for longer
Cranberry Coconut
MINI MUFFINS
@sarahtonecutup

INGREDIENTS
1 1/2 cup oat flour
2 scoops vanilla Tone It Up Protein
1/2 tsp baking powder
1/4 tsp baking soda
Pinch of salt
1 tbsp cinnamon
1 tsp vanilla extract
2 tbsp coconut oil, melted
3/4 cup unsweetened oat milk (or any DF milk)
1/4 cup maple syrup
1 egg
1/2 cup dried cranberries
1/4 cup unsweetened coconut flakes

DIRECTIONS
1. Preheat oven to 350
2. Combine all dry ingredients minus the cranberries and coconut flakes in one bowl.
3. Add all of the wet ingredients to the dry and combine
4. Fold in cranberries and coconut flakes
5. Spray a mini muffin tin with cooking spray, add batter and top with extra coconut flakes
6. Bake for 15 minutes. Enjoy!
Chickpea Greek SALAD

@tiu_deli

**INGREDIENTS**
- 1 long English cucumber, diced
- 1 can chickpeas rinsed and peels off
- 1 heaping cup cherry tomatoes cut in half
- 1/2 cup diced Kalamata olives
- 1/4 cup diced sundried tomatoes
- 1/4 cup capers
- salt and pepper
- 2 tbsp red wine vinegar
- 2 tbsp olive oil

**DIRECTIONS**
1. Mix all ingredients and sprinkle with salt and pepper to taste.
2. If you’re fine with dairy, I LOVE sprinkling goat feta cheese on top

Love Your Body Series

Cranberry Almond BREAKFAST COOKIE

@share_inspired

**INGREDIENTS**
- 1 banana, mashed
- 1/2 cup almond butter
- 1/2 cup honey
- 1 tsp vanilla extract
- 1 cup gluten-free rolled oats
- 1/4 cup oat flour
- 1/2 cup Tone It Up vanilla protein
- 1 tsp cinnamon
- 1/2 tsp baking soda
- 1/4 cup dried cranberries
- 1/2 cup sliced almonds

**DIRECTIONS**
1. Preheat oven to 350 degrees
2. Completely mash banana and mix in the rest of the wet ingredients.
3. In another bowl, combine the dry ingredients, except cranberries and almonds.
4. Fold wet ingredients into dry ingredients.
5. Gently fold in cranberries and almonds.
6. Spray a baking sheet with coconut oil spray and drop 1/4 cup scoops onto the pan. Gently flatten dough to about 1/2 inch.
7. Bake for 15 min or until golden brown
**Tortilla Soup**

@mindyleetiu

**INGREDIENTS**
- 1 lb boneless skinless chicken breasts
- 2 cups vegetable broth
- 1 15-ounce can organic tomato sauce (no sugar added)
- 1 15-ounce can crushed tomatoes
- 1 can black beans drained
- 1/2 chopped onion
- 3 peeled and chopped carrots
- 2 chopped celery stalks
- 1/2 cup frozen corn
- 2 cloves minced garlic
- 1 lbs chili powder
- 3/4 tsp black pepper
- 1/2 tsp salt
- 1/2 tsp cumin
- 1/2 tsp red pepper flakes
- 1/2 tsp onion powder

**DIRECTIONS**
1. Add all ingredients (except corn) to a crockpot and cook on high for 4 hours or low for 6-8 hours.
2. Shred chicken and add back to pot. Add corn and cook for 20-30 more minutes
3. Serve with cilantro, a big squeeze of lime, fresh jalapeños and avocado

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**Chickm Primavera**

@paigeflemingo

**INGREDIENTS**
- 2 large chicken breasts, shredded
- 1/2 zucchini, chopped
- 1/2 summer squash, chopped
- 1 red bell pepper, chopped
- 1 cup asparagus, chopped
- 1/2 cup grape tomatoes, halved
- fresh parsley, chopped
- 3/4 cup almond milk
- 1/2 cup mozzarella cheese, shredded
- Italian seasoning
- salt and pepper

**DIRECTIONS**
1. Sauté all veggies in pan with a little olive oil.
2. Once cooked add all seasonings to taste but keep fresh parsley for topping at the end.
3. Then add shredded chicken, almond milk, and mozzarella and mix.
4. Once all is heated and almond milk is mostly soaked up/coated on everything it’s ready to serve!
5. Top with fresh parsley and enjoy!
Thai Curry STIR FRY
@thatappilyashley

DIRECTIONS

1. Prepare @RightRice to package instructions.
2. In a large skillet, heat 1 tbsp of olive oil over medium high heat. Add the chicken & sauté until cooked.
3. While the chicken is cooking, in a large pot heat 1 tbsp olive oil over medium heat. Add the red onion and sauté for 4-5 minutes, or until soft.
4. Add the minced garlic, and cook 30 seconds or until fragrant.
5. Add the broccoli, spinach, peas and carrots. Stir and cover. Cook for a few minutes until frozen ingredients begin to soften.
6. Add cooked chicken, ginger, salt and pepper. Stir well. Cover and cook for another 5 minutes.
7. Remove lid & add @RightRice to pot. Stir & fluff so stir fry mixture & rice is combined. Cover & let cook for another 1-2 minutes.
8. While rice stir fry is cooking, mix all the ingredients for the sauce and stir well until completely smooth.
9. Serve stir fry in a bowl, top with peanut sauce, cilantro, & peanuts.

INGREDIENTS

1 package Thai Curry @RightRice
2 Chicken Breasts, chopped
2 tablespoon olive oil, divided
1 small red onion, chopped
3 garlic cloves, minced
2 cups broccoli, chopped
2 cups Frozen Spinach
2 cups julienned carrots
2 teaspoon ground ginger
1 1/2 teaspoon sea salt
1 1/2 teaspoon pepper
2 cups frozen Peas,

PEANUT SAUCE
1/4 cup peanut butter
3 tablespoon water
3 tablespoon rice vinegar
1 tablespoon gluten free soy sauce
1 tablespoon honey
1/8 teaspoon sesame seed oil
1/4 teaspoon red pepper flakes
1/4 teaspoon ground ginger

FOR GARNISH
Handful cilantro
1/4 cup chopped peanuts
You did it girl! You showed yourself so much LOVE with booty-kicking workouts, nourishing meals, and self-care. You have inspired us and this community every single day...and most importantly, you’ve shown yourself that you CAN accomplish anything you set your heart and mind to.

This is just the beginning, and we can’t wait to continue this journey with you! Remember, you are strong, powerful, brilliant, and beautiful — and you are worthy of everything you’re dreaming of.

We love you so much!

xxo,

Karen & Katrina

WE CAN’T WAIT TO SEE YOUR TRANSFORMATION PHOTOS! POST THEM WITH #TIUTRANSFORMATION
LOVE your BODY
MEAL PLAN

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Tone It Up Nutrition Plan

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