

31 DAY CHALLENGE

GF VEGETARIAN

Tone It Up®



Tone It Up[®]

31 DAY CHALLENGE

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Tone It Up

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TABLE OF CONTENTS

GET READY FOR THE CHALLENGE	04
CHALLENGE GUIDELINES	10
31 DAY WORKOUT PLAN	16
MEAL PREP & COOKING TIPS	17
TIU APPROVED	22
DAYS 1-9	28
DAYS 10-16	40
DAYS 17-23	50
DAYS 24-31	60
CUSTOMIZE YOUR PLAN	72
MEAL SWAPS	77
RECIPES	81

ARE YOU READY FOR THE CHALLENGE?

We see the fire inside of you. You're ready. You're committed. You're determined. And you're burning up girl!

We're already so proud of you. Just by joining us here, you've made a huge step towards your future, health and happiness. You've decided that you want to feel amazing and confident, get healthy and fit, and you also know your body deserves the very best.

This Tone It Up community is ready to support you in all of your goals. Before we begin, we want you to answer the 7 questions on the next page for the 31 Day Challenge.

xo,

Karena & Katrina

QUESTIONS *for you!*

Before you read any further, grab a pen and paper and write this down. No answering in your head. This is very important that you write this out!

Print this form out and write out your answers.

1. Close your eyes and imagine yourself in 31 days. How do you want to feel physically? What about emotionally? Who is looking back at you in the mirror? Is she confident? Radiant? What has she learned?

2. What is one habitual goal you want to achieve? Maybe it's to start meal prepping, waking up earlier to work out, or to start journaling. A habit takes 21 days to form, so by day 31 it'll be second nature. Now is the perfect time to create those new healthy habits!

3. What is one spiritual goal you have? It can be that you want to start going to yoga once a week or to simply feel confident and strong. Maybe you want to be more positive or respond to obstacles in a better, more productive way. Whatever it is, write it down right now and you will get there!

QUESTIONS for you!

4. What is one physical change you want to see? Do you want stronger arms? Do you want to build muscle overall? Or it can be something as simple as feeling confident rockin' your sports bra at your fave workout class. Write it down. Visualize it and make every decision every day with that goal in mind. We promise you'll get there! You're capable of more than you'll ever know, and we're by your side every step of the way.

5. What are your usual setbacks? What usually prevents you from working out or eating healthy? Most of us are completely aware of our personal obstacles. How will you prevent them and work on them? Maybe you make everything else a priority before yourself or easily get distracted or discouraged. Or maybe your environment or the people around you are holding you back. Can you ask for their support? Whether it's work, friends or family, take the time to realize that you are the only one in control of your body and your future. Stand up for yourself and stick to your goals. You deserve it.

6. If you could thank your future self right now for sticking to the 31 Day Challenge, what would you say to her?

7. Now imagine yourself on November 1st. You feel exactly how you visualized above. What do you want to say to the girl reading this plan, preparing for the next 31 days? What words of encouragement do you have for her? What do you want her to push through and what do you want her to let go of? Let it out.

WARNING!! Do not read any further until you've completed these questions!
It will be the most effective part of your journey! We promise! – *k+k*



QUESTIONS for you!

"Life is Tough, but so are you girl!"

Write down any other goals or notes for yourself here:

31 DAY CHALLENGE checklist

✓ make space + get organized

Make a workout space in your house! Set up your [yoga mat](#), dumbbells, [resistance bands](#), [booty bands](#), music and make it your new fave space!

While you're at it, organize your closet, kitchen and make up drawer. If other areas of your life are organized, you'll be more likely to stay on track!

✓ workout clothes

Organization is key. We like to stack our workout pants, underwear, [socks](#), bra, and tank together. This way we can quickly throw it in a gym bag-- or on your bod

✓ prep a playlist 🎵

Put together a workout music playlist! We made you one [here](#). Also, set your alarm to a motivating song!

✓ journal

Whether it's in your calendar, on your phone or in your [TIU journal](#), one of the challenges coming up will be to journal your workouts and nutrition every day!

✓ quinoa crisps

They're [25% off](#)!! We love putting these on our salads, parfaits, dessert- everything! They're so amazing and the crunch gives every recipe that texture you're lookin' for!

✓ perfect fit protein

You'll be having it all day, err day! Think pancakes, smoothies, muffins and more! Remember, [Perfect Fit](#) is the plant based protein we created for you! It's non GMO, certified gluten-free, dairy-free, vegan friendly and so delicious!! Basically perfect for everyone! It's the cleanest protein out there that helps you recover from your workouts, keeps you toned and lean, and helps that metabolism of yours!

✓ Tea

Our late night sweet tooth trick is decaf or herbal tea ☕ If you're like us and those late night munchies add up to unneeded calories for the week, then you'll love this! We also love green tea for a pre-workout jolt! You'll see both in your meal plan!

✓ dry shampoo

for obvious reasons 😊

✓ meal prep containers

You'll need these!

✓ water bottle

Make sure you have this on you at all times! Water increases your metabolism, so drink up all day!

✓ your A game! 💪💪



let go of distractions + **MOVE FORWARD**

With all of life's distractions and challenges, we know that your own goals can end up on the back burner. If you can just dedicate some time for yourself on the weekends to prep for the week, you'll be able to do more in other areas of your life!

If you say you don't have time, try being mindful of how long you're on your phone every day or how long you might procrastinate, scroll instagram, or watch TV. Whatever it is that's making you have less time, decide how you can refocus and dedicate time to yourself and goals.

If you don't want to wake up 30 minutes early to do your Booty Call because you'll lose sleep, go to bed 30 minutes earlier and thank us later! Trust us... your morning Booty Call will be one of the most powerful things you do during this challenge. It can be a walk, jog, your 5 Daily Moves, or any of our workouts. We just want you to MOVE first thing. Loved

ones still sleeping in the house? Plug in your headphones and sneak around until they wake up. We have to do that too! This is YOUR time!

If you feel uncomfortable, remember that change is uncomfortable. If we're comfortable, we're probably not changing. We're all going to be sore. We're all going to be sleepy some days. And we're probably going to have to make some pretty hard decisions like - do I want to eat this pizza at 11:30pm? Or do I know it's not worth it? The best part is we're all in this together. TIU T.E.A.M - Together Everyone Achieves More!

What we're about to ask you is going to take your commitment, but we already know you're there, so here we go...

Are you ready!? Say 'YES' out loud right now! Let us hear it!

REMEMBER...

*you can do anything for 31 Days!
This is it!*

31 DAY CHALLENGE guidelines

✓ stay hydrated

Drink half your bodyweight in ounces of water per day. We want to see you girls carrying around water with you like it's your new BFF. Hydration increases your metabolism, keeps your muscles and brain power happy, and keeps you feeling energized and fresh. Add some flavor to your water with fresh lemon, cayenne pepper, mint, or cucumber!

✓ booty call!

At least 20 minutes. No matter what it is, we want you to MOVE first thing when you wake up! Why? Your body has been resting for the night. Your metabolism has been working overtime with the hormones that are released when you sleep and now is the perfect time to stimulate that fat burning and get your heart rate up. What if you have an afternoon workout planned? We still want you to get moving for 20 minutes when you wake up to boost your metabolism. So if you're hitting it hard later, walk away from your house for 10 minutes and walk back. Take a stroll with your coffee!

Most of us spend about 15 minutes checking instagram, facebook or emails when we wake up. Instead, swap that

time for YOU baby girl or even check while you're walking! You can also do any of our workouts at home! All of them are living room friendly!

✓ weekly schedule

Follow the Weekly Schedule posted on ToneltUp.com. Every Sunday we post your Weekly Workout Schedule! This is the perfect tool to help plan your week! Taking your favorite hot yoga class on Wednesday? Perfect! Sub it out! It's all about what works for you!

✓ 31 rep challenge

We have a NEW Workout Plan launching for you! It's the 31 Rep Challenge! You'll see it every day on the DAILY WORKOUT page. We strategically planned to work different body parts each day. Squeeze these 31 reps in anytime! You can do them in the morning for your Booty Call or in the evenings for a PM workout. Get ready to Tone It UP! See your DAILY MOVES [HERE](#).

TIP: Open [THIS PAGE](#) on your phone and click the arrow at the bottom of your phone. Click "Save to Homescreen" and your DAILY MOVES will be on your phone for easy, one-click access.

31 DAY CHALLENGE guidelines

✓ weekend warrior!

Between Friday - Sunday, weekends can add up to almost half of your month. So for this 31 Day Challenge, we want you to stay driven and focused on the weekends. When Friday rolls around and you haven't done your daily moves, we know what you're doing as soon as you walk in the door from work! If your Saturday is packed with commitments, we know we'll see you at the first spin class on the schedule or working out in your living room with us before you have to leave! Instead of your weekends working against you and canceling out your efforts during the week, they're going to be YOUR time... when you're at your max effort and motivation!

✓ lights out

We want you to get at least 7.5 hours of sleep each night. 8 is optimal! A new study recently found that not enough sleep can result in metabolic and endocrine alterations. This includes decreased insulin sensitivity, increased

cortisol levels, increased ghrelin, decreased leptin, and increased hunger/appetite.

So if you're browsin' Instagram at 10pm... we better see you 8 hours later at 6am for your Booty Call! If you have to be up at 5:30am to squeeze in a quick workout, try your best to have lights out at 9:30/10pm. We know this is going to be tough, but ask for support around you. And avoid evening distractions like hour long TV programs, Netflix, or getting vortexed into Snapchat. But of course, check the @ToneltUp Instagram, because we might be sharing something for the challenge! Haha. 🤪 You just probably don't need to be stalking your ex-boyfriend's new girlfriend's sister's new bestie... catch our drift? We've all been there... and it does nothing to serve us, so let's stay focused for these 31 days!

Ask yourself this one question throughout your morning or evening; Is what I'm doing right now helping me with my goals that I wrote down on Day 1? If not, you know what to do! It's in your power!

do it for you and no one else.

NUTRITION challenges

✓ read the plan

If you haven't read the main Nutrition Plan, we challenge you to read it as soon as possible. If you haven't read it in a while, read it over for a quick refresh and overview. We go over all the "whys" so you understand why we have you eating certain foods at what time of the day and why certain nutrients are so important for your body composition and metabolism.

✓ no fried food for 31 days

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

✓ no refined bread, pasta, or rice

This includes GF white bread, GF pasta dishes, white rice on sushi, and desserts, pastries, GF tortillas, crackers, and chips.

✓ no added sugar

No added refined sugar OR high fructose corn syrup. Where can you find added sugar? Check your labels! A lot of GF breads, bars, snacks, drinks, coffee and

yogurts will have added sugar in them. If it's a fruit or dried fruit, just make sure it's pure. Add unsweetened nut milk to your coffees. Avoiding added sugar will help you so much for these 31 days. Your blood sugar levels will stay balanced, giving you more energy and keeping your cravings in check. It will also help avoid cortisol spikes which can inhibit insulin, raise blood sugar levels, and lead to increased belly fat!

✓ bye bye candy

No added sugar means: no candy, no non-TIU approved dessert, and no soda for 31 days. Again, we know you can do this! It's just 31 days of your life! If you're looking for sweet desserts you can have, check out the back of your Recipe Guide or ToneItUp.com! You can make cookies, pudding, milkshakes, muffins, and dark chocolate recipes! It's relearning how to make dessert a healthy and still delicious treat.

✓ limit starches after m3

This means we want you to start choosing foods that help your goals, not work against them. If you've been on the Tone It Up Nutrition Plan, you've already become accustomed to this. It's part of your routine now. Instead of wondering

NUTRITION challenges

what pasta, rice, potato, bread, or carb you need to add to dinner, you're making delicious meals that are Lean, Clean, 'N Green with protein and healthy fats. You're reaching for foods that help your metabolism through the night, not foods that will spike your blood sugar, causing your body to release insulin and cortisol through the night and decrease the fat burning hormones that could have helped you for 8 hours.

When can you have your Gluten-Free bread, sweet potato, brown rice, and other TIU approved starches? Meals 1, 2, 3 baby! You'll have all day to burn through that fuel. Your dinner is now your metabolism meal. It's the meal you're feeding your body to help you wake up feeling lean and refreshed. We promise, if you're consistently following this, those muscles will start poppin' first thing in the morning! It's amazing!

It's so incredibly important for you to approach dinner in a new way. Instead of focusing on what you can't have, we want you to focus on what you can! Take a look at the following pages to see all the mouthwatering dishes you'll be having for dinner that include lean protein, healthy fats and tons of greens, spices, and herbs.

✓ stay in tune with your body

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

~ **Are you thirsty?** When is the last time you drank water? Most of the time when your brain is tired and you feel fatigued, you're actually dehydrated and can be tempted to grab something high in sugar to help our energy levels. But if we do that, our insulin levels will spike and we'll actually be more tired and even more hungry about an hour later. It's the sugar high and crash. So remember to grab that water, girl.

~ **Have you been sitting for too long?**

Most of us spend our days in front of a computer. Us included. This means we start to get tired too. We're also tempted to grab an extra coffee around 3pm or eat something we don't really need at that time. Instead, your body just needs to wake up! Your sleepy hormones are circulating and your eyes have been adjusting for hours on a computer screen. You don't need to walk to the vending machine, you need to walk, period. Ask a coworker or pick up your phone and call your mom or a friend you haven't talked to in a while. Take a 5 minute break and walk the stairs in your building, outside or wherever you are. Trust us, your body will

NUTRITION challenges

wake up, you'll feel less foggy and you may even be motivated to sign up for that 6pm class tonight.

~ **When is the last time you ate?** We want you eating 5 times a day! If you skip a meal, you'll feel the effects. Make sure you're eating a breakfast, a snack mid-morning, a lunch, an afternoon pick-me-up, and a dinner.

✓ limit late night treats

After dinner cravings? Although we love our late night chocolate too, for the next 31 days we challenge you to grab a tall sparkling water, some herbal tea or a glass of kombucha. Still feelin' like you want something? Grab a TIU approved dessert and enjoy every single bite!

✓ wine + cocktails

You already know this, but we're the last trainers to ever tell you that you can't have that glass of red wine or that champagne at your girlfriend's birthday. We do want you to keep it under control though. No keg stands ladies! ;) No seriously, we want you to choose 3 nights or less per week to have 2 or less drinks. We usually choose Wednesday, Saturday and Sunday (or Friday) to have a glass or two. It's totally up to you. A lot of you

may even choose to drink nothing at all. Maybe because you know that with the upcoming holidays means lots of fun parties or you just aren't really a fan of alcohol. Whatever it is, do you girl! For the next 31 days, you'll be grabbin' that sparkling water and kombucha and you will be feeling so good during that morning sweat session. Plus you'll be front and center at that hot yoga class on Saturday morning!

✓ what if I slip up?

We understand there might be some birthdays in the house, some wedding celebrations or a night or two that there are no other options... we're with you! Below are the nutrition guidelines for celebratory nights that we just can't skip. If you slip up for a meal, don't let it get you down. 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 mess up on a Wednesday, it's not the end of the world. Thursday morning, grab a light breakfast, jog your pretty tush in the morning and viola, you're golden. It's not how you fall down, it's how you get up and bounce back!

LET'S GO girl!

You're ready for this. You now have the tools, the support, and the knowledge to succeed! Let's do this together. If you see anyone else in the community needing some motivation, lend some support and encouragement. The amazing karma will come back to you when you need some support, too!

Every day we challenge you to:

- ✓ Journal your nutrition and workouts. It can be in your phone, on your calendar, in a journal- anywhere. Just write down what your meals looked like and your workouts. Jot down your intentions for the following day in your calendar!
 - ✓ Support, like and comment on 10 check-ins from others every day, empowering them and encouraging them to keep at it! Make sure a few are new every day too!
 - ✓ Check in with us with @ToneltUp #TIUteam + #TIU31
 - ✓ Smile because you're gorgeous and we're all in this together!
- A check in can be a photo of your workout, your healthy meal, an inspiring quote or anything that you feel will motivate someone else in the community too!
-

*Always remember you're braver than you believe,
stronger than you seem, smarter than you think and
twice as beautiful as you'd ever imagined..*



your 31 day workout challenge!

31 DAY CHALLENGE

Follow the Tone It Up weekly schedule for the next 31 days!

Every day, you can go to the [DAILY WORKOUT TAB](#) on ToneItUp.com to see 5 Daily Moves. Challenge yourself to do 31 reps of each move. If you're going to a workout studio or class, sub in for the day! Use this chart to check off or write in your workouts.

Every day is a 31 Rep Challenge! Complete the moves you see on the DAILY WORKOUT Tab and do 31 reps of each. Whether you can do 31 in a row or split it up into 11, 10 and 10... get it DONE!

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

MEAL PREP Tips

Over the next 31 days, meal prep will literally be your best time investment ever. It's crazy how much time you'll save during the week by just taking an hour or so in the beginning of your week! We made the 31 Day Challenge so easy and simple that you can meal prep like a boss and get on with your week organized and ready for anything!

Remember, being "on the Tone It Up Plan" means you're following the main guidelines.

If you sub in your own TIU approved meals, dine out, or mix and match your favorite healthy foods, it still means you're "on the plan"! You can also mix in any of the recipes provided in the back of the plan or on the site! We just provide this structure for you so you don't have to think! We want to do the thinking for you, because you have enough to do, girl! 😊

Mixing in your own meals? Traveling or have some events coming up? We also made you a blank page to create your own meal chart! See it in the back! If you have any questions on which meals to fill in, reference your 'M1-M5' meal pages!

Sundays are great days to meal prep, but if your day off is Saturday or another day, take full advantage of it and take care of yourself!

A Sunday well spent brings a week of content!

At the beginning of each week, you'll see our suggested recipes to meal prep. If you want to make them fresh or you know you'll have more time to whip up breakfast on Wednesday, you can opt to make in the moment! It's all what works best for you!

MEAL PREP Tips

Here are our favorite things to meal prep!

healthy muffins

Grab and go options for busy mornings are a must! Any of the muffin recipes in your plan are ideal to make ahead of time. We created a Pumpkin Muffin, Angel Food Muffin and Egg Frittatas for you in this plan.

Latest Obsession: Did you know you can also turn your Perfect Fit Pancakes into mini muffins for easy on-the-go options!? We do this all the time... especially with extra blueberries and a little maple syrup in the batter! We also take our favorite scramble recipes and put them into muffin pans for easy breakfast egg muffins.

Keep the muffins covered in the refrigerator for up to 4 days.

perfect fit pancakes or waffles

Yes, you can make these ahead of time! Keep the batch of pancakes in a covered container for up to 4 days in the fridge. Simply pop in the toaster oven or microwave in the morning.

Latest Obsession: Replacing ½ banana with 1 Tbsp of pumpkin puree and a splash of almond milk and saving them for M4.

overnight oats

Make them in mason jars and store in the fridge overnight. We love getting creative with overnight oats too. Add nuts, seeds, fruit, coconut shavings, chia seeds, cacao nibs or whatever floats your TIU boat baby!

Latest Obsession: 1/3 cup GF rolled oats, 1 Tbsp

chia seeds, 1 diced apple, 1 cup unsweetened almond milk, tons of cinnamon and an optional Tbsp of Perfect Fit Protein. It tastes like apple pie in a jar! See more recipes for overnight oats in the back of your plan!

chop those veggies, girl

Wash, peel, and chop carrots, celery, mushrooms, or cucumbers... these are great snacks to have on hand. Have salad greens ready too! Wash and keep them wrapped in a dry paper towel in your crisper.

No time? There are so many pre-cut veggie and bagged greens options!

Latest Obsession: Kale + Brussels sprouts mix! We're seeing this at almost every grocery store! It's so delicious and easy to whip up any of our TIU salads! We've been buying 3 bags for the week and splitting it with Brian and Bobby. They love it too!

blaze your own trail

We're the first to admit that if there's a bowl of trail mix in front of us, we'll eat the whole thing without realizing how much we ate! It's can happen so easily. While nuts are healthy, we want to make sure we stay within our serving sizes. We like to get mini ziplock bags and divvy up ¼ cup trail mix in each one.

Latest Obsession: 1 Tbsp coconut shavings + 2 Tbsp almonds + 1 Tbsp dried cranberries in a baggie shaken with either cinnamon or powdered peanut butter... yes way! It's so

MEAL PREP Tips

good. Sometimes for dessert we'll add a little coconut yogurt and oh... my... goodness.

coffee!

Trying to make that 6am spin class? Or running out the door for your Booty Call walk? It may be easier to make some cold pressed coffee or pre-made espresso! You can either pour over ice with some almond milk or heat up and go!

Latest Obsession: Pre making coffee for our morning coffee smoothies! You can also make ice cubes from coffee! Check out the Coffee Smoothie Recipe in the back of the plan!

water

Seems silly, but most of us forget about the #1 thing all day! Every night, cut up some lemon, muddle some mint and make your own flavored water to go for the next day.

Latest Obsession: Adding a little cayenne pepper for a metabolism kick!

Mason jar it

Layer salad ingredients for the week in mason jars for delicious lunches on-the-go. Make sure the dressing and veggies are on the bottom and lettuce on the top.

Latest Obsession: The Fall in Love Kale Salad! Take a peek in the back of this plan!

dressings + dips

Make a large batch of 2 of your favorite Tone It Up Nutrition Plan dressings! Keep one bottle at home and one at work.

Latest Obsession: The maple dressing that goes with the Fall in Love Kale Salad! It's insanely amazing!

power up with protein

Baked tofu, tempeh, or beans and veggies are great main staples to have on hand! You can either heat up or throw on salads. We will place protein and all of our veggies in a large baking dish or pan and add our favorite spices, plenty of garlic, a little oil and a pinch of salt. We bake at 350 degrees for 20-30 minutes or until cooked completely.

Latest Obsession: Baking chickpeas, peppers and onions on a big tray with fresh rosemary and sea salt and have for a few days for salads, M4s and leftovers!

More great staples to make in advance are quinoa, lentils, and the Three Bean Salad recipe! Easy to throw in your favorite dishes.

easy freezer items

We always freeze sliced up banana for smoothies!

Frozen blueberries for Protein Pancakes

Frozen asparagus, kale, cauliflower, peppers, corn, broccoli and other veggies for easy scrambles, sautéés, and heated up dinners!

We also freeze our GF Bread. We take out what we need for the week so it doesn't go bad.

Sometimes we'll make coffee or almond milk ice cubes for smoothies.

karena's COOKING TIPS

Cooking is something I've always enjoyed. This time of year my best moments are brisk fall evenings with the smell of roasting seasoned veggies in the oven, some QT with Bobby while we sip some vino and make dinner all while catching up on our day. Here are some of my fave tips for a fab fall fare!

tis the season

I love to stock up on seasonal veggies. That means bring on the Brussels sprouts, cauliflower, beets, eggplant, and sweet potato... some of my faves!! They're quick and easy to prepare too! Set the broiler, sprinkle on some seasoning and dinner is served. I love baked Brussels with a little olive oil, rosemary, cinnamon, cayenne, and sea salt! Bobby always asks for more sweet potatoes garlic, cinnamon, sage, and a splash of maple syrup...yum!!

Too chill to grill?

I love grilling year-round, but sometimes the brisk weather means taking it inside. For quick grilled tasting veggies just season and toss them in the broiler until the edges are slightly charred. This gives veggies like broccoli, cauliflower, and sweet potato the smoky flavor like they just came off the grill! Make sure to flip the veggies every 5 minutes...and 20-25 minutes you're done! Just enough time to squeeze in your PM Tone It Up workout :).

fall in love with spice

This time of year makes me dream of savory and spice! Some of my favorites are smoked paprika, cinnamon, and cayenne. I stock up on cinnamon to add to my chili and squash or sweet potato recipes. Paprika and cayenne are a fave to add to any dish or a delicious bowl of healthy popcorn! The fun thing about spice is that you can change up the taste of any dish while staying #TIUapproved.

an apple a day!

Apples are a true fave :). I love to have them fresh... dice them up, sprinkle with cinnamon and nutmeg and save them in your meal prep dishes. They're ready to take anywhere! I also freeze them in a tub to later make a warm apple sauce on the stove top. Simply take it out of the freezer, place it in a pan, let the seasoned diced apples warm as you mash them, sprinkled on some Pumpkin Spice Perfect Fit for added flavor and you have a warm delectable dish!

Kitchen Must-haves...

2 good cutting boards

This is a must... one for cutting veggies and another for any proteins. For my veggies and herbs I have a large wooden board that fits on half my sink so I can toss the peels in. To preserve wood boards, make sure you clean them and then add some olive oil on top. For proteins I prefer to use a plastic cutting board. They're durable and last a long time!

crock pot!

You can toss anything in here for a quick and simple meal...leftovers included! One of my favorite meals to make in the winter is chili! You can always mix up the recipe and toss in whatever veggies, beans, and spices you have in the house. My go-to is kidney and pinto beans, mushrooms, onions, tomato sauce, chili powder, cumin, garlic, oregano, and cayenne. Season to your taste!

wine opener ... nuff said.

Katrina's COOKING TIPS

I used to avoid cooking during the week because I would overthink it and complicate everything in the kitchen. Dining out seemed easier with our busy schedule. Now, Brian & I enjoy cooking and treat it as quality time or an opportunity to slow down and talk about our day. Bonus; It's actually cheaper and easier than ordering or going out for dinner! Here are my top cooking tips that have helped me stay Lean, Clean, 'N Green!

1. My breakfast usually consists of lean scrambles, protein pancakes or coffee smoothies. When I know it's going to be a busy week, I put veggies, egg whites, and spices into a muffin pan and bake them for 10 min at 350. They're so easy to just heat up in the morning! Add a little sriracha, and voilà!

2. Tray Dinners! You'll see these new recipes in the back! All you do is preheat the oven, lay out tin foil on a tray, use grapeseed oil and top with lean protein, cut peppers, onions, Brussels sprouts, or any veggies you like roasted and add seasoning! We love adding fresh rosemary and garlic. It always turns out amazing! Perfect for meal prep and leftovers too.

3. Lean sautés are easy, so delicious, and you don't need as much oil as you think! Just throw your lean protein, veggies, nuts, seeds, herbs, and 1 Tbsp of oil with 2 Tbsp of vegetable broth and sauté for 10 minutes or until your protein is cooked. If anything gets a little dry, add a bit more broth.

4. Stews are way easy and make the perfect leftovers! Think about all of your TIU Approved foods that you can have for M5; beans, celery, tons of veggies, lean protein, spices, and a little olive oil. Throw everything into a pot with some vegetable broth, juicy tomatoes, and delicious herbs and girl, you're lookin' like Betty Crocker!

5. Our go-to vegetarian dinner is cooking just about anything we can get our hands on in a pot.

We put veggies, a variety of beans, quinoa, walnuts, and sometimes tempeh into a pot with vegetable broth.

Also, here are my top kitchen tips!! They were a game changer for me!

1. Kitchen shears are my favorite tool. I don't eat a salad without chopping it up first with scissors. I hold each handle and chop away! It also helps with giant salads for parties.

2. I'm always using my little Nutribullet so I can easily wash the cup or throw it in the dishwasher. So much easier than a big blender!

3. My mini muffin pan! It's so much easier to make than big ones and they come out better too! I made mini muffins out of Perfect Fit Pancake batter, the Angel Food Muffins, Egg Muffins, Pumpkin Muffins and I experiment with flavor a lot. Just mix protein, egg whites, almond milk and any flavors and toppings you want. You can't really fail with the mini muffin pan.

4. Frozen organic veggies have saved us on so many busy days. It's a major time saver to just throw into a morning scramble or in last minute dinner dishes. When we feel like veggies could go bad soon, we wash and throw them into the freezer for the following week.

5. I think my final tip would be to always make double so you have a healthy lunch the next day or some lean protein for your breakfast. If you're cooking for two or your family, squeeze in extra for you and the whole gang!

TIU approved

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

FRUIT & VEGGIES

Pre-chopped Veggies (green beans, snap peas, mini peppers, cherry tomatoes, stir fry mixes)

Sliced Mushrooms

Shaved Brussels Sprouts

Pre-Washed Salad Mixes (we love kale, spinach, or arugula!)

Seasonal Fruits

Packaged Pomegranate Seeds

Sliced Apples

PRE-MADE MUST HAVES

Guacamole (check label)

Salsa

Pico de gallo

Bean dip (check label)

Bean salads or canned lentils & beans

Rice paper rolls: Tofu, Avocado, or Veggie

Prepared Veggie Sushi Rolls + Ginger

Hummus

Pre-Made Salads

SNACKS

Crunchy Baked Peas

Kale Chips

Healthy Bars (Perfect Bar, Lara Bar, Kind Bar, or RX Bar are a few of our faves)

Trail Mix & Coconut Flakes

Hard Boiled Eggs

GF Crackers like Nut Thins or Flackers (Anything organic with no added butter- check your labels!)

GF Bread (We like Food for Life, Udi's, SRSLY Sourdough, or something from your local bakery!)



FROZEN SECTION

Brussels sprouts

Kale

Spinach

Veggies

Strawberries

Blueberries

Mango

Pineapple

All fruits

spiceIT UP

SPICES & FLAVORINGS

Apple Cider Vinegar
 Balsamic Vinegar (regular or white)
 Red Wine Vinegar
 Black Pepper
 Cayenne Pepper
 Cocoa Powder (unsweetened, limit to 1 tsp)
 Cinnamon
 Hot Sauce (Sriracha, Cholula, or Tabasco)
 Maca (limit to 1 tsp)
 Miso (limit to 1 tsp)
 Seasoning Blends (salt-free)
 Spicy Mustard (check for GF if desired)
 Spirulina
 Fresh Lemon or Lime Juice
 Fresh Simple Salsa
 Fresh Herbs
 Ginger
 Garlic
 Jalapeños
 Vegetable Broth (low sodium)
 Pumpkin Pie Spice

DRESSINGS

Dijon Dressing
 Peanut Sauce
 Lime Vinaigrette

DRINKS & BEVERAGES

Infused Water
 Sparkling Water (lemon, berry, lime, etc)
 Low Sodium Tomato Juice
 Herbal Teas
 Coconut Water (unsweetened)
 Almond Milk (unsweetened)
 Coffee & Espresso
 Morning Meta-D Or Bombshell Spell
 Fruit Infused Water
 Sparkling Water With Lemon
 Non-Caffeinated Tea
 Green Tea (or caffeinated tea)
 Kombucha
 Low Sugar Juices
 (green juices are more hydrating and have less calories and simple sugar)
 See Treat Yourself For Cocktails!



lean PROTEIN

What do we mean when we say "lean protein" in the plan? We love plant based proteins! High in antioxidants, fiber, vitamins, and minerals, plant-based protein is incredible for your health and beautiful body!

PERFECT FIT

We formulated [Perfect Fit](#) for you as an ideal source for 15 grams of delicious organic, vegan-friendly protein. Add it to smoothies or almond milk, substitute it for flour in any recipe, and even make mouthwatering protein pancakes! For more reasons why Perfect Fit is our favorite protein source, keep reading!

QUINOA

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

CHIA

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

HEMP

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

TOFU & TEMPEH

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

LEGUMES & BEANS

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

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

LEGUMES			GRAINS			NUTS & SEEDS			<div>GRAINS + NUTS</div> <div>LEGUMES + SEEDS</div> <div>LEGUMES + GRAINS</div> <div>LEGUMES + NUTS</div> <div>=</div> <div>COMPLETE LEAN PROTEIN</div>
Va	Tr	Me	Va	Tr	Me	Va	Tr	Me	
Le	Hi	Is	Le	Hi	Is	Le	Hi	Is	
Ph	Th	Ly	Ph	Th	Ly	Ph	Th	Ly	

* See your main Nutrition Plan for more info on this! *

TREAT YOURSELF *girl!*

(what to eat when you need a treat)

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

We love Wine Not Wednesday; whether it's a bubble bath, face mask and a glass of wine or a happy hour with the girls after a long day of work. Celebrating a girls night is good for your mental health and happiness. Just try and keep it to 1-2 glasses, a couple nights a week during these next 31 days. You'll find in the plan that we have "Wine Not Wednesday" listed each week, but you don't have to pour yourself a glass if you don't want to. We just wanted to leave it as an option to let you know that it's okay to treat yourself once to twice a week with a glass of vino and some R&R, date night or a night with girlfriends :). In fact, if you feel like celebrating but you want to nix the wine, try sipping on some kombucha! We love to pour kombucha or soda water with fresh lemon in a wine glass to get into the Wine Not Wednesday spirit!

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

Whether you choose to have the occasional glass of wine or dessert or nothing at all, just remember to make the plan work for you and your goals!

1 Glass of Wine
1 serving Baked Sweet Potato Chips
2 Pieces of Fruit Leather
3 Cups Air-Popped Popcorn
TIU Approved Cocktail
Glass of Champagne
1 slice Perfect Fit Birthday Cake
2 Small, Domino-Sized Dark Chocolate Squares
1 cup Yogurt with 1 Tbsp cacao nibs, 2 tsp Honey, and 1 Tbsp Slivered Almonds

2 Coconut Lemon Macaroons
(from ToneltUp.com)
2 Key Lime Bites
(from the Nutrition Plan Recipe Guide)
½ cup Frozen Grapes
Apple Slices with Cinnamon
Chia Seed Pudding with Cacao Nibs or Chocolate Chips
1 minute Cookie on ToneltUp.com



CALORIE add ons

If you're still hungry, losing weight, or did a long workout, you can use these calorie add-ons to add to your meals.

100-150 CALORIES

- 5 egg whites
- 1 cup plain yogurt (Greek, almond, or coconut)
- 1 tablespoon extra virgin olive oil
- 2 tablespoons chia seeds
- $\frac{1}{2}$ cup cooked quinoa
- $\frac{1}{2}$ cup Perfect Fit Quinoa Crisps
- $\frac{1}{2}$ medium (5 oz) avocado
- 1 cup firm, organic tofu
- 3 cups cooked and chopped kale
- 3 tablespoons ground flaxseed
- 2 cups raw beetroots
- $\frac{1}{4}$ cup almonds

200-250 CALORIES

- 1 cup beans
- $\frac{1}{4}$ cup chopped walnuts
- $\frac{1}{4}$ cup unsalted sunflower seeds
- 2 Tbsp natural peanut or almond butter
- 1 cup cooked amaranth
- 4 oz soy tempeh
- 2 tablespoons virgin coconut oil
- 3 cups blueberries



START NOW. START WHERE YOU
ARE. RIGHT IN THIS MOMENT.
START WITH FEAR. START
WITH HESITATION. START WITH
FRUSTRATION. START WITH
PASSION. START WITH DRIVE.
JUST START.

start and don't stop.

-IJEOMA UMEBINYUO

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

DAY 9

M1

 Sassy
Scramble

 Sassy
Scramble

 Perfect Fit
Pancakes

 Sassy
Scramble

 Perfect Fit
Pancakes

Egg Mug Muffin

Egg Mug Muffin

 Perfect Fit
Pancakes

 Favorite TIU
Approved
Sunday
Breakfast

M2

 Pumpkin
Muffins

 Pumpkin
Muffins

 Apple +
Almond Butter

 Pumpkin
Muffins

 Apple +
Almond Butter

 Perfect Fit
Smoothie

 Perfect Fit
Smoothie

 Fruit & Almond
Butter

 Perfect Fit
Smoothie

M3

 Fall in Love
Kale Salad

 Fall in Love
Kale Salad

 Easy Lean
Chili

 Fall in Love
Kale Salad

 Healthy
Sandwich

 Favorite TIU
Lunch

 Healthy
Sandwich

 Autumn
Arugula Salad

 Autumn
Arugula Salad

M4

 Perfect Fit
Smoothie

Trail Mix

 Fall in Love
Kale Salad

 Perfect Fit
Smoothie

 Carrots &
Hummus

 Pumpkin
Muffins

 Carrots &
Hummus

 TIU Approved
Bar

 Carrots &
Hummus

M5

 Easy Lean
Chili

 Easy Lean
Chili

 Portobello
Pizzas

 Fresh 'n Lean
Sauté

 Everything But
The Kitchen
Sink Salad

 Sweet Potato
Bake

 Sweet Potato
Bake

 Go Out to a
Lean, Clean 'N
Green Dinner!

Tray Dinner



grocery LIST

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

FRUIT

- ☐ 6 Apples
- ☐ 1 Bunch Bananas
- ☐ Dried Cranberries
- ☐ Frozen Blueberries
- ☐ 2 Grapefruit
- ☐ 3 Lemons
- ☐ 2 Pears
- ☐ 1 Container Raspberries
- ☐ 2 Containers Strawberries

VEGGIES

- ☐ 1 Avocado
- ☐ 1 Bag Arugula
- ☐ 1 Bag Baby Carrots
- ☐ 3 Large Carrots
- ☐ 2 Bell Peppers
- ☐ 1 Bag Brussels Sprouts
- ☐ 1 Bundle Celery
- ☐ 1 Cucumber
- ☐ 1 Bag Green Beans
- ☐ 3 Bunches Kale
- ☐ 2 Containers Mushrooms
- ☐ 2 Bags Spinach
- ☐ 1 Sweet Potatoes
- ☐ 1 Yellow Onion
- ☐ 3 Portobello Mushrooms

PROTEIN & MISC.

- ☐ 16 oz Tempeh
- ☐ 22 oz Lean Protein
- ☐ 1 Carton Eggs
- ☐ 1 Container Egg Whites
- ☐ 1 Container Yogurt
- ☐ TIU Approved Bar

NUTS, MILKS, & BUTTERS

- ☐ 2 Cartons Unsweetened Almond Milk
- ☐ Pecans
- ☐ Almond butter
- ☐ Walnuts
- ☐ 1 Bag Trailmix

DIPS & FLAVORINGS

- ☐ Dried Thyme
- ☐ 1 Head Garlic
- ☐ Hummus
- ☐ Mustard
- ☐ Marinara
- ☐ Vegan Cheese (optional)

CANNED ITEMS

- ☐ 3 Cans Chickpeas
- ☐ 1 Can Black Beans
- ☐ 1 Can Kidney Beans
- ☐ 1 Can Pinto Beans
- ☐ 1 Can Diced Tomatoes
- ☐ 1 Can Pumpkin Puree

PANTRY

- ☐ Perfect Fit Protein
- ☐ Perfect Fit Multivitamin
- ☐ Perfect Fit Quinoa Crisps
- ☐ Perfect Fit Tea
- ☐ Agave
- ☐ Apple Cider Vinegar
- ☐ Apple Juice
- ☐ Apple Sauce
- ☐ Baking Powder
- ☐ Baking Soda
- ☐ Balsamic Vinegar
- ☐ Cayenne Pepper
- ☐ Chili Powder

- ☐ Cinnamon
- ☐ Coconut Oil
- ☐ Coconut Oil Spray
- ☐ Coconut Shavings
- ☐ Coffee
- ☐ Quinoa
- ☐ GF Bread
- ☐ Garlic Powder
- ☐ Grapeseed Oil
- ☐ Honey
- ☐ Kombucha
- ☐ Lemon Pepper
- ☐ Maple Syrup
- ☐ Marinara Sauce
- ☐ GF Oats
- ☐ Olive Oil
- ☐ Paprika
- ☐ TIU Approved Dressing
- ☐ Vanilla Extract
- ☐ Wine (Optional)

MAKE IT YOUR OWN

- ☐ 5 Perfect Fit Smoothies
 - ☐ 2 TIU approved desserts
 - ☐ 1 of your favorite M3s
 - ☐ 1 of your favorite M1s
 - ☐ 1 Tray Dinner

meal PREP

- ☐ Wash & chop veggies
- ☐ Slice bananas & freeze for smoothies
- ☐ Prep dressing for your salads this week - store in a mason jar
- ☐ Bake a batch of **Pumpkin Muffins**
- ☐ Make 4 servings of **Fall in Love Kale Salad** (mix up dressing and leave it on the side until you're ready to eat)
- ☐ Cook **Easy Lean Chili** for M5 on Day 1, and make two extra servings for leftovers

AM

Coffee / Green Tea + Meta D

☐ Perfect Fit Multivitamin

M1

Sassy Scramble

½ cup mushrooms sautéed in sprayed pan with a handful of spinach and pre-chopped veggies. Add 1 cup egg whites and any spices or herbs that your sassy heart desires. Serve with 1 slice of GF toast

M2

2 Pumpkin Muffins

See recipe in the back! Make a batch for this week.

+ ½ a grapefruit

M3

Fall in Love Kale Salad

See recipe in the back!

M4

Perfect Fit Smoothie

Make your favorite smoothie!

M5

Easy Lean Chili

See recipe in the back! Make 3 servings & save leftovers

PM

Kombucha in a Wine Glass

-
- | | |
|---|--|
| <input type="checkbox"/> 31 Rep Challenge | <input type="checkbox"/> Check In #TIUTeam #TIU31 |
| <input type="checkbox"/> Stick to Plan Guidelines | <input type="checkbox"/> Drink 8-10 glasses of water |
| <input type="checkbox"/> Take before pictures! You'll want to reference them later! For tips on how to take them, check out THIS POST | |

AM

Coffee / Green Tea + Meta D

☐ Perfect Fit Multivitamin

M1

Sassy Scramble

½ cup mushrooms sautéed in sprayed pan with a handful of spinach and pre-chopped veggies. Add 1 cup egg whites and any spices or herbs that your sassy heart desires. Serve with 1 slice of GF toast

M2

2 Pumpkin Muffins

See recipe in the back!

+ ½ a grapefruit

M3

Fall in Love Kale Salad

See recipe in the back!

M4

¼ cup trail mix

M5

Leftover **Easy Lean Chili**

PM

Optional TIU approved dessert

-
- | | |
|--|--|
| <input type="checkbox"/> 31 Rep Challenge | <input type="checkbox"/> Check In #TIUTeam #TIU31 |
| <input type="checkbox"/> Stick to Plan Guidelines | <input type="checkbox"/> Drink 8-10 glasses of water |
| <input type="checkbox"/> Take a different route on your jog today. Happy Sunday Runday babe! | |

AM

Coffee / Green Tea + Meta D

☐ Perfect Fit Multivitamin

M1

Perfect Fit Pancakes

top with 1 cup berries + 1 tsp pure maple syrup

M2

1 apple with 1 Tbsp almond butter

M3

Leftover Easy Lean Chili

M4

Fall in Love Kale Salad

See recipe in the back!

Optional: You can replace the fruit with avocado or extra veggies!

M5

2 Portobello Pizzas

See the recipe on ToneltUp.com [here!](#) Make an extra portobello mushroom for lunch tomorrow.

Serve with a side salad.

PM

Herbal Tea

-
- | | |
|---|--|
| <input type="checkbox"/> 31 Rep Challenge | <input type="checkbox"/> Check In #TIUTeam #TIU31 |
| <input type="checkbox"/> Stick to Plan Guidelines | <input type="checkbox"/> Drink 8-10 glasses of water |
| <input type="checkbox"/> Send someone a card in the mail with a sweet message or grab a postcard from your favorite spot and send it home to a family member. | |

AM

Coffee / Green Tea + Meta D

☐ Perfect Fit Multivitamin

M1

Sassy Scramble

½ cup mushrooms sautéed in sprayed pan with a handful of spinach and leftover veggies from last night. Add 1 cup egg whites and any spices or herbs that your sassy heart desires. Serve with 1 slice of GF toast

M2

2 Pumpkin Muffins

See recipe in the back!

M3

Fall in Love Kale Salad

+ leftover portobello mushroom

M4

Perfect Fit Smoothie

Make your favorite smoothie!

M5

Make your favorite M5 from the plan or

Fresh 'n Lean Sauté. In 2 tsp EVOO, sauté chopped veggies, ½ can kidney beans, ½ can pinto beans, handful of chopped carrots, handful of spinach, 5 walnuts. Flavor with spices- We love lemon pepper or ½ cup marinara sauce.

PM

Herbal Tea

-
- | | |
|---|--|
| <input type="checkbox"/> 31 Rep Challenge | <input type="checkbox"/> Check In #TIUTeam #TIU31 |
| <input type="checkbox"/> Stick to Plan Guidelines | <input type="checkbox"/> Drink 8-10 glasses of water |
| <input type="checkbox"/> Drive the scenic route home from work. | |

AM

Coffee / Green Tea + Meta D

☐ Perfect Fit Multivitamin

M1

Perfect Fit Pancakes

top with 1 cup berries + 1 tsp pure maple syrup

M2

1 apple with 1 Tbsp almond butter

M3

Healthy Sandwich

2 slices of GF bread with 4 oz protein, mustard + few spinach leaves.
+ side salad w/ your fave TIU approved dressing

M4

1 cup baby carrots + $\frac{1}{4}$ cup hummus + 2 Tbsp your favorite nuts

M5

Staying in for din? Make the '**Everything but the Kitchen Sink Salad!**' Get a big ole bowl and throw in any leftover spinach, kale, chopped veggies, protein, quinoa crisps, lemon, 1 tsp olive oil, & 2 tsp vinegar! + 2 Tbsp nuts or seeds

PM

Wine Not Wednesday! Optional glass of wine or kombucha

-
- | | |
|--|--|
| <input type="checkbox"/> 31 Rep Challenge | <input type="checkbox"/> Check In #TIUTeam #TIU31 |
| <input type="checkbox"/> Stick to Plan Guidelines | <input type="checkbox"/> Drink 8-10 glasses of water |
| <input type="checkbox"/> Text 3 of your besties and tell them what you love most about them. | |

AM

Coffee / Green Tea + Meta D

☐ Perfect Fit Multivitamin

M1

Egg Mug Muffin

+ ¼ of an avocado and ½ cup of your favorite fruit

M2

Perfect Fit Smoothie

Make your favorite smoothie!

M3

Favorite TIU Lunch!

M4

2 Pumpkin Muffins

See recipe in the back!

M5

Sweet Potato Bake

See recipe in the back! Make extra for tomorrow.

PM

Herbal Tea

-
- | | |
|---|--|
| <input type="checkbox"/> 31 Rep Challenge | <input type="checkbox"/> Check In #TIUTeam #TIU31 |
| <input type="checkbox"/> Stick to Plan Guidelines | <input type="checkbox"/> Drink 8-10 glasses of water |
| <input type="checkbox"/> Reach out to a new friend in the TIU Community | |

AM

Coffee / Green Tea + Meta D

☐ Perfect Fit Multivitamin

M1

Egg Mug Muffin

+ ¼ of an avocado and ½ cup of your favorite fruit

M2

Perfect Fit Smoothie

M3

Healthy Sandwich

2 slices of GF bread with 4 oz protein, mustard + few spinach leaves.
+ side salad w/ your fave TIU approved dressing

M4

1 cup baby carrots + ¼ cup hummus + 2 Tbsp your favorite nuts

M5

Leftover **Sweet Potato Bake**
with 1 cup of green veggies

PM

Herbal Tea

-
- | | |
|---|--|
| <input type="checkbox"/> 31 Rep Challenge | <input type="checkbox"/> Check In #TIUTeam #TIU31 |
| <input type="checkbox"/> Stick to Plan Guidelines | <input type="checkbox"/> Drink 8-10 glasses of water |
| <input type="checkbox"/> Catch up on the latest posts on ToneltUp.com ! We share tips, recipes and workouts every week! | |

AM

Coffee / Green Tea + Meta D

☐ Perfect Fit Multivitamin

M1

Perfect Fit Pancakes

top with 1 cup berries + 1 tsp pure maple syrup

M2

Piece of Fruit + 1 Tbsp almond butter

M3

Autumn Arugula Salad

See recipe in the back! Double the recipe for leftovers tomorrow.

M4

TIU Approved Bar

M5

Make your favorite TIU Dinner! Or go out to dinner and order something Lean, Clean, 'N Green. Don't be shy to ask for substitutions. Order sparkling water with dinner and an optional glass of wine!

PM

Drink lots of water before bed so you feel refreshed tomorrow!

-
- | | |
|---|--|
| <input type="checkbox"/> 31 Rep Challenge | <input type="checkbox"/> Check In #TIUTeam #TIU31 |
| <input type="checkbox"/> Stick to Plan Guidelines | <input type="checkbox"/> Drink 8-10 glasses of water |
| <input type="checkbox"/> Do one thing today that you've been waiting to try - a restaurant, workout studio, hike, adventure - anything! | |

AM

Coffee / Green Tea + Meta D

☐ Perfect Fit Multivitamin

M1

Fave Sunday breakfast from plan!

How about waffles, pancakes, or a fun omelet?

M2

Perfect Fit Smoothie

Make your favorite smoothie!

M3

Leftover **Autumn Arugula Salad**

M4

Carrots, celery + $\frac{1}{4}$ cup hummus

M5

Tray Dinner

See recipes in the back! Make extra for tomorrow.

PM

Optional TIU approved dessert

-
- | | |
|--|--|
| <input type="checkbox"/> 31 Rep Challenge | <input type="checkbox"/> Check In #TIUTeam #TIU31 |
| <input type="checkbox"/> Stick to Plan Guidelines | <input type="checkbox"/> Drink 8-10 glasses of water |
| <input type="checkbox"/> Set out 5 day outfits for the week. That way you can save time for your Booty Call! | |

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

DAY 15

DAY 16

M1

 Pumpkin Overnight
Oats

 Pumpkin Overnight
Oats

 Pumpkin Overnight
Oats

Sassy Scramble

Sassy Scramble

Perfect Fit Waffles

 Pumpkin Spice
Donut Holes

M2

Yogurt & Fruit

Yogurt & Fruit

 Apple + Almond
Butter

 Perfect Fit
Smoothie

 Perfect Fit
Smoothie

Yogurt & Nuts

Apple & Trail Mix

M3

 Apple, Chickpea, +
Walnut Salad

 Apple, Chickpea, +
Walnut Salad

Healthy Sandwich

Bake It Up Babe

 Pumpkin Seed
Pesto Kelp Noodles

Healthy Sandwich

 Fall in Love Kale
Salad

M4

 Sliced Cucumber &
Guacamole

 Perfect Fit
Smoothie

 Sliced Cucumber &
Guacamole

TIU Approved Bar

Carrots & Hummus

 Try a New
Smoothie!

Your Fave M4!

M5

Tray Dinner

Bake It Up Babe

Bake It Up Babe

 Pumpkin Seed
Pesto Kelp Noodles

 Go Out to a Lean,
Clean 'N Green
Dinner!

Spaghetti Squash

Easy Veggie Stew



grocery LIST

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

FRUIT

- ☐ 1 Container Pomegranate Seeds
- ☐ 7 Apples
- ☐ 2 Lemons
- ☐ 3 Bananas
- ☐ 1 Container Your Favorite Fruit
- ☐ 1 Container Berries

VEGGIES

- ☐ 1 Bundle Celery
- ☐ 3 Cucumbers
- ☐ 1 Head Cauliflower
- ☐ 1 Head Broccoli
- ☐ 1 Butternut Squash
- ☐ 1 Head Garlic
- ☐ 2 Packages Arugula
- ☐ 1 Package Spinach
- ☐ 1 Container Mushrooms
- ☐ 4 Cups Of Your Favorite Veggies
- ☐ 1 Package Mixed Greens
- ☐ 3 Carrots
- ☐ 3 Tomatoes
- ☐ 3 Bunches Kale
- ☐ 1 Bunch Asparagus
- ☐ 1 Spaghetti Squash
- ☐ 1 Onion
- ☐ 1 Package Kelp Noodles

PROTEIN & MISC.

- ☐ 26 oz Lean Protein
- ☐ 1 Carton Eggs
- ☐ 1 Container Egg Whites
- ☐ 3 Containers Yogurt
- ☐ TIU Approved Bar

NUTS, MILKS, & BUTTERS

- ☐ 2 Cartons Unsweetened Almond Milk

- ☐ Walnuts
- ☐ Almond butter
- ☐ Pecans
- ☐ Your favorite nuts
- ☐ Pumpkin Seeds

DIPS & FLAVORINGS

- ☐ Marinara Sauce
- ☐ Guacamole
- ☐ Hummus
- ☐ Spicy Mustard
- ☐ TIU Approved Pesto Sauce

CANNED ITEMS

- ☐ 1 Can Pumpkin Puree
- ☐ 1 Can Diced Tomatoes
- ☐ 1 Can Lentils
- ☐ 2 Cans Chickpeas

PANTRY

- ☐ Perfect Fit Protein
- ☐ Perfect Fit Multivitamin
- ☐ Perfect Fit Quinoa Crisps
- ☐ Perfect Fit Tea
- ☐ Apple Juice
- ☐ Cayenne Pepper
- ☐ Pumpkin Pie Spice
- ☐ Gluten Free Oats
- ☐ Espresso/Coffee
- ☐ Honey/Agave
- ☐ Quinoa
- ☐ Olive Oil
- ☐ Chili Powder
- ☐ Garlic Powder
- ☐ GF Bread
- ☐ Maple Syrup
- ☐ TIU Approved Dressing
- ☐ Basil

- ☐ Almond Meal
- ☐ Baking Powder
- ☐ Coconut Oil
- ☐ Grapeseed Oil
- ☐ Vanilla Extract
- ☐ Trail Mix
- ☐ Dried Cranberries
- ☐ Quinoa
- ☐ Apple Cider Vinegar
- ☐ 1 Carton Veggie Broth
- ☐ Wine (Optional)

MAKE IT YOUR OWN

- [illegible]



meal PREP

- ☐ Wash & chop veggies
- ☐ Slice bananas & freeze for smoothies
- ☐ Prep dressing for your salads this week - store in a mason jar
- ☐ Make 3 servings of **Pumpkin Overnight Oats**
- ☐ Prep **Apple, Chickpea, & Walnut Salad**

AM

Coffee / Green Tea + Meta D

☐ Perfect Fit Multivitamin

M1

Pumpkin Overnight Oats

See recipe in the back!

M2

Yogurt topped with pomegranate seeds or your favorite fruit

M3

Apple, Chickpea + Walnut Salad

Mix ½ can of chickpeas, celery, 2 Tbsp walnuts and half an apple. Mix with 1 Tbsp yogurt. Add fresh ground pepper.

Serve with 10 GF TIU Approved Crackers.

M4

1 large cucumber sliced up. Sprinkle on cayenne pepper, salt and pepper. Dip in ¼ cup of guacamole.

M5

Leftover Tray Dinner

PM

Herbal Tea or Kombucha

☐ 31 Rep Challenge☐ Check In #TIUTeam #TIU31☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water☐ Journal tonight! How are you feeling? What are some goals you have for the rest of the challenge?

AM

Coffee / Green Tea + Meta D

☐ Perfect Fit Multivitamin

M1

Pumpkin Overnight Oats

See recipe in the back!

M2

Yogurt topped with pomegranate seeds or your favorite fruit

M3

Apple, Chickpea + Walnut Salad

Mix ½ can of chickpeas, celery, 2 Tbsp walnuts and half an apple. Mix with 1 Tbsp yogurt. Add fresh ground pepper.

Serve with 10 GF TIU Approved Crackers.

M4

Perfect Fit Smoothie

Make your favorite smoothie!

M5

Bake It Up Babe

See recipe in the back! Make 3 servings for the week!

PM

Herbal Tea and optional TIU Approved dessert!☐ 31 Rep Challenge☐ Check In #TIUTeam #TIU31☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water☐ Do not touch any type of electronics for at least one hour - your phone, the TV, your laptop, nothing. What do you spend your time doing?

AM

Coffee / Green Tea + Meta D

☐ Perfect Fit Multivitamin

M1

Pumpkin Overnight Oats

See recipe in the back!

M2

1 apple with 1 Tbsp almond butter or cinnamon

M3

Healthy Sandwich

2 slices of GF bread with 4 oz protein, mustard + few spinach leaves.
+ side salad w/ your fave TIU approved dressing. + 1 apple

M4

1 large cucumber sliced up. Sprinkle on cayenne pepper, salt and pepper.
Dip in ¼ cup of guacamole.

M5

Leftover **Bake It Up Babe**

PM

Wine Not Wednesday! Optional glass of wine or kombucha

-
- | | |
|---|--|
| <input type="checkbox"/> 31 Rep Challenge | <input type="checkbox"/> Check In #TIUTeam #TIU31 |
| <input type="checkbox"/> Stick to Plan Guidelines | <input type="checkbox"/> Drink 8-10 glasses of water |
| <input type="checkbox"/> Change up your hairstyle. Braids, top knot - have fun with it! | |

AM

Coffee / Green Tea + Meta D

☐ Perfect Fit Multivitamin

M1

Sassy Scramble

½ cup mushrooms sautéed in sprayed pan with a handful of spinach and pre-chopped veggies. Add 1 cup egg whites and any spices or herbs that your sassy heart desires. Serve with 1 slice of GF toast

M2

Perfect Fit Smoothie

Make your favorite smoothie!

M3

Leftover **Bake It Up Babe** served on a bed of greens

M4

TIU Approved Bar

M5

Pumpkin Seed Pesto Kelp Noodles

See recipe in the Recipe Guide or ToneltUp.com [here](#)! You can simplify by getting TIU approved pesto pre-made :)

*Make extra for lunch tomorrow!

PM

Herbal Tea
☐ 31 Rep Challenge

☐ Check In #TIUTeam #TIU31

☐ Stick to Plan Guidelines

☐ Drink 8-10 glasses of water

☐ Head to bed before 10pm tonight so you can wake up refreshed for a morning workout!

AM

Coffee / Green Tea + Meta D

☐ Perfect Fit Multivitamin

M1

Sassy Scramble

½ cup mushrooms sautéed in sprayed pan with a handful of spinach and pre-chopped veggies. Add 1 cup egg whites and any spices or herbs that your sassy heart desires. Serve with 1 slice of GF toast

M2

Perfect Fit Smoothie

Make your favorite smoothie!

M3

Leftover **Pumpkin Seed Pesto Kelp Noodles**

M4

Carrots + ¼ cup of hummus. With 2 Tbsp of your favorite nuts

M5

Make your favorite TIU Dinner! Or go out to dinner and order something Lean, Clean, 'N Green. Don't be shy to ask for substitutions. Order sparkling water with dinner and an optional glass of wine!

PM

Herbal Tea and optional TIU Approved dessert!

☐ 31 Rep Challenge ☐ Check In #TIUTeam #TIU31☐ Stick to Plan Guidelines ☐ Drink 8-10 glasses of water☐ Wear a new shade of lip color today! Have you tried rose colored lips or dark coral for fall?

AM

Coffee / Green Tea + Meta D

☐ Perfect Fit Multivitamin

M1

Perfect Fit Waffles

top with 1 cup of berries + 1 tsp pure maple syrup

M2

Yogurt with 2 Tbsp of your favorite nuts

M3

Healthy Sandwich2 slices of GF bread with 4 oz protein, mustard + few spinach leaves.
+ side salad w/ your fave TIU approved dressing. + 1 apple

M4

Try a new smoothie recipe you've never tried before!

M5

Fun dinner night, make **Spaghetti Squash** for you and a loved one. See recipe in the back! Serve with your favorite bottle of red wine - enjoy 1 or 2 glasses.

PM

Herbal Tea

-
- | | |
|--|--|
| <input type="checkbox"/> 31 Rep Challenge | <input type="checkbox"/> Check In #TIUTeam #TIU31 |
| <input type="checkbox"/> Stick to Plan Guidelines | <input type="checkbox"/> Drink 8-10 glasses of water |
| <input type="checkbox"/> How's your closet? Do some organizing for the week ahead! | |

AM

Coffee / Green Tea + Meta D

☐ Perfect Fit Multivitamin

M1

3 Pumpkin Spice Donut Holes

See recipe in the back! Make extra for the week.

Optional: Enjoy with a delicious almond milk latte (*no sugar added)

M2

an apple + ¼ cup trail mix

M3

Fall in Love Kale Salad

See the recipe in the back! Make extra for next week.

M4

Your favorite TIU Approved M4!

M5

Easy Veggie Stew

See recipe in the back! Make extra for next week

PM

Herbal Tea

-
- | | |
|---|--|
| <input type="checkbox"/> 31 Rep Challenge | <input type="checkbox"/> Check In #TIUTeam #TIU31 |
| <input type="checkbox"/> Stick to Plan Guidelines | <input type="checkbox"/> Drink 8-10 glasses of water |
| <input type="checkbox"/> Head out for an evening walk and call a friend you haven't talked to in a long time. Check in with them! | |



days 17-23

31 DAY CHALLENGE

DAY 17

DAY 18

DAY 19

DAY 20

DAY 21

DAY 22

DAY 23

M1

Coffee Smoothie

Perfect Brekkie
Toast

Perfect Brekkie
Toast

Coffee Smoothie

Coffee Smoothie

GF French Toast

Favorite Sunday
Breakfast

M2

Pumpkin Spice
Donut Holes

Pumpkin Spice
Donut Holes

Perfect Fit
Smoothie

Yogurt & Nuts

Fruit & Almond
Butter

Fruit

Yogurt & Fruit

M3

Fall in Love Kale
Salad

Easy Veggie Stew

TIU Lunch Box

TIU Lunch Box

Everything But
The Kitchen Sink
Salad

Autumn Arugula
Salad

Lean Bowl

M4

Pumpkin Pie Chia
Seed Pudding

Pumpkin Pie Chia
Seed Pudding

Pumpkin Pie Chia
Seed Pudding

Green Juice

Brussels Sprouts

Mushroom and
Walnut Stuffed
Endives

Angel Food Muffins

M5

Easy Veggie Stew

Quick & Lean
Dinner

Quick & Lean
Dinner

Zucchini Pasta

Go Out to a Lean,
Clean 'N Green
Dinner!

Lean Bowl

Zucchini Pasta



grocery LIST

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

FRUIT

- ☐ 3 Bananas
- ☐ 1 Lemon
- ☐ 3 of Your Favorite Fruits
- ☐ 1 Pear

VEGGIES

- ☐ 1 Avocado
- ☐ 1 Head of Broccoli
- ☐ 1 Bunch of Broccolini
- ☐ 1 Lb Brussels Sprouts
- ☐ 1 Container Cherry Tomatoes
- ☐ 1 Bunch Kale
- ☐ 1 Package Arugula
- ☐ 1 Package Endives
- ☐ 1 Package Mushrooms
- ☐ 2 Shallots
- ☐ 2 Cups Of Your Favorite Veggies
- ☐ 3 Zucchini
- ☐ 1 Red Onion

PROTEIN & MISC.

- ☐ 16 oz tempeh
- ☐ 6 oz. lean protein
- ☐ 1 carton eggs
- ☐ 2 containers yogurt
- ☐ 1 container egg whites

NUTS, MILKS, & BUTTERS

- ☐ 2 Cartons Unsweetened Almond Milk
- ☐ Almond Butter

- ☐
- Your Favorite Nuts

DIPS & FLAVORINGS

- ☐ Mustard

CANNED ITEMS

- ☐ 2 Cans Pumpkin Puree
- ☐ 2 Cans Chickpeas
- ☐ 1 Can Coconut Cream

PANTRY

- ☐ Perfect Fit Protein
- ☐ Perfect Fit Multivitamin
- ☐ Perfect Fit Quinoa Crisps
- ☐ Perfect Fit Tea
- ☐ Apple Juice
- ☐ Coffee/Espresso
- ☐ Almond Meal
- ☐ Baking Powder
- ☐ Pumpkin Pie Spice
- ☐ Maple Syrup
- ☐ Coconut Oil
- ☐ Olive Oil
- ☐ Grapeseed Oil
- ☐ Vanilla Extract
- ☐ Chia Seeds
- ☐ GF Bread
- ☐ Paprika
- ☐ Quinoa
- ☐ Red Chili Flakes
- ☐ Coconut Oil Spray
- ☐ Honey/Agave

- ☐ Balsamic Vinegar
- ☐ 1 Carton Veggie Broth
- ☐ Baking Soda
- ☐ TIU Approved Sauce
- ☐ Wine (Optional)

MAKE IT YOUR OWN

- [illegible]



meal PREP

- ☐ Wash & chop veggies
- ☐ Slice bananas & freeze for smoothies
- ☐ Prep dressing for your salads this week - store in a mason jar
- ☐ Make a batch of **Pumpkin Spice Donut Holes** (eat a few for M1 - Day 16 while you're baking!)
- ☐ Prep 3 Servings of **Pumpkin Pie Chia Seed Pudding**
- ☐ Hard boil 4 eggs (for your **Perfect Brekkie Toast!**)

AM

Coffee / Green Tea + Meta D

☐ Perfect Fit Multivitamin

M1

Coffee Smoothie

See recipe in the back!

M2

2 Pumpkin Spice Donut Holes

M3

Leftover Fall in Love Kale Salad

M4

Pumpkin Pie Chia Seed Pudding

See recipe in the back!

M5

Leftover Easy Veggie Stew

PM

Herbal Tea

☐ 31 Rep Challenge☐ Check In #TIUTeam #TIU31☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water☐ Are you prepared for tomorrow? Set out your workout clothes and kicks so you can run out the door!

AM

Coffee / Green Tea + Meta D

☐ Perfect Fit Multivitamin

M1

Perfect Brekkie Toast

1 slice GF toast, ¼ avocado, 2 hard boiled eggs sliced, pinch of paprika

M2

2 Pumpkin Spice Donut Holes

Optional: Enjoy with a delicious almond milk latte (*no sugar added)

M3

Leftover Easy Veggie Stew + optional side salad

M4

Pumpkin Pie Chia Seed Pudding

See recipe in the back!

M5

Quick & Lean Dinner

 See recipe in your Recipe Guide or ToneltUp.com [here!](#)

*Make extra for tomorrow

PM

Herbal Tea and optional TIU Approved dessert!

*Pack 2 TIU Lunch Boxes for tomorrow and Thursday!

-
- | | |
|--|--|
| <input type="checkbox"/> 31 Rep Challenge | <input type="checkbox"/> Check In #TIUTeam #TIU31 |
| <input type="checkbox"/> Stick to Plan Guidelines | <input type="checkbox"/> Drink 8-10 glasses of water |
| <input type="checkbox"/> "Happiest girls are the prettiest." -Audrey Hepburn | |
| Write down 5 things in your journal today that make you happy. | |

AM

Coffee / Green Tea + Meta D

☐ Perfect Fit Multivitamin

M1

Perfect Brekkie Toast

1 slice GF toast, ¼ avocado, 2 hard boiled eggs sliced, pinch of paprika

M2

Perfect Fit Smoothie

Make your favorite smoothie!

M3

TIU Lunch Box

Get ideas and create your lunch box in the back!

M4

Pumpkin Pie Chia Seed Pudding

See recipe in the back!

M5

Leftover Quick & Lean Dinner

PM

Wine Not Wednesday! Optional glass of wine or kombucha

-
- | | |
|--|--|
| <input type="checkbox"/> 31 Rep Challenge | <input type="checkbox"/> Check In #TIUTeam #TIU31 |
| <input type="checkbox"/> Stick to Plan Guidelines | <input type="checkbox"/> Drink 8-10 glasses of water |
| <input type="checkbox"/> When is the last time you were at the doctor, dentist, or dermatologist?
Make an appointment to take care of yourself. | |

AM

Coffee / Green Tea + Meta D

☐ Perfect Fit Multivitamin

M1

Coffee Smoothie

See recipe in the back!

M2

Yogurt topped with 2 Tbsp of your favorite nuts

M3

TIU Lunch Box

Get ideas and create your lunch box in the back!

M4

Grab your fave green juice or enjoy a TIU Approved M4!

M5

Zucchini Pasta

See recipe in the back! Serve with a side of Brussels sprouts (make extra for tomorrow's M4)

PM

Herbal Tea

-
- | | |
|--|--|
| <input type="checkbox"/> 31 Rep Challenge | <input type="checkbox"/> Check In #TIUTeam #TIU31 |
| <input type="checkbox"/> Stick to Plan Guidelines | <input type="checkbox"/> Drink 8-10 glasses of water |
| <input type="checkbox"/> Journal tonight! How are you feeling? | |

AM

Coffee / Green Tea + Meta D

☐ Perfect Fit Multivitamin

M1

Coffee Smoothie

See recipe in the back!

M2

1 piece of fruit + 1 Tbsp almond butter

M3

Everything But The Kitchen Sink Salad!

Get a big ole bowl and throw in any leftover kale, chopped veggies, protein, quinoa crisps, lemon, 1 tsp olive oil, & 2 tsp vinegar!

M4

Leftover Brussels sprouts from last night with a fresh lemon squeeze + 2 Tbsp of your favorite nuts

M5

Make your favorite TIU Dinner! Or go out to dinner and order something Lean, Clean, 'N Green. Don't be shy to ask for substitutions. Order sparkling water with dinner and an optional glass of wine!

PM

Herbal Tea and optional TIU Approved dessert!

-
- | | |
|--|--|
| <input type="checkbox"/> 31 Rep Challenge | <input type="checkbox"/> Check In #TIUTeam #TIU31 |
| <input type="checkbox"/> Stick to Plan Guidelines | <input type="checkbox"/> Drink 8-10 glasses of water |
| <input type="checkbox"/> Hold the door open for someone at every opportunity you're given today. | |

AM

Coffee / Green Tea + Meta D

☐ Perfect Fit Multivitamin

M1

GF French Toast

See recipe in the back!

M2

Piece of Fruit

M3

Autumn Arugula Salad

See recipe in the back!

M4

Mushroom and Walnut Stuffed Endives

See recipe in the back! Make extra for tomorrow.

M5

Lean Bowl (aka Brian's Sludge)

See recipe in the back!

PM

Herbal Tea

-
- ☐ 31 Rep Challenge
 - ☐ Check In #TIUTeam #TIU31
 - ☐ Stick to Plan Guidelines
 - ☐ Drink 8-10 glasses of water
 - ☐ Pamper yourself girl! Put on a [face mask](#), let conditioner sit in your hair and treat yourself to a bubble bath or just some R&R.

AM

Coffee / Green Tea + Meta D

☐ Perfect Fit Multivitamin

M1

Favorite TIU Sunday Breakfast!

M2

6 oz yogurt + your favorite fruit

M3

Leftover **Lean Bowl**

M4

Angel Food Muffins

If you're meal prepping these for next week - grab a couple muffins straight out of the oven and enjoy!

M5

Zucchini Pasta

See recipe in the back! Make extra for tomorrow.

Serve with your favorite bottle of red wine - enjoy 1 or 2 glasses.

PM

Herbal Tea

-
- | | |
|--|--|
| <input type="checkbox"/> 31 Rep Challenge | <input type="checkbox"/> Check In #TIUTeam #TIU31 |
| <input type="checkbox"/> Stick to Plan Guidelines | <input type="checkbox"/> Drink 8-10 glasses of water |
| <input type="checkbox"/> Try a new recipe today! Have you tried the Pumpkin Spice Donuts!? | |



days 24-31

31 DAY CHALLENGE

DAY 24

DAY 25

DAY 26

DAY 27

DAY 28

DAY 29

DAY 30

DAY 31

M1

Egg Frittatas

Egg Frittatas

Perfect Fit Smoothie

Your Favorite Mug Muffin

Your Favorite Mug Muffin

Sassy Scramble

Perfect Fit Waffles

Sassy Scramble

M2

Yogurt

Perfect Fit Smoothie

Egg Frittatas

Fruit

Fruit

Apple & Cinnamon

Grapefruit

Grapefruit

M3

PB&J Sandwich

Autumn Arugula Salad

Tray Dinner

TIU Approved M3

Fall in Love Kale Salad

Butternut Squash Soup

Butternut Squash Soup

Fall in Love Kale Salad

M4

Angel Food Muffins

Angel Food Muffins

Angel Food Muffins

Slim Down Smoothie

TIU Approved Bar

TIU Approved Bar

Perfect Fit Smoothie

Chickpeas

M5

Zucchini Pasta

Tray Dinner

Simple Lemongrass Coconut Curry

Simple Lemongrass Coconut Curry

Your Favorite TIU Approved Dinner

Go Out to a Lean, Clean 'N Green Dinner!

Everything But The Kitchen Sink Salad

Lean Protein & Brussels Sprouts



grocery LIST

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

FRUIT

- ☐ 1 Container Strawberries
- ☐ 4 Pieces of Your Favorite Fruit
- ☐ 1 Pear
- ☐ 4 Apples
- ☐ 3 Lemons
- ☐ 3 Bananas
- ☐ 1 Container of Your Favorite Fruit
- ☐ 1 Grapefruit

VEGGIES

- ☐ 1 Bell Pepper
- ☐ 2 Packages of Arugula
- ☐ 5 Cups of Your Favorite Veggies
- ☐ 1 Head of Garlic
- ☐ 1 Piece of Fresh Ginger
- ☐ 2 Bunches of Kale
- ☐ 1 Bunch Celery
- ☐ 1 Package Endives
- ☐ 1 Container Mushrooms
- ☐ 1 Package Spinach
- ☐ 1 Bag Frozen Butternut Squash
- ☐ 1 Onion
- ☐ 2 Cups Brussels Sprouts

PROTEIN & MISC.

- ☐ 24 oz Lean Protein
- ☐ 3 Containers Yogurt
- ☐ 1 Container Egg Whites
- ☐ 1 Carton Eggs
- ☐ 2 TIU Approved Bars

NUTS, MILKS, & BUTTERS

- ☐ 2 Cartons Unsweetened Almond Milk
- ☐ Almond Butter
- ☐ Walnuts
- ☐ Pecans

- ☐
- Your Favorite Nuts

DIPS & FLAVORINGS

- ☐ Salsa
- ☐ Fresh Lemon Grass Container
- ☐ Red Curry Paste

CANNED ITEMS

- ☐ 1 Can Coconut Cream
- ☐ 1 Can Light Coconut Milk
- ☐ 1 Can Chickpeas

PANTRY

- ☐ Perfect Fit Protein
- ☐ Perfect Fit Multivitamin
- ☐ Perfect Fit Quinoa Crisps
- ☐ Perfect Fit Tea
- ☐ GF Bread
- ☐ Cacao Nibs
- ☐ Vanilla Extract
- ☐ Baking Soda
- ☐ Apple Juice
- ☐ Dijon Mustard
- ☐ Olive Oil
- ☐ Honey/Agave
- ☐ Balsamic Vinegar
- ☐ Apple Cider Vinegar
- ☐ Quinoa
- ☐ Cinnamon
- ☐ Dried Cranberries
- ☐ Quinoa
- ☐ 1 Container Veggie Broth
- ☐ Dried Thyme
- ☐ Maple Syrup
- ☐ Spicy Mustard
- ☐ Grapeseed Oil
- ☐ Wine (Optional)

MAKE IT YOUR OWN

- ☐ 3 Perfect Fit Smoothies
- ☐ 2 Tray Dinners
- ☐ 2 of Your Favorite Mug Muffins
- ☐ 1 of Your Favorite M3s
- ☐ 1 of Your Favorite M5s
- ☐ 2 TIU approved desserts (optional)

- [illegible]



meal PREP

- ☐ Wash & chop veggies
- ☐ Slice bananas & freeze for smoothies
- ☐ Prep dressing for your salads this week - store in a mason jar
- ☐ Make a batch of **Egg Frittatas**
- ☐ Bake a batch of **Angel Food Muffins** (eat a few for M4 - Day 23 while you're baking!)
- ☐ Make a **PB&J Sandwich** for your M3 tomorrow

AM

Coffee / Green Tea + Meta D

☐ Perfect Fit Multivitamin

M1

2 Egg Frittatas

+ a piece of fruit

M2

6 oz yogurt with cacao nibs

M3

PB & J

GF bread (feel free to toast!) with 1 Tbsp almond or peanut butter and 5 sliced strawberries

M4

3 Angel Food Muffins

M5

Leftover **Zucchini Pasta**

Serve with a side arugula salad & prep some salad for tomorrow's M3

PM

TIU Approved Dessert

-
- | | |
|--|--|
| <input type="checkbox"/> 31 Rep Challenge | <input type="checkbox"/> Check In #TIUTeam #TIU31 |
| <input type="checkbox"/> Stick to Plan Guidelines | <input type="checkbox"/> Drink 8-10 glasses of water |
| <input type="checkbox"/> Catch up on the latest posts on ToneltUp.com! We share tips, recipes and workouts every week! | |

AM

Coffee / Green Tea + Meta D

☐ Perfect Fit Multivitamin

M1

2 Egg Frittatas

+ a piece of fruit

M2

Perfect Fit Smoothie or yogurt

M3

Autumn Arugula Salad

See recipe in the back!

M4

3 Angel Food Muffins

M5

Tray Dinner (make extra protein for tomorrow's lunch)

PM

Herbal Tea and optional TIU Approved dessert!

-
- | | |
|---|--|
| <input type="checkbox"/> 31 Rep Challenge | <input type="checkbox"/> Check In #TIUTeam #TIU31 |
| <input type="checkbox"/> Stick to Plan Guidelines | <input type="checkbox"/> Drink 8-10 glasses of water |
| <input type="checkbox"/> Book a well deserved massage this weekend! | |

AM

Coffee / Green Tea + Meta D

☐ Perfect Fit Multivitamin

M1

Perfect Fit Smoothie

Make your favorite smoothie!

M2

2 Egg Frittatas

serve with 1 slice of GF toast or wrap in a GF whole wheat wrap!

M3

Salad with leftover **Tray Dinner** protein + 2 Tbsp of your favorite nuts

M4

3 Angel Food Muffins

M5

Simple Lemongrass Coconut Curry

See recipe in the back! (Make extra for tomorrow's M5!)

PM

Wine Not Wednesday! Optional glass of wine or kombucha

-
- | | |
|--|--|
| <input type="checkbox"/> 31 Rep Challenge | <input type="checkbox"/> Check In #TIUTeam #TIU31 |
| <input type="checkbox"/> Stick to Plan Guidelines | <input type="checkbox"/> Drink 8-10 glasses of water |
| <input type="checkbox"/> Spread contagious love and compliment a stranger today. | |

AM

Coffee / Green Tea + Meta D

☐ Perfect Fit Multivitamin

M1

Your Favorite Mug Muffin

See recipes in the back!

M2

A piece of fruit

M3

Grab a TIU Approved M3!

M4

Slim Down Smoothie

See recipe in the back! Add extra cinnamon :)

M5

Leftover Simple Lemongrass Coconut Curry

PM

Herbal Tea

*Prep **Fall in Love Kale Salad** for the next couple days!

☐ 31 Rep Challenge☐ Check In #TIUTeam #TIU31☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water☐ Journal tonight! How are you feeling?

AM

Coffee / Green Tea + Meta D

☐ Perfect Fit Multivitamin

M1

Your Favorite Mug Muffin

See recipes in the back!

M2

A piece of fruit

M3

Fall in Love Kale Salad

See recipe in the back!

M4

TIU Approved Bar

M5

Your favorite TIU Approved dinner!

Make some extra lean protein for tomorrow's M3!

PM

Herbal Tea

☐ 31 Rep Challenge☐ Check In #TIUTeam #TIU31☐ Stick to Plan Guidelines☐ Drink 8-10 glasses of water☐ Take a look at the #TIU31 hashtag!

AM

Coffee / Green Tea + Meta D

☐ Perfect Fit Multivitamin

M1

Sassy Scramble

½ cup mushrooms sautéed in sprayed pan with a handful of spinach and pre-chopped veggies. Add 1 cup egg whites and any spices or herbs that your sassy heart desires. Serve with 1 slice of GF toast

M2

Sliced apple, sprinkled with cinnamon

M3

Butternut Squash Soup served with a side salad + leftover lean protein

See recipe in the back! *Make extra soup for tomorrow

M4

TIU Approved Bar

M5

Head out to dinner! Celebrate 29 days so far. Enjoy 1 or 2 glasses of wine!

PM

Herbal Tea

-
- | | |
|---|--|
| <input type="checkbox"/> 31 Rep Challenge | <input type="checkbox"/> Check In #TIUTeam #TIU31 |
| <input type="checkbox"/> Stick to Plan Guidelines | <input type="checkbox"/> Drink 8-10 glasses of water |
| <input type="checkbox"/> Try out a new Yoga Studio today. Ever try hot yoga or a community class somewhere? | |

AM

Coffee / Green Tea + Meta D

☐ Perfect Fit Multivitamin

M1

Perfect Fit Waffles

topped with 1 cup of your fave fruit, 2 Tbsp walnuts + 1 tsp pure maple syrup

M2

Sliced grapefruit

M3

Leftover **Butternut Squash Soup** served with a side salad
+ ½ can of chickpeas

M4

Perfect Fit Smoothie

See recipe in the back!

M5

Make the '**Everything but the Kitchen Sink Salad!**' Get a big ole bowl and throw in any leftover spinach, kale, chopped veggies, protein, quinoa crisps, lemon, 1 tsp olive oil, & 2 tsp vinegar! + 2 Tbsp nuts or seeds

PM

Herbal Tea

-
- | | |
|--|--|
| <input type="checkbox"/> 31 Rep Challenge | <input type="checkbox"/> Check In #TIUTeam #TIU31 |
| <input type="checkbox"/> Stick to Plan Guidelines | <input type="checkbox"/> Drink 8-10 glasses of water |
| <input type="checkbox"/> Replace your next negative thought with three positive thoughts. Say them out loud to yourself. | |

AM

Coffee / Green Tea + Meta D

☐ Perfect Fit Multivitamin

M1

Sassy Scramble

½ cup mushrooms sautéed in sprayed pan with a handful of spinach and pre-chopped veggies. Add 1 cup egg whites and any spices or herbs that your sassy heart desires. Serve with 1 slice of GF toast

M2

1 sliced grapefruit

M3

Fall in Love Kale Salad

See recipe in the back!

M4

½ can of chickpeas with some lemon pepper + 1 tsp apple cider vinegar

M5

6 oz lean protein with 2 cups Brussels sprouts. Season with fresh herbs and balsamic vinegar. Cook with 1 Tbsp grapeseed oil and add a pinch of sea salt.

PM

TIU Approved Dessert!

-
- | | |
|--|--|
| <input type="checkbox"/> 31 Rep Challenge | <input type="checkbox"/> Check In #TIUTeam #TIU31 |
| <input type="checkbox"/> Stick to Plan Guidelines | <input type="checkbox"/> Drink 8-10 glasses of water |
| <input type="checkbox"/> Take your transformation photos! You should be proud of what you've accomplished in these past 31 days :) | |

CONGRATULATIONS!

You did it, girl. You completed 31 days of Booty Calls, meal preppin', pancake flippin', #TIUapproved LOVE for your gorgeous body and mind. Not only have you inspired us and the #TIUcommunity with your consistency, but you have inherently been inspiring yourself within this last month. You've proven to yourself that you CAN do whatever you set your mind to and you are worthy of **everything** you desire and more. YOU are your own definition of amazing, always.

We can't wait to continue this journey with you and the #TIUteam. This journey of never-ending self discovery, confident love for your body, and undeniable zest for life.

There comes a time when you believe everything is finished. That will be the beginning of something beautiful.

Your trainers,

Karena & Katrina

WE CAN'T WAIT TO SEE YOUR TRANSFORMATION PHOTOS!
POST THEM WITH #TIU31



31 DAY challenge!

Here are your blank charts!

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

You can also use these charts to log your nutrition and check off your
31 Rep Challenge. We're so excited to do this with you girls!

See your Daily Workout Challenges here

ToneltUp.com/DAILYWORKOUT



31 DAY CHALLENGE

DAY 9

WORK OUT

M1

M4

M5



31 DAY CHALLENGE

	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14	DAY 15	DAY 16
WORK OUT							
M1							
M2							
M3							
M4							
M5							



31 DAY CHALLENGE

DAY 23

M5



31 DAY CHALLENGE

DAY 31

WORK OUT



M1

MEAL 1 *or*

M2

MEAL 2

Alright girl... Ready!?

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

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

In this 31 day plan, we simplified everything. From meal prep, to breakfasts to making quick 'n easy dishes, you'll be good to GO! But, we totally understand that life happens and you'll need to mix in your own meals. On the following pages you'll find ideal meals for M1-M5 and a sample week. You can follow the meal-by-meal guide above, but there's also a TON of new fall recipes that you can sub in, especially if you have more time to make some fancy muffins or if you've been eyeing that chia seed pudding and want to make it for the week. It's all you girl!

any flavor or variation of your Perfect Fit Pancake or Waffle or Donuts

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

1 piece GF toast with 1 Tbsp almond or nut butter

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

1 cup organic cereal (no sugar) + 1 cup almond milk. Optional: Top with fruit

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

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

fruit + 1 Tbsp nut butter

½ cup yogurt with 1 cup fruit

any two muffins from the TIU Recipe Guide

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

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

M3

MEAL 3

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

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

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

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

our fave -
K&K Kale Salad!

1 Ezekiel wrap with
¼ avocado + ¼ cup
hummus + handful
lettuce + mustard

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

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

1 GF tortilla
toasted with 2 Tbsp
marinara sauce, fresh
basil, + 1 Tbsp coconut
shavings. Toast in
toaster oven.

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

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

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

Sweet Potato Toast
~ see the recipe on
ToneltUp.com

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

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

M4

MEAL 4

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

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

1 cup veggies + 1/4 cup hummus

1/4 cup nuts or seeds + 1 Tbsp coconut shavings + sprinkle cinnamon or cayenne whether you want sweet or spicy!

leftover M5 from the night before!

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

any cucumber rafts! See our favorites in the Bikini Program

1/2 cup chickpeas with a bit of lemon pepper and apple cider vinegar

Perfect Fit Muffins: Use a recipe from the plan! Add optional blueberries, coconut, cinnamon, or 3 Tbsp nuts.

Lettuce Wraps: Leftover beans or protein in lettuce wraps with GF soy sauce, 1 Tbsp peanuts.

celery with 2 Tbsp almond butter and a few raisins

a TIU approved bar! Look for nuts, dried fruit and plant based protein. Made from whole, real foods! Avoid 'Whey protein'

almond or coconut yogurt with 2 tsp cacao nibs

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

TIU Super Green Smoothie or a green juice if we're on the go!

Tone It Up Peanut Butter Cookie (see the recipe in the back!)

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

carrots, celery, and other veggies dipped in hummus, salsa, or 1/4 cup guacamole

M5

MEAL 5

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

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

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

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

4-6 oz grilled tofu + fresh lemon + pepper + ½ cup cooked quinoa + green beans + 1 Tbsp healthy oil

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

2 cups vegetables (or more!) + ¼ cup beans + 2 Tbsp nuts or seeds + 1 Tbsp healthy oil + herbs

6 oz tempeh + tomatoes + taco seasoning + steamed vegetables

2 cups zucchini pasta + ½ cup marinara sauce + herbs + spices. Optional: Protein + nuts + seeds

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

baked spaghetti squash + marinara sauce + 6 oz lentils

Cauliflower "Rice" + 1/2 cup black beans with chopped cilantro, tomatoes, bell peppers and topped with a 2-3 slices avocado

6 oz tempeh + 2 Tbsp hummus + 1 chopped bell pepper + a few slices of red onion all in a few slices of romaine lettuce or collard greens.

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

6 oz lean protein + 1/4 cup chopped red onion + 1/4 cup chopped celery + 1/4 avocado combined and tossed over 2 cups lettuce



slim down SMOOTHIE

makes 1 serving

- 1 packet or scoop Perfect Fit Protein
- 1 cup unsweetened almond milk
- ½ cup ice
- 1 tsp cinnamon

Blend & enjoy!



peanut butter BLISS

makes 1 serving

- 1 scoop or packet Perfect Fit Protein
 - ½ Tbsp peanut or almond butter
 - 1 cup vanilla almond milk
 - 4 ice cubes or ½ frozen banana
- If you have a powerful blender, we love adding 10 almonds for texture!

Blend & enjoy!



pumpkin spice latte SMOOTHIE

makes 1 serving

- 1 cup almond milk
- 2 shots of espresso
- 2 dates, pitted
- ¼ cup pumpkin puree (canned)
- 1 scoop or packet Perfect Fit Protein
- ¼ tsp pumpkin pie spice
- ½ cup ice

Blend & enjoy!



coffee SMOOTHIE

makes 1 serving

- ½ frozen banana, sliced
- 1 cup ice cubes
- 2 tsp whole espresso beans (or grounds)
- 1 Shot of espresso or ½ cup coffee
- ½ cup almond milk
- 1 scoop Perfect Fit Protein

Blend & enjoy!



strawberry COCONUT

makes 1 serving

- 5 frozen strawberries
- 3 Tbsp of unsweetened shaved coconut
- 1 cup coconut water or 1 cup almond milk
- 1 scoop or packet of Perfect Fit Protein

Blend & enjoy!



cocoa cooler SMOOTHIE

makes 1 serving

- 8 oz coconut water
- ½ cup ice
- 1 scoop or packet chocolate Perfect Fit Protein

Blend & enjoy!



pumpkin PERFECT FIT PANCAKES

makes 1 serving

INGREDIENTS

1 scoop or packet Perfect Fit Protein

1 Tbsp pumpkin puree

½ banana, mashed

½ Tbsp unsweetened almond milk

¼ cup egg whites

½ tsp cinnamon

1 tsp pumpkin pie spice

maple syrup, honey, or agave syrup (optional)

DIRECTIONS

1. Completely mash banana with almond milk. Gradually stir in the remaining ingredients.

2. Spray your skillet with cooking spray and turn to medium low heat. Slowly and evenly pour the batter into the pan. Cook for 3 to 5 minutes on one side.

3. Using a spatula, carefully lift the edge and take a peek. If the underside of your pancake is golden brown, it's ready to flip. Carefully flip your pancake and cook for another 3 minutes on the other side until both sides are golden brown and the pancake is cooked through.

4. Remove from heat and top with additional ingredients if desired. Drizzle with real maple syrup, honey, or agave and serve!



GF FRENCH TOAST

makes 1 serving

INGREDIENTS

2 slices GF bread

¼ cup egg whites

1 Tbsp vanilla Perfect Fit Protein

½ tsp cinnamon

1 tsp coconut oil or coconut spray

optional maple syrup, strawberries or honey.

DIRECTIONS

1. Spray a large pan with coconut spray. Heat to medium.

2. In a bowl, combine egg whites, vanilla Perfect Fit Protein and cinnamon. Whisk until combined.

3. Dip both sides of each piece of bread into the mixture. Cook each side for 2 minute or until golden brown. Top with strawberries, honey or maple syrup!



EGG FRITTATA *Muffins*

makes 8-10 muffins (serving size: 2-3 muffins)

INGREDIENTS

4 whole eggs
4 egg whites
¼ cup Greek yogurt
½ cup bell peppers, chopped
2 Tbsp fresh salsa
A pinch of sea salt and fresh ground pepper

DIRECTIONS

1. Pre-heat the oven to 350 degrees. Lightly spray a muffin pan with cooking spray ~ use cupcake liners to take these on the go!
2. Beat eggs, egg whites, and yogurt until fluffy. Add peppers, salsa, sea salt and pepper. Mix well. Pour mixture into pan and bake for 15-20 minute until toothpick comes out clean.
3. Makes 8 muffins. One serving equals 2-3 muffins, depending on size. These are great warm or cold, and perfect for on the go!



egg MUG MUFFIN

makes 1 serving

INGREDIENTS

2 eggs, scrambled
2 Tbsp spinach, chopped
2 Tbsp bell pepper, chopped
A pinch of paprika

DIRECTIONS

1. Combine all ingredients in a mug.
2. Cook in the microwave for 1 minute and 15 seconds!
3. Serve with a few slices of avocado and salsa (optional).





oatmeal MUG MUFFIN

makes 1 serving

INGREDIENTS

- ¼ cup GF rolled oats (or quick oats)
- 1 tsp maple syrup
- 1 Tbsp almond milk
- ½ banana, mashed
- ½ tsp vanilla extract
- 2 Tbsp pomegranate seeds
- A pinch of salt

DIRECTIONS

1. Combine all ingredients in a mug.
2. Cook in the microwave for 1 minute and 30 seconds!



pumpkin pie MUG MUFFIN

makes 1 serving

INGREDIENTS

- 1 scoop vanilla Perfect Fit Protein
- 2 Tbsp pumpkin puree
- ½ tsp pumpkin pie spice
- 3 Tbsp almond milk
- ½ tsp baking powder
- 1 tsp maple syrup

DIRECTIONS

1. Combine all ingredients in a mug.
2. Cook in the microwave for 2 minutes.
3. Top with pumpkin seeds (optional)



pumpkin MUFFINS

makes 12 muffins (serving size: 2-3 muffins)

INGREDIENTS

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

DIRECTIONS

1. Pre-heat the oven to 350 degrees. Lightly spray a muffin pan with cooking spray ~ use cupcake liners to take these on the go!
2. Combine all ingredients in a food processor and mix until well combined. Pour into greased muffin tins and bake for 15 minutes.
3. Recipe makes 10-12 muffins, so these are perfect for meal prep! Serving size is 2 muffins.



pumpkin spice DONUT HOLES

makes 12 donut holes (serving size: 2 or 3 donut holes)

INGREDIENTS

½ cup almond meal
½ cup Perfect Fit Protein
1 tsp baking powder
½ tsp pumpkin pie spice
¼ tsp salt
½ cup pumpkin puree
¼ cup maple syrup
1 egg
¼ cup almond milk
1 tbsp coconut oil
½ tsp vanilla extract

CINNAMON TOPPING

1 tbsp cinnamon
¼ cup sugar

DIRECTIONS

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





pumpkin pie CHIA SEED PUDDING

makes 3 servings

INGREDIENTS

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

DIRECTIONS

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



pumpkin OVERNIGHT OATS

makes 3 servings

INGREDIENTS

- 1 cup GF rolled oats
- 1 cup almond milk
- 2 shots espresso
- 1 tbsp honey
- 1 scoop Perfect Fit Protein (pumpkin spice or vanilla)
- ¼ tsp pumpkin spice
- pinch sea salt

DIRECTIONS

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





peanut butter COOKIES

makes 12 cookies – serving size is 1 cookie

INGREDIENTS

2 scoops vanilla Perfect Fit 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 approx. 2 tablespoon balls and then flatten balls with fork to form cookie shape.
4. Cook for 10 minutes.
5. Bon appetite, bombshell!
6. Meal prep these cookies and you've got your M4 for the week! Serving size is 1 cookie. Wrap these babies up in the freezer to grab and go! Portion control tricks for the treats



angel food MINI MUFFINS

makes 12 muffins (serving size: 3 mini muffins)

INGREDIENTS

4 scoops vanilla Perfect Fit Protein

¾ cup egg white

½ cup unsweetened almond milk

¼ cup organic coconut cream

¼ teaspoon baking soda

Dash of vanilla extract

DIRECTIONS

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



TIU lunch box

We all remember those pre-packaged lunches from the supermarket filled with pizza creations, nacho options, and cheesy sandwiches. As a kid, you were probably pumped when your mom packed these in your lunch box! Well, we just made them TIU approved!! Re-discover the excited little kid in you with your own Tone It Up Lunch Boxes! Mix and match to create your own fun creations that will satisfy your taste buds while still having a variety of flavors.

Choose one option from each column to put together your ultimate TIU Lunch Box!



MAIN MEAL

- 1/4 avocado on 1 slice toasted GF bread
- 1/2 baked sweet potato + 1/4 cup green onions + 2 Tbsp pumpkin seeds
- 1 hard boiled egg on 1 slice toasted GF bread
- 2 cups kale + 2 Tbsp pumpkin seeds + Quinoa Crisps + TIU approved dressing
- 1/4 avocado + 2 Tbsp sunflower seeds + 1 tsp Honey drizzle
- 1/4 cup cooked quinoa + 2 cups arugula + 1/4 cup lentils + squeeze of lemon + 1 tsp olive oil
- 1 slice GF bread + 1 Tbsp peanut or almond butter + 1/4 cup fresh fruit (example: strawberries, blueberries, banana)

VEGGIES

- 8 celery stalks
- 1 cup baby carrots
- 1 cucumber, sliced
- 1 bell pepper, sliced
- 1 cup sugar snap peas

DIP

- 1/4 cup hummus
- 1/2 cup salsa
- 1/4 cup Greek yogurt + hot sauce
- 1/4 cup guacamole
- 1 Tbsp almond butter

DRINK

- Sparkling water with lemon
- Fresh unsweetened almond milk with cinnamon
- Perfect Fit Tea (iced or hot)
- Coffee (iced or hot) with unsweetened almond milk
- Lemon, cayenne water

Tray DINNER

Nix those sodium and calorie packed “TV Dinners” for your TIU approved Tray Dinner! These are SO simple, tasty, and packed with everything you need to recover from your Tone It Up workouts! We like to triple the recipe and make enough for a few days at a time. It makes meal prep a cinch! Just follow the instructions below for some bomb.com 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*

- ½ cup sweet potato, cubed
- 1 cup Brussels sprouts, halved
- 1 cup carrots, chopped
- 1 cup green beans
- ½ cup squash, cubed (acorn, butternut, delicata, pumpkin, or any other winter squash!)
- 1 cup fennel, chopped
- 1 cup cauliflower, chopped
- 1 cup broccoli, chopped

PICK YOUR PROTEIN

Choose one from the below.

- 6 oz tempeh
- 6 oz tofu
- ½ cup chickpeas
- ½ cup pinto beans
- ½ cup black beans
- ½ cup kidney beans

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

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

autumn arugula SALAD

makes 1 serving

INGREDIENTS

1 pear, sliced
2 cups arugula
2 Tbsp walnuts
6 oz lean protein (beans, grilled tempeh, tofu, etc.)
1 tsp dijon mustard
2 tsp olive oil
½ tsp honey/agave
1 tsp balsamic (or white balsamic)

DIRECTIONS

1. Combine dijon, olive oil, honey/agave and balsamic in a jar for the dressing.
2. Toss remaining ingredients in a salad bowl with dressing.



fall in love KALE SALAD

makes 3 servings

INGREDIENTS

2 bunch kale, chopped (Should equal to about 5 cups of chopped kale)
3 apples, chopped,
¼ cup dried cranberries
1 cup cooked quinoa
¼ cup pecans
4-6 oz lean protein. Tempeh is delicious!
Top with Perfect Fit Quinoa Crisps

DIRECTIONS

1. Chop kale and apple. Put into a large bowl. We like 'massaging' the kale a bit to soften it!
2. Mix all dressing ingredients and stir until blended.
3. Pour dressing onto the salad and top with the pecans, protein, cranberries, and quinoa crisps.

DRESSING

2 Tbsp apple cider vinegar
2 Tbsp olive oil
½ Tbsp maple syrup





3 bean SALAD

makes 2 servings

INGREDIENTS

½ cup cannellini beans
½ cup chickpeas
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
a pinch of salt and pepper

DIRECTIONS

1. Combine all of the below ingredients in a bowl. Mix and it's ready to go!



Mushroom + Walnut STUFFED ENDIVES

makes 1 serving

INGREDIENTS

5 endives
2 Tbsp chopped walnuts
10 mushrooms, diced
1 shallot
1 tsp olive oil
pinch of salt

DIRECTIONS

1. In a pan over medium heat, add olive oil.
2. Add mushrooms and shallot. Sauté for 4 minutes. Remove from heat. Toss in the walnuts.
3. Lay out the endives and fill each one with a portion of the mushroom mixture. You can pre-make this mixture and save it for later too!





butternut squash SOUP

makes 2 servings

INGREDIENTS

2 cups frozen butternut squash (or fresh--frozen is pre-chopped so it's easier to use)

2 cups veggie broth

½ cup chopped onion

3 cloves chopped garlic

1 tsp olive oil

1 tsp dried thyme

pinch of salt and pepper

DIRECTIONS

1. In a large pot, pour the olive oil in and heat to medium. Toss in the chopped onion, garlic cloves, dried thyme and a pinch of salt and pepper. Sauté for a few minutes.
2. Add in the butternut squash and broth. Turn down heat to a simmer and cook for 20 minutes.
3. Once cooked, put in a blender and blend until smooth.



pumpkin SOUP

makes 1 serving

INGREDIENTS

1 can pumpkin puree

2 cups veggie broth

½ onion, chopped

3 cloves garlic

1 tsp dried sage

1 tsp olive oil

pinch of salt

DIRECTIONS

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



simple lemongrass COCONUT CURRY

makes 2 servings

INGREDIENTS

2 cups favorite veggies (we like carrots, zucchini, onions, and broccoli!)

2 stalks lemon grass

1 can light coconut milk

3 cloves garlic, chopped

½ inch ginger, peeled and chopped

½ cup cooked quinoa

2 Tbsp red curry paste

1 tsp olive oil

pinch of salt

DIRECTIONS

1. In a large pan over medium heat, add olive oil.
2. Add garlic, ginger, red curry paste, and a pinch of salt. Sauté for 2 minutes.
3. Add your favorite veggies and lemon grass. 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.



easy veggie STEW

makes 3 servings

INGREDIENTS

4 cups veggie broth
1 can diced tomatoes
1 medium onion, chopped
3 cloves garlic
2 cups of your favorite fall veggies, chopped (we love parsnips, squash, and carrots!)
1 can lentils (or your favorite beans!)
1 tsp olive oil
Salt and pepper

DIRECTIONS

1. In a large pot over medium, add the olive oil.
2. Next add chopped onions, garlic and a pinch of salt. Sauté for 2 minutes.
3. Pour in your favorite chopped veggies and sauté for 5 minutes.
4. Add beans, veggie broth and a pinch of pepper. Cover and cook for 20 minutes.



THAI VEGGIES with peanut sauce

makes 1 serving - sauce makes 4 servings

INGREDIENTS

2 cups your favorite veggies
½ cup chickpeas
¼ cup peanut butter
2 tsp lime juice
1 tsp grated ginger
2 small garlic cloves, diced
a pinch of red pepper flakes
1 tsp GF soy sauce
½ tsp agave or honey

DIRECTIONS

1. ****SAUCE MAKES ENOUGH FOR 4 SERVINGS!**** Combine peanut butter, lime juice, ginger, garlic, red pepper flakes, soy sauce and agave/honey in a blender or food processor. Blend until smooth.
2. Lightly steam 2 cups of your favorite veggies and combine with grilled chickpeas. Pour ¼ of the sauce over your mixture.



sweet potato BAKE

makes 2 servings

INGREDIENTS

1 sweet potato, peeled and diced
1 can chickpeas
½ onion, diced
3 garlic cloves, chopped
½ lemon
1 tsp dried thyme
2 tsp olive oil
pinch of salt

DIRECTIONS

1. Preheat the oven to 350.
2. In a baking dish, add ALL ingredients. toss to combine.
3. Bake for 20 minutes or until everything is done.



BAKE IT UP babe

makes 1 serving

INGREDIENTS

1 cup chopped cauliflower
1 cup cubed butternut squash (or frozen)
3 garlic cloves, diced
1 can chickpeas
2 cups arugula
½ cup cooked quinoa
2 tsp olive oil
1 tsp chili powder
1 tsp garlic powder
pinch of salt

DIRECTIONS

1. Preheat oven to 350.
2. Combine cauliflower, butternut squash, garlic, chickpeas, olive oil, chili powder garlic powder and salt on a cookie sheet. Toss to combine.
3. Bake for 20-30 minutes or until everything is done.
4. Serve over ½ cup cooked quinoa and 2 cups arugula.



easy lean CHILI

makes 3 servings

INGREDIENTS

16 oz of tempeh
1 can tomatoes
½ can kidney beans
½ can pinto beans
1 Tbsp olive oil
1 tsp chili powder
1 tsp garlic powder
pinch of salt

DIRECTIONS

1. In a large pot, cook the tempeh with olive oil.
2. After 5 minutes, add beans, spices, & other ingredients!
3. Cook until heated through.



LEAN BOWL (aka brian's sludge)

makes 3 servings

INGREDIENTS

16 oz tempeh (or lean protein)
½ cup vegetable broth
1 can chickpeas
(or three bean)
your favorite veggies

choose one of the flavors:

ITALIAN

1 cup marinara sauce
1 handful fresh basil
fresh garlic

TACO

taco seasoning
fresh avocado
salsa

THAI SESAME

½ small garlic clove
3 Tbsp reduced sodium soy
sauce
3 Tbsp sesame oil
2 Tbsp apple cider vinegar
pinch salt
1 Tbsp sesame seeds

DIRECTIONS

1. In large pot, break up tempeh on medium with vegetable broth. Add veggies!
2. Once tempeh is cooked all the way, add sauces and flavors.





zucchini PASTA

makes 2 servings

INGREDIENTS

2 large zucchini, spiralized
1 Tbsp olive oil
your favorite TIU approved sauce!
optional: 4 oz beans or lean protein, cooked and mixed in the sauce!

DIRECTIONS

1. Using a spiralizer, turn zucchini into noodles!
2. Heat 1 Tbsp of olive oil over medium low heat. Next, add noodles. Sauté just long enough to warm, about 3-5 minutes.
3. Top with your favorite sauce! We love marinara or pesto & sundried tomatoes.



SPAGHETTI SQUASH

Marinara

makes 1 serving - whole squash makes 3-4 servings

INGREDIENTS

1 cup spaghetti squash
4 oz lentils, or lean protein
1 Tbsp olive oil
½ tsp basil
½ tsp black pepper
¼ cup marinara sauce (organic, all-natural is best)

DIRECTIONS

1. Cut the squash in half, long ways. Use a spoon to take out the seeds and discard. Place both halves of the squash in a baking pan.
2. Preheat oven to 375 F and bake for 45 minutes. Flip the halves over and bake for another 15 minutes.
3. Remove the squash from the oven and allow to cool. With a fork, peel the insides of the squash away from the outer shell. It should come off in long pieces that look like spaghetti!
4. In a skillet, heat oil on medium. Add protein. Season with pepper and basil. Cook for 5-7 minutes flipping half way through. Add marinara sauce at the end to warm.
5. Remove from heat and serve over squash!



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Tone It Up Nutrition Plan

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