

7 DAY SLIM DOWN

Tone It Up®



7 DAY SLIM DOWN

7 Days until your event! Are you ready!? We need your commitment right now. Stick with this plan, and you'll be feeling fabulous for your big day! Remember, this is not your lifestyle TIU plan, but rather a more structured, short term slim down! The 7DSD is a weeklong plan that's a perfect way to prepare for an event, tone up, de-bloat, make your muscles pop and lose the last couple pounds. You'll notice your clothes will fit better and your waistline will feel slimmer! READY, SET, GO GIRL!

WARNING: YOUR FRIENDS WILL BE ASKING HOW YOU LOOK SO GOOD!

Our community has done the 7 Day Slim Down for Weddings, Red Carpet Events, Runway Shows, Beach Trips, Fitness Competitions, Photo Shoots, Reunions and Big Dates! We don't recommend doing this more than a few times a year. Your plan is perfect for toning up and maintaining your gorgeous bod.

For just a few days leading up to your event, incorporate the following tips into your routine. You will be creating a calorie deficit with your plan and exercise, so by your event day, your abs will look more toned and you will feel much lighter and toned!

*** Remember to never drop below 1,200 calories a day. We added a calorie chart to this plan to help you add calories here and there when you feel lower on energy. Add as needed and always listen to your body.

The 7 Day Slimdown gets rid of bloating and that outer layer of fat to make you tighter, leaner, toned and sculpted. Start your 7 Day Slimdown exactly a week before your event. You can have the 7th day be the event day or the 8th day. Your choice!

This is a structured program to achieve amazing results. If you don't see a food on the list... don't eat it for this one week. Follow it and it will work!

If you don't have any weight to lose, add on calories or just complete the last 5 days to fully get the de-bloating and cleansing benefits. As with all of our programs, make it work for you and your goals!



**WANT TO JUST DE-BLOAT
FOR THE WEEKEND? YOU CAN
TURN THIS INTO A 5 DAY SLIM
DOWN! START ON DAY 3 AND
FOLLOW IT 'TIL FRIDAY!**

Please Note: The 7DSD is to tone up and de-bloat. If you do not have a couple pounds to tone up, then stick to your main Lifestyle Plan or use the calorie add-on page to customize it to your needs. If you want to complete just the last 3 days to de-bloat for an event, you can do that too! Remember to refer to your calorie needs in your Nutrition Program.

7 DAY SLIM DOWN

These tips are what we have learned with our own experiences. By incorporating these 14 things for 7 days, you will de-bloat, cleanse your system, and feel light, toned and refreshed. Remember to always listen to your body and needs.

USE THESE 14 SLIMDOWN RULES TO GUIDE YOU THROUGH YOUR WEEK!

1 ALWAYS

Stay hydrated with at least 70 ounces of water. We keep a water bottle on us at all times to ensure we have enough. Drink water throughout the day.. never all at once.

2 ALWAYS

Perform 5 toning exercises each day. 15 reps each. Make sure you check your Daily Workout on ToneItUp.com

3 ALWAYS

Eat 5 small meals per day consisting of mostly lean protein, vegetables, and raw food. Meals should be every 2-3 hours.

4 ALWAYS

Do your best to have your last meal 2 hours before you go to sleep. We like to drink tea, kombucha, or sparkling water after dinner.

5 7 DAYS OUT

Complete a 30 minute cardio session in the morning, before breakfast. You can have coffee or your Awaken Perfect Fit Tea. Having a more intense session? You can grab a piece of fruit or whip up a Tone It Up smoothie. If your energy levels are low, make it a light session or walk and listen to your body. Save your intense session for the afternoon.

6 7 DAYS OUT

Have coconut water handy during your workouts! Great for electrolytes and energy. And add salt to your dinner, you'll be cutting it out later this week!

7 7 DAYS OUT

Cut out starchy carbohydrates. Receive your carbs from fruits and vegetables! This is important so your body taps into your fat stores. Starches aren't bad, this is just temporary.

8 5 DAYS OUT

If you eat dairy, cut dairy products completely out of your diet 5 days leading to the event to reduce any chances of bloating. Try dairy-free yogurts and milks! We like almond milk and almond yogurt.

9 3 DAYS OUT

Do a full body workout routine where you work every single muscle in your body! This uses all the glycogen (sugar/carbohydrates) stored away in your muscle tissue. We want to deplete this to be tight and lean for your event day! The 7 Day Slim Down workout is PERFECT for this!

10 2 DAYS OUT

For the last two days. eat 1-2 cups asparagus with your dinner. Asparagus has de-bloating properties, because it is a natural, healthy diuretic, taking excess water out of your skin.

11 2 DAYS OUT

No added salt to your food. Watch your food labels and steer away from anything that's processed or contains a lot of sodium. We don't want you to stress about this, so just stick to non-packaged food for the last few days and you'll be golden.

12 2 DAYS OUT

On top of your 70 ounces of water, drink 2 cups of unsweetened Green Tea per day. We prefer our Perfect Fit, Awaken Tea, which is green tea! You may add a half of a lemon squeeze. You can still have your coffee too.

13 2 DAYS OUT

The last two nights before your event use a sunless tanner. This will make your muscles look lean and toned with a beautiful glow; making those shoulders and abs pop!

14 ALWAYS

Stand tall with your heart forward and shoulders back! Work on correcting your posture with core exercises. Exercise the muscles in your lower back, lower abdominal muscles, upper back and stretch your chest out. We recommend Karena's upper back routine! You're gorgeous girl!

Confidence is sexy!

7 DAY SLIM DOWN

	day one	day two	day three	day four	day five	day six	day seven
WORK OUT	40 Minutes of Cardio + Daily Workout on ToneltUp.com	40 Minutes of Cardio + Daily Workout on ToneltUp.com	30 Minutes of Cardio + Daily Workout on ToneltUp.com	30 Minutes of Cardio + Daily Workout on ToneltUp.com	30 Minutes of Cardio + Daily Workout on ToneltUp.com	30 Minutes of Cardio + Daily Workout on ToneltUp.com	30 Minutes of Cardio + Daily Workout on ToneltUp.com
M1	Slim Down Scramble + 1 cup blueberries Ginger Shot (or Meta D)	Tone It Up Protein Pancake + 4 strawberries and 2 tsp. maple syrup Ginger Shot	Berry Slim Smoothie	Tone It Up Protein Pancake + 4 strawberries and 2 tsp. maple syrup Ginger Shot	Tone It Up Protein Pancake + 4 strawberries and 2 tsp. maple syrup Ginger Shot	Slim Down Scramble + ¼ of an avocado	Slim Down Scramble + ¼ of an avocado
M2	1 Sliced Grapefruit or Apple with Cinnamon	1 Sliced Grapefruit or Piece of Fruit	Apple with Cinnamon	1 Sliced Grapefruit or Piece of Fruit	Apple with Cinnamon	Berry Slim Smoothie	1 Sliced Grapefruit or Apple with Cinnamon
M3	K&Kale Salad + 4 oz lean protein Bikini Punch	K&Kale Salad + 4 oz lean protein Bikini Punch	Grilled Summer Citrus Salad Sparkling Water	Super Slim Burgers (leftover from last night!) Green Tea	Grilled Summer Citrus Salad Green Tea	Bikini Wraps Green Tea	K&Kale Salad + 4 oz lean protein Green Tea
M4	3 Slim Down Mini Muffins Sip water all afternoon!	3 Slim Down Mini Muffins Sip water all afternoon!	3 Slim Down Mini Muffins Sip water all afternoon!	Pick Me Up Chia Seed Pudding	1/2 can Tuna with lemon + pepper 5 stalks celery	Pick Me Up Chia Seed Pudding	Pick Me Up Chia Seed Pudding
M5	Slimming Spiced Bake (make extra for dinner tomorrow) Add a little sea salt	Slimming Spiced Bake (leftover) Add a little sea salt	Super Slim Burgers (make extra for tomorrow's M3!) + a side of kale chips	Trim Tray Dinner Prep chia pudding for tomorrow	Trim Tray Dinner use asparagus as your veggie tonight! (no salt)	Trim Tray Dinner use asparagus as your veggie tonight! (no salt)	Your Favorite TIU Approved Dinner! + Rosé Spritzer

grocery list

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

VEGGIES

- ☐ Spinach
- ☐ Arugula
- ☐ Kale
- ☐ Collard Greens Wrap
- ☐ Tomatoes
- ☐ Cherry Tomatoes
- ☐ Mushrooms
- ☐ Portobello Mushrooms
- ☐ Asparagus
- ☐ Celery
- ☐ Bell Peppers
- ☐ Red Onion
- ☐ Onion
- ☐ Carrots
- ☐ Avocado
- ☐ Frozen Cauliflower
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FRUIT

- ☐ Grapefruits
- ☐ Apples
- ☐ Fresh Blueberries
- ☐ Frozen Blueberries
- ☐ Raspberries
- ☐ Strawberries
- ☐ Lemons
- ☐ Limes
- ☐ Bananas
- ☐ _____
- ☐ _____
- ☐ _____

PROTEIN & MISC

- ☐ Egg Whites
- ☐ Lean Protein
- ☐ Lean Ground Turkey
- ☐ Safe Catch Tuna
- ☐ Unsweetened Almond Milk
- ☐ Unsweetened Coconut Milk
- ☐ _____
- ☐ _____
- ☐ _____

CANNED ITEMS

- ☐ Chickpeas
- ☐ _____
- ☐ _____
- ☐ _____

PANTRY

- ☐ Tone It Up Protein Powder
- ☐ Tone It Up Protein Bars
- ☐ Perfect Fit Tea
- ☐ Apple Cider Vinegar
- ☐ Olive Oil
- ☐ Coconut Oil
- ☐ Coconut Oil Spray
- ☐ Chia Seeds
- ☐ Pine Nuts
- ☐ Honey
- ☐ Maple Syrup
- ☐ Ketchup
- ☐ Mustard
- ☐ Vanilla Extract
- ☐ Baking Powder
- ☐ Ground Flax Seed
- ☐ Peanut Butter Powder
- ☐ Cacao Nibs

- ☐ Coconut Flakes
- ☐ _____
- ☐ _____
- ☐ _____

DRINKS

- ☐ Coffee or Espresso
- ☐ Kombucha
- ☐ Coconut water
- ☐ Organic Apple Juice
- ☐ Rosé
- ☐ _____
- ☐ _____

SPICES

- ☐ Fresh Ginger
- ☐ Fresh Cilantro
- ☐ Fresh Mint
- ☐ Sea Salt
- ☐ Pepper
- ☐ Cinnamon
- ☐ Cayenne
- ☐ Cumin
- ☐ Coriander
- ☐ Ground Garlic

ADD YOUR FAVES!

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



7 DAY SLIM DOWN - DAY 1

AM

If you're having coffee or espresso, add 2 Tbs almond milk.

WORK
OUT

40 Minutes of Cardio - Jog, Walk, HIIT, Cycling, Swimming, or Stairs

Daily Workout on ToneltUp.com

(you can also do this later in the day!)

Drink Water Throughout Your Workout

M1

Slim Down Scramble

+ 1 cup blueberries

Ginger Shot (or Meta D)

M2

1 sliced Grapefruit

or Apple with Cinnamon

M3

K&Kale Salad

+ 4 oz lean protein

Bikini Punch

M4

3 **Slim Down Mini Muffins**

Sip water all afternoon!

M5

Slimming Spiced Bake

(make extra for dinner tomorrow)

Add a little sea salt to your dinner!

PM

Caffeine-free tea

OR 1 cup unsweetened almond milk
(chocolate or vanilla)

BEAUTY REST _____ hours

STAY HYDRATED

Drink 90 oz. water throughout the day!



GOALS FOR TOMORROW

NOTES

☐ Check In #TIUteam

☐ Stick to Plan Guidelines

You made it through the first day! Keep this up and you'll make it through this week with no problem! If you slipped up at all, don't worry... just try to follow the Day 2 plan tomorrow and you'll be fine. Take note of any mistakes you may have made so you can be aware of them and avoid them for the rest of the week. If you put in a really tough workout or you're feeling extremely tired, hungry or low on energy feel free to increase portion sizes of lean proteins and green veggies tomorrow. Always listen to your body.



AM

If you're having coffee or espresso, add 2 Tbs almond milk.

WORK
OUT

40 Minutes of Cardio - Jog, Walk, HIIT, Cycling, Swimming, or Stairs

Daily Workout on ToneltUp.com

(you can also do this later in the day!)

Drink Water Throughout Your Workout

M1

Tone It Up Protein Pancakes or Waffles

Top with 4 sliced strawberries and drizzle 2 tsp. maple syrup

Ginger Shot (or Meta D)

M2

1 sliced Grapefruit
or Piece of Fruit

M3

K&Kale Salad

+ 4 oz lean protein

Bikini Punch

M4

3 **Slim Down Mini Muffins**

Sip water all afternoon!

M5

Slimming Spiced Bake

(leftover from last night)

Add a little sea salt to your dinner!

PM

Caffeine-free tea

OR 1 cup unsweetened almond milk
(chocolate or vanilla)

BEAUTY REST _____ hours

STAY HYDRATED

Drink 90 oz. water throughout the day!



GOALS FOR TOMORROW

NOTES

☐ Check In #TIUteam

☐ Stick to Plan Guidelines



AM

If you're having coffee or espresso, add
2 Tbs almond milk.

WORK
OUT

30 Minutes of Cardio - Jog, Walk, HIIT,
Cycling, Swimming, or Stairs

Daily Workout on ToneltUp.com

(you can also do this later in the day!)

Drink Water Throughout Your Workout

M1

Berry Slim Smoothie

Ginger Shot (optional)

M2

Apple with Cinnamon

M3

Grilled Summer Citrus Salad

Bikini Punch

M4

3 **Slim Down Mini Muffins**

Sip water all afternoon!

M5

Super Slim Burgers

(Make extra for tomorrow's M3!)

PM

Caffeine-free tea

OR 1 cup unsweetened almond milk
(chocolate or vanilla)

BEAUTY REST _____ *hours*

STAY HYDRATED

Drink 90 oz. water throughout the day!



GOALS FOR TOMORROW

NOTES

☐ Check In #TIUteam

☐ Stick to Plan Guidelines



AM

If you're having coffee or espresso, add 2 Tbs almond milk.

WORK
OUT

30 Minutes of Cardio - Jog, Walk, HIIT, Cycling, Swimming, or Stairs

Daily Workout on [ToneItUp.com](https://www.toneitup.com)
(you can also do this later in the day!)

Drink Water Throughout Your Workout

M1

Tone It Up Protein Pancakes or Waffles

Top with 4 sliced strawberries and drizzle 2 tsp. maple syrup

Ginger Shot (or Meta D)

M2

1 sliced Grapefruit or Piece of Fruit

M3

Super Slim Burgers

(leftover from last night)

Green Tea or Perfect Fit Awaken Tea!

M4

Pick Me Up Chia Seed Pudding

M5

Trim Tray Dinner

(Prep chia pudding for tomorrow)

PM

Caffeine-free tea
OR 1 cup unsweetened almond milk
(chocolate or vanilla)

BEAUTY REST _____ *hours*

STAY HYDRATED

Drink 90 oz. water throughout the day!



GOALS FOR TOMORROW

NOTES

☐ Check In #TIUteam

☐ Stick to Plan Guidelines



AM

If you're having coffee or espresso, add 2 Tbs almond milk.

WORK
OUT

30 Minutes of Cardio - Jog, Walk, HIIT, Cycling, Swimming, or Stairs

Daily Workout on [ToneItUp.com](https://www.toneitup.com)

(you can also do this later in the day!)

Drink Water Throughout Your Workout

M1

Tone It Up Protein Pancakes or Waffles

Top with 4 sliced strawberries and drizzle 2 tsp. maple syrup

Ginger Shot (or Meta D)

M2

Apple with Cinnamon

M3

Grilled Summer Citrus Salad

Green Tea or Perfect Fit Awaken Tea!

M4

½ can of tuna (we love Safe Catch tuna!) with lemon + pepper

5 stalks of celery

M5

Trim Tray Dinner

Use asparagus as your veggie tonight! (no salt)

PM

Caffeine-free tea

OR 1 cup unsweetened almond milk (chocolate or vanilla)

BEAUTY REST _____ hours

STAY HYDRATED

Drink 90 oz. water throughout the day!



GOALS FOR TOMORROW

NOTES

☐ Check In #TIUteam

☐ Stick to Plan Guidelines



AM

If you're having coffee or espresso, add
2 Tbs almond milk.

WORK
OUT

30 Minutes of Cardio - Jog, Walk, HIIT,
Cycling, Swimming, or Stairs

Daily Workout on ToneltUp.com

(you can also do this later in the day!)

Drink Water Throughout Your Workout

M1

Slim Down Scramble

Ginger Shot (optional)

M2

Berry Slim Smoothie

M3

Bikini Wraps

Use 4 oz. protein + veggies

Green Tea or Perfect Fit Awaken Tea!

M4

Pick Me Up Chia Seed Pudding

M5

Trim Tray Dinner

Use asparagus as your veggie tonight!
(no salt)

PM

Caffeine-free tea

OR 1 cup unsweetened almond milk
(chocolate or vanilla)

BEAUTY REST _____ hours

STAY HYDRATED

Drink 70 oz. water between meals today.



GOALS FOR TOMORROW

NOTES

☐ Check In #TIUteam

☐ Stick to Plan Guidelines



AM

If you're having coffee or espresso, add
2 Tbs almond milk.

WORK
OUT

30 Minutes of Cardio - Jog, Walk, HIIT,
Cycling, Swimming, or Stairs

Daily Workout on ToneltUp.com
(you can also do this later in the day!)

Drink Water Throughout Your Workout

M1

Slim Down Scramble

+ ¼ of an avocado

Ginger Shot (optional)

M2

1 sliced Grapefruit
or Apple with Cinnamon

M3

K&Kale Salad

+ 4 oz. lean protein

Green Tea or Perfect Fit Awaken Tea!

M4

Pick Me Up Chia Seed Pudding

M5

Your Favorite TIU Approved Dinner!

Rosé Spritzer

PM

Caffeine-free tea
OR 1 cup unsweetened almond milk
(chocolate or vanilla)

BEAUTY REST _____ hours

STAY HYDRATED

Drink 70 oz. water between meals today.



GOALS FOR TOMORROW

NOTES

☐ Check In #TIUteam

☐ Stick to Plan Guidelines

you did it!

Congratulations! You look AMAZING and all your hard work paid off!

We're so happy for you and we know how much dedication this took. We also know it's tough to be more structured with your routine, but it's worth it for how great you feel on your big day. Celebrate! Remember to return to your main Tone It Up Nutrition Plan once the excitement passes. Next time you need to look and feel your best... you know what to do!

PS... we would love to see pics from your event! Post them on Instagram ~
@ToneItUp #TIUTeam #7DSD #7daySlimDown

XOXO,

Karena & Katrina

WE CAN'T WAIT TO SEE YOUR TRANSFORMATION PHOTOS!
POST THEM WITH #TIUTRANSFORMATION #7DSD



shots!

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



META D

makes 1 drink

INGREDIENTS

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

DIRECTIONS

Mix all ingredients together in a shaker. Shake, pour into a glass, and drink.

Try adding more water or a little more juice to your Meta D if the apple cider vinegar taste is too strong.



bombshell SPELL

makes 1 drink

INGREDIENTS

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

DIRECTIONS

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



lemon ginger SHOT

makes 1 drink

INGREDIENTS

- 1 lemon, juiced
- 1 inch ginger, sliced (or whole if using a juicer)
- pinch of cayenne

DIRECTIONS

You can make this 4 ways:

1. Combine all ingredients in a blender and strain out the juice.
2. Put the ginger root through a juicer then mix.
3. You can put your sliced ginger in a garlic press.
4. Mince your ginger, then mix!



Tone it up PROTEIN PANCAKES

makes 1 pancake

INGREDIENTS

- 1 scoop Tone It Up Protein
- 1/2 banana, mashed
- 1/4 cup egg whites (or 1 Tbsp. ground flax mixed with 3 Tbsp. warm water for vegan version)
- 1/2 Tbs. almond milk
- 1 tsp. cinnamon

DIRECTIONS

1. Mash banana with almond milk before stirring in remaining ingredients. If you're using a flax egg instead of egg whites, allow the ground flax seeds and water to sit for 1-2 minutes before you add it into the mixture.
2. Spray pan with cooking spray and heat over medium-low before pouring in batter. Flip when ready ;) The key to the perfect protein pancake is to cook them slow and low!



slim down MINI MUFFINS

makes 21 mini muffins (serving size is 3 mini muffins)

INGREDIENTS

- 1 cup Tone It Up Protein
- 2 tsp. cinnamon
- 1/2 tsp. baking powder
- 1 cup unsweetened almond milk
- 1/2 cup egg whites
- 2 Tbsp. coconut oil, melted
- 1 Tbsp. maple syrup
- 1 tsp. vanilla extract
- 3/4 cup frozen blueberries
- coconut oil spray

DIRECTIONS

1. Preheat oven to 350.
2. Combine all of the ingredients except for the blueberries and stir until smooth.
3. Gently fold in the blueberries.
4. Spray a mini muffin tin with coconut oil and add batter. Bake for 25 minutes.





zucchini + caramelized onion EGG MUFFINS

makes 6 muffins (serving size: 2 muffins)

INGREDIENTS

1 tsp olive oil
1 zucchini, diced
¼ cup yellow onion, diced
pinch of salt
6 eggs
3 egg whites (or ½ cup liquid egg whites)
coconut oil spray

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Spray muffin tins with coconut oil spray.
3. Combine eggs and egg whites in a bowl, and whisk to combine.
4. Scoop the veggie mixture into the muffin tins so that veggies are spread evenly.
5. Pour egg mixture over veggies into muffin tins.
6. Bake for 20-25 minutes.
7. Store in a glass container after the eggs have cooled. These are good for up to 4 days!

M1 M2 M3 M4

slim down SCRAMBLE

makes 1 serving

INGREDIENTS

3 egg whites
1 cup spinach
¼ cup diced tomatoes
¼ cup sliced mushrooms
dash of pepper
splash of water

DIRECTIONS

1. Spray a skillet with non-stick cooking spray
2. Sauté spinach and mushrooms with splash of water on medium heat until the spinach has wilted, the mushrooms are lightly browned and all water has evaporated.
3. Add tomatoes, then pour egg whites over veggies in the skillet and mix together.
4. Cook for about three minutes or until eggs have solidified.

M1 M2 M3 M4





berry slim SMOOTHIE

makes 1 serving

INGREDIENTS

1 cup unsweetened almond milk
1 scoop vanilla Tone It Up Protein
1 cup frozen cauliflower
½ cup frozen blueberries
Optional: 1 Tbs Peanut Butter Powder
Optional: Sprinkle top with a little unsweetened coconut shavings, cacao nibs, or more blueberries

DIRECTIONS

1. Blend & enjoy!



slim down SMOOTHIE

makes 1 serving

INGREDIENTS

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

DIRECTIONS

1. Blend & enjoy!





coconut MACAROONS

makes 14 cookies, serving size 1 cookie

INGREDIENTS

2 bananas, mashed
1 egg
1 cup unsweetened coconut flakes
2 scoops vanilla Tone It Up Protein
pinch of salt
coconut oil spray

DIRECTIONS

1. Preheat oven to 350°
2. Combine all ingredients in bowl until well combined.
3. On a cookie sheet sprayed with coconut oil spray, add 2 tbsp. of the mixture to make 14 macaroons. Bake for 13 minutes.



pick me up CHIA SEED PUDDING

makes 3 servings

INGREDIENTS

½ cup of coconut milk (from a carton)
½ cup of unsweetened almond milk
¼ cup whole chia seeds
1 Tbs of pure maple syrup

TOPPINGS (PER SERVING)

1 Tbs unsweetened coconut flakes
1 tsp cacao nibs

DIRECTIONS

1. Add coconut milk, almond milk, and maple syrup to a large bowl and then, stir in chia seeds.
2. Whisk together and allow to sit for 3 minutes. Whisk it again before covering and placing in the fridge for an hour or overnight.
3. Top with your coconut flakes and cacao nibs before serving and enjoy!



This is the best, low sugar treat ever! It's satisfying and delicious!





grilled summer CITRUS SALAD

makes 1 salad

INGREDIENTS

6 asparagus spears
½ cup cherry or grape tomatoes
¼ onion, thinly sliced
1 tsp. olive oil
pinch of salt
¼ cup chopped cilantro
2 cups chopped kale
4 oz. lean protein, cooked

DIRECTIONS

1. Preheat grill.
2. On a cookie sheet, combine asparagus, tomatoes, onions, salt and olive oil. Toss to combine. Put the veggie mixture into a tin foil packet and grill for 15-20 minutes.
3. In a big bowl, add baked veggies and remaining ingredients and toss with the grapefruit dressing.
4. If you don't have a grill, you can bake them in the oven at 350°

DRESSING

¼ cup grapefruit juice
1 tsp. olive oil
½ tsp. honey



k+kale SALAD

makes 3 servings

INGREDIENTS

4 cups kale, stemmed and chopped (we love chopping with kitchen shears- so easy!)

2 bell peppers, chopped

½ red onion, chopped

¼ cup pine nuts

1 small bunch cilantro, remove large stems

LEMON ZEST DRESSING

2 fresh lemons, juiced

2 Tbsp olive oil

2 Tbsp honey

zest from 1 lemon

pinch of himalayan pink salt

DIRECTIONS

1. Add all ingredients in a bowl and toss to combine!
2. You can top with any lean protein or enjoy as a side salad!
3. This is our absolute favorite salad - it's so zesty and delicious! Rich with superfoods, the K & Kale is a powerhouse salad packed with antioxidants, iron, B vitamins and metabolism-boosting benefits! Eat your heart out, girl!





slimming spiced BAKE

makes 1 serving

INGREDIENTS

1 cup carrots, roughly chopped
¼ cup chickpeas
¼ cup onion, diced
1 tsp. olive oil
1 tsp. cumin
½ tsp. coriander
pinch of salt
2 cups arugula
¼ avocado, sliced

DIRECTIONS

1. Preheat oven to 400.
2. Toss the first 7 ingredients together and lay flat on a cookie sheet. Bake for 20-25 minutes.
3. In a large plate or bowl, add spiced baked veggies, arugula and avocado. Feel free to add a squeeze of lemon, too!



super slim BURGERS

makes 2 servings

INGREDIENTS

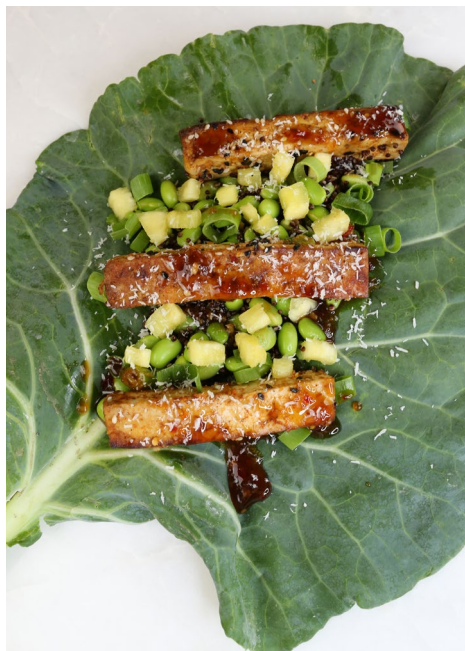
½ lb lean ground turkey
¼ cup chickpeas
¼ cup egg whites
½ tsp. ground garlic
pinch of salt
pinch of pepper
4 portobello mushroom caps
favorite burger toppings
(we love ¼ avocado, ketchup, mustard, red onions, and leafy greens)

DIRECTIONS

1. Preheat grill.
2. In a bowl, combine ground turkey, chickpeas, egg whites, garlic, salt, and pepper. Stir well to combine. Form 2 patties. Put on the grill and cook on each side for about 5-7 minutes, depending on how thick your patties are.
3. Form your burger with the mushrooms caps as the "bun" and add your favorite toppings. We also love pairing this with grilled asparagus and lemon!
4. If you don't have a grill, you can bake them in the oven at 350°



slim down BIKINI WRAPS



THE WRAP

1-2 Collard Greens

PROTEIN

4 oz of your fave lean protein!

- ground or grilled chicken
- ground turkey
- shrimp
- tofu or tempeh
- fish

VEGGIES

Top with as many veggie toppings as you like!

- red onions
- shredded lettuce
- jicama slices
- chopped jalapeño
- diced tomatoes
- cucumbers slices
- green onions
- sprouts
- radish
- bell pepper

TOPPINGS

Top with 1-2 flavorings

- a splash of hot sauce
- balsamic vinegar
- fresh lemon squeeze
- stone ground mustard

Trim 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!

The instructions below make one serving, but 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..

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! Choose up to 3 veggies

- 1 cup Brussels sprouts, halved
- 1 cup green beans
- 1 cup fennel, chopped
- 1 cup cauliflower, chopped
- 1 cup broccoli, chopped
- 1 cup asparagus, chopped
- 1 cup zucchini, sliced
- 1-2 peppers, sliced

PICK YOUR PROTEIN

Choose one from the below.

- 6 oz chicken breast
- 6 oz salmon
- 6 oz white fish
- 6 oz shrimp
- ¼ cup beans (chickpea, pinto, black, kidney, navy)
- 6 oz tofu or tempeh

TOSS ALL TOGETHER WITH...

- 2 tsp olive oil

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!



bikini PUNCH

makes 1 salad

INGREDIENTS

- 1.5 liters water
- 1 fresh lemon, juiced
- 1 fresh lime, juiced
- 1-inch of fresh ginger, thinly sliced
- A handful of fresh mint leaves, muddled
- A pinch or two of cayenne pepper (to taste hottie!)
- Optional: ¼ cup raspberries (or your favorite fruit), crushed

DIRECTIONS

1. Fill a pitcher with water and all the ingredients! Let it sit for a few hours, or even overnight.
2. You're going to love the way this makes you feel! With your glowing skin, tight tummy and faster metabolism, you'll be reaching for that bikini in no time! Share this secret with your girlfriends!

rosé SPRITZER

makes 1 serving

INGREDIENTS

- 3 oz. of your favorite rosé
- 3 oz. sparkling water
- pour over ice or frozen strawberries

DIRECTIONS

1. Pour the rosé and sparkling water over ice or frozen strawberries.
2. Cheers babe!





CALORIE *add ons*

Want to add calories to your slim down? Go for it! You can still get the de-bloating, cleansing, and metabolism boosting benefits while adding on these slim down approved foods!

When should you add calories?

- If you're incorporating higher intensity workouts
- If you're feeling low on energy
- If you don't want to lose 1-2 pounds and you just want to de-bloat
- If you just want to jumpstart your metabolism, but you don't want to cut calories
- If you want a snack and you're wondering what's Slim Down Approved

100-150 CALORIES



5 egg whites
1 tablespoon extra virgin olive oil
2 tablespoons chia seeds
½ cup cooked quinoa
½ medium (5 oz) avocado
3 oz canned tuna, in water, drained
3 oz skinless chicken
1 cup firm, organic tofu
3 cups cooked and chopped kale
3 tablespoons ground flaxseed
3 oz grilled shrimp
¼ cup almonds
Tone It Up Protein Bar

200-250 CALORIES

1 cup beans
¼ cup chopped walnuts
¼ cup unsalted sunflower seeds
2 Tbsp natural peanut or almond butter
4 oz cooked salmon
2 tablespoons virgin coconut oil
3 cups blueberries
Tone It Up Smoothie