

BIKINI PROGRAM

GLUTEN-FREE

grocery list



Tone It Up



WEEK THREE MEAL PREP

The entire meal prep and grocery lists are flexible and up to you! Take a look at your week of meals and you can decide which recipes to leave out if you're dining out or subbing in different recipes.

Cross out what you already have or what you don't need!

Remember, your grocery lists come every THURSDAY on ToneltUp.com under "[MY TIU](#)" for the following week. To be able to see it as a member of the Nutrition Plan, log into the website with your email address you used to join the plan. As a reminder, we'll also send it to you in your Member Only Newsletter on Thursdays. And we'll be sharing fun meal prep and success tips to keep you on your

A game throughout the entire challenge!

☐ BIKINI PUNCH

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☐ KandKale Salad - Make giant salad and cover in fridge.

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TIP: Dress individual portions when you're ready to eat them so the rest of the salad stays fresh and crisp!

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☐ 3 Bean Salad

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☐ Pre-cut veggies for snacks

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☐ Freeze and slice 3 bananas

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☐ Meta-D/Bombshell Spell

☐ -----

☐ Any additional meals to prep to make this week super successful!

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TIP!

To make sure you save time during the week, take a couple hours on Sunday to meal prep! You can also make muffins, pancakes, waffles and Perfect Fit Protein cookies ahead of time!

CHECK YOUR PANTRY!

CHECK YOUR PANTRY TO MAKE SURE YOU HAVE EVERYTHING ON HAND FOR THE CHALLENGE!

ESSENTIALS

- ☐ 1 jar cayenne pepper
- ☐ 1 jar cinnamon
- ☐ 1 jar Himalayan pink salt
- ☐ 1 jar ground turmeric
- ☐ 1 bottle tamari
- ☐ 1 bottle agave
- ☐ 1 bottle honey
- ☐ 1 bottle maple syrup
- ☐ 1 bottle balsamic vinegar
- ☐ 2 bottles apple cider vinegar
- ☐ 2 bottles apple juice (MetaD)
- ☐ 2 bottles pineapple juice (Bombshell Spell)
- ☐ 2 cans black beans
- ☐ 6 cans garbanzo beans
- ☐ 1 bag cacao nibs
- ☐ 1 bag coconut flakes
- ☐ 1 bag chia seeds
- ☐ 1 bag pine nuts
- ☐ 1 bag trail mix (we like to pre-portion)
- ☐ 1 jar almond butter
- ☐ 1 jar organic strawberry jam
- ☐ 2 boxes quinoa (or you can buy pre-cooked from salad bar)

OILS

- ☐ 1 bottle extra virgin olive oil
- ☐ 1 bottle grapeseed oil
- ☐ 1 can coconut oil
- ☐ 1 can coconut oil spray
- ☐ 1 bottle sesame oil

FREEZER

- ☐ frozen blueberries
- ☐ frozen strawberries
- ☐ frozen mango
- ☐ frozen pineapple
- ☐ bananas
(buy fresh, then slice and freeze)
- ☐ ice

PERFECT FIT

- ☐ Perfect Fit Protein
- ☐ Perfect Fit Multivitamins
- ☐ Perfect Fit Quinoa Crisps
- ☐ Perfect Fit Tea

REFRESHMENTS

- ☐ 1 case sparkling water
- ☐ 2 large bottles coconut water
- ☐ Wine (optional)

MAKE IT YOUR OWN!

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WEEK THREE GROCERY LIST

WHEN YOU PLAN YOUR MEALS FOR THE WEEK, TAKE STOCK OF WHAT YOU HAVE AT HOME AND WHAT YOU NEED TO BUY. CROSS THE ITEMS YOU DON'T NEED OFF OF YOUR LIST AND CHECK OFF THE OTHERS AS YOU PICK THEM UP!

FRUIT

- ## FRUIT
- ☐ 1 apple
 - ☐ 2 bananas
 - ☐ 2 containers of blueberries
 - ☐ 1 bag frozen cherries
 - ☐ 12 lemons
 - ☐ 9 limes
 - ☐ 1 container fresh pineapple
 - ☐ 1 container strawberries

VEGGIES

- ☐ 1 sweet potato
- ☐ 1 package mixed greens
- ☐ 1 bunch kale
- ☐ 2 bell peppers
- ☐ 1 red onion
- ☐ 1 bundle celery
- ☐ 1 bundle asparagus
- ☐ Brussels sprouts
- ☐ 1 tomato
- ☐ 1 green onion
- ☐ 1 jalapeno
- ☐ 1 bag spinach
- ☐ 1 package mushrooms
- ☐ 1 cucumber
- ☐ 1 bag carrots
- ☐ Snow peas
- ☐ 1 avocado

DIPS & FLAVORING!

- ☐ Paprika
- ☐ 1 bundle fresh parsley
- ☐ 1 bundle fresh lavender

- ☐ 1 fresh ginger
- ☐ 1 bundle fresh mint
- ☐ 1 bundle fresh rosemary
- ☐ 1 bundle fresh cilantro
- ☐ Guacamole
- ☐ 1 head garlic
- ☐ TIU approved dressing

PROTEIN AND MISC.

- ☐ [Perfect Fit Protein](#)
- ☐ 12 oz chicken breast
- ☐ 6 oz. salmon
- ☐ 8 oz. tilapia
- ☐ ¼ lb shrimp
- ☐ 1 carton egg whites
- ☐ 1 carton eggs
- ☐ 1 can cannellini beans
- ☐ 1 can garbanzo beans
- ☐ 1 can kidney beans
- ☐ 1 large container Greek or almond milk yogurt
- ☐ ½ gallon unsweetened almond milk
- ☐ coffee/espresso
- ☐ Trail mix
- ☐ Gluten free bread
- ☐ Kale chips
- ☐ Almond meal
- ☐ TIU approved snack/bar
- ☐ 1 container unsweetened applesauce
- ☐ Vanilla extract
- ☐ Baking powder

MAKE IT YOUR OWN!

Don't forget to add the foods you need for extra snacks. See the back for our fav add-ons!

- 2 Bikini Wraps
3 Bikini Ice Creams
1 Taco Tuesday
1 of your favorite kale salads
1 of your favorite M5s

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