

# BIKINI PROGRAM

GLUTEN-FREE *grocery list*



*Tone It Up*



# WEEK SEVEN 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  -----
- Slice and freeze 2 bananas  -----
- Make the Peach Muffins  -----
- 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!



