

Bikini Series EDITION



Tone It Up



Bikini Series EDITION

GLUTEN-FREE

BY CERTIFIED PERSONAL TRAINERS
& NUTRITION COACHES
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Tone It Up

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hello gorgeous!



This Plan Is All About YOU!

Your health. Your body. Your goals. Your dreams.

Tone It Up is a beautiful community, and every TIU girl is unique, with different backgrounds, challenges, and daily lives. That's what makes it so special! Katrina and I sat back and asked, "How can we make this plan truly fit everyone in the community?" So we asked YOU what you wanted to see in this new Bikini Series Edition and what would help you succeed. We heard from thousands of TIU girls and read every response. We heard from busy super moms who want to cook healthy meals for their whole family, boss babes who need more grab-and-go options for long days at the office and trips, and students who look for portable, budget-friendly meals. We learned that you want more customization and flexibility.

Taking all of your requests to the drawing board, we designed the most interactive, user-friendly, and motivating plan that will lead you to success, no matter where you are! Your new Bikini Series Edition is the most flexible yet and there are SO many options for you to choose from. We also created 50 new slimming recipes that we're so excited to share with you. You can mix and match all the incredible meals to make the plan perfect for you. And as you work toward your individual goals, you'll have an entire team of girlfriends behind you.

This Bikini Series is also extra special for us because we went back to where it all started, Manhattan Beach. We filmed this entire challenge right here in the home town of Tone It Up - the place where we met, became girlfriends, and started this journey together. We began filming our first workout videos with just the two of us and a tripod on the beach, and eight years later, here we are! Our community has grown and reached new heights, but we still strive for the same things: to inspire you and help you be your healthiest, happiest self.

You already took your first step toward that goal by joining the Bikini Series. We're so proud of you! You're going to do extraordinary things over the next eight weeks, and we'll be with you for every step, squat, and success. It's about to go down, girl!

With love from your trainers,

Karena & Katrina





your bikini series edition!

After hearing from you and what you wanted in a plan, we created the most flexible edition ever with new recipes and tips to make the plan work with your lifestyle!

50 SLIMMING RECIPES!

50 BRAND NEW recipes, 10 for each meal! Wait until you see the new muffins, tacos, lean bowls, and sliders!

FLEXIBILITY

Major flexibility! Girl, you can mix and match from any of your new recipes, the recipes on ToneltUp.com, plus your easy, on-the-go snack ideas!

CUSTOMIZE

Customization for your goals! Every girl is unique, so this plan offers advice, whether you're looking to lose weight, maintain, or gain muscle. Whatever your goal, we're here to help you achieve it!

BIKINI JOURNAL

The #1 success tool is journaling! Trust us! You'll be blown away once you start. We want you to write your goals, meals, water intake, and daily intentions!



QUESTIONS for you

For all of you babes that have done previous challenges with us, you said this was your favorite part! It's so effective, even if you've done it before. Reach new heights and break new boundaries! Before you read any further, grab a pen and paper and write this down. No answering in your head. It is very important that you write this down!

1. Close your eyes and imagine yourself in 8 weeks. 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 about herself?

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 the end of the challenge it'll be second nature. Now is the perfect time to create those new healthy habits for summer!

3. Spiritual broken down is Spirit Ritual. It simply means the rituals you include each day for your spirit. So what will you do each day or week that make you feel happy and centered? It can be guided meditations, practicing yoga once a week, painting, or journaling your intentions for the following day each evening.



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 swimsuit at the beach. 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 Bikini Series, what would you say to her?

7. Now imagine yourself in 8 weeks. You feel exactly how you visualized above. What do you want to say to the girl reading this plan, preparing for the Bikini Series? 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! – k+k



QUESTIONS for you

We are so proud of you for what you just did. Those were tough questions. Sometimes, it's hard to be honest with ourselves because we already know the answers. You're in control of your future and that can be scary, but also empowering! As women, we'll do anything for others around us, but we forget to give ourselves that same love and support. Now it's time to nurture yourself. Mind, bootay, and soul!

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

We want you to know that over the next 8 weeks you will be challenged and you will have to be strong, but we also want you to know - it'll be worth it. You'll feel like that girl you've already visualized. It's going to take some hard work and major hustle to get there, but we know you can do it. Tell yourself right now, "You're a badass babe who is unstoppable!"

WRITE DOWN YOUR GOALS FOR THE BIKINI SERIES HERE:

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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 [Toning 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 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!

DO IT FOR *you*!

YOU DESERVE TO FEEL HEALTHY, FIT, AND CONFIDENT!





BIKINI SERIES 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 happy, powers your brain, 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 while you sleep and now is the perfect time to get your heart rate up and stimulate fat burning. 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. Take a stroll with your coffee; walk 10 minutes away from your house and 10 minutes back!

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! This is where your Daily Workout comes in!

✓ daily workout

We lay out exactly what workouts you'll be doing every day so that all the guesswork is taken out for ya! Just head over to ToneltUp.com and click on "[Daily Workout](#)." We strategically plan the Daily Workout to tone different muscle groups everyday. We prefer to have our Booty Call (aka Daily Workout) done in the morning to increase metabolism-boosting effects. But if you can't get yours in until the afternoon or evening, no prob! As long as you're getting your workout in, you'll still be getting the benefits.

✓ weekly schedule

Follow your [Weekly Workout Schedule](#) posted every Sunday on ToneltUp.com! 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!





BIKINI SERIES *guidelines*

✓ *weekend warrior!*

From Friday to Sunday, weekends can add up to almost half of your month. So for this Bikini Series, we want you to stay driven and focused on the weekends. When Friday rolls around and you haven't done your Daily Workout, 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 cancelling 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 study recently found that lack of sleep can result in metabolic and endocrine alterations. This includes decreased

insulin sensitivity, increased cortisol levels, elevated ghrelin (the hunger hormone), lower leptin levels (what satiates hunger), and more hunger pangs.

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. You 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! But of course, check the [@ToneltUp Instagram](#), because we might be sharing something for the Bikini Series! Haha. 🙄

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

STOP SAYING "I WISH"

START SAYING "I WILL"

you deserve it



BIKINI SERIES guidelines

✓ read the plan

If you haven't read your 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 different times of the day and why certain nutrients are so important for your body composition and metabolism.

✓ no fried food

Yup! Who's with us!? No fried food for 56 days! This includes chips, fries, sweet potato fries, wontons, tempura, and anything fried at a restaurant. Make sure you ask your waiter, especially about sneaky fried food like vegetables. They'll steam them for you if you ask!

✓ no refined bread, pasta, or rice

This includes white bread, pasta dishes, pastries, muffins, bagels, sugary cereals, tortillas, crackers, and chips. (Even if they're gluten-free!) Also, when out for sushi, ask for rice-less rolls or sashimi! Make it work for your goals.

✓ 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 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. 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. Again, we know you can do this! If you're looking for sweets 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 all about relearning to make dessert a healthy and still delicious treat.

✓ limit starches after m3

We want you to start choosing foods that help you reach your goals, not work against them. If you've been on the Tone It Up Nutrition Plan, you're already accustomed to this. It's part of

BIKINI SERIES guidelines

your routine now. Instead of wondering 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 GF 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 was the last time you drank water? Most of the time when your brain is tired and you feel fatigued, you're actually dehydrated and you can be tempted to grab something high in sugar to help your energy levels. But if you do that, your insulin levels will spike and you'll actually be more tired and even hungrier 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. 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 wake up, you'll

BIKINI SERIES *guidelines*

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 8 weeks we challenge you to grab a tall sparkling water, some 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 a glass of red wine or champagne at your girlfriend's birthday. We do want you to keep it under control though. No keg stands ladies! ;) But seriously, we want you to choose 3 nights or less per week to have 2 or fewer drinks. We usually choose Wednesday, Friday, or Saturday to have a glass or two. It's totally up to you. A lot of you may even choose to drink nothing

at all. Do YOU, girl! For the next 8 weeks, you'll be grabbin' that sparkling water and kombucha and you'll feel so good during your morning sweat session. Plus, you'll be front and center at hot yoga 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 you 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 on track 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, and voila, 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! There's nothing more powerful in your journey than keeping the promises you make yourself. Taking just a few moments a day will keep you centered, motivated and honest with yourself. It's the one thing we do before bed every night! Keep track of your meals, workouts, and write down your intentions for the next day. This Bikini Series Edition is the perfect way to track your progress and hold yourself accountable during the Bikini Series.

✓ Checkin with us with [@ToneltUp](#) #TIUteam + #TIUbikiniseriess

A checkin 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!

✓ Support, like, and comment on 10 checkins from others every day, empowering them and encouraging them to keep at it! Make sure a few are new every day, too!

✓ Smile because you're gorgeous and we're all in this together!



YOU KNOW ALL THOSE THINGS
YOU'VE ALWAYS WANTED TO DO?

you should go do them.



MEAL PREP Tips

Over the next 8 weeks, meal prepping 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 on Sunday! We made this meal plan so flexible that you can meal prep like a boss and then 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.

Create the best plan for your lifestyle by plugging in any of the meals we share with you! 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 from ToneltUp.com. Unlock thousands of recipes on ToneltUp.com by logging in with your member email.

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 five delicious new muffin recipes for you in this plan.

Did you know you can also turn your Tone It Up 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 bake our favorite scramble recipes in muffin pans for easy breakfast egg muffins.

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

Tone it up 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.

overnight oats

Make them in mason jars and store in the fridge overnight. Get creative! Add nuts, seeds, fruit, coconut flakes, chia seeds, cacao nibs, or whatever floats your TIU boat baby! We created Piña Colada Overnight Oats for you in this plan!

Another one of our favorite ONO recipes is Apple Pie! We use $\frac{1}{3}$ cup GF rolled oats, 1 Tbsp chia seeds, 1 diced apple, 1 cup unsweetened almond milk, tons of cinnamon and an optional Tbsp of Tone It Up 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 veggies and bagged greens options ready to go at your grocery store!

We're obsessed with the 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 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 $\frac{1}{4}$ cup trail mix into each one.

Our fave trail mix treat: 1 Tbsp coconut flakes + 2 Tbsp almonds + 1 Tbsp dried cranberries shaken in a baggie with either cinnamon or powdered peanut butter! It's so good. Sometimes for dessert we'll add a little coconut yogurt and oh... my... goodness.



MEAL PREP Tips

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!

We always pre-make coffee for our morning coffee smoothies! You can also make ice cubes from coffee and blend up in smoothies.

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 easily grab and go the next day.

Add 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. We love all of the new salads in 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.

power up with protein

Baked chicken (or tempeh or lean proteins) and veggies are great main staples to have on hand! You can either heat up or throw on salads. We will place chicken 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. (depending on thickness of chicken)

It's so easy to bake sliced chicken, 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, or beans! Easy to throw in your favorite dishes.

easy freezer items

We always freeze sliced up banana for smoothies!

Frozen blueberries for Tone It Up Pancakes

Frozen asparagus, kale, cauliflower, peppers, corn, broccoli and other veggies for easy scrambles, sautées, 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.

KEEP IT fresh

Shopping for in-season fruits and veggies is the best way to ensure your food is crisp, fresh, and at its tastiest! Plus, seasonal eats are higher in body-loving nutrients than out-of-season produce. Win, win! Check out our list of go-to fruits and veggies below! Some items are in season multiple times per year, so you'll see duplicates. You can print this out and keep it handy on your fridge or in your office for future reference.

WINTER

Grapefruit
Onions
Leeks
Winter squash
Mushrooms
Sweet potatoes
Turnips
Bananas

SPRING

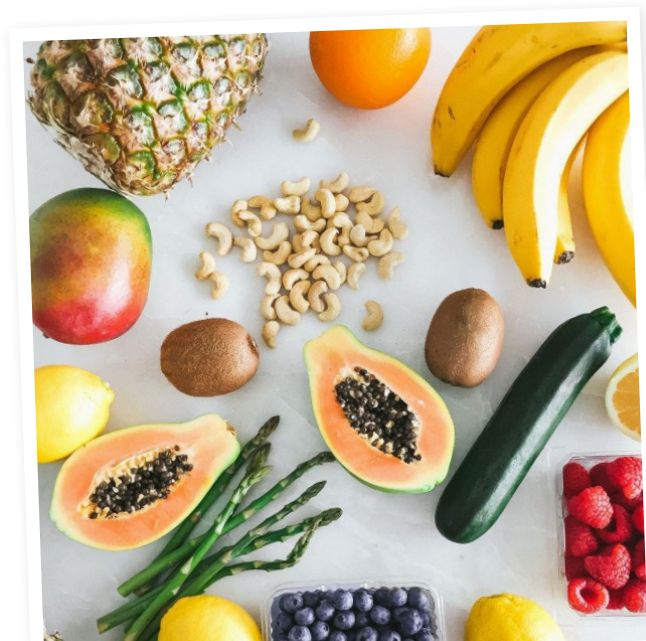
Apricot
Banana
Broccoli
Cabbage
Green beans
Lettuce
Mango
Onions
Leeks
Spinach
Strawberries
Pineapple

SUMMER

Banana
Apricot
Bell peppers
Blackberries
Blueberries
Cherries
Corn
Cucumber
Eggplant
Mushrooms
Kiwi
Plums
Tomatoes
Watermelon
Peas
Kale

FALL

Kale
Apples
Bananas
Brussels Sprouts
Carrots
Cauliflower
Cranberries
Mushrooms
Grapes
Parsnip
Squash
Sweet potato



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 clean, simple, non-GMO ingredients.

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

Salsa

Pico de Gallo

Bean dip (check label)

Bean salads or canned lentils & beans

Rice paper rolls: Shrimp, Tofu, Fish

Hummus

Prepared Sashimi + Ginger

Pre-Made Salads (look for ones with protein, veggies, and a light dressing)

FROZEN SECTION

Brussels Sprouts

Kale

Spinach

Veggies

Strawberries

Blueberries

Mango

Pineapple

All fruits

Frozen Cauliflower



TIU APPROVED *packaged snacks*



Other than our favorite M2's & M4's like smoothies, muffins, fruits, veggies, and TIU approved recipes, we always have these item for a quick snack!

Coconut Chips - The unsweetened variety! These are the perfect crunchy, healthy topping for yogurt or smoothies.

Kombucha - We love sipping on kombucha in place of wine on weeknights. We're especially in love with the lavender flavor. So light and delicious!

Granola - Occasionally we'll top our yogurt with 2 Tbsp. of gluten-free granola for an extra crunch!

Safe Catch Tuna - We love how Safe Catch has all omega 3s and nutrients retained through the canning process!

Snap Peas - These are so delicious and a great chip alternative!

Big Slice @BigSliceApples - These are SUCH tasty lil' apples! We love topping our yogurts with them for an added boost of flavor.

Kale Chips - You can make your own with lots of seasoning or pick them up from the store!



TONE IT UP *protein bars*

Introducing your brand new Tone It Up Protein Bars, available exclusively at 1,500 Target stores and Target.com! We created this bar just for YOU, girl! We know you're busy and want to stay healthy on the go. Throw it in your bag and have peace of mind that this delicious snack is plant based, non-GMO, and provides you with 10g of clean protein. Your beautiful body deserves it.

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
Mix 1 Tbsp oil, 1 Tbsp vinegar,
+ 1 Fresh Lemon!

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 fewer calories and simple sugar)
See Treat Yourself For Cocktails!

lean PROTEIN

What do we mean when we say "lean protein" in the plan? You can always make chicken, turkey, fish, or shrimp for your lean proteins. We also love plant based proteins! High in antioxidants, fiber, vitamins, and minerals, plant-based protein is incredible for your health and beautiful body!

TONE IT UP PROTEIN

We formulated Tone It Up Protein for you as an ideal source of delicious, vegan-friendly protein. Add it to smoothies or almond milk, substitute it for flour in any recipe, and even make mouthwatering protein pancakes! Available on [Tonelup.com](https://tonelup.com) and your local Target.

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!

CHIA

Chia seeds are made up of 20% protein which means a 2 Tbsp serving contains 4 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 dense 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			GRAINS + NUTS LEGUMES + SEEDS LEGUMES + GRAINS LEGUMES + NUTS = COMPLETE LEAN PROTEIN
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!*

The Bikini Series meal plan is designed 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. 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 Birthday Cake (we have a healthy recipe on ToneltUp.com!)
- 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
- 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
- 2 cups raw beetroots
- 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
- 1 cup cooked amaranth
- 4 oz soy tempeh
- 4 oz cooked salmon
- 2 tablespoons virgin coconut oil
- 3 cups blueberries
- Tone It Up Smoothie

recipes



your META D

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!

M1

MEAL 1 *or*

M2

MEAL 2

Your first morning meal is all about quick, useful energy to kickstart your body for the day. Now is the time to eat fruits, healthy carbs and protein! Think fruity and fun! How about banana protein pancakes or a delicious smoothie with fruit and protein? Fuel those muscles girl!

If Meal 1 was a quick pre-workout snack, eat a complete breakfast. Add some protein to replenish your muscles after your morning workout. Fruits, veggies, whole grains, and dairy are also good energy sources to carry you through the morning. Sitting at your desk? Graze on some berries and granola or sip on a smoothie!

any flavor or variation of your Tone It Up Pancakes or Waffles 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

Tone It Up Protein Bar

½ cup GF rolled oats + 1 cup almond milk + 1 Tbsp chia seeds. Optional: Add ½ scoop Tone It Up 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 Tone It Up Protein + ¾ cup almond milk + ½ frozen banana (or other fruit). Optional to add cacao nibs, espresso, coffee, fruit

fruit + 1 Tbsp nut butter

5-6 oz. container of your favorite yogurt with 1 cup fruit + 1 Tbsp walnuts or almonds

any muffin 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 oatmeal cooked with almond milk and topped with cinnamon and fruit.



piña colada OVERNIGHT OATS

makes 2 servings

INGREDIENTS

¾ cup GF rolled oats
 4 tsp chia seeds
 2 tsp honey or maple syrup
 1 cup unsweetened almond milk
 1 scoop Tone It Up Protein
 1 cup fresh pineapple, cubed
 2 Tbsp unsweetened coconut flakes (we love toasted!)

DIRECTIONS

1. Combine everything in a bowl.
2. Split mixture into two mason jars. Let sit in the fridge overnight.



blueberry lemon zest BREAKFAST CAKE

makes 9 servings

INGREDIENTS

4 large eggs
 ¾ cup unsweetened almond milk
 1 tsp vanilla extract
 2 Tbsp coconut oil, melted
 ½ cup almond flour
 ¼ cup vanilla Tone It Up Protein
 1 tsp cinnamon
 ½ tsp baking powder
 ¼ tsp salt
 ¾ cup blueberries
 1 lemon, zested
 ½ lemon, juiced
 coconut oil spray

DIRECTIONS

1. Preheat oven to 375 degrees.
2. Mix all wet ingredients in a bowl. Combine all dry ingredients in a separate bowl. Add wet ingredients to dry and whisk until well combined. Stir in lemon zest, lemon juice, and blueberries.
3. Spray a baking dish with coconut oil spray. Pour batter into the baking dish.
4. Put into the oven and bake for 35-40 minutes. Slice into individual pieces and store in glass containers for the week.



Tone it up WAFFLES

makes 1 serving

INGREDIENTS

1 scoop Tone It Up Protein
1/2 banana, mashed
1/2 Tbs almond milk, unsweetened
1/4 cup egg whites
1/2 tsp cinnamon
top with your favorite fruit and 1 tsp maple syrup

DIRECTIONS

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



coconut mango PANCAKES

makes 1 serving

INGREDIENTS

1 scoop Tone It Up Protein
1 egg white, or 1/4 cup liquid egg whites
1/2 a banana, sliced
2 slices frozen mango, thawed
1 Tbsp unsweetened almond milk

DIRECTIONS

1. Blend all pancake ingredients in a blender.
2. Spray pan over medium-low heat with coconut oil spray. Pour batter into pan. Cook for 4 minutes on each side.
3. Top with coconut flakes and honey.

TOPPINGS

2 Tbsp coconut flakes
1 tsp honey





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!



spring SCRAMBLE

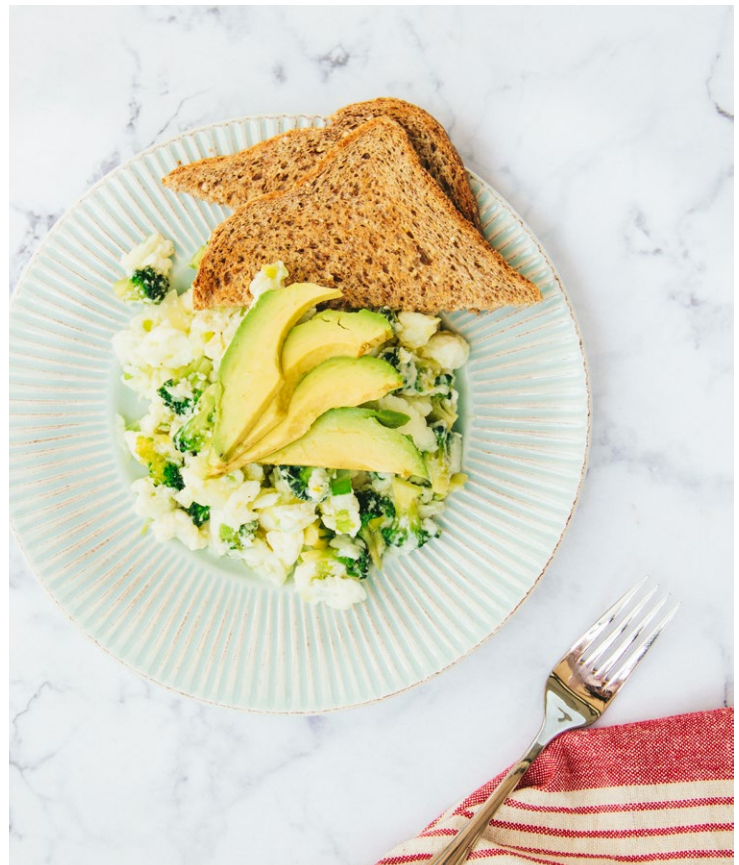
makes 1 serving

INGREDIENTS

- 1 tsp olive oil
- ¼ cup broccoli, cut into small pieces
- ¼ cup diced leeks
- pinch of salt
- 1 cup egg whites
- Feel free to add any chopped veggies you love!

DIRECTIONS

1. In a pan over medium heat, add olive oil. Add in broccoli, leeks, and a pinch of salt and sauté for 8 minutes.
2. Pour in egg whites and cook for 5 minutes or until done.





Warm quinoa OATMEAL BOWL

makes 1 serving

INGREDIENTS

¼ cup uncooked quinoa
½ cup unsweetened almond milk + extra after cooking

1 tsp cinnamon

TOPPINGS

1 Tbsp almond or peanut butter

1 cup fresh berries

DIRECTIONS

1. Pour quinoa, cinnamon, and unsweetened almond milk into a pan. Cook over medium heat with a cover on for 15 minutes.

2. Pour quinoa into a bowl. Add a splash of unsweetened almond milk and remaining toppings.



apple yogurt PARFAIT

makes 1 serving

INGREDIENTS

½ cup Greek, almond, or coconut yogurt

1 4.5 oz. packet Big Slice Apples

1 Tbsp unsweetened coconut flakes

DIRECTIONS

1. Combine everything in a bowl.





spirulina superfood SMOOTHIE BOWL

makes 1 serving

INGREDIENTS

- ½ tsp spirulina
- ½ frozen sliced banana
- 1 cup unsweetened almond milk
- 1 scoop vanilla Tone It Up Protein
- ½ cup frozen cauliflower

DIRECTIONS

1. Blend all ingredients until smooth!
2. Add toppings and enjoy!

TOPPINGS (PICK 2-3)

- 1 Tbsp unsweetened coconut flakes
- 1 tsp chia seeds
- ½ cup raspberries
- 1 Tbsp cacao nibs



pitaya SMOOTHIE BOWL

makes 1 serving

INGREDIENTS

- ½ frozen banana, sliced
- ¼ cup frozen cauliflower
- 1 cup unsweetened coconut milk
- 1 scoop vanilla Tone It Up Protein
- ½ 3.5 oz. packet frozen pitaya (find it in the freezer aisle next to acai)

DIRECTIONS

1. Blend all ingredients until smooth!
2. Add toppings and enjoy!

TOPPINGS (PICK 2-3)

- ¼ cup fresh mango
- 1 tsp chia seeds
- 1 Tbsp unsweetened coconut flakes
- 1 Tbsp cacao nibs





berry cauliflower SMOOTHIE

makes 1 serving

INGREDIENTS

- 1 cup unsweetened almond milk
- 1 scoop vanilla Tone It Up Protein
- ½ cup frozen cauliflower rice or chunks
- ½ Tbsp peanut butter
- ½ cup blueberries
- 1 Tbsp ground chia seeds

DIRECTIONS

1. Blend all ingredients until smooth!



orange dreamsicle SMOOTHIE

makes 1 serving

INGREDIENTS

- 1 cup coconut water
- 1 scoop Tone It Up Protein
- ½ frozen banana
- 1 orange, peeled
- 1 Tbsp coconut flakes

DIRECTIONS

1. Blend all ingredients until smooth!



Make The PERFECT SMOOTHIE

Having a fridge fully stocked for your body-loving, protein-packed Tone It Up smoothies is a MUST as a #TIUgirl! Thankfully, putting together your fave flavor is easy peasy, especially when you follow our go-to guide.



GET YOUR BASE GOING

1 scoop Tone It Up Protein

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

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

FROZEN FRUITS

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

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

GREENS & VEGGIES

As many as you like!

We usually add about 1 cup if
we add it in ;)

example - spinach, kale, parsley,
cucumber

NUT BUTTERS

Optional - for healthy fats & a little
extra protein!

1 Tbsp almond butter

1 Tbsp peanut butter

FLAVORINGS

For an extra boost, add one of the
following!

1-2 tsp diced fresh ginger

1-2 tsp diced fresh turmeric

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

½ tsp cinnamon

¼ tsp nutmeg

BOOSTERS

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

½ tsp powdered spirulina or
chlorella

1 tsp maca

2 tsp hemp seed

1 tsp chia seed

1 tsp flax seed

TOPPINGS

Choose 1-2 toppings!

1 Tbsp cacao nibs

1 Tbsp unsweetened shredded
coconut

1 tsp chia seeds

¼ cup favorite fruit

1 tsp bee pollen



lemon poppyseed MUFFINS

makes 6 muffins (serving size is 1 muffin)

INGREDIENTS

¾ cup oat flour (or almond meal)
¾ cup vanilla Tone It Up Protein
¼ tsp baking soda
½ tsp baking powder
1 Tbsp poppyseeds (you can also swap in chia seeds!)
1 lemon, juice and zest
1 egg
1 tsp vanilla extract
1 mashed banana
2 Tbsp maple syrup
½ cup unsweetened almond milk
coconut oil spray

DIRECTIONS

1. Preheat oven to 350 degrees.
2. In a bowl, combine all the dry ingredients and whisk to combine.
3. In a separate bowl, combine all wet ingredients. Add the poppyseeds, lemon juice and zest to the wet ingredients as well. Add wet ingredients to the dry ingredients and mix to combine.
4. Spray a muffin tin with coconut oil spray. Pour batter into the muffin tins. Put into the oven for 20-25 minutes, or until a toothpick comes out clean.



blueberry chia MUFFINS

makes 6 muffins (serving size is 1 muffin)

INGREDIENTS

¾ cup oat flour (or almond meal)
¾ cup vanilla Tone It Up Protein
1 tsp baking powder
½ tsp cinnamon
¼ tsp salt
1 Tbsp chia seeds
2 Tbsp coconut oil, melted
2 Tbsp maple syrup
1 egg
1 tsp vanilla extract
½ cup unsweetened almond milk or coconut milk (from a carton)
½ cup frozen blueberries
coconut oil spray

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Combine all of the dry ingredients in a bowl.
3. Combine all of the wet ingredients in a separate bowl.
4. Add wet ingredients to the dry ingredients and mix to combine.
5. Gently fold in the blueberries so that they're well combined.
6. Spray a muffin tin with coconut oil spray. Pour batter into the muffin tins. Put into the oven for 20-25 minutes, or until a toothpick comes out clean.





coconut pineapple MUFFINS

makes 6 muffins (serving size is 1 muffin)

INGREDIENTS

¾ cup oat flour (or almond meal)
¾ cup Tone It Up Protein
1 tsp baking powder
2 Tbsp unsweetened coconut flakes
1 egg
1 tsp vanilla extract
1 mashed banana
2 Tbsp maple syrup
½ cup unsweetened almond milk
½ cup fresh pineapple, diced into small pieces
coconut oil spray

DIRECTIONS

1. Preheat oven to 350.
2. Combine all of the dry ingredients in a bowl.
3. Combine all of the wet ingredients in a separate bowl.
4. Add wet ingredients to the dry ingredients and mix to combine.
5. Gently fold in the pineapple so that they're well combined.
6. Spray a muffin tin with coconut oil spray. Pour batter into the muffin tins. Put into the oven for 20-25 minutes, or until a toothpick comes out clean.



snickerdoodle MUFFINS

makes 6 muffins (serving size is 1 muffin)

INGREDIENTS

¾ cup almond meal
¾ cup vanilla Tone It Up Protein
2 tsp cinnamon, plus extra to sprinkle (@mccormickspice)
1 tsp baking powder
¼ tsp salt
1 egg
1 tsp vanilla extract
½ cup dates, pitted and soaked in warm water to soften
¾ cup unsweetened almond milk
1 mashed banana
coconut oil spray

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Combine all of the dry ingredients in a bowl.
3. Combine all of the wet ingredients, including the dates, in the blender and blend until smooth.
4. Add wet ingredients to the dry ingredients and mix to combine.
5. Spray a muffin tin with coconut oil spray. Pour batter into the muffin tins. Put into the oven for 20-25 minutes, or until a toothpick comes out clean. Top with a little extra sprinkle of cinnamon.





matcha MUFFINS

makes 6 muffins (serving size is 1 muffin)

INGREDIENTS

¾ cup oat flour (or almond meal)
¾ cup vanilla Tone It Up Protein
¼ tsp baking soda
½ tsp baking powder
1 Tbsp matcha
1 lemon, juiced
1 egg
1 tsp vanilla extract
1 mashed banana
2 Tbsp honey
½ cup coconut milk (from a carton)
coconut oil spray

DIRECTIONS

1. Preheat oven to 350 degrees.
2. In a bowl, combine all the dry ingredients and whisk to combine.
3. In a separate bowl, combine all wet ingredients. Add wet ingredients to the dry ingredients and mix to combine.
4. Spray a muffin tin with coconut oil spray. Pour batter into the muffin tins. Put into the oven for 20-25 minutes, or until a toothpick comes out clean.



blondie MUFFINS

makes 15 muffins (serving size: 3 mini muffins)

INGREDIENTS

1 - 15oz. can chickpeas, drained and rinsed
½ cup unsweetened almond butter
¼ cup maple syrup
2 tsp vanilla
½ tsp salt
¼ tsp baking powder
¼ tsp baking soda
coconut oil spray

DIRECTIONS

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





superfood PARFAIT

makes 1 serving

INGREDIENTS

- 1 container almond, or coconut milk yogurt
- 1 tsp chia seeds
- 1 Tbsp cacao nibs
- ¼ cup berries
- 1 Tbsp slivered almonds

DIRECTIONS

1. Combine all ingredients in a bowl. Enjoy!



almond butter banana TOAST

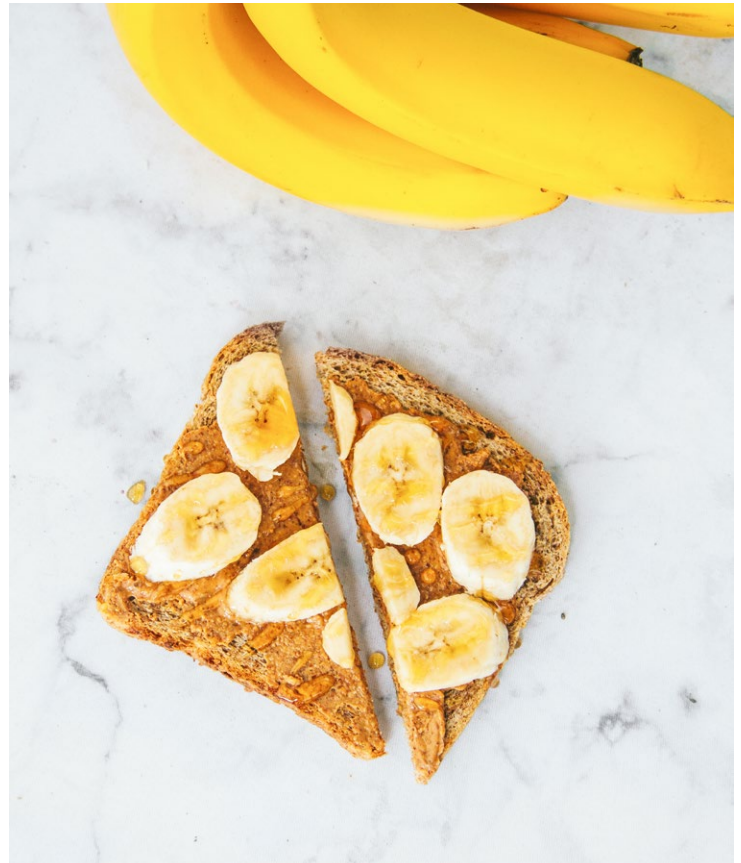
makes 1 serving

INGREDIENTS

- 1 slice gluten-free bread
- 1 Tbsp almond butter
- ½ banana, sliced
- ½ tsp cinnamon
- 1 tsp honey

DIRECTIONS

1. Toast bread.
2. Spread almond butter across bread and top with banana, cinnamon, and honey.



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 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 salmon 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 sushi for lunch. Ask for sashimi, extra ginger (YUM!), seaweed salad, edamame, and miso soup! We also love having 4 pieces with rice. Just keep the white rice to a minimum. That's why we usually opt for sashimi to keep it lean 'n clean.

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&Kale Salad!

1 GF wrap with
4 oz turkey or lean
protein + handful
lettuce + mustard.
Serve with a side 2 cups
leafy greens + 2 Tbsp
favorite TIU approved
dressing

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 flakes

1 GF tortilla
toasted with 2 Tbsp
marinara sauce, 4 oz
sliced turkey, fresh
basil, + 1 Tbsp coconut
flakes. 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 tortilla.

Leftovers from M5!
Is it grilled protein with
veggies? Throw it in a
GF 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 chicken, +
spices. ½ cup veggies
like broccoli or green
beans.

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

chickpea salad SANDWICH

makes 2 servings

INGREDIENTS

¼ cup red onions, diced
1 cup chickpeas
½ cup Greek yogurt
½ lemon, juiced
2 Tbsp fresh dill, chopped
pinch of salt and pepper
2 slices gluten-free bread, toasted

DIRECTIONS

1. Combine all ingredients except for the GF bread in a bowl and mix until well combined.
2. Add ½ of the mixture between 1 slice of bread cut in half.
3. Save the other half of the chickpea salad and the other slice of bread for a different day!



Tuna salad SANDWICH

makes 2 servings

INGREDIENTS

1 can tuna
2 Tbsp fresh dill, chopped
1 lemon, juiced
pinch of salt and pepper
2 slices gluten-free bread, toasted

DIRECTIONS

1. Combine all ingredients except for the bread in a bowl and mix until well combined.
2. Add ½ of the mixture between 1 slice of bread cut in half.
3. Save the other half of the tuna and the other slice of bread for a different day!





rice paper ROLLS

We love rice paper rolls! Fill them with your favorite veggies and lean protein for a healthy, quick meal.

If you don't have rice paper, you can also make wraps using seaweed, romaine leaves, or collard greens!

Show us your beautiful creations!



rainbow ROLL

serving size: 3 rolls

INGREDIENTS (PER ROLL)

- 1 rice paper
- 1 Tbsp shredded beet
- 1 slice avocado
- 2 oz lean protein
- 1 Tbsp chopped zucchini
- 1 Tbsp parsley

MISO DRESSING

- 1 Tbsp white or yellow miso
- 1 lemon, juiced
- 1 Tbsp water

DIRECTIONS

1. Soak each rice paper in water until soft. Lay out on a flat surface.
2. Add ingredients to the center so that there's about an inch or more on all sides. Tuck the top and bottom pieces in. Roll the right side over and keep rolling up until it forms a burrito shape.
3. For the dressing, combine ingredients in a bowl and stir with a fork.





purple rain ROLL

serving size: 3 rolls

INGREDIENTS (PER ROLL)

- 1 rice paper
- 2 Tbsp sprouts
- 1 Tbsp chopped purple cabbage
- 1 slice avocado
- 2 oz lean protein

TAHINI DRESSING

- 1 Tbsp tahini
- 1 lemon, juiced
- 1 Tbsp water

DIRECTIONS

1. Soak each rice paper in water until soft. Lay out on a flat surface.
2. Add ingredients to the center so that there's about an inch or more on all sides. Tuck the top and bottom pieces in. Roll the right side over and keep rolling up until it forms a burrito shape.
3. For the dressing, combine ingredients in a bowl and stir with a fork.



spicy burrito ROLL

serving size: 3 rolls

INGREDIENTS (PER ROLL)

- 1 rice paper
- 1 Tbsp chopped bell pepper
- 1 Tbsp chopped red onion
- 2 Tbsp black beans
- 2 Tbsp shredded lettuce
- 1 slice avocado
- 1 Tbsp fresh corn
- 3 jalapeño slices
- salsa to dip

DIRECTIONS

1. Soak each rice paper in water until soft. Lay out on a flat surface.
2. Add ingredients to the center so that there's about an inch or more on all sides. Tuck the top and bottom pieces in. Roll the right side over and keep rolling up until it forms a burrito shape.
3. Dip in TIU approved salsa!



bikini WRAPS



THE WRAP

1-2 Collard Greens

PROTEIN

6 oz of your fave lean protein!

- ground or grilled chicken
- ground turkey
- shrimp
- tofu
- beans
- 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
- 1/4 cup sliced fruit

TOPPINGS

Top with 1-2 flavorings

- 1/4 cup hummus
- 1/4 cup guacamole
- 1/4 cup salsa
- TIU approved sauce
- a splash of hot sauce



guacamole quinoa SALAD

makes 1 serving

INGREDIENTS

- ½ cup quinoa, cooked
- ¼ cup zucchini, chopped
- ¼ cup cilantro, diced
- ½ cup black beans
- ½ jalapeño, diced
- 2 Tbsp fresh corn
- 4 cups your fave leafy greens (we love kale, arugula, and romaine!)
- ¼ cup salsa
- 2 Tbsp guacamole

DIRECTIONS

1. Add all ingredients in a bowl and toss to combine!



chopped Greek SALAD

makes 1 serving

INGREDIENTS

- 4 cups your fave leafy greens (we love kale, arugula, and romaine!)
- 5 kalamata olives (or your other favorite olive)
- 6 oz. grilled chicken, sliced
- ½ cup cucumber, chopped
- ¼ cup parsley, diced
- 2 Tbsp sundried tomatoes, diced
- 1 lemon, juiced
- pinch of salt and pepper

DIRECTIONS

1. Add all ingredients in a bowl and toss to combine!





Chinese chicken SALAD

makes 2 servings

INGREDIENTS

- ¼ cup purple cabbage, diced
- 4 cups your fave leafy greens (we love kale, arugula, and romaine!)
- 6 oz. grilled chicken, sliced
- ½ bell pepper, diced
- ¼ cup cilantro, diced
- ¼ cup green onions, diced
- 1 carrot, chopped
- 2 Tbsp sliced almonds

DIRECTIONS

1. Combine all ingredients for the dressing in a bowl and whisk until well combined.
2. Toss salad ingredients in a large bowl. Add dressing and toss once more.

DRESSING

- 1 Tbsp rice vinegar
- ½ Tbsp tamari
- 2 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!





easy Marinara PASTA

makes 2 servings

INGREDIENTS

- 1 tsp olive oil
- ¼ yellow onion, chopped
- 3 garlic cloves, diced
- 4 tomatoes, diced
- ¼ tsp dried basil
- pinch of salt
- 4 oz. Banza chickpea noodles (@eatbanza)

DIRECTIONS

1. In a large pan over medium heat, add olive oil, onions and garlic. Sauté for 2 minutes.
2. Add tomatoes, dried basil, and salt. Sauté for 5 minutes. Turn heat down to medium low and let simmer for 5 more minutes. Once done, remove from heat and blend in a blender until smooth.
3. Heat a pot of water to boiling. Add Banza noodles and cook until done (follow directions on the package).
4. Drain pasta and put into a bowl. Top with pasta sauce!



We love this gluten-free, chickpea based option, which makes it great for M3!

You can make your lunch work for YOU! Whether you're out to lunch, grabbing something on-the-go, or prepping at home, or at a restaurant, just follow the guidelines below!

- Keep it clean! No processed foods
- Fruit at Meal 3 is great! Have it on the side or as toppings
- Grab a salad or healthy wrap on-the-go
- Lemon & balsamic for dressing is a great option. Steer clear from creamy or sugary dressings.
- Add protein on top of your salads!
- Choose ANY of your Tone It Up Lunch Recipes from ToneItUp.com!





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, tuna 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!

Turkey Roll Ups! 5 slices of lean turkey or chicken. Rolled up and dipped in spicy mustard. You can add hummus, herbs or serve with veggies.

¼ cup nuts or seeds + 1 Tbsp coconut flakes + sprinkle cinnamon or cayenne whether you want sweet or spicy!

leftover M5 from the night before!

4-6 oz protein mixed with 1 lemon, juiced, + pepper. Place on sliced cucumber!

any cucumber rafts! See our favorites on ToneltUp.com

Lemon Pepper Tuna: Tuna stored in water. Mix with 1 lemon squeeze + pepper. Add celery or veggies. Serve in endive leaves or in a romaine wrap.

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

Chicken Lettuce Wraps: Leftover chicken in lettuce wraps with tamari, 1 Tbsp peanuts.

celery with 2 Tbsp almond butter and a few raisins

Tone It Up Protein Bar!

almond or coconut yogurt with 2 tsp cacao nibs

Afternoon Slimdown Smoothie: 6 ice cubes, 1 cup almond milk, 1 scoop Tone It Up 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 Almond Butter Cookie (see the recipe on ToneltUp.com!)

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

carrots, celery, and other veggies dipped in hummus, salsa, or ¼ cup guacamole



veggies + dip

One of our favorite M4s is to slice up veggies and dip! We love asparagus, cucumber, carrots, bell peppers, and cherry tomatoes! You can always grab a TIU approved dip from the market – but these are some of our faves to make!



hummus

makes 5 servings

INGREDIENTS

- 1 can chickpeas, drained (save ¼ cup of canned liquid)
- 1 garlic clove
- 1 tsp cumin
- ½ tsp cardamom
- ½ lemon, squeezed
- 2 tsp olive oil
- pinch of salt

DIRECTIONS

1. Combine all ingredients in a food processor and blend until smooth.

beet hummus

makes 5 servings

INGREDIENTS

- 1 can chickpeas, drained (save ¼ cup of canned liquid)
- ¼ cup red beet, grated or chopped
- 1 garlic clove
- 1 tsp cumin
- ½ tsp cardamom
- ½ lemon, squeezed
- 2 tsp olive oil
- pinch of salt

DIRECTIONS

1. Combine all ingredients in a food processor and blend until smooth.

cashew cream

makes 6 servings

INGREDIENTS

- ½ cup cashews, soaked in water for 8 hours or overnight
- 2 garlic cloves
- ½ tsp dried thyme
- pinch of salt

DIRECTIONS

1. Soak the cashews for 8 hours or overnight.
2. Drain the cashews.
3. In a food processor, add all ingredients plus ¼ cup water. Blend until smooth. If you need more water, try adding 1 tsp at a time.

pesto

makes 5 servings

INGREDIENTS

- ¼ cup olive oil
- 2 Tbsp pine nuts
- 2 cloves garlic
- ½ cup basil
- pinch of salt

DIRECTIONS

1. Put everything in a food processor and blend until smooth.

guacamole

makes 4 servings

INGREDIENTS

- 1 avocado
- ¼ cup red onion, diced
- ½ jalapeño, diced
- 1 lemon, squeezed
- pinch of salt

DIRECTIONS

1. Combine all ingredients in a bowl and mash to combine.



avocado SMOOTHIE

makes 1 serving

INGREDIENTS

- ¼ avocado
- 1 cup coconut water
- ¼ tsp ground fresh ginger
- ¼ cup spinach
- 1 lemon, juiced

DIRECTIONS

1. Combine all ingredients in a blender and blend until smooth.



cinnamon SMOOTHIE

makes 1 serving

INGREDIENTS

- 1 scoop vanilla Tone It Up Protein
- ½ cup frozen cauliflower rice
- 1 cup unsweetened almond milk
- 1 Tbsp almond butter
- 1 tsp cinnamon

DIRECTIONS

1. Combine all ingredients in a blender and blend until smooth.
2. Add ¼ cup extra almond milk if you like your smoothie thinner!





all greens JUICE

makes 1 serving

INGREDIENTS

1 lemon
2 celery stalks
1 cup spinach
1 cucumber
pinch of cayenne

DIRECTIONS

1. Put all ingredients except for cayenne through a juicer. Pour into a cup and top with a pinch of cayenne.



golden turmeric LATTE

makes 1 serving

INGREDIENTS

1 cup coconut milk
½ tsp ground turmeric
½ tsp ground ginger
½ tsp cinnamon
+ a dash to garnish
pinch of pepper

DIRECTIONS

1. Put all ingredients in a pot and simmer on low for 5 minutes, whisking continuously.
2. Pour in a cup and garnish with extra cinnamon.





simple superfoods BAR

makes 9 servings

INGREDIENTS

¼ cup vanilla Tone It Up Protein
½ cup almond butter
1 Tbsp coconut oil
2 Tbsp honey
½ cup unsweetened coconut flakes
½ cup chopped almonds
¼ cup goji berries (or superfood of choice)
¼ cup cacao nibs
coconut oil spray

DIRECTIONS

1. Melt the coconut oil.
2. Combine almond butter and coconut oil in a bowl. Add all remaining ingredients and stir to combine.
3. Spray a baking dish with coconut oil spray.
4. Press mixture into baking dish and keep in the fridge until ready to be eaten.



pick me up CHIA SEED PUDDING

makes 3 servings

INGREDIENTS

½ cup of coconut milk
½ cup of unsweetened almond milk
¼ cup whole chia seeds
1 Tbs of pure maple syrup or agave

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!*



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 as 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 chicken + ½ cup
marinara sauce + ¼
cup chickpeas + 2 cup
greens + fresh basil + 1
Tbsp healthy oil

4-6 oz grilled or broiled
fish + 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!) + ½ cup beans +
2 Tbsp nuts or seeds + 1
Tbsp healthy oil + herbs

6 oz lean ground turkey
+ tomatoes + taco
seasoning + steamed
vegetables

2 cups zucchini pasta +
½ cup marinara sauce
+ herbs + spices. Top
with 6 oz. protein and
optional: nuts + seeds

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

baked spaghetti squash
+ marinara sauce + 6 oz
sliced grilled chicken

Cauliflower "Rice"
+ ½ cup black beans
with chopped cilantro,
tomatoes, bell peppers
and topped with ¼ of
an avocado

6 oz ground turkey +
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 chicken breast,
cubed + ¼ cup
chopped red onion + ¼
cup chopped celery +
¼ avocado combined
and tossed over 2 cups
lettuce



spicy mango black bean TACOS

3 tacos per serving (salsa makes 4 servings)

INGREDIENTS

3 (or more) endive leaves
½ cup black beans

SALSA

½ mango, diced
1 red bell pepper, diced
¼ cup red onion, diced
¼ cup cilantro, diced
1 jalapeño, diced
2 limes, juiced
pinch of salt

DIRECTIONS

1. Combine all ingredients for the salsa in a bowl and toss to combine.
2. Lay endive leaves on a plate. Add black beans and ¼ cup mango salsa.



grilled SLIDERS

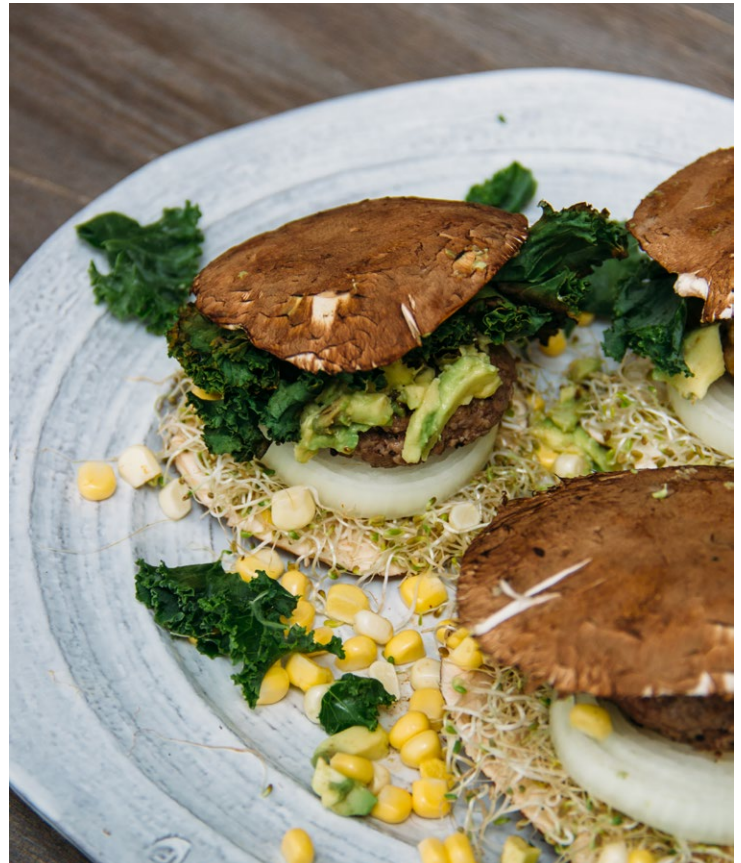
makes 1 serving

INGREDIENTS

¼ lb ground meat (turkey, chicken, or lean beef) or your favorite veggie burger
3 slices of yellow onion
¼ cup sprouts
¼ avocado
¼ cup fresh corn
3 kale leaves
2 portobello mushroom caps (for 1 large burger) or 3 crimini mushroom caps, stems removed (for sliders)
coconut oil spray
a pinch of salt and pepper
TIU approved condiments (optional)

DIRECTIONS

1. Form three small patties and sprinkle with salt and pepper.
2. In a pan over medium heat, spray the coconut oil spray and add the patties. Cook for 5 minutes on each side, or until cooked all the way through.
3. Lay out the mushrooms and add the cooked sliders and remaining ingredients to each one. Top with mushroom cap.





Turmeric cauliflower RICE

makes 1 serving

INGREDIENTS

- 1 ½ cups cauliflower rice
- 2 tsp coconut oil
- 1 tsp ground turmeric (@mccormickspice)
- 1 tsp ground ginger
- pinch of salt
- 2 eggs
- ¼ cup carrots diced into small pieces
- ¼ cup frozen peas
- 2 tsp tamari
- 2 tsp rice vinegar
- ¼ cup green onions

DIRECTIONS

1. Add coconut oil, ground turmeric and ground ginger to a pan over medium heat. Mix this together for 1 minute.
2. Add cauliflower rice and sauté so that each cauliflower piece is covered with the turmeric coconut mixture. Sauté for 1 minute, then pour into a separate bowl.
3. Add 2 eggs, scrambled in a separate bowl, to the pan. Cook for 2 minutes or until eggs are done cooking.
4. Add carrots, frozen peas, Tamari, salt, and rice vinegar. Sauté for 1 minute. Remove from heat and add cauliflower rice. Toss to combine.
5. Pour into a bowl and top with green onions.



Tahini TRAY DINNER

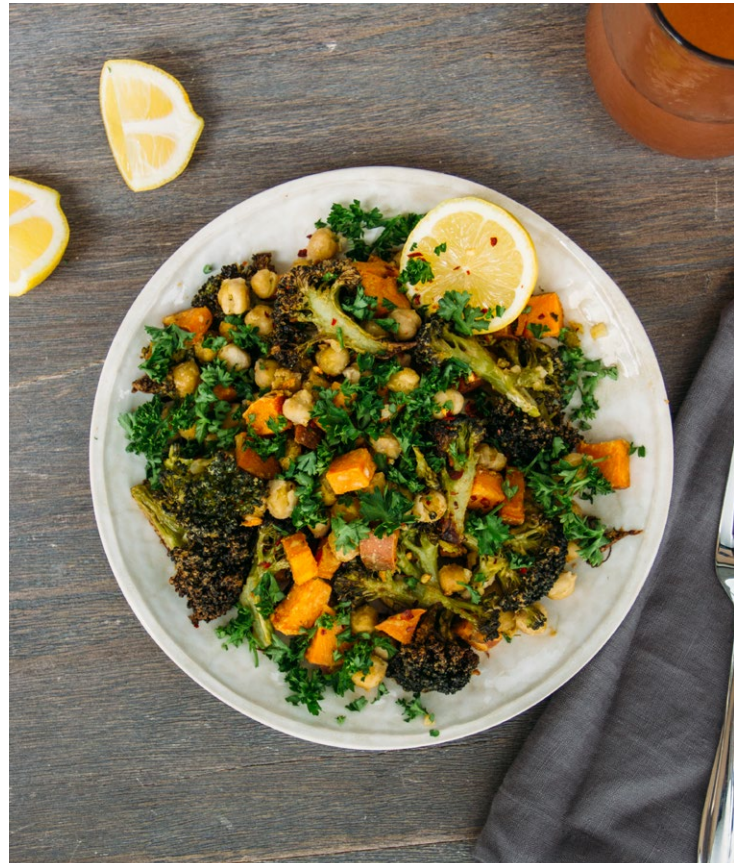
makes 2 servings

INGREDIENTS

- 1 can chickpeas, drained
- 1 head broccoli, chopped into bite sized pieces
- ½ sweet potato, chopped into small bite sized pieces
- 3 cloves garlic, diced
- 2 Tbsp tahini
- 1 tsp olive oil
- ½ tsp cumin
- pinch of salt
- pinch of red pepper flakes at the end
- ¼ cup fresh parsley, tossed at the end
- ½ lemon, squeezed

DIRECTIONS

1. Preheat oven to 375.
2. In a bowl, combine all ingredients except for red pepper flakes, lemon, and parsley. Toss to combine. Put on a cookie sheet and bake for 25 minutes.
3. Put cooked veggies on a plate and add parsley, a pinch of crushed red pepper, and a squeeze of lemon.





sushi BOWL

makes 1 serving

INGREDIENTS

- ½ cup cooked quinoa
- 6 oz. sushi grade salmon or tuna
- ¼ avocado, sliced
- ½ carrot, grated
- ¼ cup edamame
- 2 Tbsp green onions, diced
- 4-5 slices jalapeño
- 1 tsp wasabi (optional)
- pickled ginger (optional)
- 2 tsp tamari

DIRECTIONS

1. Combine all ingredients in a bowl.



beautiful buddha BOWL

makes 1 serving

INGREDIENTS

- ½ sweet potato, cut into thick strips
- 2 tsp + ½ tsp olive oil
- 2 cups kale, chopped
- 1 garlic clove, diced
- ¼ cup sprouts
- ¼ cup edamame
- ¼ avocado
- ½ cup cooked quinoa
- pinch of salt
- ¼ tsp crushed red pepper
- ½ tsp dried basil
- ½ tsp onion powder

TAHINI DRESSING

- 1 Tbsp tahini
- ½ lemon, juiced
- 1 Tbsp water
- pinch of salt

DIRECTIONS

1. Preheat oven to 375 degrees.
2. Toss sweet potato with 2 tsp olive oil, crushed red pepper flakes, dried basil, onion powder, and salt. Pour onto a cookie sheet and bake for 25 minutes.
3. In pan with ½ tsp olive oil, add kale and garlic clove. Sauté for 3 minutes.
4. In a small bowl, mix together the ingredients for the tahini sauce.
5. In a bowl, combine, all ingredients, including cooked kale and baked sweet potato. Top with tahini sauce.





quinoa Tabbouleh SALAD

makes 1 serving

INGREDIENTS

- ½ cup cooked quinoa
- ⅓ cup chopped parsley
- ¼ cup green onions, diced
- 2 Tbsp mint, diced
- 1 lemon, juiced
- ¼ cup cherry tomatoes
- ½ bell pepper, sliced
- 6 oz. lean protein
- pinch of salt.

DIRECTIONS

1. Combine all ingredients in a bowl and toss to combine.



kelp noodle BOWL

makes 1 serving

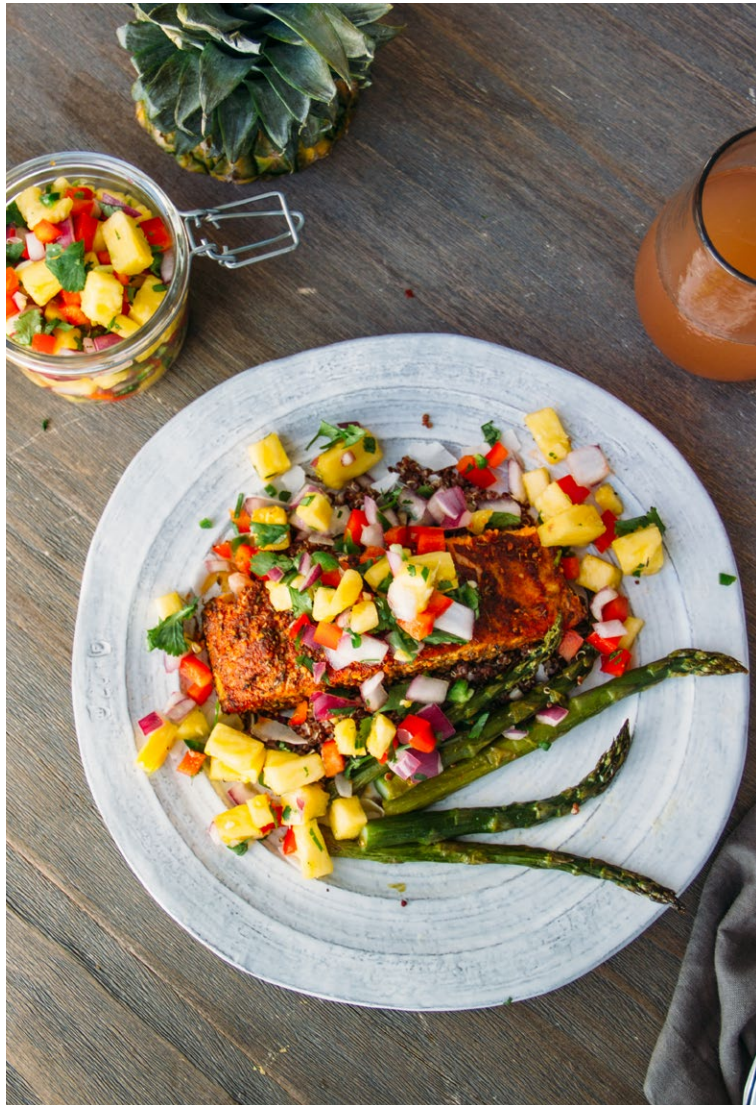
INGREDIENTS

- ¼ lb shrimp
- 1 lime, juiced
- coconut oil spray
- 2 cloves garlic
- ½ tsp ground ginger (@mccormickspice)
- pinch of crushed red pepper (@mccormickspice)
- 1 portobello mushroom, chopped
- 1 package kelp noodles
- 2 tsp tamari
- 2 tsp rice vinegar
- ¼ cup chopped green onions

DIRECTIONS

1. In a pan over medium heat sprayed with coconut oil cook shrimp with chili flakes, and lime juice for 5 minutes on each side or until done.
2. Remove shrimp from the pan and add in garlic, ground ginger, and mushrooms. Sauté for 3-5 minutes.
3. Add kelp noodles, Tamari and rice vinegar. Sauté for 2 minutes. Remove from heat and pour into a bowl. Top with cooked shrimp and green onions.





BLACKENED SALMON

with pineapple pico

makes 1 serving

SALMON

coconut oil spray
6 oz salmon, skin removed

SEASONING

(we love using McCormick for all the spices!)
@mccormickspice

1 tablespoons paprika
1 teaspoons garlic granules
1 teaspoon dried thyme
pinch cayenne pepper
¼ teaspoon black pepper

COCONUT QUINOA

¼ cup uncooked quinoa
½ cup light coconut milk, from a can
¼ cup water
1 Tbsp unsweetened coconut flakes, optional

PINEAPPLE PICO

¼ cup fresh pineapple, chopped
¼ cup chopped bell pepper
1 jalapeño, diced
½ cup red onion, diced
¼ cup cilantro, diced
juice of 1 lime
pinch of salt

DIRECTIONS

1. Preheat the oven to 375 degrees.
2. Combine the blackening seasoning in a bowl. Rub the seasoning on the salmon so that it covers all sides. Spray a baking sheet with coconut oil spray, place salmon on baking sheet and put in the oven for 25-30 minutes, or until salmon is done cooking.
3. In a pan over medium high heat, add all the ingredients for the coconut quinoa except for the coconut flakes. Wait for liquid to start to boil, then reduce to a simmer and cover. Cook for 15 minutes.
4. Mix all the ingredients for the pineapple salsa in a bowl. Keep in the fridge for up to 4 days. The salsa makes enough for 2 servings.



summer KEBABS

chicken makes 1 serving (pesto makes 6 servings)

INGREDIENTS

6 oz. chicken, cooked and cut into cubes
1 zucchini, diced into thick pieces
1 bell pepper, diced into thick pieces
6 basil leaves

PESTO SAUCE

1 bunch basil
1 garlic clove
¼ cup olive oil
pinch of salt

DIRECTIONS

1. On a wooden skewer, add cooked chicken, a piece of zucchini, a piece of bell pepper and a basil leaf until the entire skewer is filled.
2. In a food processor or blender, combine all ingredients for the pesto sauce until smooth.
3. Put the kebab on a plate and drizzle 1 Tbsp of the sauce over the skewer.
4. These are also delicious grilled!





ONE DAY

or

DAY ONE



let's get STARTED

Today is one of the most important days of your journey! It's time to prepare for success and set yourself up for the best results possible!

✓ take before photos

Take before pictures! You'll want to reference them later!

✓ plan your week

At the beginning of each week, use the chart to plan ahead and customize your meals. Try some of the new recipes or use your favorites from previous editions. It's totally up to you, just make sure you're following the guidelines!

✓ grocery shop

Each week we give you a grocery list with our go-to ingredients. Check off what you already have and add the items you need!

✓ meal prep

Each week there's a list of the recipes we're meal prepping! Feel free to join in. Want to do your own thing? No problem! Just meal prep what fits for you!

✓ lay it out

Set out 5 workout outfits for this week!

✓ introduce yourself

Check in with the #TIUteam! Introduce yourself with 5 things about yourself and a selfie! Hashtag #TIUbikiniseris

✓ review the basics

Now is a great time to review the info and guidelines in the main TIU Nutrition Plan!

✓ get set up

Set up your computer, phone, tablet, or Apple TV to view your Beach Babe 5 Workouts!

✓ set your alarm

Set your alarm. Maybe set it to a motivating song or name it one of your goals! This way it's the first thing you see when it goes off!

✓ write it down

There's MAJOR power in putting your thoughts to paper! It's a great time to list your goals for the challenge. We want you journaling every day!



Before you get started, here are some important items to stock up on! This way you always have them on hand for your favorite Tone It Up Recipes. Before you grocery shop, check your pantry to make sure you're not out of anything!

- ☐ Chickpeas (Garbanzo Beans)
- ☐ Black Beans
- ☐ Pinto Beans
- ☐ Kidney Beans

- ☐ Hot sauce! We love Sriracha!
- ☐ Organic Ketchup
- ☐ Organic Mustard
- ☐ Tamari
- ☐ TIU approved dressing
- ☐ Honey
- ☐ Maple Syrup

- ☐ Almond butter
- ☐ Peanut butter
- ☐ Almonds
- ☐ Your Favorite Nuts
- ☐ Coconut flakes
- ☐ Cacao nibs
- ☐ Chia Seeds

- ☐ Frozen Strawberries
- ☐ Frozen Blueberries
- ☐ Frozen Mango
- ☐ Frozen Cauliflower
- ☐ Frozen Veggies

- ☐ Tone It Up Protein Powder
- ☐ Tone It Up Protein Bars
- ☐ Quinoa
- ☐ GF Rolled Oats
- ☐ Almond flour
- ☐ Oat flour
- ☐ Baking powder
- ☐ Baking soda
- ☐ Coconut oil
- ☐ Olive oil
- ☐ Coconut oil spray
- ☐ Balsamic Vinegar
- ☐ Apple Cider Vinegar

- ☐ Cinnamon
- ☐ Cardamom
- ☐ Cayenne
- ☐ Cumin
- ☐ Curry Powder
- ☐ Coriander
- ☐ Chili Powder
- ☐ Paprika
- ☐ Thyme, dried
- ☐ Oregano, dried
- ☐ Turmeric, ground
- ☐ Ginger, ground
- ☐ Garlic, ground
- ☐ Black Pepper, ground
- ☐ Basil, dried
- ☐ Red Pepper
- ☐ Sea Salt or Pink Himalayan Salt
- ☐ Vanilla extract
- ☐ Any other fav spices and herbs?

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WEEK ONE

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

M1

M2

M3

M4

M5

A DAY ON K&K'S Menu

M1 Piña Colada Overnight Oats

M2 Pick Me Up Chia Pudding

M3 Guacamole Quinoa Salad

M4 Beet Hummus + Carrot Sticks

M5 Tahini Tray Dinner



grocery LIST

Here's a grocery list with some of our favorite TIU Approved essentials, plus the ingredients you need to make what's on K&K's menu! When you plan your meals for the week, take stock of what you have at home and what you need to pick up.

VEGGIES

- ☐ Kale
- ☐ Arugula
- ☐ Spinach
- ☐ Baby carrots
- ☐ Avocado
- ☐ Brussels Sprouts
- ☐ Bell Peppers
- ☐ Cucumber
- ☐ Onion
- ☐ Tomato
- ☐ Zucchini
- ☐ Corn
- ☐ Beets (pre-cooked or raw)
- ☐ Broccoli
- ☐ Sweet Potato
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FRUIT

- ☐ Bananas (freeze for smoothies too)
- ☐ Pineapple
- ☐ Strawberries
- ☐ Berries
- ☐ Grapefruit
- ☐ Lemon
- ☐ Apples
- ☐ Frozen fruit
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PROTEIN & MISC

- ☐ Lean protein of choice
- ☐ Eggs
- ☐ Egg Whites
- ☐ Unsweetened Almond Milk
- ☐ Unsweetened Coconut Milk
- ☐ Your Favorite Plain Yogurt
- ☐ _____
- ☐ _____
- ☐ _____

CANNED ITEMS

- ☐ Chickpeas (Garbanzo Beans)
- ☐ Black Beans
- ☐ _____
- ☐ _____
- ☐ _____

DIPS & FLAVORING

- ☐ Cilantro
- ☐ Jalapeño
- ☐ Garlic
- ☐ Salsa
- ☐ Parsley
- ☐ Hummus
- ☐ Guacamole
- ☐ Tahini
- ☐ Honey or Maple Syrup
- ☐ _____
- ☐ _____
- ☐ _____

PANTRY

- ☐ Tone It Up Protein Powder
- ☐ Tone It Up Protein Bars
- ☐ GF bread (freeze extra!)

- ☐ GF Rolled Oats
- ☐ Quinoa
- ☐ Chia seeds
- ☐ Coconut flakes
- ☐ Cacao nibs
- ☐ Olive oil
- ☐ TIU approved snacks
- ☐ Check the STOCK UP! page
- ☐ _____
- ☐ _____
- ☐ _____

DRINKS

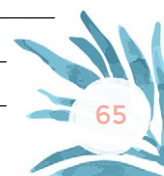
- ☐ Coffee
- ☐ Kombucha
- ☐ Coconut water
- ☐ _____
- ☐ _____

SPICES

- ☐ Cumin
- ☐ Cardamom
- ☐ Red Pepper Flakes

ADD YOUR FAVES!

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



AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ *hours*

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ If you haven't taken them yet, take some before pictures! You'll want to reference them later. For tips on how to take them, check out:

[ToneItUp.com/BeforePics](https://www.toneitup.com/beforepics)

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Send someone you love a motivational message! Tell them they can do the BIKINI SERIES with you! Invite them at ToneltUp.com/InviteFriends

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ *hours*

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Pack your gym bag for tomorrow or set up your home workout area. Show us you're ready by tagging us in a pic! [#TIUbikiniseriess](#)

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Catch up on the latest posts on ToneltUp.com! We share tips, recipes and workouts every day!

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ *hours*

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Do one thing today that you've been waiting to try - a restaurant, workout, hike, adventure, anything! See our advice on how to start at a new studio at ToneltUp.com/NewStudio

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ *hours*

STAY HYDRATED

GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Journal tonight! How are you feeling after the first 6 days? What do you want to improve for next week? Jot down a couple goals for Week 2!



AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Pin some summery inspirational images on your Pinterest Board.
Visit our FITSPO page
ToneltUp.com/FITSPO



WEEK TWO

Monday

Tuesday

wednesday

Thursday

Friday

Saturday

Sunday

M1

M2

M3

M4

M5

A DAY ON K&K'S menu

M1 Orange Dreamsicle Smoothie

M2 Blueberry Chia Muffin

M3 Chickpea Salad Sandwich

M4 Pesto + Bell Pepper Slices

M5 Sushi Bowl



grocery LIST

Here's a grocery list with some of our favorite TIU Approved essentials, plus the ingredients you need to make what's on K&K's menu! When you plan your meals for the week, take stock of what you have at home and what you need to pick up.

VEGGIES

- ☐ Kale
- ☐ Arugula
- ☐ Spinach
- ☐ Carrots
- ☐ Avocado
- ☐ Brussels Sprouts
- ☐ Bell Peppers
- ☐ Cucumber
- ☐ Red Onion
- ☐ Green Onion
- ☐ Tomato
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FRUIT

- ☐ Bananas (freeze for smoothies too)
- ☐ Berries
- ☐ Oranges
- ☐ Grapefruit
- ☐ Lemons
- ☐ Apples
- ☐ Frozen Blueberries
- ☐ Frozen Fruit
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PROTEIN & MISC

- ☐ Lean protein of choice
- ☐ Sushi Grade Salmon or Tuna

- ☐ Eggs
- ☐ Egg Whites
- ☐ Unsweetened Almond Milk
- ☐ Unsweetened Coconut Milk
- ☐ Your Favorite Plain Yogurt
- ☐ Edamame
- ☐ _____
- ☐ _____
- ☐ _____

CANNED ITEMS

- ☐ Chickpeas (Garbanzo Beans)
- ☐ _____
- ☐ _____
- ☐ _____

DIPS & FLAVORING

- ☐ Garlic
- ☐ Jalapeño
- ☐ Fresh Dill
- ☐ Fresh Basil
- ☐ Salsa
- ☐ Hummus
- ☐ Guacamole
- ☐ Maple Syrup
- ☐ Tamari
- ☐ Wasabi (optional)
- ☐ Pickled Ginger (optional)
- ☐ _____
- ☐ _____
- ☐ _____

PANTRY

- ☐ Tone It Up Protein Powder
- ☐ Tone It Up Protein Bars
- ☐ GF bread (freeze extra!)

- ☐ Coconut Flakes
- ☐ Chia Seeds
- ☐ Quinoa
- ☐ Pine Nuts
- ☐ Oat Flour (or Almond Meal)
- ☐ Baking Powder
- ☐ Olive Oil
- ☐ Coconut Oil
- ☐ Coconut Oil Spray
- ☐ TIU approved snacks
- ☐ Check the STOCK UP! page
- ☐ _____
- ☐ _____
- ☐ _____

DRINKS

- ☐ Coffee
- ☐ Kombucha
- ☐ Coconut water
- ☐ _____
- ☐ _____

SPICES

- ☐ Cinnamon
- ☐ Salt
- ☐ Pepper
- ☐ Vanilla Extract

ADD YOUR FAVES!

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



AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Learn the Tone It Up lingo! Check out this post: [ToneltUp.com/Lingo](https://www.toneitup.com/Lingo)

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Text 3 of your girlfriends and tell them what you love most about them.

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ *hours*

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Try a new routine from Beach Babe 5!
ToneltUp.com/BeachBabe5



AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ hours

STAY HYDRATED

GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Squeeze in a little lunch break workout! See our tips [TonelitUp.com/LunchBreak](https://tonelitup.com/lunchbreak)

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ *hours*

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Write yourself a note in your calendar... "You are fierce. You are Strong. You can do this!"

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ *hours*

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Reward yourself with a massage or a mani-pedi!

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ *hours*

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Share a #TIUselfie after your workout today! The sweeter the better!



WEEK THREE

Monday

Tuesday

wednesday

Thursday

Friday

Saturday

Sunday

M1

M2

M3

M4

M5

A DAY ON K&K'S Menu

M1

Blueberry Lemon Zest Breakfast Cake

M2

Pick Me Up Chia Pudding

M3

Chopped Greek Salad

M4

Cinnamon Smoothie

M5

Grilled Sliders



grocery LIST

Here's a grocery list with some of our favorite TIU Approved essentials, plus the ingredients you need to make what's on K&K's menu! When you plan your meals for the week, take stock of what you have at home and what you need to pick up.

VEGGIES

- ☐ Kale
- ☐ Arugula
- ☐ Spinach
- ☐ Baby carrots
- ☐ Avocado
- ☐ Brussels Sprouts
- ☐ Bell Peppers
- ☐ Cucumber
- ☐ Yellow Onion
- ☐ Tomato
- ☐ Sprouts
- ☐ Corn
- ☐ Portobello Mushrooms
- ☐ Frozen Cauliflower Rice
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FRUIT

- ☐ Bananas (freeze for smoothies too)
- ☐ Berries
- ☐ Blueberries
- ☐ Grapefruit
- ☐ Lemons
- ☐ Apples
- ☐ Frozen fruit
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PROTEIN & MISC

- ☐ Lean protein of choice
- ☐ Grilled Chicken
- ☐ Ground Meat or Veggie Burgers
- ☐ Eggs
- ☐ Egg Whites
- ☐ Unsweetened Almond Milk
- ☐ Unsweetened Coconut Milk
- ☐ Your Favorite Plain Yogurt
- ☐ _____
- ☐ _____
- ☐ _____

CANNED ITEMS

- ☐ Olives
- ☐ Sundried Tomatoes
- ☐ _____
- ☐ _____
- ☐ _____

DIPS & FLAVORING

- ☐ Garlic
- ☐ Parsley
- ☐ Salsa
- ☐ Hummus
- ☐ Guacamole
- ☐ Maple Syrup
- ☐ _____
- ☐ _____
- ☐ _____

PANTRY

- ☐ Tone It Up Protein Powder
- ☐ Tone It Up Protein Bars
- ☐ GF bread (freeze extra!)

- ☐ Almond Butter
- ☐ Coconut Oil
- ☐ Coconut Oil Spray
- ☐ Chia Seeds
- ☐ Coconut Flakes
- ☐ Cacao Nibs
- ☐ Almond Flour
- ☐ Baking Powder
- ☐ TIU approved snacks
- ☐ Check the STOCK UP! page
- ☐ _____
- ☐ _____
- ☐ _____

DRINKS

- ☐ Coffee
- ☐ Kombucha
- ☐ Coconut water
- ☐ _____
- ☐ _____
- ☐ _____

SPICES

- ☐ Vanilla Extract
- ☐ Cinnamon
- ☐ Salt
- ☐ Pepper

ADD YOUR FAVES!

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



AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Mix up your music playlist! Follow us on Spotify!
[ToneItUp.com/Spotify](https://www.toneitup.com/spotify)

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Do 10 squats every hour on the hour...and ask someone to join you! We'll be doing them on our Instastory at the TIU HQ [@ToneltUp](#)



AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ *hours*

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Reward yourself for all your hard work so far with some new workout apparel! How about a new tank or workout pants!?



AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Take a minute to watch the sunrise or sunset and soak it in.

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ *hours*

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Try a NEW recipe from ToneltUp.com. Share a pic on Instagram! #TIUbikiniseriers We love the Coconut Pineapple Muffins or the Vanilla Latte Smoothie Bowl!

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Let's hold each other accountable today. Take a pic of your breakfast or lunch and share it on Instagram. We will too! [@KarenaKatrina](#) #TIUbikiniserries

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ *hours*

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Connect with a new TIU girl in the community today! Either with your local hashtag #TIUyourcityorstate or our featured transformation of the week!



WEEK FOUR

Monday

Tuesday

wednesday

Thursday

Friday

Saturday

Sunday

M1

M2

M3

M4

M5

A DAY ON K&K'S Menu

M1 Spring Scramble

M2 Tone It Up Protein Bar
(or TIU Approved Bar)

M3 Spicy Burrito Rolls
+ 6 oz. lean protein

M4 Guacamole + Cucumber Slices

M5 Turmeric Cauliflower Rice



grocery LIST

Here's a grocery list with some of our favorite TIU Approved essentials, plus the ingredients you need to make what's on K&K's menu! When you plan your meals for the week, take stock of what you have at home and what you need to pick up.

VEGGIES

- ☐ Kale
- ☐ Arugula
- ☐ Spinach
- ☐ Carrots
- ☐ Avocado
- ☐ Brussels Sprouts
- ☐ Bell Peppers
- ☐ Cucumber
- ☐ Red Onion
- ☐ Green Onions
- ☐ Tomato
- ☐ Broccoli
- ☐ Leeks
- ☐ Corn
- ☐ Cauliflower Rice
- ☐ Frozen Peas
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FRUIT

- ☐ Bananas (freeze for smoothies too)
- ☐ Berries
- ☐ Grapefruit
- ☐ Lemons
- ☐ Apples
- ☐ Frozen fruit
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PROTEIN & MISC

- ☐ Lean protein of choice
- ☐ Eggs
- ☐ Egg Whites
- ☐ Unsweetened Almond Milk
- ☐ Your Favorite Plain Yogurt
- ☐ _____
- ☐ _____
- ☐ _____

CANNED ITEMS

- ☐ Black Beans
- ☐ _____
- ☐ _____
- ☐ _____

DIPS & FLAVORING

- ☐ Garlic
- ☐ Jalapeño
- ☐ Salsa
- ☐ Hummus
- ☐ Guacamole
- ☐ Tamari
- ☐ Rice Vinegar
- ☐ _____
- ☐ _____
- ☐ _____

PANTRY

- ☐ Tone It Up Protein Powder
- ☐ Tone It Up Protein Bars
- ☐ GF bread (freeze extra!)
- ☐ Rice Paper Wraps
- ☐ Olive Oil
- ☐ Coconut Oil

- ☐ TIU approved snacks
- ☐ Check the STOCK UP! page
- ☐ _____
- ☐ _____
- ☐ _____

DRINKS

- ☐ Coffee
- ☐ Kombucha
- ☐ Coconut water
- ☐ _____
- ☐ _____
- ☐ _____

SPICES

- ☐ Ground Turmeric
- ☐ Ground Ginger
- ☐ Salt

ADD YOUR FAVES!

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



AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Want to know a core tightening secret? Keep your abs tight all day! Stand tall with good posture, heart forward, and core engaged.

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Bronze up! Put on sunless tanner tonight to give yourself a pretty summer glow.

[ToneltUp.com/BronzeTips](https://tonelup.com/bronzetips)



AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ *hours*

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Take some time for YOU today!
Reflect and recharge. Try not to touch any electronics for at least one hour - your phone, the TV, your laptop...nada!



AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ hours

STAY HYDRATED

GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Hit the sheets before 10pm tonight so you can wake up refreshed for a morning workout!

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Clean it UP to Tone It Up! You'll be so surprised how getting organized will help your fitness game. Start with your closet and donate anything you don't wear.



AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ *hours*

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Sunset Stroll! Head out for an evening walk and call a friend or family member you haven't talked to in a long time. Check in with them and listen.

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Take a look at the#TIUbikiniseriess hashtag and give some encouragement to another TIU Girl! You never know who needs it today!



WEEK FIVE

Monday

Tuesday

wednesday

Thursday

Friday

Saturday

Sunday

M1

--	--	--	--	--	--	--

M2

--	--	--	--	--	--	--

M3

--	--	--	--	--	--	--

M4

--	--	--	--	--	--	--

M5

--	--	--	--	--	--	--

A DAY ON K&K'S Menu

M1 Berry Cauliflower Smoothie

M2 Lemon Poppyseed Muffin

M3 Tuna Salad Sandwich

M4 Veggies & Dip!

M5 Beautiful Buddha Bowl



grocery LIST

Here's a grocery list with some of our favorite TIU Approved essentials, plus the ingredients you need to make what's on K&K's menu! When you plan your meals for the week, take stock of what you have at home and what you need to pick up.

VEGGIES

- ☐ Kale
- ☐ Arugula
- ☐ Spinach
- ☐ Baby carrots
- ☐ Avocado
- ☐ Brussels Sprouts
- ☐ Bell Peppers
- ☐ Cucumber
- ☐ Onion
- ☐ Tomato
- ☐ Sweet Potato
- ☐ Sprouts
- ☐ Frozen Cauliflower Rice
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FRUIT

- ☐ Bananas (freeze for smoothies too)
- ☐ Berries
- ☐ Blueberries
- ☐ Grapefruit
- ☐ Lemons
- ☐ Apples
- ☐ Frozen fruit
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PROTEIN & MISC

- ☐ Lean protein of choice
- ☐ Tuna

- ☐ Eggs
- ☐ Egg Whites
- ☐ Unsweetened Almond Milk
- ☐ Your Favorite Plain Yogurt
- ☐ Edamame
- ☐ _____
- ☐ _____
- ☐ _____

CANNED ITEMS

- ☐ _____
- ☐ _____
- ☐ _____

DIPS & FLAVORING

- ☐ Fresh Dill
- ☐ Garlic
- ☐ Salsa
- ☐ Hummus
- ☐ Guacamole
- ☐ Tahini
- ☐ Honey
- ☐ Maple Syrup
- ☐ _____
- ☐ _____
- ☐ _____

PANTRY

- ☐ Tone It Up Protein Powder
- ☐ Tone It Up Protein Bars
- ☐ GF bread (freeze extra!)
- ☐ Peanut Butter
- ☐ Chia Seeds
- ☐ Poppyseeds (or Chia Seeds!)
- ☐ Coconut Flakes
- ☐ Almonds

- ☐ Quinoa
- ☐ Oat Flour (or Almond Meal)
- ☐ Baking Soda
- ☐ Baking Powder
- ☐ Olive Oil
- ☐ Coconut Oil
- ☐ Coconut Oil Spray
- ☐ TIU approved snacks
- ☐ Check the STOCK UP! page
- ☐ _____
- ☐ _____
- ☐ _____

DRINKS

- ☐ Coffee
- ☐ Kombucha
- ☐ Coconut water
- ☐ _____
- ☐ _____

SPICES

- ☐ Vanilla Extract
- ☐ Salt
- ☐ Pepper
- ☐ Crushed Red Pepper
- ☐ Dried Basil
- ☐ Onion Powder

ADD YOUR FAVES!

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



AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Replace your next negative thought with three positive thoughts. Say them out loud to yourself. Ours are: patience, embrace, kindness.

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ No time to wash your workout hair? We get you, girl! Try a new post-workout braid! See my quick tutorial: [ToneltUp.com/Braid](https://toneltup.com/Braid)

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ *hours*

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Head out for a walk after dinner to reflect on the day. Share your thoughts on Instastory!

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Whatever you do today...do it with gratitude.

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Lay out your favorite bikini to get motivated for summer! Snap a pic #TIUbikiniserries!

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Take your workout outside today.
We love these 4 outdoor routines!
ToneltUp.com/OutdoorWorkout

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ But first...coffee and Booty Call!
Head out for a morning walk while you have your first sips of coffee. It's a perfect way to start your day!





WEEK SIX

monday

tuesday

wednesday

thursday

friday

saturday

sunday

M1

M2

M3

M4

M5

A DAY ON K&K'S menu

M1 Spring Scramble

M2 Coconut Pineapple Muffin

M3 Easy Marinara

M4 Turmeric Latte
or Fresh All Greens Juice

M5 Pineapple Pico Salmon



grocery LIST

Here's a grocery list with some of our favorite TIU Approved essentials, plus the ingredients you need to make what's on K&K's menu! When you plan your meals for the week, take stock of what you have at home and what you need to pick up.

VEGGIES

- ☐ Kale
- ☐ Arugula
- ☐ Spinach
- ☐ Baby carrots
- ☐ Avocado
- ☐ Brussels Sprouts
- ☐ Bell Peppers
- ☐ Cucumber
- ☐ Celery
- ☐ Yellow Onion
- ☐ Red Onion
- ☐ Tomato
- ☐ Broccoli
- ☐ Leeks
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FRUIT

- ☐ Bananas (freeze for smoothies too)
- ☐ Pineapple
- ☐ Berries
- ☐ Grapefruit
- ☐ Lemons
- ☐ Lime
- ☐ Apples
- ☐ Frozen fruit
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PROTEIN & MISC

- ☐ Lean protein of choice
- ☐ Salmon
- ☐ Eggs
- ☐ Egg Whites
- ☐ Unsweetened Almond Milk
- ☐ Unsweetened Coconut Milk
- ☐ Your Favorite Plain Yogurt
- ☐ _____
- ☐ _____
- ☐ _____

CANNED ITEMS

- ☐ Canned Coconut Milk
- ☐ _____
- ☐ _____
- ☐ _____

DIPS & FLAVORING

- ☐ Garlic
- ☐ Ginger
- ☐ Jalapeño
- ☐ Cilantro
- ☐ Salsa
- ☐ Hummus
- ☐ Guacamole
- ☐ Maple Syrup
- ☐ _____
- ☐ _____
- ☐ _____

PANTRY

- ☐ Tone It Up Protein Powder
- ☐ Tone It Up Protein Bars
- ☐ GF bread (freeze extra!)
- ☐ Banza Chickpea Pasta

- ☐ Quinoa
- ☐ Oat Flour (or Almond Meal)
- ☐ Baking Powder
- ☐ Coconut Flakes
- ☐ Olive Oil
- ☐ Coconut Oil Spray
- ☐ TIU approved snacks
- ☐ Check the STOCK UP! page
- ☐ _____
- ☐ _____
- ☐ _____

DRINKS

- ☐ Coffee
- ☐ Kombucha
- ☐ Coconut water
- ☐ _____
- ☐ _____

SPICES

- ☐ Ground Turmeric
- ☐ Ground Ginger
- ☐ Cinnamon
- ☐ Salt
- ☐ Pepper
- ☐ Cayenne
- ☐ Paprika
- ☐ Garlic Granules
- ☐ Dried Thyme
- ☐ Vanilla Extract
- ☐ Dried Basil

ADD YOUR FAVES!

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



AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Plan something fun for summer!
Set a date for a beach day, a trip, or a BBQ and get it in the calendar.

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Are you prepared for tomorrow?
Set out your workout clothes and
kicks so you can run out the door!
We're with ya on Snapchat!
[@KarenaKatrina!!](#)

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ *hours*

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Pour yourself a glass of wine and relax! Join us for a little Wine Not Wednesday Video Chat!
ToneltUp.com/WineNotWednesday

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Connect with some local TIU Girls and plan a #TIUmeetup!

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ *hours*

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Wear a summery coral lip today and rock beachy waves!
ToneltUp.com/BeachBabeWaves

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ *hours*

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Do one random act of kindness, whether it's helping someone you see struggling, picking up a tab for an elderly couple...anything.

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Find a local Farmers Market and make a date to go with a girlfriend! It's one of our favorite things to do!



WEEK SEVEN

Monday

Tuesday

wednesday

Thursday

Friday

Saturday

Sunday

M1

M2

M3

M4

M5

A DAY ON K&K'S menu

M1

Spirulina Superfood Smoothie Bowl

M2

Almond Butter Banana Toast

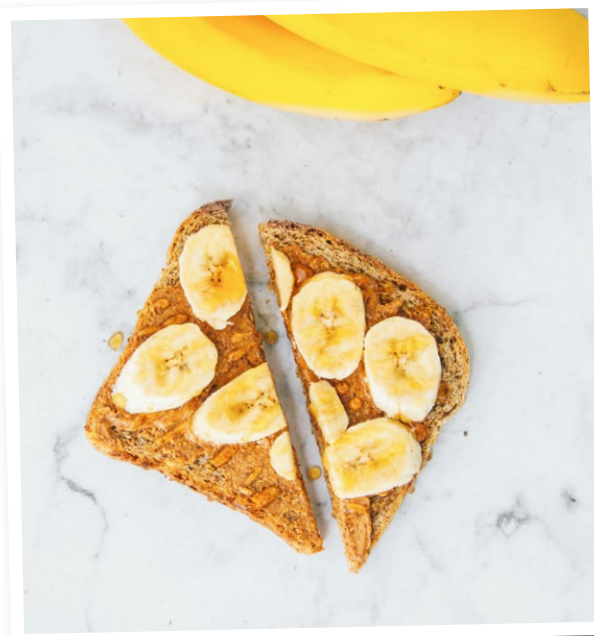
M3

K+Kale Salad

M4

Pesto + Baby Tomatoes

M5

Spicy Mango Black Bean Tacos
+ Guacamole

grocery LIST

Here's a grocery list with some of our favorite TIU Approved essentials, plus the ingredients you need to make what's on K&K's menu! When you plan your meals for the week, take stock of what you have at home and what you need to pick up.

VEGGIES

- ☐ Kale
- ☐ Arugula
- ☐ Spinach
- ☐ Endive Leaves
- ☐ Baby carrots
- ☐ Avocado
- ☐ Brussels Sprouts
- ☐ Bell Peppers
- ☐ Cucumber
- ☐ Red Onion
- ☐ Baby Tomatoes
- ☐ Frozen Cauliflower
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FRUIT

- ☐ Bananas (freeze for smoothies too)
- ☐ Mango
- ☐ Berries
- ☐ Raspberries
- ☐ Grapefruit
- ☐ Lemons
- ☐ Limes
- ☐ Apples
- ☐ Frozen fruit
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PROTEIN & MISC

- ☐ Lean protein of choice
- ☐ Eggs
- ☐ Egg Whites
- ☐ Unsweetened Almond Milk
- ☐ Your Favorite Plain Yogurt
- ☐ _____
- ☐ _____
- ☐ _____

CANNED ITEMS

- ☐ Black Beans
- ☐ _____
- ☐ _____
- ☐ _____

DIPS & FLAVORING

- ☐ Garlic
- ☐ Basil
- ☐ Cilantro
- ☐ Jalapeño
- ☐ Salsa
- ☐ Hummus
- ☐ Guacamole
- ☐ Honey
- ☐ _____
- ☐ _____
- ☐ _____

PANTRY

- ☐ Tone It Up Protein Powder
- ☐ Tone It Up Protein Bars
- ☐ GF bread (freeze extra!)
- ☐ Spirulina
- ☐ Coconut Flakes
- ☐ Chia Seeds

- ☐ Cacao Nibs
- ☐ Almond Butter
- ☐ Pine Nuts
- ☐ Olive Oil
- ☐ TIU approved snacks
- ☐ Check the STOCK UP! page
- ☐ _____
- ☐ _____
- ☐ _____

DRINKS

- ☐ Coffee
- ☐ Kombucha
- ☐ Coconut water
- ☐ _____
- ☐ _____

SPICES

- ☐ Cinnamon
- ☐ Himalayan Pink Salt

ADD YOUR FAVES!

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



AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Draw yourself a bubble bath, light a candle, and have a home spa night. Check out our top at-home Spa Tips! [TonelUp.com/Spa](https://tonelgup.com/spa)

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Reread a chapter of your favorite inspirational book. Share a quote on instagram with the #TIUcommunity. We'll be sharing ours today on [@KarenaKatrina!](#)



AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ *hours*

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Who's your #WCW Woman Crush Wednesday? Post it on Instagram!

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Talk to someone new at the gym or after your yoga class. You never know who you'll meet. That's how Kat and I connected... she just came up to me at the gym!



AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Plan a TIU recipe dinner party with your friends! Everyone brings one thing! Check out all of our dinner recipes and sides ToneltUp.com/Recipes



AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Make the DIY Scrub!
We're going to exfoliate a couple
times from now until next Friday
before we lather on some sunless
tanner. See our tips at
ToneltUp.com/BronzeTips

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Take some time to lengthen your muscles after #SundayRunday! Try Karena's stretching routine [TonelUp.com/Stretch](https://tonelup.com/stretch)



WEEK EIGHT

Monday

Tuesday

wednesday

Thursday

Friday

Saturday

Sunday

M1

M2

M3

M4

M5

A DAY ON K&K'S menu

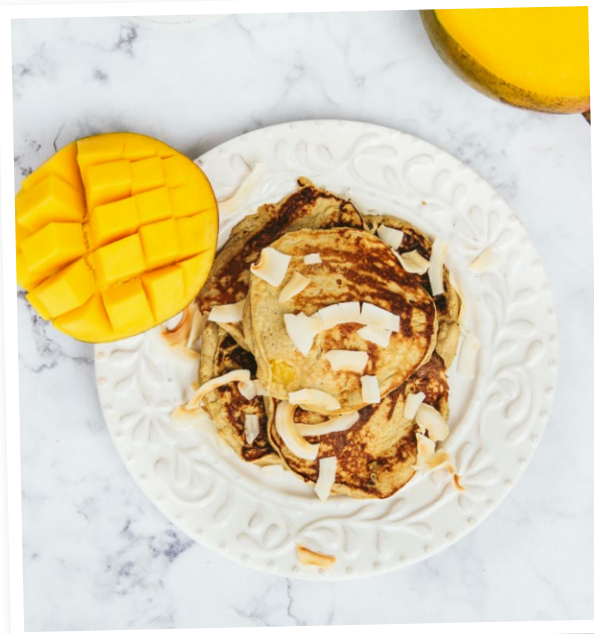
M1 Coconut Mango Pancake

M2 Sliced Apples + Cinnamon

M3 Rainbow Roll

M4 Pick Me Up Chia Pudding

M5 Kelp Noodle Bowl



grocery LIST

Here's a grocery list with some of our favorite TIU Approved essentials, plus the ingredients you need to make what's on K&K's menu! When you plan your meals for the week, take stock of what you have at home and what you need to pick up.

VEGGIES

- ☐ Kale
- ☐ Arugula
- ☐ Spinach
- ☐ Baby carrots
- ☐ Avocado
- ☐ Brussels Sprouts
- ☐ Bell Peppers
- ☐ Cucumber
- ☐ Onion
- ☐ Green Onions
- ☐ Tomato
- ☐ Zucchini
- ☐ Portobello Mushroom
- ☐ Kelp Noodles
- ☐ Beets (pre-cooked or raw)
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FRUIT

- ☐ Bananas (freeze for smoothies too)
- ☐ Berries
- ☐ Grapefruit
- ☐ Lemons
- ☐ Lime
- ☐ Apples
- ☐ Frozen Mango
- ☐ Frozen fruit
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PROTEIN & MISC

- ☐ Lean protein of choice
- ☐ Shrimp
- ☐ Eggs
- ☐ Egg Whites
- ☐ Unsweetened Almond Milk
- ☐ Unsweetened Coconut Milk
- ☐ Your Favorite Plain Yogurt
- ☐ _____
- ☐ _____
- ☐ _____

CANNED ITEMS

- ☐ _____
- ☐ _____
- ☐ _____

DIPS & FLAVORING

- ☐ Garlic
- ☐ Parsley
- ☐ Salsa
- ☐ Hummus
- ☐ Guacamole
- ☐ White or Yellow Miso
- ☐ Tamari
- ☐ Rice Vinegar
- ☐ Honey
- ☐ Maple Syrup
- ☐ _____
- ☐ _____
- ☐ _____

PANTRY

- ☐ Tone It Up Protein Powder
- ☐ Tone It Up Protein Bars

- ☐ GF bread (freeze extra!)
- ☐ Rice Paper Wraps
- ☐ Coconut Flakes
- ☐ Chia Seeds
- ☐ Cacao nibs
- ☐ Coconut Oil Spray
- ☐ TIU approved snacks
- ☐ Check the STOCK UP! page
- ☐ _____
- ☐ _____
- ☐ _____

DRINKS

- ☐ Coffee
- ☐ Kombucha
- ☐ Coconut water
- ☐ _____
- ☐ _____

SPICES

- ☐ Cinnamon
- ☐ Ground Ginger
- ☐ Crushed Red Pepper

ADD YOUR FAVES!

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



AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Wake up 20 minutes earlier today and spend that time journaling, meditating, and setting your intentions for the week.

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Show a stranger some love, whether it's with a smile, compliment, or free cup of coffee!

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ *hours*

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Surprise a gal pal with flowers or a bottle of wine, or both!

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Share your favorite inspirational quote on Instagram! We're sharing our top 10 faves on ToneltUp.com today! #TIUTeam

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ *hours*

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Now that your gorgeous bod is nice and exfoliated, use sunless tanner to give yourself a beautiful bronze. This will make your muscles POP for your transformation photos, too!

ToneltUp.com/BronzeTips

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

- ☐ Tone It Up Daily Workout
- ☐ Check In #TIUteam
- ☐ Stick to Plan Guidelines
- ☐ Make plans with your boo or girlfriends and get all dolled up! You've worked so hard, you're glowing, and now it's time to try the trendy new restaurant in town and celebrate. Cheers!

AM

- ☐ Booty Call
- ☐ Meta D or Bombshell Spell

WORK
OUT

M1

M2

M3

M4

M5

BEAUTY REST _____ hours

STAY HYDRATED



GOALS FOR TOMORROW

NOTES

☐ Tone It Up Daily Workout

☐ Check In #TIUteam

☐ Stick to Plan Guidelines

☐ Take your transformation photos!
You should be proud of what you've accomplished in these past 8 weeks! Remember, this isn't the end of your journey, it's only the beginning. We're so proud of you!
Xxo K&K

you did it!

You did it, girl! You've worked your booty off...actually on! ;) You meal prepped, crushed your Booty Calls, fueled yourself healthy meals, and showed your beautiful body the love it deserves. Not only have you inspired us and the #TIUcommunity with your consistency, but you have inherently been inspiring yourself. You're living the life you've always dreamed of, and you've proven to yourself that you CAN do whatever you set your mind to. You are worthy of everything you desire and more. YOU are your own definition of amazing, always.

It's been a journey of never-ending self discovery, love for your body, and an undeniable zest for life! You'll always be a TIU girl!

With love from your trainers,

Karena & Katrina

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



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Tone It Up Nutrition Plan

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