

	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
AM	Coffee/Tea w/ TIU Collagen + Meta-0 or Biotin/Inositol Spell	Coffee/Tea w/ TIU Collagen + Meta-0 or Biotin/Inositol Spell	Coffee/Tea w/ TIU Collagen + Meta-0 or Biotin/Inositol Spell	Coffee/Tea w/ TIU Collagen + Meta-0 or Biotin/Inositol Spell	Coffee/Tea w/ TIU Collagen + Meta-0 or Biotin/Inositol Spell	Coffee/Tea w/ TIU Collagen + Meta-0 or Biotin/Inositol Spell	Coffee/Tea w/ TIU Collagen + Meta-0 or Biotin/Inositol Spell
M1	Superfood Parfait	Mango & Blueberry Smoothie	Orange Dreamicle Smoothie	Mango & Blueberry Smoothie	Orange Dreamicle Smoothie	Free Weekend Breakfast from the TIU Plan	Make a Healthy, Homemade Brunch
M2	3 Snickerdoodle Mini Muffins	3 Snickerdoodle Mini Muffins	3 Snickerdoodle Mini Muffins	TIU Protein Shake	Piece of Fruit + 1/4 cup Favorite Nuts	TIU Protein Shake	Piece of Fruit or 8 oz. Fresh Juice
M3	Leftover Veggie Stir Fry Served with 1/2 cup Quinoa	Chopped Superfood Salad	Chopped Superfood Salad	Leftover Tofu Bake	Leftover Meat + 1/2 cup Cooked Quinoa	Rainbow Veggie Wrap + 1 Piece of Fruit	Everything But The Kitchen Sink Salad + 4 oz. Lean Protein
M4	1 cup Carrots + 1/4 cup Hummus	All Greens Juice (or Grab a Fresh Green Juice) + 1/4 cup Pine Nuts	Tone It Up Protein Bar	1 cup Carrots + 1/4 cup Hummus	Tone It Up Protein Bar	All Greens Juice (or Grab a Fresh Green Juice) + 1/4 cup Pine Nuts	Enjoy a Few Lemon Macadamia Nut Muffins While You Heat Prep
M5	Grilled sliders + small baked sweet potato	Beautiful Buddha Bowl	Free Tofu Dinner (Make Enough for Tomorrow's Lunch)	Coconut Macadamia Crusted Meat (save Leftovers for Lunch Tomorrow) + 1/4 cup Quinoa	Your Choice	Your Free Dinner From the Plan	zucchini baked Pasta (save Leftovers for Lunch Tomorrow)
PM	Sparkling Water + Lemon	Ginger Lemon Tea	Treat Yourself to a Glass of Wine or Hard Seltzer + a TIU Approved Dessert	Sparkling Water + Lemon	Optional TIU Approved Dessert	Ginger Lemon Tea	Ginger Lemon Tea

Tone It Up Meal

A Gutmann



Tone It Up Meal :

Unveiling the Energy of Verbal Artistry: An Mental Sojourn through **Tone It Up Meal**

In some sort of inundated with screens and the cacophony of fast conversation, the profound power and mental resonance of verbal art frequently fade in to obscurity, eclipsed by the constant onslaught of sound and distractions. However, located within the musical pages of **Tone It Up Meal**, a interesting function of fictional elegance that pulses with raw thoughts, lies an wonderful journey waiting to be embarked upon. Penned with a virtuoso wordsmith, that exciting opus books viewers on an emotional odyssey, delicately exposing the latent potential and profound affect embedded within the delicate internet of language. Within the heart-wrenching expanse of this evocative examination, we can embark upon an introspective exploration of the book is main styles, dissect its interesting publishing style, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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