

	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
AM	Coffee/Tea w/ TIU Collagen + Meta-0 or Biochemical Spat	Coffee/Tea w/ TIU Collagen + Meta-0 or Biochemical Spat	Coffee/Tea w/ TIU Collagen + Meta-0 or Biochemical Spat	Coffee/Tea w/ TIU Collagen + Meta-0 or Biochemical Spat	Coffee/Tea w/ TIU Collagen + Meta-0 or Biochemical Spat	Coffee/Tea w/ TIU Collagen + Meta-0 or Biochemical Spat	Coffee/Tea w/ TIU Collagen + Meta-0 or Biochemical Spat
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 Tray Bake	Leftover Meat + 1/2 cup Cooked Quinoa	Rainbow Veggie Salad + 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 Tray 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 Nutrition Plan

Ian Pickup



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