

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

AM

M1

M2

M3

M4

M5

PM

Coffee/Tea w/ TIU Collagen + Meta-D or Bombshell Spell	Coffee/Tea w/ TIU Collagen + Meta-D or Bombshell Spell	Coffee/Tea w/ TIU Collagen + Meta-D or Bombshell Spell	Coffee/Tea w/ TIU Collagen + Meta-D or Bombshell Spell	Coffee/Tea w/ TIU Collagen + Meta-D or Bombshell Spell	Coffee/Tea w/ TIU Collagen + Meta-D or Bombshell Spell	Coffee/Tea w/ TIU Collagen + Meta-D or Bombshell Spell
Savory Green Smoothie	Savory Green Smoothie	4 egg whites + 1 whole egg + 1 cup veggie smoothies, peppers, spinach w/ optional salsa or hot sauce, 1 piece Ezekiel or GF toast w/ ¼ avocado + 1 piece fruit	Your fave smoothie	4 egg whites + 1 whole egg + 1 cup veggie smoothies, peppers, spinach w/ optional salsa or hot sauce, 1 piece Ezekiel or GF toast w/ ¼ avocado + 1 piece fruit	Ezekiel or gluten-free toast with Collagen Jam + piece of fruit + hard boiled egg	Blueberry Pancakes drizzled with 1 Tbsp. nut butter + ½ cup berries
3 Carrot Cake Mini Muffins	3 Carrot Cake Mini Muffins	1 apple, sliced + 1 Tbsp. almond butter	3 Carrot Cake Mini Muffins	1 apple, sliced + 1 Tbsp. almond butter	Tone It Up Protein Shake on the go	Piece of fruit or 8 oz. fresh green juice + ¼ cup nuts
Tropical Tossed Salad	Leftover Winter Veggie & Tempeh Bowl	Tropical Tossed Salad	Leftover Tahini Tray Dinner	Tropical Tossed Salad	Head out for a Lean, Clean, 'N Green lunch!	Everything But The Kitchen Sink Salad + 4 oz. lean protein (what's still good?) Combine for a delicious superfood salad!
5 oz. Greek, coconut, or almond yogurt with 2 tsp. cocoa nibs	Chocolate Peanut Butter Chia Seed Pudding	Tone It Up Protein Bar	Chocolate Peanut Butter Chia Seed Pudding	5 oz. Greek, coconut, or almond yogurt with 2 tsp. cocoa nibs	5 oz. Greek, coconut, or almond yogurt with 2 tsp. cocoa nibs	Enjoy a couple of Crispy Kale Mini Muffins while you prep
Winter Veggie & Tempeh Bowl (Save extras for tomorrow's lunch!)	4 oz. lean protein + 2 cups lightly steamed veggies + 2 tsp. olive oil + ¼ cup beans or quinoa + your fave spices	Tahini Tray Dinner (Take extra for tomorrow's lunch!)	Winter Veggie & Tempeh Bowl (Save extras for tomorrow's dinner!)	Leftover Winter Veggie & Tempeh Bowl	Try a new recipe from the plant!	Chicken Zoodle Soup (Save extras for tomorrow's lunch!) + side salad with lots of veggies and ¼ avocado
Ginger lemon tea	Sparkling water + lemon	Treat yourself to a glass of wine or Kombucha + a TIU approved dessert	Ginger lemon tea	Sparkling water + lemon	Optional TIU approved dessert - try the new Panna Cotta!	Ginger lemon tea

Tone It Up Nutrition Plan

Yijin Wang



Tone It Up Nutrition Plan:

The Powerfood Nutrition Plan Susan Kleiner, Jeff O'Connell, 2006-05-30 Geared specifically to men's nutritional needs this comprehensive guide will show you how choosing the right foods can enhance every aspect of your life With chapters on everything from food's effect on mood sex and brainpower to the role food plays in weight loss muscle gain and athletic performance you'll have all the information you'll need to see remarkable results within weeks Always on the cutting edge nutritionist Susan Kleiner uses the latest nutritional research to provide innovative recipes and meal plans to ensure maximum results The Powerfood Nutrition Plan includes Vital tips for using food to increase longevity and improve physical appearance More than 20 detailed meal plans designed to address a variety of fitness and nutrition goals Quick easy and delicious recipes to keep you going The Powerfood Nutrition Plan is the guidebook to help you break out of your routine and become more powerful in every area of your life So pick up that fork It's time to get started on the body and life you've always wanted **Tone It Up** Karena Dawn, Katrina Scott, 2015-05-05 Are you ready to sweat tone nourish and empower your way to your fittest fiercest most fabulous body and life Katrina Scott and Karena Dawn the founders of the Tone It Up fitness and health brand have taken the world by storm with their fun energetic girlfriend to girlfriend approach to getting in shape To them being fit isn't just about looking smokin' hot in a bikini but a whole body whole life way of being that starts with respecting your body and taking care of your beautiful amazing self inside and out With their 28 day program that incorporates brand new fitness routines delicious recipes and mental and spiritual practices you'll transform your body your attitude and your life to bring out the gorgeous goddess within you In just 28 days Katrina and Karena will help you get FIT With daily fitness challenges workout plans healthy eating tips and delicious recipes you'll be on your way to the strong sexy body you're after FIERCE You'll align your mind and body through visualization exercises daily meditations confidence boosting tips and dares to move outside your comfort zone FABULOUS This is the fun stuff beauty friendship inspiration joy and all the things to give you that unmistakable glow so you radiate from the inside out **The Women's Health Diet**

Stephen Perrine, 2013-05-21 For more than a decade the editors of Women's Health have been researching analyzing and evaluating every weight loss technique on the planet They've tested every workout sampled every food studied every bit of research and consulted the top exercise and nutrition experts in the world Now that expertise is gathered in one place Packed with delicious recipes hundreds of helpful tips and weekly workout plans this is the ultimate guide to a slimmer sexier body The Women's Health Diet is jam packed with hundreds of revolutionary fitness and nutrition tips including The 80 Percent Rule Why cheating on your diet isn't just okay It's essential 24 on the spot food fixes that will help you beat everything from big meeting jitters to big date angst Age specific strategies to maximize progress whether you're 20 30 40 50 or beyond Dozens of mouthwatering recipes that satisfy and fight fat fast **30-Day Fat Loss Kickstart: Proven**

Workout and Nutrition Plan for Rapid Results Dr. Lauren Roberts, 2025-10-11 Ready to lose fat rev up your energy and

see real change fast 30 Day Fat Loss Kickstart is your complete no fluff roadmap to transform your body starting today If you ve tried diets that didn t stick workouts that left you exhausted or quick fixes that delivered zero results this is different This book gives you a clear step by step plan that s proven to work built for real people with real lives What You ll Get Inside A 30 day complete plan combining workouts no gym needed nutrition guidance tailored for fast fat loss Easy to follow daily routines and exercise templates no guesswork no overwhelm Recipe ideas portion guides and meal timing tips to fuel your body and burn stored fat Modifications and progressions to match your fitness level beginner intermediate advanced Mini challenge boosters to break plateaus add intensity and keep you motivated Weekly check ins summaries and checkpoints so you can track your progress and celebrate wins Benefits You ll Feel And See Lose inches and drop body fat fast yet safely and sustainably Boost your metabolism energy and mood no more dragging through your day Build lean muscle and tight definition not bulk Stay consistent with doable plans not extreme diets you can t maintain Feel stronger more confident and empowered as you see your body shift Breakthrough plateaus using guided progressions and strategy tweaks Why You Should Buy This Book Because it s built for real people who want real results not gimmicks not fads If you re tired of piecemeal plans confusion and disappointment this is the all in one smartly designed system that delivers measurable change in just a month Zero guesswork just follow the blueprint Backed by fitness fundamentals and tested methods Accessible anywhere whether at home on travel or at a gym Includes progress tracking and mindset tips so you don t quit too soon If you re ready to hit reset on your body reboot your habits and finally get in shape click Buy Now and start day one today Your transformation starts in minutes

The 5-Factor Diet Harley Pasternak, M.Sc.,Myatt Murphy,2012-01-18 NEW YORK TIMES BESTSELLER Harley s intelligent and innovative approach to health and fitness inspired me to get excited about working out again I have more energy more knowledge and I am hands down in the best shape of my life thanks to Harley Halle Berry Having helped shaped some of today s hottest bodies one of America s most sought after diet and fitness experts Harley Pasternak the bestselling author of The Body Reset Diet here shares his revolutionary five week program that will help you lose weight and get fit without feeling hungry or deprived One of the easiest programs to follow the 5 Factor Diet incorporates 5 meals a day with 5 core ingredients in each recipe 5 minute meal prep for more than 100 recipes 5 short workouts a week Complete with delicious and quick meal ideas easy to follow shopping lists and detailed workout photos and instructions The 5 Factor Diet is the key to your health and happiness

Lose Weight with Your Instant Pot Audrey Johns,2018-11-06 Everyone loves how the Instant Pot is revolutionizing cooking with easy one pot meals But what if you can enjoy your favorite food with the speed and ease of the Instant Pot while losing weight After a lifelong struggle with fad diets and constant weight gain Audrey Johns changed the way she ate by focusing more on eating real foods She not only lost weight dropping 150 pounds in eleven months she successfully kept it off Sharing her lean recipes on her blog Lose Weight by Eating com and in her cookbooks she s helped thousands of others achieve their own weight loss Now in this helpful

practical book built for busy lives and families Audrey shows how you can use this hugely popular kitchen appliance to save you time and calories with sixty tasty recipes including holiday recipes and plenty of tips and tricks to help you get the most out of the Instant Pot Combining all new dishes with skinny takes on classic favorites these tasty recipes include Avocado Eggs Skinny Sloppy Joes Taco Mac and Cheese Boeuf Bourguignon Chicken Enchilada Soup Chicken and Dumplings Spicy Brussels Sprouts with Bacon Dark Chocolate Fudge Brownies In Lose Weight with Your Instant Pot you ll indulge in guilt free real food versions of your favorite foods and you ll do it in an instant Dr. Abravanel's Body Type Diet and Lifetime Nutrition Plan Elliot D. Abravanel,1984 The unique body typing program that teaches you how to Lose weight Achieve your ideal body shape Target your trouble spots Boost your energy Eliminate food cravings forever Feel better than you ever thought possible Do you crave coffee and sweets or a nice thick steak Do you get love handles or jiggly pockets on your thighs Are you quick tempered or impatient and easily depressed Believe it or not your answers to these and other questions posed in this breakthrough book will help you discover which of the four basic Body Type categories you fall into the first step toward determining what you need to do to lose weight and look and feel better than ever More than just a diet Dr Abravanel s one of a kind plan is a complete health fitness and nutrition program that first teaches you how to determine your body type and then custom tailors a three step weight loss plan and exercise regimen just for you Using the latest scientific research Dr Abravanel has revised and expanded this successful strategy to make it even more effective and easy to follow This revolutionary program includes A newly revised Body Type questionnaire you can do at home A detailed list of foods you should avoid and those you must eat A four week eating plan complete with daily menus and recipes A guide to supplements herbal remedies and exercise routines for each Body Type A Long Weekend of Rejuvenation to purify your system and clear your mind Now to find out which Body Type you fall into turn to the first page *Red Book* ,1980-05 The magazine for young adults varies **Black Enterprise** ,1984-06 BLACK ENTERPRISE is the ultimate source for wealth creation for African American professionals entrepreneurs and corporate executives Every month BLACK ENTERPRISE delivers timely useful information on careers small business and personal finance *Country Gentleman* ,1925 **Home Remedies** Gale Maleskey,Brian Kaufman,1997-02 This volume a spin off of the ever popular letters column of Prevention magazine combines folk wisdom and doctor savvy into treatments for hundreds of everyday ills The best of the family based home tested doctor approved folk remedies from across America The alli Diet Plan: Your Essential Guide to Success with alli HarperCollins,2016-08-31 It s time for a new approach to weight loss Something different from anything you ve tried before Something that is proven to work Good Housekeeping ,1917 **The Balanced Bride** Leah Ingram,2002 The Balanced Bride by house author Leah Ingram The Portable Wedding Consultant Your Wedding Your Way You Shouldn t Have etc concerns an oft neglected aspect of being engaged namely the bride s mental spiritual and physical health While spending hours researching and securing the perfect reception site invitation ceremony wording attire honeymoon gift

registry and so on many brides scrimp on taking care of themselves and their relationship with the groom All of this often results in a stressed out bride who does not truly enjoy her engagement barely remembers the joy of her ceremony and reception and worst of all misses the larger more meaningful picture of what it means to get married Even top bridal designer Vera Wang recently confessed that she was so stressed walking down the aisle in 2001 that she didn't know if she'd remembered her veil The Balanced Bride is a unique guide to navigating an engagement and laying the groundwork for a strong and lasting marriage In this book veteran bridal author Leah Ingram breaks down the topic of nurturing the bride into three main areas Mind Body and Spirit Writing in the friendly accessible tone for which *Home Remedies*, 1995

Medical Standard and North American Practitioner, 1920 Charlotte Medical Journal, 1913 **Mademoiselle**, 1981

The Louisville Monthly Journal of Medicine and Surgery, 1910 *International Journal of Surgery*, 1918 Monthly index of surgery and gynecology in vol 9

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