

	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 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 Nutrition Plan

Wolfgang Guggemos



Tone It Up Nutrition Plan:

Tone It Up Nutrition Plan: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the fascinating narratives that have enthralled audiences this year. The Must-Read : Colleen Hoovers "It Ends with Us" This poignant tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papan, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and thrilling novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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