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What I Eat on the Tone It Up Nutrition Plan Meal 1 . My absolute favorite meal 1, or breakfast, is overnight oats. This has been a favorite of mine for years. The TIU plan has many recipes and options for oats, but my all time favorite combination is simple; peanut butter, banana, oats, and almond milk.

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Once you sign up for the meal plan, we'll be sending it to you as a digital download via email so keep an eye on your inbox!

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