TIGHTEN & TONE:
A 7-DAY SLIM DOWN

PROGRAM GUIDE
WORKOUT SCHEDULE, MEALS, RECIPES & MORE
TIGHTEN & TONE:  
A 7-DAY SLIM DOWN

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1. PROGRAM OVERVIEW

Tighten & Tone is a 7-day slim down program designed to help you look and feel your best when you're short on time.

In this strategically designed program, you'll find everything you need to slim down, tone up, and feel AMAZING prior to a special event - or just when you need a structured jump start to get yourself back on track.

“I can already notice an increase in strength in the workouts, in only 7 days! I feel like my stomach is flatter (less bloating) and all around I’m feeling “tighter”!” - Erin D.

The Balanced Life Approach

Even though this plan is designed to get quick results, we’re still taking a balanced, healthy approach. No gimmicks, no juice cleanses, no starvation, no crazy workouts. For the next 7 days you’ll be eating real, nourishing food and completing at-home Pilates workouts.

You'll end each day feeling energized and empowered, rather than deprived and depleted.

Over the next 7 days you’ll be:

• Following a meal plan to help you shed a few lbs., reduce bloating, and slim down.
• Doing Pilates every day to tone up and maintain a healthy mindset.
• Hydrating to release water weight, reduce cravings, and fuel your workouts.

In just 7 days you're going to feel healthier and stronger than you do right now. I can't WAIT for you to get started!

xo,
Robin

PS - As always, it’s important that you listen to your body and if necessary, make adjustments to suit your unique needs. You know your body best!
2. WORKOUT SCHEDULE

During this 7-day program you’ll complete a 30-40 minute Pilates workout every day. You’ll be alternating between 2 full-length Pilates workouts, “Tighten” and “Tone”, and also incorporating your own your favorite workouts from The Sisterhood workout library or The Balanced Life YouTube channel.

Here’s your schedule for the next 7 days:

Day #1: Tighten
Day #2: Tone
Day #3: Workout of choice
Day #4: Tighten
Day #5: Tone
Day #6: Workout of choice
Day #7: Tighten or Tone

Interested in more full-length Pilates workouts? Join The Sisterhood! You'll get access to our entire workout library. There's a workout for every mood and goal.

CLICK HERE TO JOIN
Meal plans can feel restrictive and be hard to follow, so instead of telling you EXACTLY what to eat each day, I'm providing a list of breakfasts, lunches, dinners and snacks that you can mix and match to suit your mood.

Don't worry, you won't find bland meals, suspicious concoctions or hard-to-find supplements in this meal plan. You'll be eating whole, fresh foods that fuel your body in the best way possible. Food is not the enemy, food is meant to be enjoyed and meant to support your healthy, active lifestyle.

Follow this meal plan as closely as you can, and listen to your body so that you feel energetic, strong and balanced all week long.

Every day you should follow the following eating schedule:

- Breakfast
- Snack
- Lunch
- Snack
- Dinner

Use the following recipes and meal ideas to create your 7-day meal plan. Remember, all meals are interchangeable so the good news is that you can tailor it to your liking. If you want to eat the same thing for breakfast every day to simplify and save money, great!
**BREAKFAST OPTIONS:**

**KEEP IT SIMPLE: Eggs, Oats + Fruit**
Serves 1

- 2 eggs
- 1/2 cup cooked oatmeal
- 1 cup strawberries
- 1/2 tbsp nut butter, optional

**Method:**
Cook eggs according to your preference. Serve on the side of oatmeal, strawberries, and nut butter.

**Vitamin Booster Smoothie**
Serves 1

**Ingredients:**
- 1/2 cup greens or microgreens
- 1/2 cup frozen mixed berries
- 1/4 cup frozen mango
- 1 tsp coconut oil
- 1 scoop protein powder, vanilla or unflavored (click here for Robin's favorite brand)
- 1 tbsp raw, organic honey
- 1 cup cold water

**Method:**
Blend and enjoy!
**Energy-Rich Eggs**
Serves 1

Ingredients:
- 2-3 eggs
- 1 tbsp black or brown sesame seeds
- pinch of sea salt
- 1 tbsp flax or olive oil
- 1/2 cup micro greens

Method:
Place eggs in a small saucepan and fill 3/4 full with water. Bring water to a gentle boil and cook for 7 minutes. Run cold water into pan, wait until cool, and then peel off the shell. Smash eggs in a small bowl. Add remaining ingredients, mix well and eat immediately.

(Meal prep tip: hard-boil your eggs at the beginning of the week so you can grab and go when life gets busy!)

**Slimming Green Smoothie**
Serves 1

Ingredients:
- 1/2 banana
- 1 sliced granny smith apple
- 1-2 handfuls fresh spinach
- 1/2 cup almond milk
- 1/2 cup water
- 1 scoop protein powder
- 1/2 tsp honey
- 3 ice cubes

Method:
Blend and enjoy!
Turkey Sausage with Tomato & Spinach
Yield: about 6 patties (1-2 patties = 1 serving)

Ingredients:
- 1 tsp fennel seeds
- pinch hot chili flakes
- pinch cayenne pepper
- pinch herbes de Provence (optional)
- 1/2 tsp sea salt
- 1/4 tsp freshly ground black pepper
- 1 tsp finely chopped sage
- 1/2 lb ground turkey
- 2 tsp real Vermont maple syrup
- 2 tbsp extra virgin olive oil

Method:
Using a mortar and pestle or mini food processor, grind fennel seeds, chili flakes, cayenne, salt and pepper together. Combine this spicy mixture with the sage, turkey, and maple syrup in a bowl until thoroughly combined.

Form the mixture into small, thin patties. Heat the olive oil in a large non-stick pan over medium---high heat. Cook the sausages for about 1 ½ minutes on each side, pressing down with your spatula to really brown them and keep them thin.

Serve warm with 1 cup wilted spinach and 1 small sliced tomato.
LUNCH OPTIONS

**Turkey Salad with Tomato & Avocado**
Serves 4

Ingredients:
- 1 large head green leaf lettuce, torn into pieces (about 6 cups)
- 1/2 lb thinly sliced nitrate-free deli turkey
- 2 large tomatoes, cut into wedges
- 1 avocado, cut into bite-sized pieces
- 1/2 red onion, thinly sliced
- 1/2 cup shaved parmesan (2 ounces)
- 4 tbsp olive oil
- 2 tbsp balsamic vinegar
- sea salt & freshly ground black pepper

Method:
Divide the lettuce, turkey, tomatoes, avocado, onion and parmesan among 4 bowls or lunch containers. In a small bowl, whisk together the oil, vinegar, 1/2 tsp salt and 1/4 tsp pepper. Drizzle over salad or separate into 4 to-go containers.

**Gourmet Turkey Roll-Ups**
Serves 1

Ingredients:
- 3 pieces of sliced turkey breast (nitrate-free)
- 1/4 avocado, sliced
- 1-3 tbsp crumbled goat cheese
- 3 tbsp microgreens or sprouts
- 3 tsp dijon mustard

Method:
Lay turkey slices flat - they will be the wrap for your roll-ups. Spread mustard and goat cheese along one side of the turkey slice. Layer avocado and microgreens on top and roll. Serve with 1/2 cup fresh fruit.
**Lentil Soup**

Serves 6
*(freeze leftovers for easy heat and serve meals!)*

Ingredients:
- 3 tbsp extra virgin olive oil
- 2 cups chopped onions
- 1 cup chopped celery stalks
- 1 cup chopped carrots
- 2 garlic cloves, chopped
- 4 cups (or more) vegetable broth
- 1 1/4 cup lentils, rinsed, drained
- 1 (14.5 oz) can diced tomatoes in juice
- balsamic vinegar (optional)

Method:
Heat oil in heavy large saucepan over medium-high heat. Add onions, celery, carrots, and garlic; sauté until vegetables begin to brown, about 15 minutes. Add 4 cups broth, lentils and tomatoes with juice and bring to boil. Reduce heat to medium-low, cover, and simmer until lentils are tender, about 35 minutes.

Transfer 2 cups soup (mostly solids) to blender and puree until smooth. Return puree to soup in pan; thin soup with more broth by 1/4 cupfuls, if too thick. Season with salt, pepper, and a splash of vinegar, if desired. Ladle soup into bowls. Garnish with celery leaves.
Chickpea Spinach Curry with Cucumber-Yogurt Sauce
Serves 4

Ingredients:
- 2 tbsp olive oil
- 1 large yellow onion, chopped
- 4 cloves garlic, chopped
- 1 tbsp chopped fresh ginger
- 2 tbsp curry powder
- 2 (15.5 oz) cans chickpeas, rinsed
- 1 bunch fresh spinach or 1 package frozen spinach, chopped
- sea salt & freshly ground black pepper
- 1 cup plain Greek yogurt
- 1 cucumber, peeled, seeded and chopped
- 1/4 cup chopped fresh cilantro

Method:
Heat the oil in a large saucepan over medium-high heat. Add the onion, garlic and ginger and cook, stirring often, until softened, 5 to 7 minutes. Add the curry powder and cook, stirring, for 1 minute. Add the chickpeas, spinach, 2 cups water, ¾ tsp. salt, and ¼ tsp. pepper to the saucepan. Bring to a simmer and cook, stirring occasionally, until the mixture is slightly thickened, 10 to 12 minutes. Meanwhile, in a small bowl, stir together the yogurt, cucumber, cilantro, and ¼ tsp. each salt and pepper. Serve the chickpea mixture with the yogurt sauce.

Keep It Simple: Picnic-Style Lunch
Serves 1

- 3 (2 oz) servings of lean protein
- 1/2 cup fruit
- 1 cup veggies
- 1 serving healthy fat (8 nuts, 1/4 avocado, 1 tbsp nut butter, etc.)
Quinoa-Stuffed Peppers
Serves 6

Ingredients:
- 1 tbsp olive oil, plus more for oiling the pan
- 1 red onion, chopped
- ½ lb sliced mushrooms
- 1 cup chopped carrots
- 7 bell peppers (1 chopped; 6 cleaned, tops removed and reserved)
- ½ cup chopped parsley
- ¼ lb baby spinach
- 1 ½ tsp ground cinnamon
- ¾ tsp ground cumin
- 1 cup quinoa, cooked according to directions
- sea salt & freshly ground pepper
- ½ cup roasted, salted cashews

Method:
Heat oil in a large skillet over medium high heat. Add onion and cook, stirring occasionally until transparent. Add mushrooms, carrots, and peppers and cook until softened, then add parsley and spinach. Let spinach wilt then stir in cinnamon, cumin and cooked quinoa. Add salt, pepper, and cashews and cook 1 to 2 minutes more. Set aside to let filling cool.

Preheat oven to 350 degrees. Divide quinoa mixture evenly among 6 bell peppers. Top each pepper with it’s top, place upright in pan, cover with foil and bake for 1 hour, until peppers are tender and juicy.
Cilantro-Pesto Crusted Salmon with Quinoa and Asparagus
Serves 4
(Don’t like cilantro? Try basil or parsley!)

Ingredients:
- 4 salmon fillets
- 1 cup pepitas (shelled pumpkin seeds)
- 1 bunch cilantro
- 2 tbsp olive or flax oil
- 2 cloves crushed garlic
- salt & lemon to taste
- 1 cup quinoa, cooked
- 1 bunch asparagus

Method:
Preheat oven to 400 degrees. Prepare quinoa according to package directions.

Wash and trim asparagus. Brush lightly with olive or coconut oil and sprinkle with salt and pepper. Spread on a foil-lined baking sheet.

Puff pumpkin seeds on stove over heat for 1-2 minutes. Place in blender and combine with cilantro, olive or flax oil, and crushed garlic. Blend until smooth, adding water if necessary. Add salt and lemon to taste.

Brush a small baking sheet with oil, put the fillets on it and season them with salt & pepper. Spread a layer of pesto evenly over the top of each fillet.

Place salmon and asparagus in oven.

Bake until the salmon is cooked – it should start to turn opaque, with a trace of bright orange in the middle and the top is lightly browned, 10 to 15 minutes depending on the thickness of the fish. Roast asparagus until just tender.
**Turkey Taco Wraps**
Serves 4

**Ingredients:**
- 1 lb ground turkey
- 1 large yellow onion, diced
- 1 tbsp chili powder
- 1/4 tsp cayenne pepper (more or less according to preference)
- 1/2 tbsp cumin
- 2 tsp garlic salt
- 4 large lettuce leaves
- 1 can black beans, cooked
- 1 cup micro greens or sprouts
- 4 tbsp goat cheese

**Method:**
Heat onion over medium heat with a bit of oil in a large sauté pan until translucent. Add turkey, turn the heat to high and cook until brown. Drain any excess liquid. Season with chili powder, cayenne pepper, cumin, and garlic salt to taste.

Arrange beans, turkey mixture, microgreens and goat cheese in large lettuce leaves and fold up like a taco.

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**Keep It Simple: Protein and Veggies Dinner**
Serves 1

- 1 serving lean protein (about the size of the palm of your hand)
- 1-2 cups veggies (slimming options: asparagus, zucchini, squash, cucumber)
- 1 serving healthy fat (avocado, nuts, coconut oil, etc)
Spaghetti Squash with Lentil Tomato Sauce
Serves 4

Ingredients:
- 3-4 tbsp olive oil
- 1/2 cup chopped carrots
- 1 large onion, peeled and finely chopped
- 6 cloves garlic, minced
- 2 ribs celery, washed and finely chopped
- 1 1/2 cups lentils, well rinsed
- 1/2 tsp thyme
- 1 (28 oz) can whole tomatoes
- 4 cups chicken or vegetable broth
- 1 spaghetti squash (about 4 lbs), halved lengthwise, seeds removed
- sea salt and freshly ground black pepper

Method:
To prepare squash: Preheat oven to 400 degrees F. Brush cut sides of squash with oil and place, cut sides down, on a rimmed baking sheet. Roast until tender, about 45 minutes. Let cool slightly. Scrape squash with a fork to remove flesh in long strands.

To prepare sauce: Heat oil in a large skillet over medium heat. Add carrots, onions, garlic, and celery. Cook 5 minutes or until vegetables are soft. Add lentils and thyme. Continue cooking a few minutes more, stirring until lentils are coated. Add tomatoes to lentil mixture, breaking them up a bit. Add 4 cups broth.

Bring mixture to a boil. Reduce heat, cover and simmer, stirring occasionally. The lentils are done when they start to soften a little. Season with salt and pepper. Serve warm over squash.
Meatballs & Sautéed Kale
Serves 4

Ingredients:
- 1 1/4 lbs ground pork or turkey
- 1/4 cup pine nuts
- 1/4 cup currants or chopped raisins
- 1/4 tsp ground cinnamon
- sea salt & freshly ground black pepper
- 1 tbsp olive oil
- 2 cloves garlic, thinly sliced
- 2 bunches kale, leaves cut into 2-inch strips (about 12 cups)

Method:
Heat broiler. In a large bowl, combine the pork, pine nuts, currants, cinnamon, 1 tsp salt, and 1/4 tsp pepper. Form the mixture into 20 walnut-sized meatballs and place on a foil-lined baking sheet. Broil, turning once, until cooked through, 6 to 8 minutes.

Meanwhile, heat the oil in a large saucepan over medium heat. Cook the garlic, stirring, until golden, 1 to 2 minutes. Add the kale, ½ tsp. salt, and ¼ tsp. pepper and cook, tossing, until wilted. Serve with the meatballs
SNACK OPTIONS

**Apple w/ Almond Butter**
Serves 1

Ingredients:
- 1/2 apple
- 1/4 cup almond butter

Method:
Slice apple and dip in nut butter – enjoy!

**Protein-Packed Hummus with Crudite**
Serves 1

Ingredients:
- 1/4 cup Greek yogurt
- 1/4 cup hummus
- 1 cup raw vegetables, chopped: broccoli, cauliflower, sweet peppers, radishes, endive, celery, cucumber

Method:
Mix hummus & Greek yogurt together. Enjoy with dipped vegetables.

**Keep It Simple: Fruit & Nuts**
Serves 1

- 1/2 cup fruit (slimming options: watermelon, berries, grapes, pineapple)
- 1/4 cup nuts
**Guacamole**
Serves 4

**Ingredients:**
- 2 ripe avocados
- 1 tbsp fresh lime juice
- 2 tbsp finely chopped onion
- 2 tbsp chopped cilantro
- sea salt
- veggies for dipping

**Method:**
Cut avocados in half and remove pits. Scoop the flesh into a bowl and mash it roughly with a fork. Stir in lime juice, onion, cilantro and salt. Taste and add more salt and lime juice if needed. Serve with chopped veggies for dipping.

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**Figs Stuffed with Almonds**
Serves 1

**Ingredients:**
- 8 dried figs
- 8 raw almonds

**Method:**
Slightly pierce the skin of dried fig and insert a raw almond into its center. A bag full of these is a great snack to stick in your purse and eat on the go.
**Tamari Popcorn**
Serves 1

- 1 cup popcorn, popped
- 1 tbsp nutritional yeast
- 1 tsp tamari
- 1 tbsp olive oil

Method:
Top popcorn with nutritional yeast, tamari, and olive oil. Mix well and enjoy!

**Keep It Simple: Fruit, Nuts & Cheese**
Serves 1

- 1/2 sliced apple (or fruit of choice)
- 1 tbsp goat cheese
- 8 pistachios

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**HYDRATION...**

Upon waking, drink 8 oz of room temperature water to jumpstart your digestive system and re-hydrate your body. Throughout the day consume 64 oz of water.

Enjoy herbal tea and a daily cup of coffee but avoid:
- alcohol
- juice (other than fresh-squeezed veggie juice)
- soda
- energy drinks
- sweetened tea

I also encourage you to stay away from carbonated water for the week to reduce bloating.
4. TRACKING YOUR PROGRESS

Included in the program is a *Tighten & Tone: Food and Fitness Journal* to help you track your progress throughout the week.

I strongly encourage you to use this resource to track not only your physical changes, but also any changes that you feel emotionally. This will help ensure that you stay in tune with your body and know how it responds to your Pilates training and dietary changes.

Since the scale can fluctuate due to water weight, muscle mass, and time of the month, a good old-fashioned tape measure is a great way to track your progress.

At the beginning AND end of the week, we'll be measuring your bust, arms, waist, hips, and thighs. This visual guide should help you get started.

Then, throughout the week, I encourage you to write down your workout and food/water intake throughout the day.

Sometime before you begin the program, print out the *Tighten & Tone: Food and Fitness Journal* so you can be sure to stay on track throughout the week!
5. TIGHTEN & TONE SUCCESS TIPS

These tips will ensure that you get the best results possible.

1. **Stick to the meal plan.** You can swap veggies, lean proteins, and healthy fats when necessary but the closer you follow the meal plan, the better results you’ll see.

2. **Stay hydrated!** Fill your water bottle and keep it with you throughout the day.

3. **Eat sensible portions.** Follow the recommended portion sizes if you can, but listen to your body. Feeling hunger may be an unfamiliar feeling but it’s normal to feel hungry before your next meal or snack. Some hunger is normal, feeling lightheaded, starving, or exhausted is not. Eat sensible portions and listen to your body’s needs.

4. **Eat balanced meals.** Include protein, healthy fat, and complex carbohydrates (fruits/veggies) at every meal and snack.

5. **Eat real, whole, unprocessed foods.** Eliminate packaged food and fast food.

6. **Eliminate alcohol.** It’s only a week, you can do it and you will feel amazing! You’ll sleep better, make healthier food choices, and wake up with more energy. Totally worth it.

7. **Avoid artificial sweeteners.** Artificial sweeteners lead to bloat and weight gain. If you need to add some sweet to your daily life, I recommend Stevia, grade B maple syrup, or raw honey.

8. **Drink tea to curb late night cravings.** We’re all familiar with those sneaky after-dinner cravings. This week, choose a soothing cup of tea instead!

9. **Get your beauty sleep!** Sleep is the secret ingredient for success. Do your best to get 8+ hours of sleep per night.
6. FREQUENTLY ASKED QUESTIONS

Can I dine out while doing this program?

Ideally, you’ll eat at home during this 7-day program. Restaurant foods are packed with sodium and other sneaky ingredients that can leave you feeling bloated and run down. Make it a goal this week to cook at home all 7 days.

It’s only a week, you can do it!

What can I do to satisfy my sweet tooth?

The first few days may be really hard, especially if you’re used to having something sweet every day. Make it through the first few days by drinking warm tea instead of having dessert and I PROMISE it will get easier! Your cravings are a sign that there is a habit that needs to be broken.

I don’t feel like I’m getting enough calories, what can I do?

If you’re working out really hard (more than the included Pilates workouts) or your body naturally requires more than 1200-1400 calories per day, add in an extra snack or two during the day. You can also increase the portion sizes to fit your needs. Just remember to eat until you’re satisfied, not until you’re stuffed!

I’m feeling hungry, how can I handle it?

This 7-day program is a great way to get in tune with your hunger signals again. Many people eat so much that they rarely get hungry. So when they do, the feeling is concerning. A growling tummy leads us to believe something’s wrong, but keep in mind that hunger is simply a cue that your body is in need of more energy (aka: food). So if you feel truly hungry, take that as a cue to have your next snack or meal. True hunger is different than habitual hunger - which is when you want to eat or feel like you should eat because you’re used to eating more food. Write notes in your Food & Fitness Journal to help you distinguish the difference between true hunger and emotional/habitual hunger. This skill will serve you well as you continue your journey.

If you’re not sure what kind of hunger you’re feeling - try drinking a mug of tea and waiting 15 minutes. If you’re still hungry, then your body needs food. If you’re satisfied after tea (or warm lemon water), then it may have just been a craving. Listen to your body and make adjustments as you go.
7. T&T CONTINUATION STRATEGY

Congratulations! You've made it through the Tighten & Tone slim down! I hope you're feeling strong, healthy, and empowered.

You've worked so hard over the last 7 days. You've cleaned up your diet, sculpted new muscles, and rejuvenated your relationship with food and fitness - you should be SO proud.

You may be tempted to celebrate with a big indulgent meal, but I don't think that will give you the satisfaction you're looking for. Find a way to celebrate your success that won't take away from the way you feel right now - buy a new outfit, get a pedicure, book a massage, enjoy one glass of wine, order a new book...

Practice balance.

Don't sabotage your success.

Continue making choices that will support your goals and the way you feel right now. It's okay to add a few things back into your diet. It's okay to cut back on your Pilates workouts. But before you do, take time to write about the way you feel right now and pinpoint the things you want to continue and the things you want to change.

You are worth taking care of. You are worth prioritizing.

If you're not a member of The Balanced Life Sisterhood just yet, come join us (www.thebalancedlifeonline.com/balanced-life-sisterhood). There, you'll find the perfect next step to turn this program into a practical, realistic, lifestyle plan.

Hope to see you on your mat again soon!

xo,
Robin
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