

TFGG

Fall Series

new recipes

## Best Buddha Bowl

**\*makes 1 serving**

### INGREDIENTS

- 1 medium chicken breast (cooked to your liking)
- 2 big handfuls kale
- 1 cup broccoli (chopped)
- 1 carrot (sliced into matchsticks)
- 1 cup cauliflower (chopped)
- 4 large mushrooms (sliced)
- 1 cup cherry tomatoes (halved)
- 2/3 cup grilled chickpeas

### TAHINI SAUCE

- 1 tbsp tahini
- 1 tsp dijon mustard
- 1 tbsp maple syrup
- Juice from 1/2 lemon
- 1 tbsp water
- salt & pepper

### GRILLED CHICKPEA SEASONING

- 1/2 tsp cumin
- 1/2 tsp chili powder
- 1/2 tsp garlic powder (or minced garlic)
- salt & pepper

### DIRECTIONS

- Preheat the oven to 410°
- Cook your chicken breast & season it to your preference if you don't already have any prepped and ready to go!
- Chop your broccoli, cauliflower, and mushrooms, toss lightly in olive oil, sprinkle with salt and pepper and place on a pan in the oven for 15 minutes
- 5 minutes before the vegetables are ready, pull them out and add your kale. Place back in the oven for a final 5 minutes.
- In a frying pan on medium heat, add chickpeas, olive oil, and all chickpea seasoning. Cook for about 10 minutes (until they begin to get crispy)
- Arrange your bowl! Layer with roast veggies, sliced chicken breast, chickpeas, carrot matchsticks, and cherry tomatoes. Drizzle your tahini sauce on top and enjoy!
- This recipe is amazing to make in batches of 4-5 meals to prep for the week.

### MACRONUTRIENT BREAKDOWN

Protein

51g

Carbs

67g

Fibre

16g

Fat

14g

Cals

566

# Best Vegan Buddha Bowl

**\*makes 1 serving**

## INGREDIENTS

- 1/2 cup quinoa (cooked & ready!)
- 1/2 cup grilled chickpeas
- 1/2 cup edamame
- 2 big handfuls kale
- 1 carrot (sliced into matchsticks)
- 4 mushrooms (sliced)
- 1 cup broccoli (chopped)
- 1/4 medium red onion (sliced)
- 1 cup cherry tomatoes (halved)

## GRILLED CHICKPEA SEASONING

- 1/2 tsp cumin
- 1/2 tsp chili powder
- 1/2 tsp garlic powder (or minced garlic)
- salt & pepper

## DIRECTIONS

- Preheat the oven to 410°
- Chop your broccoli and mushrooms, toss lightly in olive oil, sprinkle with salt and pepper and place on a pan in the oven for 15 minutes
- 5 minutes before the vegetables are ready, pull them out and add your kale. Place back in the oven for a final 5 minutes.
- In a frying pan on medium heat, add chickpeas, olive oil, and all chickpea seasoning. Cook for about 10 minutes (until they begin to get crispy)
- Arrange your bowl! Layer with quinoa, roast veggies, chickpeas, edamame, carrot matchsticks, and cherry tomatoes. Drizzle your thai peanut sauce on top and enjoy!
- This recipe is amazing to make in batches of 4-5 meals to prep for the week.

## THAI PEANUT SAUCE

- 1 tbsp peanut butter
- 1 tbsp low sodium soy sauce
- 1 tbsp honey or maple syrup
- 1/4 tsp ground ginger
- juice from 1/2 lemon
- 1 tbsp water
- 1/2 tsp cayenne (optional)

### MACRONUTRIENT BREAKDOWN

Protein

30g

Carbs

89g

Fibre

19g

Fat

15g

Cals

584

# Hearty High Protein Chilli (Vegan)

**\*makes approx. 7 servings**

## INGREDIENTS

- 2 tbsp olive oil
- 1 yellow onion (chopped)
- 6 cloves garlic (minced)
- 5 cups low sodium vegetable broth
- 1 large container (800 ml) diced tomatoes or tomato sauce
- Small can (150ml) tomato paste
- 2 cups dried green lentils
- 1 tbsp chilli powder
- 1 large can kidney beans
- 1 large can navy beans
- 2 large sweet potatoes (chopped into very small pieces)
- 1 tsp cumin
- 1 tsp cayenne
- 1 tsp paprika
- salt and pepper
- 1/2 cup water
- 2 avocados (to serve on top - about 1/4 sliced per serving)

## DIRECTIONS

- In a large pot on medium heat, add olive oil, onion, and garlic. Stir until the onion begins to soften (about 5 minutes)
- Add in everything else! Stir it well and then bring it to a boil.
- Reduce heat, cover with a tilted / partially covered lid (not sealed) and allow to simmer at medium/low for 50 - 60 minutes.
- Add in more water near the end if you decide you want a thinner consistency.
- Allow to cool, store and serve w/ sliced avocado on top

MACRONUTRIENT BREAKDOWN	Protein	Carbs	Fibre	Fat	Cals
	21g	69g	24g	10g	380

# Crock Pot Split Pea Soup

**\*makes approx. 6 servings**

## INGREDIENTS

- 2.5 cups dried split peas
- 3 carrots (chopped)
- 1 medium yellow onion (chopped)
- 2 stalks celery (chopped)
- 6 cups low sodium chicken stock
- Your choice of: 2 smoked ham bones OR 2 large smoked turkey thighs (you can find these at Millers or any butcher shop)
- 4 cloves garlic (chopped)
- 1 tsp thyme
- 1 tsp oregano
- 2 bay leaves
- 3 tbsp olive oil

## DIRECTIONS

- In your crock pot, first pour in split peas, followed by all vegetables and seasoning, and pour the broth on top last.
- Place in your smoked turkey or ham on top, and make sure they are surrounded by the other ingredients - really push them in there. BTW - both are delicious in the soup and I wanted there to be an option for both!
- Turn your crockpot to low and cook for 7-8 hours
- Remove the turkey or ham, and set aside. Using forks (or a shredder if you have one) shred the meat into tiny pieces. Place in a bowl.
- Use an immersion blender in the crockpot to blend the soup into a creamy delicious mixture. If you don't have one, transfer your soup in batches into your blender and blend until creamy.
- Add the meat back in, and serve! Top with whatever you like!

### MACRONUTRIENT BREAKDOWN

Protein

20g

Carbs

27g

Fibre

9g

Fat

20g

Cals

360

# Creamy Pumpkin & Lentil Soup

**\*makes approx. 7 servings**

## INGREDIENTS

- 1 can red lentils (rinsed)
- 2 tbsp olive oil
- 1 small pumpkin OR large butternut squash (choose whichever you prefer!)
- 1 yellow onion (chopped)
- 3 garlic cloves (minced)
- 1 can full fat coconut milk
- 2 tsp fresh ginger (minced)
- 2 tsp red curry paste
- 5 cups low sodium vegetable broth
- Salt & pepper

## DIRECTIONS

- Make sure your pumpkin (or butternut squash) has been scooped out, peeled, and is chopped into one inch pieces. Set aside.
- In a large pot on medium heat, add onion and olive oil and cook until it begins to soften (about 5 minutes)
- Add in minced garlic, ginger, and curry and stir for another minute
- Add pumpkin (or squash), lentils, coconut milk, and vegetable broth.
- Stir well and then bring to a boil. Lower the heat and allow to simmer for 20-25 minutes.
- Use an immersion blender to mix everything until it's super creamy. If you don't have one, transfer to a blender and blend in batches.
- Allow to cool and enjoy! Top with whatever you like!

### MACRONUTRIENT BREAKDOWN

Protein

20g

Carbs

53g

Fibre

11g

Fat

12g

Cals

392

# Deconstructed Sushi Bowl

**\*makes 1 serving**

## INGREDIENTS

- Protein source: your choice of 1 can tuna, 1 can salmon, or 2/3 cup shrimp
- 1/3 avocado (sliced)
- 1/4 cucumber (thinly sliced)
- 1/2 cup cooked sushi rice (short grain white rice)
- 1 large carrot (chopped into matchsticks)
- 1 sheet of nori (broken into small pieces)
- 1 tbsp pickled ginger
- 1 tsp sesame seeds
- Juice from 1/2 lemon
- 1 tbsp light mayo
- 1 tbsp sriracha

## DIRECTIONS

- Stir lemon juice, mayo, and sriracha into your dressing.
- Arrange and serve!
- These are also amazing to make in bigger batches to prep for lunch!

### MACRONUTRIENT BREAKDOWN

Protein



Carbs



Fibre



Fat



Cals



# High Protein Apple Pie Oats

**\*makes 1 serving**

## INGREDIENTS

- 1/3 cup quick oats
- 1/2 apple (chopped into small pieces)
- 1 tbsp chia seeds (whole or ground)
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1 tsp vanilla extract
- Splash of nut milk
- 1 serving vanilla whey protein or vanilla vegan protein
- top with 2 tbsp crushed walnuts (or any nuts you prefer!)
- Optional: 1 tbsp stevia to sweeten

## DIRECTIONS

- In a small, microwave safe bowl add oats, chopped apple, and spices
- Cover with water - you should use enough so that the oats but not the apple pieces are covered in water (about 1/3 cup)
- Microwave for 90 seconds (this may vary depending on the strength of your microwave)
- Add chia seeds, protein, sweetener, and nut milk and stir
- Place back in the microwave for another 30 seconds
- Add walnuts on top and enjoy!

### MACRONUTRIENT BREAKDOWN

Protein

31g

Carbs

44g

Fibre

7g

Fat

18g

Cals

464



# No Bake Pumpkin Protein Balls

**\*makes approx. 20 balls**

## INGREDIENTS

- 1 cup nut butter of choice (I LOVE using cashew but it's really expensive so will usually go with natural PB)
- 2/3 cup canned pumpkin puree
- 1 cup (3 servings) vanilla protein powder (vegan or whey)
- 1/2 cup coconut flour
- 1.5 tbsp pumpkin pie spice (if you don't have it, use 1 tbsp cinnamon + 1/2 tsp nutmeg)
- 1/3 cup granulated sweetener of choice
- 1/3 cup pumpkin seeds
- 1/3 cup chocolate chips (go with dairy-free to make this recipe vegan)

## DIRECTIONS

- In a large bowl, stir together nut butter, vanilla extract, and pumpkin. You may need to heat up the nut butter first so that it mixes more smoothly!
- Add in your protein powder, coconut flour, sweetener, and pumpkin pie spice. I like to use my hands to really mix this together super thoroughly!
- If you aren't happy with the consistency of the dough, you can add a splash of whatever milk you prefer to make it more wet, or more coconut flour to make it more dry.
- Mix in the chocolate chips and pumpkin seeds with your hands as well. Lol your hands are going to be a mess.
- Roll the dough into balls, and place in a large parchment paper lined ziplock container. Store in the freezer and enjoy as you like!

### MACRONUTRIENT BREAKDOWN

Protein

9g

Carbs

11g

Fibre

3g

Fat

9g

Cals

151

# Chocolate Banana Protein Muffins

**\*makes 24 muffins**

## INGREDIENTS

- 4 very ripe bananas
- 8 whole eggs
- 1 cup plain fat free greek yogurt
- 1 tbsp vanilla extract
- 2.5 cups oat flour (OR use 3 cups of oats in your food processor to make oat flour)
- 1 cup chocolate or vanilla vegan or whey protein
- 1/2 cup granulated sweetener of your choice
- 1 tsp salt
- 1/2 cup cocoa powder
- 1 tbsp baking powder
- 1 tsp baking soda

## DIRECTIONS

- Preheat your oven to 350°
- Grease 24 muffin tins and place paper muffin liners in each
- In a large bowl, mash bananas very well and then thoroughly mix in your eggs, vanilla extract, yogurt, and sweetener.
- Add your oats and stir in. Then add all other dry ingredients and continue to mix well!
- Once you have a smooth even consistency, pour into muffin tins and bake for 20 minutes.
- Allow to cool and enjoy!

### MACRONUTRIENT BREAKDOWN

Protein

8.5g

Carbs

17g

Fibre

1g

Fat

3g

Cals

123

## Greek Lemon Chicken Bake

**\*makes 4 servings**

### INGREDIENTS

- 4 skinless chicken thighs (you can swap for breasts if you prefer)
- 1 cup pitted kalamata olives
- 1 red pepper (sliced)
- 1.5 cups cherry tomatoes (halved)
- Approx. 12 baby potatoes quartered (use more or less if they are bigger or smaller than usual)
- 1 large zucchini (sliced)

### MARINADE

- Juice from 1 lemon
- 4 tbsp olive oil
- 4 tbsp red wine vinegar
- 3 tbsp dried basil
- 2 tbsp dried oregano
- Salt and pepper

### DIRECTIONS

- Preheat your oven to 420°
- Line a large baking sheet (make sure it has an edge so there is no leaking) with parchment paper
- Place your chicken thighs, olives, and chopped veggies on the pan. Everything should be spread in a somewhat even layer.
- Mix your marinade in a small bowl and drizzle all over your chicken and veggie mixture. Make sure everything is coated really well! I like to flip everything over a few times to make sure. Cover the pan with tinfoil and allow it to marinade for as much time as you have - ideally an hour if you have time! If not, skip this step - it will still taste great.
- Take your tinfoil covered pan and place it in the oven for about 25 minutes. Remove when the chicken is fully cooked through and the potatoes are soft.
- Enjoy!

### MACRONUTRIENT BREAKDOWN

Protein

31g

Carbs

24g

Fibre

4.5g

Fat

27g

Cals

409

# Stuffed Zucchini

**\*makes 4 servings**

## INGREDIENTS

- 3 large zucchini (cut in half length-wise)
- 1lb ground turkey or extra lean ground beef
- 1/2 cup yellow onion (chopped)
- 1/2 cup of your fave tomato pasta sauce
- 1 tbsp minced garlic
- 1 jalapeno pepper (finely chopped)
- 2/3 cup feta cheese crumbles
- 1/2 cup panko crumbs
- 1 tbsp olive oil

## DIRECTIONS

- Preheat your oven to 350°
- Cook your turkey or beef in a pan on medium heat with the onion and olive oil until it begins to brown. You want to cook the meat until it's about half done! About 8 minutes. Drain any excess fat and transfer the ground meat and onion into a large mixing bowl.
- Slice your zucchini in half length-wise and scoop out the insides.
- Chop the scooped-out zucchini flesh, and add to mixing bowl with your meat. Mix in the feta cheese, garlic, pasta sauce, and jalapeno into the bowl. Mix well!
- Fill all 6 halves of the scooped out zucchini with your mixture, and top with panko crumbs.
- Place in a baking dish and cover tightly with tinfoil.
- Bake in the oven for 45 minutes.
- Allow to cool and serve!

### MACRONUTRIENT BREAKDOWN

Protein

33g

Carbs

19g

Fibre

4.5g

Fat

20g

Cals

390

# Tuna Stuffed Avocados

**\*makes 1 serving**

## INGREDIENTS

- 1 can tuna (rinsed and drained)
- 1 medium ripe avocado
- 1/2 red pepper (diced)
- Juice from one lime
- Salt & pepper
- 1 tsp dijon mustard
- 1/4 cup red onion (chopped)
- 1 tbsp greek yogurt or tzaziki or light mayo
- Any seasonings you like!

## DIRECTIONS

- Halve your avocado, scoop it out, and place the insides in a mixing bowl
- Add your tuna (make sure it's been rinsed and drained) and all other ingredients listed above. Make sure to mix well, until you have an even consistency.
- Scoop your tuna, avo and veg mixture back into the avocado shell, and enjoy!

### MACRONUTRIENT BREAKDOWN

Protein

38g

Carbs

23g

Fibre

13g

Fat

24g

Cals

420

# Ready to Go Breakfast Burrito

**\*The following is one serving, but prepare to duplicate as many times as you need. This is a major meal prep dish for busy mornings.**

## INGREDIENTS

- 1 whole egg
- 2 egg whites
- Salt & pepper
- 2 tbsp of your fave salsa
- 1/3 cup black beans (or use pinto beans if you prefer a softer bean)
- 1 tbsp olive oil
- 1/4 cup mushrooms
- 1/4 cup red onion
- Big handful spinach
- 1 tsp garlic (minced)
- 1/4 green pepper (thinly sliced)
- sprinkle of shredded cheddar cheese (about 2 tbsp)
- 1 large tortilla (look for one high in fibre!)

## DIRECTIONS

- In a small bowl, whisk your eggs well, add cheese and salt & pepper, set aside. Note: the more you whisk your eggs, the fluffier they'll be! Be careful not to overcook the eggs or it can lead to a watery burrito.
- Add olive oil to a pan on medium heat and cook your garlic, mushrooms, onion, beans and green peppers until soft. I really like to cook my veggies well and do about 10 min here but it's up to you!
- Pour in your eggs, and cook with your veggies until fluffy. Add your spinach about one minute before the eggs are done. Set the pan aside.
- In your tortilla, add your egg and veggie mixture, add salsa and wrap it up tightly.
- Now, take your burrito and wrap it tightly in a microwave safe material (aka NOT tinfoil!) Wax paper works well.
- Store as many of these in the freezer as you like, and in the mornings, place in the microwave for 2 minutes and enjoy!

### MACRONUTRIENT BREAKDOWN

Protein

31g

Carbs

42g

Fibre

11g

Fat

26g

Cals

509