

TFGG

Fall Series

new recipes

Cookie Butter Shake

INGREDIENTS

- 1 serving vanilla or chocolate whey isolate protein (or vegan protein)
- 1.5 tbsp natural peanut butter or almond butter (whichever you like better)
- 1 cup ice
- 1 cup frozen spinach
- 1/2 medium frozen zucchini
- 3/4 cup unsweetened nut milk (you can do vanilla or original)
- 1.5 tbsp ground chia seeds
- 1 tbsp Stevia
- Sprinkle of Pink Sea Salt

MACRONUTRIENT
BREAKDOWN

Protein	Carbs	Fibre	Fat	Cals
38g	19g	12g	20g	393

Pumpkin Pie Smoothie

INGREDIENTS

- 1 serving vanilla whey isolate protein (or vegan protein)
- 1/3 cup canned pumpkin (not pumpkin pie filling!)
- 1 cup ice
- 1 handful frozen spinach
- 1/3 medium avocado
- 1 tsp vanilla extract
- 2 tsp pumpkin pie spice
- 3/4 cup unsweetened nut milk (you can do vanilla or original)
- 1 tbsp Stevia
- Sprinkle of Pink Sea Salt

MACRONUTRIENT
BREAKDOWN

Protein	Carbs	Fibre	Fat	Cals
28g	15g	8g	12g	374

Kitchen Sink Omelette

INGREDIENTS

- 1 - 2 cups of whatever veggies you have on hand in the fridge (pre-cooked to save time in the morning!)
- 2 whole eggs
- 2 egg whites
- 1 big handful spinach
- 1 tbsp olive oil
- 2 tbsp unsweetened nut milk
- Any seasonings you like
- Salt & Pepper
- 1/3 medium avocado
- 2 tbsp of salsa or pico de gallo (feel free to make your own if you have time or buy it pre-made)

DIRECTIONS

- Mix your eggs, egg whites, and nut milk in a small bowl.
- Pour it into a pan on medium heat with olive oil, fresh spinach, and pre-cooked veggies.
- Season it and cover with a lid until cooked, flipping halfway. You can also turn it into a scramble if you tend to mess up omelettes... so much less work and it tastes the same.
- Add your avocado and salsa on top and you're good to go!

MACRONUTRIENT BREAKDOWN	Protein	Carbs	Fibre	Fat	Cals
	38g	17g	8g	31g	440

Hearty Salad Bowl

INGREDIENTS

- 1 cup pre-cooked veggies of your choice (remember: veggies cook down significantly. This works out to about 2 cups of raw vegetables)
- 2 big handfuls leafy greens (Spinach, mixed greens, kale, it's up to you!)
- Protein options: chicken (medium breast), salmon (4oz), shrimp (9 jumbo/15 small), tofu (4oz). A great budget option is to use a can of tuna or salmon instead!
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tbsp balsamic vinegar
- Optional to make it creamy: 1 tbsp of tzatziki (Skotidakis is incredible and so healthy with only 5 ingredients)

MACRONUTRIENT BREAKDOWN	Protein	Carbs	Fibre	Fat	Cals
	32g	30g	7g	15g	421

Elevated Avo Toast:

Egg Salad Edition

INGREDIENTS

- Ezekiel Bread x 1 slice (or other sprouted grain bread)
- 1/2 medium avocado
- 2 hard boiled eggs
- 1 tbsp chia or hemp seeds
- Juice from 1/2 lemon
- 1 tsp or 1 clove garlic
- handful fresh spinach
- Sea salt and pepper
- Garnish with fresh dill (optional)

DIRECTIONS

- Boil your eggs or grab eggs that you've pre-boiled
- In a small bowl add your avo, peeled eggs, garlic, salt and pepper, and lemon juice.
- Mash up your ingredients with a fork until they are nice and creamy
- Lay your spinach on your toast, and mash the egg salad avocado mixture into a thick layer on top.
- Sprinkle on your hemp or chia, and garnish with dill!

MACRONUTRIENT BREAKDOWN	Protein	Carbs	Fibre	Fat	Cals
	23g	28g	14g	25g	410

Elevated Avo Toast:

Vegan Edition

INGREDIENTS

- Ezekiel Bread x 1 slice (or other sprouted grain bread)
- 1/2 medium avocado
- 2/3 cup white beans (rinsed and drained)
- 1 tbsp chia seeds (whole or ground)
- Juice from 1/2 lemon
- 1 tsp or 1 clove garlic
- handful fresh spinach
- Sea salt and pepper
- Red pepper flakes (optional)



DIRECTIONS

- While your bread is toasting, mash the avocado, lemon juice, garlic, and white beans with a fork in a bowl. Mash until smooth.
- Place your spinach on the toast, and spread your avo/bean mixture on top of it.
- Sprinkle the chia seeds, salt and pepper, and rep pepper flakes on top and you're good to go!

	Protein	Carbs	Fibre	Fat	Cals
MACRONUTRIENT BREAKDOWN	19g	53g	21g	16g	422

Elevated Avo Toast: *Grilled Prawn Edition*

INGREDIENTS

- Ezekiel Bread x 1 slice (or other sprouted grain bread)
- 1/2 medium avocado
- Approx. 7-10 uncooked prawns
- Approx. 6-8 grape tomatoes (halved)
- 1 whole egg
- 1 tbsp olive oil
- Juice from 1/2 lemon
- 1 tsp or 1 clove garlic
- Sea salt and pepper
- Red pepper flakes (optional)



DIRECTIONS

- In a pan on medium heat, throw in your garlic, prawns, and halved tomatoes. Cook until shrimp is pink and tomatoes have begun to soften.
- In the same pan, fry an egg until it reaches your desired level of done-ness.
- Mash up your avocado and mix it with lemon juice, garlic, salt and pepper.
- Arrange the avo, grilled prawns & tomatoes, and fried egg on the toast.
- Season with red pepper flakes and enjoy!

MACRONUTRIENT BREAKDOWN

Protein	Carbs	Fibre	Fat	Cals
30g	23g	9g	31g	443

Pumpkin Protein Bread

**makes ten slices*

INGREDIENTS

- 1 small can (540 ml) pumpkin puree (not pumpkin pie filling!)
- 3 whole eggs
- 2 egg whites
- 1 cup vanilla protein (whey or vegan)
- 3/4 cup almond flour
- 1/3 cup organic butter (melted)
- 1 cup granulated stevia or monkfruit
- 1 tbsp pumpkin pie spice
- 1 tsp vanilla extract
- sprinkle of sea salt
- 2 tsp baking powder
- 1/3 cup sugar-free pancake syrup
- 1/4 cup nuts/seeds to top with (your preference)

DIRECTIONS

- Preheat the oven to 350°
- Line a 9" x 5" loaf pan, with parchment paper.
- In a large mixing bowl, mix the granulated sweetener, pancake syrup, eggs and egg whites. Really whisk the eggs in thoroughly.
- Add the pumpkin puree and vanilla, and mix well.
- In a separate bowl, stir together the almond flour, protein powder, baking powder, pumpkin pie spice, and sea salt.
- Add the dry ingredients to the wet ingredients, and mix well to combine them.
- Pour the batter into the lined pan.
- Cover the top with aluminum foil so it bakes evenly!
- Bake for 30 - 35 minutes (check it regularly, because depending on how goey and moist you want it, it could be ready earlier!)

MACRONUTRIENT BREAKDOWN (per 1 slice)	Protein	Carbs	Fibre	Fat	Cals
	13g	7g	12g	14g	196

Carrot Cupcakes *with cream cheese frosting* **makes 8 cupcakes*

INGREDIENTS

- 2 scoops of vanilla protein powder
- 1 large carrot (grated)
- 1/3 cup coconut flour
- 2 eggs
- 2 tsp baking powder
- 1 cup granulated stevia or monkfruit
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1/3 cup walnuts (crushed)
- sprinkle of sea salt



FROSTING

- 1/3 cup 95% fat free cream cheese
- 3-t tbsp Swerve (Icing Sugar blend - found at most grocery stores)

DIRECTIONS

- Preheat the oven to 350°
- In a large mixing bowl, mix the granulated sweetener, egg, carrot, stevia, and vanilla extract. Really whisk the eggs in thoroughly.
- In a separate bowl, stir together the coconut flour, protein powder, baking powder, cinnamon spice, and sea salt.
- Add the dry ingredients to the wet ingredients, and mix well to combine them.
- Once they are thoroughly mixed, stir in the walnuts
- Pour the batter into 8 muffin cups
- Bake for 12 - 15 minutes
- Frost with icing and enjoy!

MACRONUTRIENT BREAKDOWN (per 1 cupcake)

Protein

12g

Carbs

6g

Fibre

2g

Fat

9g

Cals

140

White Chocolate Pumpkin *protein cookies - makes 14 cookies*

INGREDIENTS

- 1 cup coconut flour
- 4 scoops vanilla whey protein powder (1.25 cups)
- 1 tbsp pumpkin pie spice
- 1 tsp vanilla extract
- 1/2 tsp salt
- 1.5 tsp baking powder
- 1/2 cup stevia or monkfruit
- 2 tbsp organic butter (melted)
- 3/4 cup pumpkin pureé (not pumpkin pie filling!)
- 1/3 cup sugar-free syrup
- 1 whole egg
- 1/2 cup white chocolate chips



DIRECTIONS

- Preheat the oven to 350 degrees
- In a large bowl, mix together coconut flour, granulated sweetener, protein powder, salt, baking powder, and pumpkin pie spice.
- In a separate bowl, mix liquid sweetener, egg, pumpkin puree, vanilla extract, and melted butter.
- Add the liquid mixture to the dry ingredients, mixing thoroughly as you go.
- Once you have an even mixture, stir in the white chocolate chips.
- Line two baking sheets with parchment paper, and scoop out 14 even sized balls flattening them slightly.
- Bake from 15-20 minutes, depending on how "done" you like your cookies!
- Allow to cool and store them in the freezer.

MACRONUTRIENT BREAKDOWN (per 1 cookie)

Protein

9.5g

Carbs

13g

Fibre

3.5g

Fat

20g

Cals

137

Vegan Pumpkin

protein cookies - makes 14 cookies

INGREDIENTS

- 1 cup coconut flour
- 4 scoops vanilla vegan protein powder (1.25 cups)
- 1 tbsp pumpkin pie spice1 tsp vanilla extract
- 1/2 tsp salt
- 1.5 tsp baking powder
- 1/2 cup stevia or monkfruit1 banana (mashed)
- 3/4 cup pumpkin pureé (not pumpkin pie filling!)
- 1/3 cup sugar-free syrup
- 1 flax egg (1 tbsp flaxmeal + 1 tbsp water)
- 1/2 cup vegan chocolate chips (try Presidents Choice brand)
- 1/3 cup pumpkin seeds

DIRECTIONS

- Preheat the oven to 350 degrees
- Make your flax egg by whisking 1 tbsp flaxmeal with 3 tbsp water in a small bowl. Refrigerate for at least 15 minutes, or cover and refrigerate overnight. It will thicken and develop a gel-like consistency. After this time, it's ready to use like an egg.
- In a large bowl, mix together coconut flour, granulated sweetener, protein powder, salt, baking powder, and pumpkin pie spice.
- In a separate bowl, mix liquid sweetener, flax egg, pumpkin puree, vanilla extract, and mashed banana.
- Add the liquid mixture to the dry ingredients, mixing thoroughly as you go.
- Once you have an even mixture, stir in the chocolate chips and pumpkin seeds.
- Line two baking sheets with parchment paper, and scoop out 14 even sized balls flattening them slightly.
- Bake from 15-20 minutes, depending on how "done" you like your cookies!
- Allow to cool and store them in the freezer.

MACRONUTRIENT BREAKDOWN (per 1 cookie)	Protein	Carbs	Fibre	Fat	Cals
	9.5g	16g	5g	8g	148

Veggie Stuffed Chicken Breast

INGREDIENTS

- 6 chicken breasts (boneless, skinless)
- 1/2 medium zucchini
- 1 roma tomato
- 1/4 red onion
- 1/2 bell pepper
- 3 tbsp mozza or white cheddar cheese (grated)
- Salt & pepper
- 3 tbsp olive oil
- 1 tsp basil
- 1 tsp oregano



DIRECTIONS

- Preheat the oven to 415 degrees
- Place your chicken breast on a parchment paper covered baking tray
- Cut 4 careful slits in each one, being careful to cut deep but not all the way through
- Stuff your thinly sliced veggies in each slit, packing in as much as you can.
- Drizzle with olive oil, sprinkle seasoning on top
- Bake it in the oven for 15 minutes and carefully remove from heat
- Sprinkle cheese on top and put back in the oven until fully cooked (about 5 more minutes)

MACRONUTRIENT BREAKDOWN

Protein

34g

Carbs

4g

Fibre

1g

Fat

8g

Cals

219

Veggie Pita

INGREDIENTS

- 1/2 whole wheat pita (look for the highest fibre content you can find)
- 2 tbsp guacamole
- 3 tbsp hummus (make your own or we recommend Fontaine Sante)
- 1/2 cup sliced cucumbers
- 1 handful spinach
- 1/2 cup white beans or kidney beans (rinsed and drained)
- Juice from 1/2 lemon
- Sea salt & pepper

MACRONUTRIENT BREAKDOWN	Protein	Carbs	Fibre	Fat	Cals
	18g	48g	16g	23g	440

Vegan Stuffed Sweet Potato

***Original Version (non-vegan) can be found in your TFGG Food Prep Guide**

INGREDIENTS

- 1 serving Beyond Meat ground beef (standard package comes with 4 servings)
- 1/2 medium sweet potato
- 1 big handful spinach
- 1/4 red onion (chopped)
- 1/2 medium bell pepper (chopped)
- 2 tbsp shredded vegan cheese
- 1 tsp paprika
- 1 tsp chipotle spice
- Salt & pepper
- garlic (as much as you like)
- 1 tbsp vegan sour cream
- Juice from 1 lime
- 1 tbsp olive oil



Vegan Stuffed Sweet Potato

***Original Version (non-vegan) can be found in your TFGG Food Prep Guide**

DIRECTIONS

- Preheat the oven to 425 degrees
- Slice a sweet potato in half length-wise before wrapping half in tinfoil and placing it in the oven.
- You can make half now and half later, or do them both now and have dinner for tomorrow.
- Let it bake for approximately 20 minutes. You'll know it's done if when you poke it with a knife, it slides in easily.
- At the same time, cook your Beyond Meat in a pan until it's about 75% cooked. Once it's there, place it in a mixing bowl.
- At the same time, turn your stove to medium heat and add olive oil.
- Grill onion, peppers, and garlic for about 5 minutes until soft.
- Just before they are done, add the spinach and allow it to soften.
- Remove the sweet potato from the oven and allow it to cool down. Use a spoon to carve out the inside of the sweet potato and place it in a mixing bowl with the chicken. Leave about a 1cm thick layer above the skin.
- Add your grilled veggies to the same mixing bowl as your Beyond Meat, and add your seasoning.
- Squeeze lime juice into the mixture and stir it all together using a large fork.
- Place the mixture back into the empty sweet potato skin and top with cheese.
- With your oven turned to broil, place the stuffed sweet potato back inside and cook for about 5 minutes. Make sure to keep an eye on it as oven heat can vary!
- Remove from the oven and allow to cool slightly.
- Place a dollop of sour cream on top and enjoy!

MACRONUTRIENT BREAKDOWN

Protein

29g

Carbs

36g

Fibre

12g

Fat

20g

Cals

430

Vegan Brunch Bowl

INGREDIENTS

- 4oz of tofu crumbled (can be medium or firm)
- 1 tsp turmeric
- salt and pepper
- 1 tbsp water
- 1/2 tsp turmeric
- 1/2 tsp chilli powder
- 1/2 tsp garlic powder (or fresh garlic)
- big handful spinach or kale
- 1/3 cup yellow onion (diced)
- 2/3 cup mushrooms (sliced)
- 2/3 cup yam or potato (cut into small cubes and partially pre-cooked)
- 1 tbsp olive oil
- 1/3 avocado
- 2 tbsp salsa
- fresh lemon juice

DIRECTIONS

- Pat the tofu dry with a paper towel to remove any excess moisture. Then, crumble the tofu into small crumbles
- In a small bowl, mix up the tofu crumbles, seasonings, and water. Then set it aside.
- Next, cook the kale/spinach, mushrooms and onions, and yam on medium heat with olive oil or avocado oil in your skillet.
- Add your seasoned tofu mixture to your veg once it's halfway done, and continue to cook on medium heat for about five minutes. Add in any extra seasoning you like.
- Remove it from the pan and assemble your bowl with the tofu scramble, avocado, salsa, and fresh lemon juice squeezed on top.

MACRONUTRIENT BREAKDOWN

Protein

17g

Carbs

34g

Fibre

10g

Fat

19g

Cals

405