

**TFCG**

free program

**bonus recipes!**

## 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

## White Chocolate Pumpkin Protein Cookies

**\*makes approx 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
- splash of milk if needed (use any milk you prefer)



## White Chocolate Pumpkin Protein Cookies

\*makes approx 14 cookies

### DIRECTIONS

- Preheat the oven to 350°
- 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. Add in a small splash of milk if you need!
- 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

## Big Bowl of Dill-iciousness

\*makes 8 servings

### INGREDIENTS

- 1 can white kidney beans
- 1 can red lentils
- 1 can chickpeas
- 1 can corn
- 1 orange bell pepper
- 1 yellow bell pepper
- Approx. 4 cups cherry tomatoes (chopped)
- 1 red onion (chopped)
- Full bunch of fresh dill
- 3/4 cup goat cheese
- 1/4 cup olive oil
- 1/3 cup red wine vinegar
- Juice from 4 whole limes
- Salt and pepper
- 6 chicken breasts (baked and seasoned to your preference)

### DIRECTIONS

- This is truly one of the easiest and most delicious recipes you will ever prep!
- Rinse and drain all canned legumes and pour them into a very large mixing bowl
- Add in your chopped veggies, chicken, and all dressing and seasoning
- Cover the bowl and allow it to sit in the fridge. The longer it sits (ideally overnight) the more flavourful it becomes.
- Portion into individual servings and enjoy for lunch all week!

### MACRONUTRIENT BREAKDOWN

Protein

34g

Carbs

31g

Fibre

10g

Fat

17g

Cals

400

## Honey Mustard Salmon Bowl

**\*makes 2 servings**

### INGREDIENTS

- 2 x 4oz servings of fresh salmon (canned salmon will work too)
- 2 tbsp olive oil
- 2 cups brussel sprouts (quartered)
- 2 cups broccoli florets
- 1/2 cup red or yellow onion (chopped)
- 4 big handfuls arugula
- 6 radishes (thinly sliced)
- 4 tbsp crumbled goat cheese

### TANGY HONEY MUSTARD DRESSING

**\*makes 4 servings of dressing**

- 4 tbsp plain fat free greek yogurt
- juice from 1 lemon
- 2 tbsp honey
- 2 tbsp dijon mustard
- 2 tbsp apple cider vinegar
- 2 tbsp olive oil
- salt & pepper
- 1/2 tsp garlic powder (or fresh minced garlic if you have!)

## Honey Mustard Salmon Bowl

\*makes 2 servings

### DIRECTIONS

- Preheat oven to 400°
- Stir dressing together and store in a sealed container in the fridge!
- Season salmon however you like, place it on a pan, and set it aside.
- In a pan, place brussel sprouts, broccoli, and onion, drizzle with olive oil and season with S&P
- Place both pans in the oven. Salmon should take about 12-15 minutes to cook (unless you're using larger pieces) and veg will take about 20 minutes depending on how done/crispy you like it.
- Arrange your bowls with a base of arugula, then roast veg, salmon, radishes, and goat cheese. Drizzle with tangy honey mustard dressing and serve!

\*MACROS ARE FOR ONE BOWL W/ 1 SERVING HONEY MUSTARD DRESSING

### MACRONUTRIENT BREAKDOWN

Protein

43g

Carbs

22g

Fibre

7g

Fat

30g

Cals

535

## Creamy Chicken Tomato Soup

**\*recipe makes approx. 4 meal sized servings**

### INGREDIENTS

- 3 chicken breasts (boneless, skinless, shredded)
- 2 cans of tomatoes (look for low sodium and organic)
- 3 tbsp olive oil
- 1 yellow onion (chopped)
- 3 garlic cloves (minced)
- 1 red bell pepper (chopped)
- 2 tbsp pesto
- 1 tsp dried thyme
- 1 tsp sea salt
- 1 tsp black pepper
- 1 cup canned coconut milk (full fat)
- 2.5 cups low sodium chicken or vegetable stock
- 3 cups fresh baby spinach



## Creamy Chicken Tomato Soup

**\*recipe makes approx. 4 meal sized servings**

### DIRECTIONS

- In a pan on medium heat, cook your chicken in small chunks in half of the olive oil until it's fully cooked. Feel free to add any extra seasonings you like here.
- On a cutting board, use a fork in each hand to shred up the chunks of chicken into tiny shreds.
- In a big pan, cook the chopped garlic and onion with the rest of the olive oil on medium heat.
- After they begin to clear (2-3 minutes) add the red pepper.
- After 2 more minutes add all remaining ingredients except for the shredded chicken.
- Allow it to simmer on low heat for 20 minutes, stirring occasionally.
- Carefully pour the soup into a blender and blend until smooth OR use an immersion blender if you have one!
- Put the soup back in the saucepan and add the chicken. Mix well and allow it to sit on low heat for another 10 minutes before serving.

### MACRONUTRIENT BREAKDOWN

Protein

24g

Carbs

31g

Fibre

5g

Fat

19g

Cals

399