

TFCG

free program

week 3 + 4 recipes

PB Banana Muffins

***makes 12 - 14 muffins**

INGREDIENTS

- 2 large very ripe bananas / 3 small ones (mashed)
- 1 cup peanut butter (or nut butter of your choice)
- 2 eggs
- 1 scoop protein powder (both whey isolate and vegan options will work)
- 1/2 cup oat, almond, or coconut flour
- 1 tbsp vanilla extract
- 2 tsp baking powder
- 1 tsp cinnamon
- sprinkle of salt
- 1/3 cup granulated sweetener of your choice
- 1/4 cup syrup (use maple or sugar-free alternative, whatever your preference)
- 1/3 cup mini chocolate chips

DIRECTIONS

- Preheat the oven to 400°
- In a blender, mix all ingredients together except for chocolate chips.
- Use a spatula to get batter into a bowl from the blender, and stir in chocolate chips.
- Coat muffin tin with cooking spray (or feel free to use butter or coconut oil) and pour mixture in.
- Bake for 13 - 15 minutes, make sure to check on them as the strength of each oven can really vary.
- Allow to cool and enjoy!

MACRONUTRIENT BREAKDOWN

Protein

6g

Carbs

19g

Fibre

2g

Fat

20g

Cals

250

Summer Broccoli Salad

***makes 4 servings**

INGREDIENTS

- 2 large chicken breasts (seasoned and cooked however you like)
- 2 large crowns of broccoli
- 1 large red onion
- 1/2 cup dried cranberries
- 1 cup almonds (chopped)
- optional: 1/2 cup sharp white cheddar cheese (grated)

DRESSING

- 3 tbsp olive oil
- 1/4 cup light mayonnaise or your favourite alternative
- 3 tbsp apple cider vinegar or red wine vinegar
- 3 tbsp maple syrup or honey
- 1 tbsp garlic (minced)
- 1 tbsp dijon mustard
- Salt and pepper

DIRECTIONS

- Chop your broccoli crowns up in very small pieces and throw into a large salad bowl or large Tupperware container with a sealable lid (this makes it easier to store).
- Add chopped red onion, chopped cooked chicken breast, dried cranberries, almonds, and cheese.
- Mix the dressing in a small bowl, and pour it over your salad.
- This salad is SO good, but it definitely gets more flavourful and delish the longer it marinates. If possible, allow it to sit in the fridge sealed overnight before enjoying!

MACRONUTRIENT BREAKDOWN

Protein

27g

Carbs

40g

Fibre

7g

Fat

32g

Cals

541

Chocolate Cherry Chia Shake

***makes 1 serving**

INGREDIENTS

- 1 cup frozen cherries
- 1 serving chocolate whey isolate or vegan protein powder
- 1-2 tbsp cocoa powder (depending on how rich you want it)
- 1 tbsp chia seeds (regular or ground)
- 1/3 avocado
- 1 big handful frozen spinach
- 1/2 cup ice
- 1 cup unsweetened nut milk
- Sprinkle of sea salt (helps bring out chocolatey deliciousness)
- Stevia (optional)

MACRONUTRIENT BREAKDOWN

Protein

34g

Carbs

32g

Fibre

13g

Fat

16g

Cals

410

Overnight Oats

***makes 1 serving**

INGREDIENTS

- 1/3 cup quick oats
- 1 tbsp chia seeds
- 1 scoop whey isolate or vegan protein powder in any flavour you like
- 1/3 cup unsweetened vanilla nut milk or oat milk
- 1/3 cup plain fat free greek yogurt
- pinch pink sea salt
- 1 tbsp nut butter
- choice of: 1/3 cup berries (fresh or frozen), 1/2 sliced banana, 1/2 chopped apple
- Optional: sweeten with stevia or monkfruit
- Mason jar with lid or tightly sealed Tupperware container

DIRECTIONS

- Combine all the ingredients together in your sealed container and mix thoroughly. Close and shake the container to really mix it!
- Place in the fridge overnight...and that's it! It's ready to eat.
- You can make a few batches in different containers at once and store them in the fridge for up to 3 days.

MACRONUTRIENT BREAKDOWN

Protein

42g

Carbs

37g

Fibre

12g

Fat

16g

Cals

444

Stuffed Sweet Potato

***makes 1 serving**

INGREDIENTS

- 1 medium chicken breast (note: you can also swap for ground turkey or lean ground beef if that's what you have access to)
- 1/2 medium sweet potato
- 1 big handful spinach
- 1/4 red onion (chopped)
- 1/2 medium bell pepper (chopped)
- 2 tbsp shredded cheddar cheese (can swap for goat or feta cheese)
- 1 tsp paprika
- 1 tsp chipotle spice
- Salt & pepper
- garlic (as much as you like)
- 1 tbsp plain fat-free greek yogurt or tzatziki
- Juice from 1 lime
- 1 tbsp olive oil

Stuffed Sweet Potato

***makes 1 serving**

DIRECTIONS

- Preheat the oven to 425°
- 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, bake your chicken breast in the oven until it's about 75% cooked. It should still be slightly pink on the inside.
- Using a fork, pull the chicken breast apart so that it's shredded into small pieces. Place these in a mixing bowl.
- 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 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 greek yogurt on top and enjoy!

MACRONUTRIENT BREAKDOWN

Protein

31g

Carbs

31g

Fibre

8g

Fat

18g

Cals

403

Spaghetti Squash Boats

***makes 5 servings**

INGREDIENTS

- 1 spaghetti squash
- 2 packages prawns (frozen, uncooked)
- 4 handfuls spinach (chopped)
- 1 medium red onion (chopped)
- 1 cup grape tomatoes (halved)
- 1 cup of your fave pasta sauce
- 3 tbsp basil pesto
- Salt & pepper
- garlic (as much as you like)
- Juice from 1 lemon
- 4 tbsp olive oil

Spaghetti Squash Boats

***makes 5 servings**

DIRECTIONS

- Preheat oven to 425°F
- CAREFULLY slice your spaghetti squash in half length-wise
- Lightly coat the inside of the squash with olive oil and season with salt and pepper.
- Cover a baking sheet with parchment paper and place both halves of the squash face down on sheet.
- Bake for about 30 minutes. You will know squash is done when it can be easily removed with a fork.
- While the squash is in the oven, defrost your shrimp if they are still frozen. Do so by placing both sealed bags in the sink with warm water. If they aren't already, you'll need to peel the shrimp and remove the tails.
- Take squash out of the oven and scrape out insides into a large bowl with a fork.
- In a skilled on medium heat, begin to cook your garlic and onion with olive oil.
- After about 5 minutes, add your shrimp and begin to cook them.
- Add in your halved tomatoes and pesto. One the shrimp is about half done, add in the chopped spinach and allow it to begin to cook down.
- Add in your spaghetti squash and pasta sauce, mixing everything together thoroughly in the pan.
- Turn down the heat and allow the pan to simmer on low for another five minutes.
- Allow to cool and serve!

MACRONUTRIENT BREAKDOWN

Protein

36g

Carbs

20g

Fibre

6g

Fat

18g

Cals

380

Upgraded Fish Sticks

*makes 3 servings

INGREDIENTS

- 4 large cod fillets
- 2 tbsp olive oil
- 3 egg whites
- 1 tablespoon dijon mustard
- Juice from 1/2 lemon
- 1/2 tsp garlic powder or minced garlic
- 1/2 cup flour (or your preferred flour substitute)
- 1 cup Panko crumbs
- 1/4 tsp paprika
- salt and pepper

DIRECTIONS

- Preheat oven to 400°
- Coat a baking sheet with cooking spray or use a large sheet of parchment paper
- Cut fish into sticks! Go for about 3 inches long by 1/2 inch wide
- In a shallow dish, mix panko, olive oil, paprika, salt and pepper, and garlic
- In a small bowl, add your egg whites
- On another dish or on plate, pour flour
- **Step one:** lightly coat your fish stick in flour
- **Step two:** dip it into the egg white mixture
- **Step three:** Coat it evenly in the panko mixture
- **Step four:** place on baking sheet
- Repeat until all the fish sticks are done!
- Bake for about 12-15 minutes and then allow to cool

MACRONUTRIENT BREAKDOWN

Protein

40g

Carbs

30g

Fibre

3g

Fat

11g

Cals

389

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

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)

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)

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.

MACRONUTRIENT BREAKDOWN

Protein

30g

Carbs

89g

Fibre

19g

Fat

15g

Cals

584

Elevated Avocado Toast

***makes 1 serving**

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

23g

Carbs

28g

Fibre

14g

Fat

25g

Cals

410

Sweet Toast

*makes 1 serving

INGREDIENTS

- 1 piece high fibre bread
- 2 tbsp almond butter
- 1/2 banana
- handful of raspberries (mashed)
- 2 tbsp greek yogurt
- 1 tbsp hemp hearts

MACRONUTRIENT BREAKDOWN

Protein

20g

Carbs

46g

Fibre

12g

Fat

24g

Cals

467

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