

TFCG

free program

week 1 + 2 recipes

Cake Batter Shake

***makes 1 serving**

INGREDIENTS

- 1 serving vanilla whey isolate protein (or vegan vanilla protein)
- 1 small frozen banana
- 1 handful frozen cauliflower florets
- 1 handful frozen spinach
- 1 cup ice
- 1 cup of your preferred milk
- 1/3 avocado
- 1 large medjool date (pitted)
- 2 tbsp hemp hearts
- sprinkle of cinnamon
- 1 tsp vanilla extract
- optional: sprinkle with some sprinkles to make it fun!

MACRONUTRIENT BREAKDOWN

Protein

38g

Carbs

49g

Fibre

11g

Fat

21g

Cals

498

Caesar Salad w/ Garlic Prawns

***makes 2 servings**

INGREDIENTS: CROUTONS

- 2 pieces of whatever bread you have / enjoy
- 2 tbsp olive oil
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 1/2 tsp pepper
- optional: 1/2 tsp Italian seasoning

DIRECTIONS: CROUTONS

- Preheat your oven to 375°F
- Slice bread into small, crouton-sized cubes and throw in a small bowl
- Drizzle bread with olive oil, and sprinkle seasoning on top
- Place croutons on a parchment paper covered baking sheet
- Bake for about 15 minutes, or until crispy and golden brown. Make sure to flip them halfway through!

Caesar Salad w/ Garlic Prawns

***makes 2 servings**

INGREDIENTS: DRESSING

- 1/4 cup plain fat-free greek yogurt
- 1.5 tbsp light mayo
- 1/2 tsp dijon mustard
- 1 anchovy (chopped up really small!)
- 1 tsp garlic (minced)
- 3 tbsp grated parmesan cheese
- 2 tbsp lemon juice
- salt and pepper

DIRECTIONS: DRESSING

- Throw all of the ingredients above into a food processor or blender
- Blend until smooth. That's it!

Caesar Salad w/ Garlic Prawns

***makes 2 servings**

INGREDIENTS: SALAD

- 300g (1 package) raw shrimp (peeled and deveined)
- 3 handfuls romaine lettuce (chopped)
- 3 handfuls baby spinach
- Juice from 1 lemon
- 1 tbsp garlic (minced)
- 2 tbsp olive oil
- 1 egg (medium boiled)
- 1/2 avocado (sliced)
- 1 tsp paprika
- Salt and pepper

DIRECTIONS: SALAD

- In a small bowl, mix the shrimp, olive oil, and seasoning together
- Turn your stove to medium heat. While you wait:
- Chop your lettuce and arrange onto two large bowls or plates
- Boil your egg to desired doneness. Slice in half (one half goes on each salad)
- Cook your shrimp in the pan for about 2 minutes / side. Make sure you don't overcook or they will end up rubbery!
- Assemble your salads with shrimp, dressing, croutons, and sliced avocado. Enjoy!

MACRONUTRIENT BREAKDOWN

Protein

39g

Carbs

21g

Fibre

6g

Fat

24g

Cals

520

BELTAC Sandwich

***like a BLT but WAY better - makes 1 serving**

INGREDIENTS

- 2 pieces of toasted high fibre bread (you can also swap these out for a high fibre wrap or pita)
- 1 egg (fried or poached)
- 2 strips of bacon (look for organic, nitrate-free if possible)
- romaine lettuce
- tomato slices
- 1/3 avocado (mashed with a fork)
- 2 tbsp crumbled feta cheese
- 2 tbsp tzatziki (check out our dairy-free tzatziki recipe below!)
- 1 tsp sriracha (or your fave hot sauce)

MACRONUTRIENT BREAKDOWN

Protein

27g

Carbs

39g

Fibre

9g

Fat

26g

Cals

486

BMALT Sandwich

***like a BLT but VEGAN and WAY better - makes 1 serving**

INGREDIENTS

- 2 pieces of toasted high fibre bread (you can also swap these out for a high fibre wrap or pita)
- 3 pieces of tempeh "bacon" (grill in pan with mushroom)
- large portobello mushroom (thinly sliced & grilled in a pan 1 tbsp olive oil)
- romaine lettuce
- tomato slices
- 1/3 avocado (mashed with a fork)
- 1 tbsp hummus
- 2 tbsp tzatziki (check out our dairy-free tzatziki recipe below!)
- 1 tsp sriracha (or your fave hot sauce)

MACRONUTRIENT BREAKDOWN

Protein

17g

Carbs

47g

Fibre

13g

Fat

28g

Cals

512

Dairy-free Tzatziki

from our good friend Sarah Howe - find her and her incredible recipes on IG @sar_howe (Thank you for letting me share this babe!)

INGREDIENTS

- 1 full container Earth Island vegan sour cream (473ml)
- 4 cloves garlic (minced)
- 3/4 cucumber (shredded and squeezed)
- 1/4 cup fresh dill (chopped)
- 1/2 tsp salt
- 1 tbsp olive oil
- 1/4 cup Tofutti sour cream (NOTE: this is optional for extra creaminess)

DIRECTIONS

- Roll up the shredded cucumber in a paper towel and squeeze all of the moisture out of it
- Mix all the ingredients together in a bowl
- Store in a sealed container in the fridge - it will stay good until the expiration date of the sour cream
- Enjoy!

Honey Mustard Chicken Bake

***makes 4 servings**

INGREDIENTS

- 8 chicken thighs (skinless)
- 3 medium red potatoes
- 1 large yellow onion
- 150g (3 large handfuls) green beans
- 1 tbsp olive oil

NOTE: As always, add any other veg in the fridge that you think would taste good and want to use up!

MARINADE

- 1 tbsp garlic powder or minced garlic
- 2 tbsp olive oil
- 1/3 cup honey
- 4 tbsp dijon mustard
- 3 tbsp water
- lots of dried or fresh basil
- salt & pepper

Honey Mustard Chicken Bake

***makes 4 servings**

DIRECTIONS

- Preheat the oven to 400°F
- Cube the potatoes, lightly cover with olive oil on a large baking sheet, and place in the oven for 20 minutes.
- At the 10 minute mark, add the green beans and chopped onion with a little more olive oil and salt & pepper. while they are baking, mix together all ingredients for marinade and shake well (I like to mix them in a small tupperware and shake)
- Pat the chicken thighs dry with a paper towel or cheese cloth
- Place your chicken thighs in a large ziplock bag or mixing bowl, and pour the marinade on top.
- Allow it to sit like that while the veggies cook. You can even do this step earlier if you like and let the chicken marinade for up to 12 hours covered/sealed in the fridge.
- Remove the veggies from the oven and pour your marinated chicken mixture on top. Try to spread the marinade evenly and toss it a bit so everything is coated.
- Place the whole tray with chicken, veg, and marinade into the oven for another 20-25 minutes (this can vary slightly depending on the strength of you oven so check them)
- Remove, allow to cool, and enjoy!

MACRONUTRIENT BREAKDOWN

Protein

47g

Carbs

47g

Fibre

5g

Fat

16g

Cals

523

PB Banana Parfait

***makes 1 serving**

INGREDIENTS

- 1 scoop vanilla whey isolate or vegan protein
- 3/4 cup plain greek yogurt
- 1 tbsp natural peanut butter
- 1/2 banana (sliced)
- 2 tbsp chocolate chips
- 1 tbsp stevia (optional)

DIRECTIONS

- Mix protein, yogurt, peanut butter, and stevia together with a fork or whisk in a small bowl. You'll want to do this pretty aggressively to help it get that whipped texture
- Stir in sliced banana and chocolate chips, and enjoy!

MACRONUTRIENT BREAKDOWN

Protein

49g

Carbs

41g

Fibre

5g

Fat

18g

Cals

514

Apple Pie Parfait

***makes 1 serving**

INGREDIENTS

- 1 scoop vanilla whey isolate or vegan protein
- 3/4 cup plain greek yogurt
- 1 apple (your favourite kind)
- 1/4 cup oats
- 1 tsp vanilla extract
- 1 tsp coconut oil
- 1 tsp cinnamon
- squeeze of lemon juice
- 1 tbsp stevia (optional)
- 1 tbsp crushed walnuts (or any nuts you prefer)

DIRECTIONS

- Peel and cube apples in a pan on medium heat, add coconut oil lemon juice and apples.
- Stir in the cinnamon, vanilla and oats, and allow apple to soften for about 10 minutes
- Mix the rest of the ingredients (except for nuts) together separately with a fork or small whisk in a small bowl. You'll want to do this pretty aggressively to help it get that whipped texture
- Add in oats and apple mixture to the parfait and top with walnuts

MACRONUTRIENT BREAKDOWN

Protein

48g

Carbs

47g

Fibre

7g

Fat

13g

Cals

486

Mediterranean Bowl

***VEGAN - makes 1 serving**

INGREDIENTS

- 5 kalamata olives
- 1/2 medium cucumber (thinly sliced)
- 2 handfuls spinach
- 6 cherry tomatoes (halved)
- 1 tsp garlic (minced)
- 1/3 avocado (sliced)
- 1/3 cup chickpeas (rinsed & drained)
- 1/3 cup edamame (shelled)
- 2 tbsp dairy-free plain greek yogurt or tzaziki
- Fresh basil
- Sea salt
- Juice from 1 whole lemon
- 1 tbsp olive oil

DIRECTIONS

- Put olive oil in a pan on medium heat.
- Grill spinach, garlic, chickpeas & tomatoes for about 3-5 minutes depending on how done you want them.
- Throw all your fresh and cooked ingredients in a bowl and top with lemon juice, sea salt, and dairy-free greek yogurt or tzaziki!

MACRONUTRIENT BREAKDOWN

Protein

23g

Carbs

36g

Fibre

16g

Fat

21g

Cals

489

Breakfast Bake

***makes 8 servings**

INGREDIENTS

- 1lb ground turkey (454g) or vegan meat alternative
- 12 whole eggs
- 1 large yam or 2 small yams (cubed)
- 1 bell pepper (thinly sliced)
- 1 cup mushrooms (sliced)
- 3 cups spinach (chopped)
- 1 cup yellow onion (chopped)
- 1.5 cups broccoli (chopped)
- 4 tbsp olive oil
- 2 tbsp garlic (chopped)
- salt & pepper
- 1/2 cup of your preferred milk
- 1/2 cup cheddar cheese (shredded)

NOTE: When cooking this recipe, feel free to get creative with the seasonings and the vegetables. I often go for paprika, garlic, onion, and dill (or whatever I have available).

When it comes to veggies, use whatever YOU like best and definitely take advantage of the chance to use up what you have in the fridge. Have fun with it!

Breakfast Bake

***makes 8 servings**

DIRECTIONS

- Preheat the oven to 400° F
- Chop all of your veggies (other than spinach or any leafy greens), coat with 2 tbsp of olive oil and any seasonings you like!
- Cook for 20 minutes in the oven until veggies begin to soften. Set aside when done.
- Turn the oven down to 350°F
- At the same time, cook your ground turkey or beyond meat in a pan on medium heat for 5 minutes. Season however you like. This should be cooked until about half way done! Set aside.
- In a large bowl, whisk together whole eggs, milk, cheese, garlic, and salt & pepper.
- Coat a 9 x 13 baking dish (2 smaller baking dishes will also work) with the remainder of your olive oil.
- Pour in your veggies, turkey, chopped spinach, and egg mixture. Stir it well so that everything is evenly mixed!
- Place your baking dish in the oven and cook for 30 minutes at 350°F
- Remove from heat and allow your bake to cool for at least 10 minutes before serving!
- Divide it into 8 portions, and store it in the fridge for the rest of the week.

MACRONUTRIENT BREAKDOWN

Protein

25g

Carbs

20g

Fibre

6g

Fat

20g

Cals

398

Corn and Cauli Chowder

***VEGAN - makes 8 servings**

INGREDIENTS

- 3 cups of white kidney beans (rinsed and drained)
- 1 head of broccoli (cut into florets)
- 1 head of cauliflower (cut into florets)
- 1 large zucchini
- 1 yellow onion (chopped)
- 2 tbsp coconut oil
- 1 can of corn (rinsed and drained)
- 1 tsp xanthan gum
- 3 cups low sodium vegetable broth
- 1 tsp garlic powder
- 1 can lite coconut milk
- Salt and pepper
- Garnish with: cilantro (optional)

Corn and Cauli Chowder

***VEGAN - makes 8 servings**

DIRECTIONS

- In a large saucepan, add broccoli, cauliflower, onion, zucchini, kidney beans, and coconut oil.
- Cook on medium heat until soft (for about 7 minutes) stirring regularly.
- Pour in vegetable broth and coconut milk, and mix in garlic, salt & pepper, and xanthan gum.
- Turn the heat to low and allow to simmer on the stove for 15 more minutes.
- Carefully transfer the soup into the blender, and blend until thick, smooth, and creamy. Alternatively, use a hand mixer in the sauce pan if you have one!
- Transfer back to the saucepan and stir in the corn.
- Allow it to simmer for at least another 10 minutes on medium-low. Enjoy! This is one of the most comforting and cozy meals.

MACRONUTRIENT BREAKDOWN

Protein

25g

Carbs

37g

Fibre

13g

Fat

22g

Cals

456

Pesto Shrimp Scampi

***makes 4 servings**

INGREDIENTS

- 1 lb frozen shrimp (peeled, deveined, thawed)
- 1 spaghetti squash
- 1 bunch asparagus (chopped into small bite-sized pieces)
- 1 carton grape tomatoes (halved)
- 2-3 shallots (thinly sliced)
- 3 big handfuls spinach
- 1/4 cup pesto
- 1/2 cup full fat coconut milk
- 1/2 cup tomato paste
- 1 tbsp dried basil leaves
- 3 tbsp olive oil
- 2 tbsp garlic (minced)
- Juice from 1 lime
- Salt & pepper

Pesto Shrimp Scampi

***makes 4 servings**

DIRECTIONS

- Preheat your oven to 410° and slice your spaghetti squash in half.
- Cook open faced side down for 25-30 minutes. You should be able to easily scrape the squash out of the shell when it's done.
- Turn stove to medium heat, add olive oil, garlic, shallots, tomatoes, and chopped asparagus to a large pan or wok, and cook for about 5 minutes until they begin to soften.
- Add in the cooked squash, shrimp, pesto, basil, salt & pepper, and turn heat to low, stirring regularly for about five minutes, mixing in the spinach half way through.
- Stir in the coconut milk and tomato paste and squeeze in the lime juice, stirring everything together on low heat for another 10 minutes
- Remove from heat, allow 5 minutes to cool, and serve in bowls!

MACRONUTRIENT BREAKDOWN

Protein

32g

Carbs

34g

Fibre

11g

Fat

32g

Cals

520