

TFGG GAME PLAN

weeks 1 & 2

ORIGINAL

TFGG GAME PLAN

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why a game plan?

So, why create a Game Plan in the first place? What's the point, and what is it going to do for you?

Since starting TFGG in 2017, I have been adamantly against the meal plan model. Can it work for certain clients when tailored to their exact needs? Yes, absolutely. But the thought of giving a set meal plan to thousands of women honestly scared me. I hated seeing the generic meal plans out there that were hyper restrictive and led to fear around food. Hell, I've even been given meal plans in the past from coaches that have led to more food obsession, restriction, fear, and binging, than I ever could have imagined.

What I've learned from two years of running TFGG is that you want more guidance! When I first conceptualized the Gang, I felt that creating recipes and coaching step-by-step nutritional habits would be enough. And it was, for some people! But what I learned quickly is that most of you wanted more structure and support. You wanted to visually be able to see what a healthy and satisfying day of eating might look like, and be given structure so that you could work toward your body composition goals with confidence and without restriction.

What's funny is that I never really considered the fact that I follow a Game Plan myself. In fact, it's been one of the major tools I've used to maintain consistent healthy habits over the past six years and to simplify my entire life. Sure it's not typed out beautifully, but I go into every week with a Game Plan for my nutrition, and I am determined to do the same for you!

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purpose of the game plan

- **Eliminating fear around food.** You'll eat a wide variety of foods, there are no foods that are "off limits", and you'll learn how to feel less stress and overwhelm about treating yourself in general.
- **Simplifying your life!** The Game Plan is going to take out the time and the work that goes into attempting to eat healthy on your own. Everything is laid out for you, and is designed to save you money, time, and effort.
- **To show you how to eat according to your goals.** Do you have body composition goals right now? If so, this is going to show you how to reach them in the simplest way possible: through a slight caloric deficit or slight surplus (depending on your goals) so there's no more attempting to lose fat or gain muscle without knowing if what you're doing is even working. Don't have body comp goals? That's great too! Either way, you'll learn how to **properly fuel your body to feel your best and train your most effectively.**
- **To internalize your TFGG habits.** Remember all of the habits we've slowly incorporated week by week? Well the Game Plan is going to show you how to incorporate them all in on a daily basis so that soon, it's so automatic you don't even need to think about it!
- **To give you a sense of support.** So often with food, it's easy to feel so lost. Should you try keto? Intermittent fasting? Go Vegan? Paleo? The Game Plan is going to give you a sense of structure and support when it comes to what to look for in each of your meals so you never feel lost or unsure again.
- **To not need it forever.** Yes, I mean that! The Game Plan is going to show you how to incorporate your habits, prep your food, plan your treats, and hit your daily goals. Eventually, you won't even need it any more because it's all going to become second nature!

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your daily checklist

***print me out and hang me on the fridge or put me in your planner!**

- Go through the list and check off everything you've successfully completed at the end of each day.
- The Morning Drink
- Minimum 3L of water
- Hit my goal of 100g protein (knew my main protein source in each meal)
- Had a fat source in each meal
- Significant servings of greens in at least two meals today
- Tried to incorporate high fibre foods
- Practiced gratitude: Wrote down or said out loud things I am grateful for
- Self Talk: Actively worked on being kind to myself today

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planning out your week

***read this before you go grocery shopping!**

- **Choose your meals:** With your week ahead of you, take a look at the recipes below and decide which ones sound most appealing to you (and whoever else you may be cooking for).
- **Enjoy what you eat:** None of the recipes for a certain meal sound that good for you? Don't cook them then! This is NOT a rigid meal plan and there are no "bad foods". Head to the TFGG Recipe Bank, and choose a recipe you'd like to plug in instead. **Look for: a protein source, a fat source, and greens.**
- **Trying to save money?** Stick to 1-2 main protein sources for the week and buy them in bulk! You can completely switch it up next week so you don't get bored
- **Another money saving hack:** select a combination of 5ish veggies you love and make them in a giant batch that you can use for multiple recipes! Make sure at least two of them are green. Once again, you can mix it up next week with a different veggie combo.
- **How many days/how many people are you cooking for?** Especially when it comes to servings of protein, you'll want to count it out to make sure you're buying enough and don't run out after two days!
- **How many times are you hitting the grocery store this week?** I usually plan for two, and if I'm doing different recipes on the weekend, I'll hit the grocery store for a smaller "weekend shop" on Friday night/Saturday am (that way I only need to focus on buying and prepping for the work week ahead during the bigger shop).
- **Your Schedule:** It may take a few weeks for you to get into a routine that works for you! Your life is completely unique to everyone else's on the Game Plan, so figure out when it works best for you to grocery shop and prep your food. There is no one right way to do it, there's only right for you.

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the reality of food costs

***this is for you if you eat out fairly often and aren't used to buying groceries!**

Before we get into this, you should know that this information is coming from me, but it's really coming from my incredibly smart and handsome financial advisor (who also happens to be my fiancé). You can now feel free to think of Quinton as your virtual financial advisor too if you don't already have one!

So here's the deal when it comes to shifting your mindset about spending money on food: it's hard. Event when I was at my most broke (we're talking \$3.86 in the bank and mountains of debt) I found a way to buy a Starbucks drink almost every day, but couldn't stomach the idea of spending money on groceries to last me through the week.

The shift from eating fast/cheap foods from restaurants 1-3x/day to buying groceries to prepare 90% of your meals at home requires an understanding of your spending psychology. Right now you likely don't bat an eye at a \$6.75 sandwich or a \$13.00 bowl, and it's because you only spend on food in small amounts. The difference between eating out and buying groceries is that groceries are one bigger expense each week instead of many smaller ones. Let's break it down:

- **Turkey Sub from Subway: \$6.75**
- **Freshii Bowl with protein: \$12.48 (and that's the cheapest one on the menu)**
- **Grande Skinny Vanilla Latte from Starbucks: \$6.33**

Let's say you eat an average of two meals out per day at an average of \$8.00 each. That works out to a total of \$112.00/week (and doesn't include your coffee, and whatever groceries you're eating for your third meal and any snacks.

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the reality of food costs

***this is for you if you eat out fairly often and aren't used to buying groceries!**

Having used this Game Plan for a LONG time now, I guarantee you that you can feed yourself on it for under \$100.00/week. To make it easy though, let's round up and pretend you spent \$100.00 for a full week of groceries. What does that work out to for each meal?

\$100.00 / 7 days / 3 meals per day = \$4.76/meal (in reality though it's actually cheaper than that per meal because this doesn't account for your 2 snacks per day that are included in the grocery bill).

You might be reading this and rolling your eyes, and that's okay! I know this information isn't for everyone (some of you don't care about it, and some of you likely know this like the back of your hand) but I'm putting it out there as a resource for two reasons:

- **I wish someone had explained this to me earlier in my life. I have wasted so much money I didn't have on frivolous daily food expenses being afraid of a big grocery bill, when I would have saved SO. MUCH. MONEY**
- **Clients and friends in the past have said to me so many times that they "can't afford to eat healthy" when in reality fully admit to drinking Starbucks every day and spending \$6.99 on Beyond Meat burgers on a regular basis.**

I want to wrap this up by acknowledging that you may not be in a financial position to spend money on fast food or on groceries! It is such a huge privilege to be able to buy any food at all, and the advice above may not apply to you. If you are in a position right now where you cannot afford regular groceries, please just do what you can comfortably. The Game Plan SHOULD NEVER put any sort of financial pressure or strain on anyone.

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ingredient list

***bring me with you grocery shopping!**

At the risk of sounding like a broken record, make sure that you have selected the recipes you're going to eat this week before you actually go in to the grocery store!

Once again, to save money: Select 1-2 main protein sources for your week, and 5ish vegetables to create a medley you can use for multiple recipes. At least 2 of these should be greens, and at least 1 should be a higher carb vegetable to keep you feeling satisfied (ie. yams, potatoes, squash, beets).

The Morning Drink

Are you ready to start your day right? Bring on the ultimate morning drink. Wake up, brush your teeth, and RE-HYDRATE. We are so often on autopilot that coffee becomes our go-to. From now on, The Morning Drink is going to be the simple thing you do for yourself to start your day right with a commitment to bettering yourself.

It helps with: Improved digestion, lowering blood sugar, killing bacteria, improving your immune system, balancing electrolytes, lowering blood sugar, and most of all, gets you ready mentally to take on the day.

- 1 tbsp fresh lemon juice (approx. 1/3 lemon)
- 1 tbsp organic unfiltered Apple Cider Vinegar (Braggs is recommended)
- 1 tsp pink Himalayan salt (4-5 cranks on the grinder works perfectly)
- 500ml+ warm water

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breakfast options

***ingredients are for ONE serving. Multiply this by the number of times you plan on having each recipe this week.**

Cookie Butter Shake

- 1 serving vanilla or chocolate whey isolate protein (or vegan if you prefer it)
- 1.5 tbsp natural peanut butter or almond butter (whichever you like better)
- 1 cup ice (definitely smarter to make it in ice trays than buy it)
- 1 cup frozen spinach (buy it fresh and then freeze it)
- 1/2 medium frozen zucchini (buy it fresh and then freeze it)
- 3/4 cup unsweetened nut milk (you can do vanilla or original)
- 1.5 tbsp ground chia seeds (strange fact: these are always on sale in the back of Winners)
- 1 tbsp Stevia (optional but recommended if you have a sweet tooth)
- Sprinkle of Pink Sea Salt (optional but helps bring out the flavours)

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***bring me with you grocery shopping!**

breakfast options

***ingredients are for ONE serving. Multiply this by the number of times you plan on having each recipe this week.**

PB & J Oats

- 1/3 cup quick oats (save money by always buying the bag and not individual packets)
- 1/4 cup grated zucchini (about 1/3 - 1/2 of a zucchini)
- 1 tsp baking powder (optional but makes consistency amazing)
- 1/4 cup unsweetened nut milk or water (I personally cook mine with water and mix a little cashew milk in after. You do you).
- 1 serving chocolate or vanilla whey isolate protein (or vegan if you prefer it)
- 1/3 cup raspberries (fresh or frozen)
- 1.5 tbsp natural peanut butter or almond butter (whichever you like better)
- 1 tbsp Stevia (optional but recommended if you have a sweet tooth)
- 1 tsp Cinnamon (optional)

Directions

- Mix all of your ingredients in a bowl except for the nut butter and protein powder.
- Microwave for 90 seconds, take out and stir.
- Mix in the protein powder and nut butter (and a splash of cashew milk if it needs it).
- Throw it back in the microwave for 20-30 seconds, take it out and you're good to go!

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ingredient list

***bring me with you grocery shopping!**

breakfast options

***ingredients are for ONE serving. Multiply this by the number of times you plan on having each recipe this week.**

Kitchen Sink Omelette

- 1 cup of your pre-cooked vegetable medley (remember: veggies cook down significantly. This works out to about 2 cups of raw vegetables)
- 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!

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ingredient list

*bring me with you grocery shopping!

lunch options

*ingredients are for ONE serving. Multiply this by the number of times you plan on having each recipe this week.

Mediterranean Pita

- 1/2 whole wheat pita (look for the highest fibre content you can find)
- 1 chicken breast (boneless, skinless)
- 1/3 cup red onion (thinly sliced)
- 1/3 cup red bell peppers (sliced)
- 2 hearts romaine lettuce
- 1 handful spinach
- Greek seasoning (as much as desired)
- 2 tbsp light feta cheese
- 2 tbsp tzatziki (Skotidakis is incredible and so healthy with only 5 ingredients)
- 1 tsp fresh lemon juice

Hearty Salad Bowl

- 1 cup of your pre-cooked vegetable medley (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). 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)

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ingredient list

***bring me with you grocery shopping!**

dinner options

***ingredients are for ONE serving. Multiply this by the number of times you plan on having each recipe this week.**

The Go-To

- 1.5 cups of your pre-cooked vegetable medley (remember: veggies cook down significantly. This works out to about 3 cups of raw vegetables)
- 2 tbsp of goat or feta cheese sprinkled on top of your warm veggies
- **Protein options:** chicken (medium breast), salmon (4oz), shrimp (9 jumbo/15 small), lean beef burger, or turkey burger (follow TFGG recipes to season and cook).
- 1 tbsp olive oil

Stuffed Sweet Potato

- 1 medium chicken breast (note: you can also swap for ground turkey or lean ground beef if that's what your protein is this week)
- 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

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ingredient list

***bring me with you grocery shopping!**

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.
- 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 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!

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ingredient list

***bring me with you grocery shopping!**

snack options

Choose one of: Chocolate Chip Protein Balls or White Chocolate Pumpkin Protein Cookies

Chocolate Chip Protein Balls

*recipe makes either 14 big balls or 28 small ones. It's up to you and depends on if you'd rather have 1 or 2 each day!

- 1/2 cup coconut flour
- 4 scoops of chocolate or vanilla whey protein powder (1.25 cups)
- 1 cup cashew butter (you can swap for natural PB if you prefer)
- 1/3 cup cocoa powder
- 1/2 bag of no-sugar added chocolate chips (Krisda or similar product)
- 3/4 cup sugar-free syrup
- 2 tbsp unsweetened nut milk (approx.)

Directions

- In a large bowl, mix together coconut flour, cocoa powder, and protein powder.
- In a microwave-safe bowl, microwave cashew butter and syrup until they reach a runny consistency.
- Add in liquid to the dry ingredients, mixing as you go.
- * Once you have an even mixture, add in the nut milk if it is too dry to form into balls! On the other hand if your mixture is too runny, add an extra scoop of protein powder.
- Finally, mix in the chocolate chips and form the mixture into balls. Place on a baking sheet and store in the freezer.

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ingredient list

*bring me with you grocery shopping!

snack options

Choose one of: **Chocolate Chip Protein Balls** or **White Chocolate Pumpkin Protein Cookies**

White Chocolate Pumpkin Protein Cookies

*recipe makes 14 big cookies for one each day!

- 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
- parchment paper

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ingredient list

*bring me with you grocery shopping!

snack options

Choose one of: Chocolate Chip Protein Balls or White Chocolate Pumpkin Protein Cookies

White Chocolate Pumpkin Protein Cookies

*recipe makes 14 big cookies for one each day!

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.
- If it's a little too wet, feel free to add in a touch more coconut flour and protein.
- 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.

Daily Snack: Fresh Veg & Dip

- 1 cup of your favourite fresh veggies (sliced)
- 3 tbsp of either hummus or guacamole

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ingredient list

***bring me with you grocery shopping!**

weekend brunch options

***ingredients are for ONE serving. Multiply this by the number of times you plan on having each recipe this week.**

Just like everything else, this is completely up to you! If you want to keep eating your M-F breakfasts, you 100% should. I just know that I personally love a laid back, relaxed, and slightly more indulgent-feeling brunch at least once every weekend, and I wanted to put a couple out there as options for you.

Protein Pancakes with Blueberry Cream Cheese Filling

- 1 egg
- 1 serving vanilla whey protein
- 1/2 tsp vanilla extract
- 1 tsp cinnamon
- 1 tsp baking powder
- 1/3 cup fat-free cottage cheese
- 3 tbsp coconut flour
- Non-stick coconut oil spray or coconut oil

Blueberry Cream Cheese Filling

- 1/3 cup blueberries (frozen)
- 1/4 cup fat free cream cheese
- 1/4 cup fat free greek yogurt
- 1 tsp vanilla extract
- 2 tbsp stevia
- 3 tbsp sugar-free pancake syrup

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ingredient list

***bring me with you grocery shopping!**

weekend brunch options

Protein Pancakes with Blueberry Cream Cheese Filling

Directions

- Add all ingredients into high powered blender or food processor and blend until completely smooth and free of lumps.
- For Pancakes: Turn stovetop to medium heat (not high or the outsides of pancakes will burn!) and spray pan with coconut oil spray. Pour batter on to pan and cook pancakes until outsides are golden brown and they have been cooked all the way through.
- Mix Cream Cheese Filling ingredients together and layer between pancakes
- Top with 3 tbsp sugar-free pancake syrup (Walden Farms or similar product)

The Breakfast Sandwich (w/Dill Dip)

- Thin Sandwich Bun (choose one with the highest fibre content you can find!)
- 1 whole egg
- 2 slices back bacon
- 3 slices tomato
- 1/4 avocado (sliced)
- Small handful spinach
- 1 thick slice grilled red onion

Dill Dip

- 1 tbsp fat-free cream cheese
- 1 tbsp fat-free sour cream
- 2 tbsp fresh dill (dried will work too though!)
- Salt and pepper

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meal prep instructions

***put me on the fridge or in your planner!**

- So you have your groceries and are ready to get started. Let's do this.
- The purpose of meal prep doesn't mean spending a full day preparing every single bite of food you're going to eat into matching containers. Instead, think about it as making sure you have your protein, veggies, and snacks ready to go to minimize time and effort throughout the week.
- When is the right time? Whenever it works for your schedule! Most people do it during the weekend, but you can obviously meal prep whenever makes sense for you.
- Allocate approximately two hours each week to get this done. You're going to feel like such a boss after.

Step 1: Vegetables

- Pull out all the veggies you're going to be cooking for your vegetable medley and begin to chop them. How small you chop is up to you, I personally like them on the smaller size because they cook faster and work better in eggs and salads.
- When you have about 10 minutes of chopping left, preheat your oven to 400'
- Lay out 2-3 of your biggest baking sheets with parchment paper on top (this minimizes clean up) and place veggies on all of them, mixing them evenly.
- Pour on olive oil or avocado oil and season however you like! I personally love salt, pepper, and lots of garlic. Mix the oil and seasoning around so you have an even coat.
- Place the veggies in the oven and make until they reach your desired level of "done-ness". This is so different for everyone! Just keep checking them every 5-10 minutes, and take them out to cool when you're happy with them.

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meal prep instructions

***put me on the fridge or in your planner!**

Step 2: Protein

How many days in advance is it safe to prepare protein?

It is generally advised not to leave cooked protein in the fridge for any longer than 4 days. That means you have two options: You can prep your protein 2x each week, or prep for an entire week and freeze half. Once you've finished eating all of your refrigerated options, pull the second half out of the freezer.

There is no "right" way to do it, just decide what makes more sense for you!

It is generally advised not to leave cooked protein in the fridge for any longer than 4 days. That means you have two options: You can prep your protein 2x each week, or prep for an entire week and freeze half. Once you've finished eating all of your refrigerated options, pull the second half out of the freezer and into the fridge and it's ready to go in a few hours.

There is no "right" way to do it, just decide what makes more sense for you!

- While your veggies are cooking, pull out all of your protein for the week.
- Depending on your protein options, follow the directions in the TFGG Food Prep guide in your Recipe Bank.
- If you're in a rush and want to save time, keep it simple! Season all of your protein the same way. Tbh sometimes I throw on the same seasonings that I did to my veggies and call it a day.
- When your veggies are done, pull them out and throw in your protein. How long it takes to cook is going to depend on the size and type of protein you are cooking. Check out the TFGG Food Prep Guide for specifics!

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meal prep instructions

***put me on the fridge or in your planner!**

Step 3: Snacks

- As your protein is cooking, you're going to prep your snacks!
- Whether you're making the Protein Balls or Pumpkin Protein cookies, pull out all ingredients and follow the directions that were given above.
- Pull your protein out of the oven, and if making the Pumpkin Cookies, adjust the temperature and throw them in.
- When ready, place either protein balls or protein cookies in the freezer.
- Slice your fresh veggies and portion them out so you have one cup of sliced veggies per day of the week.

Step 4: Time Saving Touches

- Go through each recipe you plan on having, and see what you can do ahead of time to make things smoother throughout the week!
- Cookie Butter Shake: Make sure you have enough spinach and zucchini frozen to get you through the week.
- PB & J Oats: Pre-grate your zucchini and seal it in the fridge.
- Omelettes: Pre-portion the amount of your cooked veg medley you'll need for each day (if you want to lol you can also just keep it in one big sealed batch)
- Mediterranean Pita: Pre-chop your chicken, onions, and red peppers
- Hearty Salad Bowl: Pre-chop your protein if it needs to be. Pre-portion the amount of your cooked veg medley you'll need for each day (if you want to lol you can also just keep it in one big sealed batch)

That's it for your weekly prep! Now all you need to do is check the night before or morning of each day to make sure you have your meals and snacks thrown together and ready to go!

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treat meals

As you sit down to map out your week, write out your goals, and schedule in your workouts, planning a treat meal is recommended. Why? Because it's fun to have something delicious and indulgent to look forward to! Maybe it's something you want to enjoy alone while laying in your sweats watching Friends, or maybe it's a fun date night getting ice cream with a full pound of cookie dough (lol can you tell I'm projecting the kinds of treats I plan?!)

There are a few very important things I want to get into in regards to treat meals:

- **Treats don't always just happen when you plan for them to.** Sometimes you think you're going to go for ice cream on Saturday, but your partner brings you home your favourite doughnut on Friday. Does that mean you shouldn't have the doughnut? NO. Should you feel guilty about having an unplanned treat? NO. We can plan out treats to look forward to all we want, but part of the pure joy of life is the unexpected and fun things that come up!
- **Eliminating guilt.** I could write an entire essay on this (and have many times) but the core of what I need you to understand is that if you are going to feel guilty and beat yourself up every time you have a treat, you are ruining the experience for yourself. What is even the point of a treat if you make yourself feel like shit about it? We NEED to learn how to enjoy the treat, know we deserved it, and move on.

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treat meals

- **Stop the cycle.** Raise your hand if you are someone who feels so guilty about an unplanned treat that it leads you to say f*ck it and binge. Then, you feel so guilty about the binge that you hyper-restrict, causing the pattern to repeat itself over and over. There are two steps to stopping this cycle: 1. Eliminate the guilt over the treat (see above). 2. After you treat yourself, go right back to eating healthy without any kind of restriction! I know how tempting it can be to restrict yourself out of guilt, but it does nothing for you, is not good for you, and it never going to allow you to break that binge restrict cycle that you're stuck in.

What makes something a treat meal?

I want to get into another issue I have with the concept of "meal plans". It's that people begin to believe that eating ANY MEAL that is not specifically listed in the plan as "allowed", must be a treat meal. THIS IS NOT THE CASE WITH THE GAME PLAN! I can't stress that enough. The meals in the Game Plan are here to give you support and structure. The Game Plan is not an exam, and it's not your relationship: there is no such thing as cheating on it!

So what is a treat meal? It is typically a very indulgent meal or dessert (sometimes both) that is high in sugar, is usually processed, and does not meet the guidelines of a nutritious meal. It is also part of enjoying your life.

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weeks 1 & 2

putting together nutritious meals

While the recipes of the Game Plan are always here for you, it's not realistic to think that you are going to have the ability to make them 24/7! The last thing I want is for you to feel lost and confused when coming up with nutrient-dense meals to fuel you when you don't have access to these recipes, are eating out, or just want to mix it up. Reminder: just because a meal isn't listed in the Game Plan doesn't mean you should think of it as a treat meal!

Protein

Think: What is my protein source in this meal?

Target: Approx. 25g/meal

Looks like: A serving size about the same size as your palm.

Green Vegetables

Think: What green veg am I getting in this meal?

Target: The more the better! Always.

Fat

Think: What is my fat source in this meal?

Target: Approx. 1 tbsp of oil or 1/2 a medium avocado

Looks like: Approx. 1 tbsp of oil or 1/2 a medium avocado

Fibre

Think: What high fibre foods are in this meal?

Target: Approx. 8-9g/meal

Looks like: Approx. 1.5 tbsp high fibre seed (like chia) or TONS of high fibre veggies

TFGG GAME PLAN

weeks 1 & 2

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Carbs

Think: What is my carb source in this meal?

Target: This one is EXTREMELY individual! You need the right amount to function all day with the most energy, and not so much that you feel lethargic or have sugar cravings. Even more so than the other categories, you're going to need to play around to figure out what's right for you as an individual. I suggest starting with about 2/3 of a cup/meal and then adjusting based on how you feel.

Looks like: rice, potato, bread, oats, yams

Note: It's important to note that a lot of these categories overlap! For instance, things like black beans can be a source of protein, fibre, and carbs!

TFGG GAME PLAN

weeks 1 & 2

adjusting the game plan for your goals

If you are someone who wanted the Game Plan partially to help you work toward specific body composition goals (ie. fat loss or lean muscle gain) then this part is for you. If you don't really have any body composition goals right now, that's cool too, and it's up to you if you want to dive into this section.

Unique Butterflies

Something you need to understand is that we aren't all just special, unique butterflies because of who we are and how we look. We are also all completely unique when it comes to our caloric output. The amount of calories (energy) that you burn on a given day comes down to everything from the job you work, your height, your age, your exercise intensity....the list is so long.

The point of explaining that is for you to understand that there is NO way for one Game Plan to work perfectly for every woman's body composition goals! To be honest, anyone who tries to sell anything food related and claim that it will help every woman reach her goals is full of complete and total horse shit.

We are going to need to play around and make adjustments based on YOU, YOUR LIFE, and YOUR GOALS. It's going to be fun though, we got this.

Step 1: Know your body composition goals

Are you prioritizing losing body fat right now, or trying to put on lean muscle tissue? While it's not impossible to do both at the same time (especially as a beginner to lifting weights) it is important that you know your primary goal between the two.

TFGG GAME PLAN

weeks 1 & 2

adjusting the game plan for your goals

Primary Goal: Body fat loss

In order to lose body fat, a person needs to be in a caloric deficit. To keep it simple: they need to be burning more calories every day than they are taking in.

The first thought that most people have after hearing this is "I need to be in as big of a caloric deficit as possible because I want to lose a lot of fat/I want to lose fat fast". That thought is the biggest mistake you will ever make when it comes to your mindset surrounding dieting.

A person should be in the smallest deficit possible to lose fat. SLOW AND STEADY WINS THE RACE. What does this mean? Let's say someone's maintenance calories are 2000 (aka they could consume 2000 calories each day, and with their normal activities/workouts they wouldn't gain or lose any fat). Rather than jumping to extremes, starving themselves, and feeling MISERABLE by eating 1,200 calories each day, a smart person who wanted to lose fat would put themselves in a SLIGHT deficit by eating somewhere around 1,700 - 1,800.

Extreme deficits aren't only unsustainable, but they lead to bingeing, unhealthy obsessions surrounding food, and weight gain. Ever heard of a "yo-yo diet" it's from trying to lose too much weight too fast.

The slower and steadier that fat loss happens, the more likely that it will be kept off long term. Not to mention the fact that you will be happier, more well fed, and have more energy.

Make sense?

TFGG GAME PLAN

weeks 1 & 2

adjusting the game plan for your goals

Primary Goal: Lean muscle gain

In order to gain muscle, a person needs to be in a caloric surplus. To keep it simple: they need to be taking in more calories every day than they are burning.

I would like to add a caveat that there are exceptions to this rule! Without making it too complex, when people are very new into their weight lifting journey it is quite common for them to experience something called "beginner gains".

Basically, they can sneak around this general rule and gain muscle as they lose fat in a caloric deficit until their body "catches up".

In most cases, person should be in the smallest surplus possible to gain muscle.

SLOW AND STEADY WINS THE RACE. What does this mean? Let's say someone's maintenance calories are 2000 (aka they could consume 2000 calories each day, and with their normal activities/workouts they wouldn't gain or lose any fat).

Rather than jumping to extremes, eating XL pizzas and doughnuts every day, and eating 4,500 calories, a smart person would put themselves in a slight surplus by eating somewhere around 2,300 - 2,400.

Something to keep in mind while in a surplus is that your body will gain some fat along with the muscle. While that isn't a bad thing at all (in fact for some people, it's the goal!) I think it's good to remember that if you go slow and steady in a surplus for a longer period of time, it will give your body more time to actually build up that muscle (remember: building muscle always takes more time and work than we think it does).

Make sense?

TFGG GAME PLAN

weeks 1 & 2

adjusting the game plan for your goals

Step 2: Start with the Game Plan as is

The food included in your game plan works out to approximately 1,650 - 1,850 calories each day, and does a great job of hitting your goal of over 100g of protein!

Now, because of you being a unique butterfly we don't yet know if this is going to be the right amount of calories that helps you work toward your goals. It's just going to be where you start.

For the first week of the Fall Series, follow the Game Plan with the same quantities of food listed. Have your 3 meals and 2 snacks each day, and include a treat meal into your week!

You are going to assess how you feel each day and at the end of your first week. Did you feel too hungry? What were your energy levels like? Are you feeling leaner and tighter after one week?

After one week it may be time for you to make slight adjustments! If you were constantly hungry, listen to your body and up your portion sizes! If you feel lethargic, heavy, and way past full, you may need to slightly reduce portion sizes.

"Slightly" is really the key word here! Remember, whether you're trying to work toward body fat loss or lean tissue gain, we want to be in a slight deficit or surplus and not venture into the extremes.

TFGG GAME PLAN

weeks 1 & 2

adjusting the game plan for your goals

Optional Step 3: Taking Photos

While this can be triggering for some people and is by no means required, you may want to take pictures if you want to see how your body changes! When you are intentionally eating to fuel your training & lift and work toward body composition goals, seeing how your body responds to what you're eating can be a really empowering feeling.

Summary:

- **Begin with the game plan below for one week.**
- **Adjust if needed with more or less food based on how you feel.**
- **Feel f*cking incredible, energized, strong, proud, and capable of anything.**

Are you ready?

Let's do this.

TFGG GAME PLAN

weeks 1 & 2

Before we begin

Please note that although your meals are listed in a specific order, there is no right order to eat them in. You can begin eating at whatever time you want each day, and eat as late as you want each evening.

Your body does not begin storing food as fat if you eat after 8:00pm (or whatever myths we've been fed as women). When and in what order you eat each day is up to you, your schedule, and what you feel like doing.

Please note that the macros and calories are only an approximate. These will vary based on your specific choices of vegetables, protein, etc. They are not there for you to obsess over, just to help you understand the breakdowns of the meals you're eating!

TFGG GAME PLAN

weeks 1 & 2

the game plan

*print me out and put me on your fridge!

The Morning Drink

Breakfast A) Cookie Butter Shake

Protein: 38g

Fat: 20g

Carbs: 19g

Fibre: 12g

Cals: 393

Breakfast B) PB & J Oats

Protein: 35g

Fat: 16g

Carbs: 32g

Fibre: 9g

Cals: 403

Breakfast C) Kitchen Sink Omelette

Protein: 38g

Fat: 31g

Carbs: 17g

Fibre: 8g

Cals: 440

TFGG GAME PLAN

weeks 1 & 2

the game plan

***print me out and put me on your fridge!**

Lunch A) Hearty Salad Bowl

Protein: 32g

Fat: 15g

Carbs: 30g

Fibre: 7g

Cals: 421

Lunch B) Mediterranean Pita

Protein: 39g

Fat: 15g

Carbs: 37g

Fibre: 8g

Cals: 409

Snack 1) Veggies & Dip

*reminder that this is listed between lunch and dinner, but you can obviously eat it whenever you want during the day

Protein: 5g

Fat: 9g

Carbs: 13g

Fibre: 4g

Cals: 150

TFGG GAME PLAN

weeks 1 & 2

the game plan

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Dinner A) The Go-To

Protein: 30g

Fat: 22g

Carbs: 24g

Fibre: 6g

Cals: 400

Dinner B) Stuffed Sweet Potato

Protein: 31g

Fat: 18g

Carbs: 31g

Fibre: 8g

Cals: 403

Dinner C) Eating Out

Yes, eating a dinner out is a part of the Game Plan! While you obviously can eat every dinner at home if you like, I really want to encourage you to feel good about being able to eat in a healthy way that fuels you and fits within the Game Plan even when you aren't at home.

Follow the guidelines above for "putting together nutritious meals" and please don't feel bad for one second that you aren't able to eat at home tonight. Live your life!

TFGG GAME PLAN

weeks 1 & 2

the game plan

***print me out and put me on your fridge!**

Snack 2 Option A) Chocolate Chip Protein Balls

*macros are for 1 large ball or 2 small ones

Protein: 11.5g

Fat: 14g

Carbs: 16g

Fibre: 5.5g

Cals: 209

Snack 2 Option B) White Chocolate Pumpkin Cookies

*macros are for 1 large cookie

Protein: 9.5g

Fat: 6g

Carbs: 13g

Fibre: 3.5g

Cals: 137