

TFGG GAME PLAN

weeks 3 & 4

ORIGINAL

TFGG GAME PLAN

weeks 3 & 4

welcome to block two

Before we get into this I want to acknowledge how proud I am of all of you. In the past two years of the gang, I have never seen more excitement, support, or dedication. You are all making me feel more connected to TFGG and determined to put consistent work toward my goals than I've ever been before. Thank you so much for that!

As you probably know if you've ever done TFGG or any other training program before, right now is when the initial excitement begins to wear off. We're actually at a really pivotal moment. Right now is when you decide if TFGG becomes something you were committed to for two weeks and then quit, or if it's something you decide incorporate into your life to help you feel your best long-term. I truly believe we can do this, and I really hope you do too.

Let's talk Thanksgiving. The first major holiday of the season is happening this weekend and if you're anything like me, there are multiple family events to attend. What I want for you is this: Enjoy your Thanksgiving, appreciate the time you get with family and friends, and get right back into the game plan with ZERO guilt attached. Obsessing over a couple of meals just isn't worth it you guys, seriously. You deserve to enjoy your life, that's why you joined the gang in the first place! Harboring guilt over a couple of indulgent meals this weekend (and then allowing that guilt to make you feel like a failure or fall of track with TFGG for good) just isn't worth it. Got it?

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Changes to the Game Plan: As you'll notice, this Game Plan is much more condensed! The original version you received covers all the content that you'll need, and the updated ones for Blocks 2-5 are more streamlined. Make sure to refer back to the Original Game Plan if you're ever looking for the more in-depth/non-recipe related content.

Using new vs. old recipes: Each time you receive a new version of the Game Plan, the majority of the recipes will be new! The purpose of this is to keep things exciting and make sure your nutrition doesn't become boring or stale. With that being said, please remember that each recipe is always an OPTION. That means that if you absolutely loved a recipe from an older version of the game plan and were feeling great about making it, keep it going! Remember, it's all about finding what works best for you, and what you enjoy!

are you ready? let's do this.

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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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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!

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.**

The OG Smoothie

- 1 serving vanilla whey isolate protein (or vegan if you prefer it)
- 1 cup unsweetened cashew or almond milk
- 1/2 cup blueberries (frozen)
- 1 handful spinach (frozen)
- 1 cup ice cubes
- 1/3 medium avocado
- 1 tbsp natural peanut butter or almond butter
- 1 tsp vanilla extract

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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.**

Banana Bread 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).
- 1/2 banana (sliced)
- 2 tsp cinnamon
- 1 tsp vanilla extract
- 1 serving vanilla whey isolate protein (or vegan if you prefer it)
- Top w/ 2 tbsp crushed walnuts

Directions

- Mix all of your ingredients in a bowl except for the protein powder and walnuts.
- Microwave for 90 seconds, take out and stir.
- Mix in the protein powder (and a splash of cashew milk if it needs it). Then top w/ walnuts.
- 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 12 mini Omelettes which equals 4 servings (1 serving = 3 mini omelettes)**

Mini Omelettes To-Go

- 6 whole eggs
- 1 cup egg-whites
- 3/4 cup deli ham (chopped) you can also swap for any protein you have!
- 2 cups spinach (chopped)
- 3/4 cup red bell pepper (chopped)
- 3/4 cup mushrooms (chopped)
- 3/4 cup butternut squash (grated)
- 1/2 cup yellow onion (chopped)
- 2 tsp garlic (minced or pureed)
- 3 tbsp avocado oil or olive oil
- Salt and Pepper
- Top with: 1 whole avocado (sliced) and 2/3 cup goat cheese (crumbled)

NOTE: To save time and money, you can easily swap out these veggies for your pre-cooked veggie medley.

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ingredient list

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

breakfast options

***ingredients are for 12 mini Omelettes which equals 4 servings (1 serving = 3 mini omelettes)**

Mini Omelettes To-Go

Directions

- Preheat oven to 350°F and coat muffin tin with avocado or olive oil.
- In a pan, grill garlic, onion, mushrooms, peppers, and squash until soft. For the last minute, add spinach to the pan and cook until soft. Remove veggies from the pan.
- Whisk together eggs, egg-whites, salt and pepper. (Go until your arm hurts... the more you whisk the fluffier the muffins!)
- Pour the egg mixture into the muffin tin in 12 equal servings, and then add your grilled veggies and chopped up ham.
- Place in the oven and bake for 20 minutes, or until eggs are fully cooked. Two minutes before they are done, top each mini omelette with goat cheese crumbles and a slice of avocado

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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.**

Avocado & Tuna Pita

- 1/2 whole wheat pita (choose one with the highest fibre content you can find)
- 1 can albacore tuna (chunk style canned in water, not oil)
- 1/2 cup alfalfa sprouts
- 1/2 cup spinach
- 1/3 cup red onion (chopped)
- 1/3 medium avocado
- 1 tbsp light mayo (look for organic if possible)
- 1 tbsp fat-free sour cream
- 1 tbsp fresh lime juice
- Salt and pepper

Directions

- In a bowl, mix together tuna, mashed avocado, onion, sour cream, mayo, lime juice, and salt and pepper.
- Layer your pita with spinach, sprouts, avocado tuna mixture, and enjoy!

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lunch options

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

Chopped Salad Bowl

- 1 medium chicken breast or 3 hard boiled eggs
- 1 cup cabbage (chopped)
- 1 cup broccoli (chopped)
- 1 medium yellow bell pepper (chopped)
- 1 large carrot (peeled and chopped)
- 1 granny smith apple (chopped)
- 1 cup radishes (sliced)
- 4 tbsp light feta (crumbled)
- 2 tbsp raw almonds (crushed)
- 1 serving (about 3 tbsp) Avocado Dill Dressing

Avocado Dill Dressing

***ingredients are for nine servings. Seal and store in the fridge!**

- 1/2 cup plain fat-free greek yogurt
- 1 medium avocado
- 1/4 cup extra virgin olive oil
- 1/4 cup lite coconut milk (canned)
- 1/4 cup water
- Juice from 2 limes
- 2 tbsp fresh dill
- Salt and pepper

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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.

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

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

Spaghetti Squash & Prawns

***makes 5 servings**

- 1 spaghetti squash
- 2 packages prawns (frozen, uncooked)
- 4+ cups of spinach (chopped)
- 1 medium red onion (chopped)
- 1 cup grape tomatoes (halved)
- 1 cup of your fave pasta sauce (look for one without added cream or cheese)
- 3 tbsp basil pesto
- Salt & pepper
- garlic (as much as you like)
- Juice from 1 lemon
- 4 tbsp olive oil

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Spaghetti Squash & Prawns

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!

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

Creamy Tomato & Chicken Soup

***makes 4 servings**

- 3 chicken breasts (boneless, skinless, shredded)
- 2 large 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 (chopped)

NOTE: This is to be eaten with 1 cup of your mixed veggie medley to get in those greens and micronutrients!

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ingredient list

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

Creamy Tomato & Chicken Soup

***makes 4 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 and spinach.
- Allow it to simmer on low heat for 15 minutes, stirring occasionally.
- Carefully pour the soup into a blender and blend until smooth.
- Put the soup back in the saucepan and add the chicken and spinach. Mix well and allow it to sit on
- low heat for another 10 minutes before serving.

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ingredient list

*bring me with you grocery shopping!

snack options

Choose one of: PB & J Protein Balls or Chocolate Peanut Butter Cups

PB & J Protein Balls

*recipe makes 20 very large protein balls. 1 ball = 1 serving.

- 2 cups vanilla whey protein powder
- 1.5 cups natural peanut butter
- 1.5 cups unsweetened coconut (shredded)
- 1.5 cups cashews
- 2/3 cup oats
- 4 cups fresh or frozen raspberries
- 2 tbsp vanilla extract
- 2 tbsp cinnamon
- 3/4 cup granulated sweetener

Directions

- Place cashews and oats in food processor and blend until you reach a fine, smooth consistency.
- Mix all dry ingredients together in a large bowl.
- In a separate bowl, mix raspberries, PB, and vanilla in together until smooth.
- Use your hands to mix the wet and dry ingredients together. You should have a heavy but moist consistency. Add a splash of nut milk if needed!
- Roll out 20 large protein balls.
- Cover a dinner plate with coconut flakes and roll each ball over it, coating them evenly.
- Place in a sealable container to store in the freezer, and freeze for a minimum of 1 hour before eating.

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*bring me with you grocery shopping!

snack options

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

Chocolate Peanut Butter Cups

*recipe makes 12 servings. 1 PB Cup = 1 serving.

- 1/2 cup coconut butter
- 1/2 cup peanut butter
- 1/2 cup cocoa powder
- 1/3 cup sugar-free syrup
- 12 mini muffin cups

Directions

- In a microwave-safe bowl, add peanut butter, coconut butter, and syrup. Microwave until they reach a runny consistency. Using a fork, swirl them together until smooth.
- Add in cocoa powder and mix well.
- Pour mixture into mini muffin cups and freeze for at least one hour (the cups should be hard and candy-like).

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

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.

Lean Mexican Breakfast

- 2 eggs
- 1 tbsp olive oil
- 2 strips of side bacon (look for all natural and nitrate-free)
- 1/4 avocado
- 2 cups spinach
- 1/2 cup mushrooms (sliced)
- 1 tsp pureed garlic
- 1/3 cup roasted tomato salsa
- 1/2 cup refried beans (recipe below)

Refried Beans

***makes 4 servings**

- 1 large can black beans (approx. 2 cups rinsed and drained)
- 2 tbsp avocado oil (olive oil works too if you don't have)
- 1-2 tsp chipotle powder
- 1/2 cup yellow onion (chopped)
- Juice from 1/2 lime
- 2-3 tbsp water
- Sea Salt to taste

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ingredient list

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

weekend brunch

Refried Beans Directions

- Turn stove to medium heat and cook onions in oil until they are clear.
- Empty liquid out of canned beans, and rinse with water.
- Add your beans to the pan along with 2-3 tbsp water.
- Use a potato masher to smash the beans into a chunky puree as they are cooking.
- Add in the lime juice, chipotle, and sea salt and mix well.
- This step is up to you! Use a blender or food processor and blend long enough to get the consistency YOU LIKE.
- Store the rest in a sealed container in your fridge!

Breakfast Directions

- In a pan on medium heat, cook your eggs sunny side up as well as both strips of bacon.
- Make sure to pat excess fat off of your bacon after it's cooked using a cloth or paper towel.
- In a separate pan on low heat, spray with avocado oil and add garlic, mushrooms, and spinach. Cook until the spinach is soft and wilted and the mushrooms are golden brown.
- Serve eggs, bacon, avocado, grilled veggies, salsa, and refried beans on a large plate and enjoy!

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Holiday Recipe Ideas

Stuck on what to bring to your Thanksgiving dinner that's healthy and delicious? These 2 recipes are guaranteed family faves.

Sweet Roasted Salad - Side Dish

*serves 6 people

- 3 medium yams (diced into cubes)
- 4 cups of brussel sprouts (quartered)
- 1 large red onion (sliced)
- 8 strips of organic nitrate-free bacon
- 2 heads of kale (finely chopped)
- 3/4 cup crumbled blue cheese
- 1 cup pecans (chopped)
- 1 cup dried cranberries
- 1 tsp cinnamon
- 3 tbsp olive oil or avocado oil
- salt & pepper

Dressing

- 1/4 cup olive oil
- 3 tbsp unpasteurized raw honey
- 3 tbsp dijon mustard (grainy or smooth depending on preference)
- 1/4 cup balsamic vinegar
- juice from one lemon

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Holiday Recipe Ideas

Stuck on what to bring to your Thanksgiving dinner that's healthy and delicious? These 2 recipes are guaranteed family faves.

Sweet Roasted Salad - Side Dish

*serves 6 people

Directions

- Preheat the oven to 400°F
- In a mixing bowl, toss your cubed yams in the oil, lay them out in a single layer on a baking sheet and sprinkle cinnamon on top (use tinfoil to help with the mess!)
- On a separate baking sheet, place onions and brussel sprouts. Spray or drizzle with oil and season with salt and pepper (use tinfoil to help with the mess!)
- YAMS: Bake for approx 20 min/side
- ONIONS & BRUSSEL SPROUTS: Bake for approx 15 min/side
- Once those are in the oven, cook your bacon on the stove until crispy. Pat to dry and eliminate excess fat.
- Arrange the salad by layering chopped kale, then roast veggies, then bacon, pecans, blue cheese, and cranberries.
- Drizzle dressing on approximately 30 minutes before you want to serve

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Holiday Recipe Ideas

Stuck on what to bring to your Thanksgiving dinner that's healthy and delicious? These 2 recipes are guaranteed family faves.

Prosciutto Wrapped Asparagus - Side Dish or Appetizer

*serves 6 people

- 1 large bundle of asparagus spears
- 1 small package light cream cheese
- 200g prosciutto slices
- Parchment paper

Directions

- Pre-heat the oven to 415 degrees
- Chop off the ends of your asparagus spears (approximately the bottom inch)
- Using a large spoon or a spatula, spread 1 tsp of light cream cheese across each piece of prosciutto so that it makes a thin layer. This doesn't need to be done perfectly.
- Take your asparagus spear and wrap the cream cheese asparagus around it tightly (cream cheese side in)
- Continue to do this until every spear has been wrapped.
- Lay them out on a parchment paper covered baking sheet, and bake in the oven until the prosciutto gets crispy and the asparagus gets tender (usually about 15 minutes).
- Allow to cool and serve - these are ALWAYS a favourite.

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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!

- 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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Step 3: Mini Omelettes

- If you've decided these are going to be one of your breakfasts this week, go ahead and make them now! If you're someone who tends to be in a rush most mornings or don't necessarily want to eat until you've left the house, this is probably the most efficient breakfast you can find.
- Prep them now, and separate them into 4 servings of 3 mini omelettes for each meal.

Step 4: Creamy Tomato & Chicken Soup

- If you've decided to make this as a dinner this week, save time by prepping it now!
- Follow the instructions above and add in the chicken that you've just made.

Step 5: Snacks

- As your protein is cooking, you're going to prep your snacks!
- Whether you're making the Protein Balls or PB Cups, pull out all ingredients and follow the directions that were given above.
- When ready, place either protein balls or pb cups 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 6: Time Saving Touches

- OG Smoothie: Make sure you have enough spinach frozen to get you through the week.
- Banana Bread Oats: Pre-grate your zucchini and seal it in the fridge.
- Tuna & Avo Pits 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)
- Chop Salad: Pre-make your Avocado Dill Dressing and store it in the fridge. Pre-chop your veg too!

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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.

TFGG GAME PLAN

weeks 3 & 4

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

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weeks 3 & 4

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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 3 & 4

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 3 & 4

the game plan

*print me out and put me on your fridge!

The Morning Drink

Breakfast A) OG Smoothie

Protein: 34g

Fat: 21g

Carbs: 26g

Fibre: 10g

Cals: 398

Breakfast B) Banana Bread Oats

Protein: 30g

Fat: 13g

Carbs: 39g

Fibre: 8g

Cals: 393

Breakfast C) Mini Omelettes To-Go (3/serving)

Protein: 30g

Fat: 30g

Carbs: 16g

Fibre: 7g

Cals: 447

TFGG GAME PLAN

weeks 3 & 4

the game plan

Lunch A) Hearty Salad Bowl

Protein: 32g

Fat: 15g

Carbs: 30g

Fibre: 7g

Cals: 421

Lunch B) Tuna & Avocado Pita

Protein: 38g

Fat: 13g

Carbs: 31g

Fibre: 7g

Cals: 363

Lunch C) Chop Salad w/ Avo Dill Dressing

Protein: 35g

Fat: 28g

Carbs: 47g

Fibre: 11g

Cals: 550

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 3 & 4

the game plan

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

Dinner A) The Go-To

Protein: 30g

Fat: 22g

Carbs: 24g

Fibre: 6g

Cals: 400

Dinner B) Spaghetti Squash w/ Prawns

Protein: 36g

Fat: 18g

Carbs: 20g

Fibre: 6g

Cals: 375

Dinner C) Creamy Tomato & Chicken Soup + Veg Medley

Protein: 25g

Fat: 24g

Carbs: 41g

Fibre: 10g

Cals: 439

TFGG GAME PLAN

weeks 3 & 4

the game plan

Dinner D) 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!

Snack 2 Option A) PB & J Protein Balls

*macros are for one XL ball

Protein: 17g

Fat: 16g

Carbs: 14g

Fibre: 5g

Cals: 265

Snack 2 Option B) Chocolate PB Cups

*macros are for one PB Cup

Protein: 12g

Fat: 17.5g

Carbs: 9g

Fibre: 5g

Cals: 199