

# TFGG GAME PLAN

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weeks 7 & 8

*ORIGINAL*

# TFGG GAME PLAN

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## welcome to block four

Since starting the Gang in 2017, I can officially say that there has never been a group of women more consistent and driven than you are right now. We are passed the half way point and headed into the final four weeks, and I wholeheartedly believe that there is just as much momentum and consistent effort as there was when we started on October 1st.

If you are feeling good, KEEP IT UP. It's just about taking it one day at a time, and continuing to believe in yourself and what you are capable of.

Feeling defeated, overwhelmed, and maybe wanting to give up on yourself? I want to ask you WHY? Because you haven't been perfect? Because you haven't had the changes you hoped for yet? I want to give you a little bit of a wake-up call here, because it's going to take a lot of determination and belief in the process if you ever want to make a positive change in any area of your life. It's not easy, things don't always go according to plan, and it often takes WAY longer than we hoped it would. Does that mean we give up on ourselves? No. Please don't ever give up on yourself. You are worth so, so much more than that.

A few reminders to start Block Four in the best mindset possible:

- Schedule your workouts for the upcoming week
- Check in with your Accountability Partner
- Fill out your Block Four Accountability Check-In!
- Hype yourself up, remember that we are all in this together, and let's f\*cking crush this.

Love you fam!

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## welcome to block four

**THE PHOTOSHOOT:** While not all of you are partaking in our upcoming TFGG Photoshoot, over half of you are. I wanted to tailor this Game Plan to the shoot slightly. This doesn't mean anything major, only that the meal options have a slightly lower carb intake, and a slightly higher fat intake. The overall calories are still in the same range, and your protein intake stays high (as always). The reason behind this is to allow you to feel nice and tight and lean for the upcoming shoot, without depriving yourself in any way (which is obviously a major no-no and I will not be tolerating for this shoot or for anything!)

It is completely up to you if you would like to follow this Game Plan to a T, or if you want to swap out some of the recipes from earlier Game Plans. As always, you should be selecting meals that you find both delicious and satisfying.

**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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**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).

## breakfast options

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

### **Peanut Butter Cup Smoothie**

- 3/4 cup unsweetened nut milk (option: Chocolate Almond Milk, but make sure to use unsweetened!)
- 1/2 banana (frozen)
- 1 cup ice cubes
- 3 tbsp powdered peanut butter (PB2 or similar product)
- 1 tbsp cocoa powder
- 1 cup frozen spinach
- 1/3 medium avocado
- 1 serving chocolate whey isolate protein

**Note: You can swap out your 3 tbsp of PB2 for 1 tbsp of natural peanut butter if you prefer/already have PB in the cupboard and don't want to spend \$**

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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.**

### Low Carb Protein Pancakes/Waffles

#### Batter:

- 1 egg
- 1 serving vanilla whey protein
- 1/2 tsp vanilla extract
- 1 tsp baking power
- Tiny splash unsweetened almond or cashew milk (about 1 tbsp)
- Non-stick coconut oil spray

#### Top with:

- 3 tbsp sugar-free pancake syrup (try ED Smith or Walden Farms)
- 2 tbsp natural nut butter
- 1/2 cup berries (up to you what kind!)



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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.**

### Low Carb Protein Pancakes/Waffles

#### Directions

- Mix all ingredients with a whisk in a small bowl 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.
- For Waffles: Spray both sides of waffle iron with coconut oil spray. Pour batter in to iron and cook\* until both sides are golden brown and they have been cooked all the way through.
- Top with SF syrup, nut butter, and berries!

**\*Note: This batter cooks extremely fast, so its important to keep a close eye on pancakes/waffles to make sure they don't burn!**

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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.**

### Ultimate Veg Omelette

- 2 whole eggs
- 2 egg whites
- 2 tbsp unsweetened nut milk
- salt and pepper
- 1 big handful spinach
- 1/3 cup red bell pepper (chopped)
- 1/3 cup mushrooms (thinly sliced)
- 1/4 cup yellow onion (chopped)
- 4 stems asparagus
- 1 tbsp olive oil
- 1 tsp garlic (minced or pureed)
- Top with: 1/4 avocado (sliced) and 2 tbsp goat cheese

**Note: Instead of cooking vegetables specifically for this Omelette, you can save lots of time by using your pre-made Veg Medley and adding in some spinach and asparagus.**

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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.**

### Ultimate Veg Omelette

#### Directions

- Heat stove to medium and spray pan with avocado oil/olive oil/use 1 tbsp of olive oil.
- Add garlic and all veggies except for spinach and cook until as soft as desired. Add spinach for the final 60 seconds of cooking and then remove all veggies from the pan. You can also use your pre-cooked veg medley and just add in spinach.
- In a bowl, whisk together your eggs, egg whites, nut milk, s&p, and any other seasoning you feel like. Whisk thoroughly (the most you whisk, the fluffier your eggs) and then pour your mixture into the hot pan.
- Once the bottom begins to set, layer your veggies on top and cover your pan with a sealed lid for about 1\*minute.
- Loosen the bottom of the omelette with your spatula and flip it over to grill the other side for about 30\*seconds.
- Place the avocado and goat cheese on top and enjoy!

\*Cook time may vary depending on the heat of your stove

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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.**

### **Kale Chicken Caesar**

- 1 big handful kale (chopped)
- 1 big handful romain (chopped)
- 1 medium chicken breast (boneless, skinless, sliced)
- 2 strips of side bacon (look for all natural and nitrate-free)
- 1/3 cup cooked yam or squash
- 2 tbsp parmesan cheese shaves
- 1 serving (about 3 tbsp) Skinny Caesar Dressing (recipe on the next page)

### **Directions**

- Preheat oven to 400°F
- Lay out parmesan shavings on a piece of parchment paper on a cookie sheet. Bake for 3-5 minutes and then remove from heat. This will turn the parmesan into the most amazing crispy croutons!
- Prepare your chicken breast, baked yam/squash, and bacon, and add all your ingredients together.

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## ingredient list

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

## lunch options

### **Skinny Caesar Dressing**

\* Makes 4 servings

- 2 anchovies (canned)
- 1 tbsp dijon mustard
- 1 garlic clove
- Juice from 1 lemon
- 2 tbsp red wine vinegar
- 1/3 cup plain fat-free greek yogurt
- 2 tbsp parmesan cheese

### **Directions**

- Blend all ingredients in blender or food processor.
- Store in a sealed container in you fridge!

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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.**

### Mediterranean Bowl

- 5 kalamata olives
- 1/2 medium cucumber
- 2 handfuls spinach
- 6 cherry tomatoes (halved)
- 1 tsp garlic (minced)
- 2 eggs (poached) OR you can use chicken breast or salmon as your protein source instead
- 1/3 avocado (sliced)
- 2 tbsp of hummus or greek yogurt tzaziki (whichever you prefer!)
- Fresh basil
- Sea salt
- Juice from 1 whole lemon
- 1 tbsp olive oil

**\*Note: this is one of the best lunches to prep ahead and store in the fridge! The flavours get more delish after allowing to sit overnight. Add the tzaziki/hummus right before eating though.**

### Directions

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

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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

### Shrimp Chowder

**\*makes 4 meal sized servings**

- 1 lb of large shrimp (peeled and deveined)
- 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)



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## **Shrimp Chowder**

### **Directions**

- In a large saucepan, add broccoli, cauliflower, onion, zucchini, 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 and shrimp. Allow it to simmer for another 10 minutes on medium-low until the shrimp is fully cooked.
- Enjoy! This is one of the most comforting meals in the cold weather.

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## ingredient list

### Honey Mustard Salmon + Garlic Mash + Roast Veg

#### Honey Mustard Salmon

- 1 large plank salmon (Tip! These have been on sale all month at Superstore!)
- 2 tbsp raw honey
- 3 tbsp dijon mustard
- 1 tsp garlic powder
- 1 tsp smoked paprika
- Juice from 1/2 lemon
- Sea salt
- Cracked black pepper
- 1 lemon cut into wedges

#### Directions

- Preheat oven to 400°F
- Take all ingredients (except the Salmon) and whisk together in a small bowl.
- Place salmon on top of a large piece of tinfoil with the shiny side in.
- Pour your mixture evenly on top of the salmon, using a spoon or brush to make sure the whole thing is covered evenly.
- Wrap the tinfoil around the top of the salmon, so that it is completely covered. You might need to get a second piece of tinfoil!
- Place it on a baking sheet and put in the oven for about 12-20 minutes depending on how large your salmon is.
- Take the salmon out and pull back the tinfoil so the top is exposed.
- Put it back in the oven for about 1-2 minutes.
- Serve w/ lemon wedge, garlic mash, and veg.

**Note: Each serving of salmon should be about 4-5oz. This sounds strange, but visualize a large bar of soap...it's going to be about that big.**

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## ingredient list

### Honey Mustard Salmon + Garlic Mash + Roast Veg

#### Garlic Mash

\*Makes approx. 4 servings (1 serving = 1 cup)

- 1 head of cauliflower
- 1/3 cup plain fat-free greek yogurt
- 1 tbsp butter (regular or ghee)
- Salt & pepper
- 1 tbsp garlic (minced)
- Fresh dill (as much as desired)
- Fresh chives (for garnish)
- Salt & pepper

#### Directions

- Fill a pot with water and place on stove at the highest temperature.
- Chop cauliflower into small pieces (the smaller the better).
- Add cauliflower to water and bring it to a boil. Turn it down and allow it to simmer for 10 minutes.
- Using a strainer, carefully drain out the hot water, and shake your cauliflower side-to-side to dry it up as much as possible.
- Place the cauli in your food processor or high-powered blender and add butter, yogurt, and seasonings.
- Blend until creamy. You might need to use a spatula to scrape the sides of the blender as you go. Seriously, don't stop blending until you have achieved the creamiest mashed "potatoes" you've ever seen.
- Garnish with chives so you look fancy AF and enjoy!

**Serve salmon & garlic mash with 1.5 cups of your roast veggie medley.**

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## ingredient list

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

## snack options

**Choose one of: Raspberry Mug Cake or Chia Pudding**

### **Vanilla Raspberry Mug Cake (\*new TFGG recipe!)**

- 1 scoop vanilla whey protein isolate
- 1 tbsp coconut flour
- 1 tbsp stevia
- 1/2 tsp baking powder
- 1/3 cup fresh or frozen raspberries
- 1 egg
- 3 tbsp unsweetened nut milk
- 1/2 tsp vanilla
- pinch of cinnamon

### **Directions**

- In a large mug, stir together your dry ingredients well (protein, baking powder, stevia, coconut flour)
- In a separate dish, heat raspberries in the microwave for 45 seconds. Then stir them up so they turn into a more "jam-like" consistency)
- Stir in your wet ingredients (egg, cinnamon, nut ,milk, and mashed raspberries). Make sure you mix really well, until you have a smooth, even consistency.
- Microwave your mug cake for approximately 60 seconds (if you like it gooey) up to 90 seconds (if you want it more well done).

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## ingredient list

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

## snack options

**Choose one of: Raspberry Mug Cake or Chia Pudding**

### Chia Pudding

\*recipe makes 2 servings

- 2 cups unsweetened nut milk
- 1/2 cup chia seeds
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1/4 cup sugar-free syrup (try ED Smith or Walden Farms)

### Directions

- Mix all your ingredients together and pour evenly into 2 small jars or mugs.
- Seal them well and place them in the fridge to sit overnight while the pudding forms.
- If you can, stir them after an hour to get rid of any clumps.
- Stir the pudding again right before eating the next day and enjoy!
- Top your pudding with whatever you like! Try berries, coconut flakes, slivered almonds, cacao nibs etc.

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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.
- **NOTE:** If you're making the caesar salad, make sure to roast your butternut squash or while you cook your veg medley! You can also pre-cook the veg for the Mediterranean Bowl to save time during the week!

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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 4: Shrimp Chowder

- If you've decided to make this as a dinner this week, save time by prepping it now!
- Follow the directions above and prep your chowder, divide it into 4 servings, and seal it in the fridge so it's ready to go.

## Step 5: Garlic Mash

- If you're making the Honey Mustard Salmon, Cauli Mash, and Veg for dinner this week, follow the instructions and prep the Cauli now! It keeps really well in the fridge as long as you seal it.

## Step 6: Snacks

- Choose your go-to snack for the week, and prep your Chia Pudding ahead of time. If you're going to be making mug cakes, you'll want to cook them individually and right before eating though.

## Step 7: Time Saving Touches

- Chocolate PB Smoothie: Make sure you have enough spinach frozen to get you through the week and bananas peeled, halved, and frozen.
- 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)
- Caesar Salad: Pre-make the Skinny Dressing and store in fridge.



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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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## 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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## putting together nutritious meals

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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!

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## **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 7 & 8

## the game plan

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

### The Morning Drink

#### Breakfast A) Peanut Butter Cup Smoothie

Protein: 38g

Fat: 13g

Carbs: 34g

Fibre: 14g

Cals: 401

#### Breakfast B) Low Carb Waffles/Pancakes (includes listed toppings)

Protein: 38g

Fat: 25g

Carbs: 19g

Fibre: 9g

Cals: 449

#### Breakfast C) Ultimate Veg Omelette

Protein: 32g

Fat: 26g

Carbs: 20g

Fibre: 8g

Cals: 416

# TFGG GAME PLAN

weeks 7 & 8

## the game plan

### **Lunch A) Hearty Salad Bowl**

Protein: 32g

Fat: 15g

Carbs: 30g

Fibre: 7g

Cals: 421

### **Lunch B) Kale Chicken Caesar**

Protein: 45g

Fat: 17g

Carbs: 33g

Fibre: 7g

Cals: 479

### **Lunch C) Mediterranean Bowl**

Protein: 21g

Fat: 30g

Carbs: 19g

Fibre: 9g

Cals: 406

### **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 7 & 8

## the game plan

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### **Dinner A) The Go-To**

Protein: 30g

Fat: 22g

Carbs: 24g

Fibre: 6g

Cals: 400

### **Dinner B) Shrimp Chowder**

Protein: 23g

Fat: 19g

Carbs: 43g

Fibre:

Cals: 437

### **Dinner C) Honey Mustard Salmon + Cauli Mash + Roast Veg Medley**

Protein: 38g

Fat: 25g

Carbs: 34g

Fibre: 12g

Cals: 486



# TFGG GAME PLAN

weeks 7 & 8

## 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) Vanilla Raspberry Mug Cake

Protein: 33g

Fat: 8g

Carbs: 10g

Fibre: 6g

Cals: 249

### Snack 2 Option B) Chia Pudding

Protein: 11g

Fat: 16g

Carbs: 17g

Fibre: 13g

Cals: 265