

TFGG GAME PLAN

weeks 9 & 10

ORIGINAL

TFGG GAME PLAN

weeks 9 & 10

welcome to block five

Your final Game Plan is here!

You know what to do with these by now, so rather than get into how to make the most of it, I want to get into specifics about the holidays!

As you know, the Fall Series wraps up on December 8th and we begin the Winter Series on January 6th. The time in between that will hopefully be filled with lots of quality time with your friends and fam, delicious food, good memories, and lots of laughs!

There are two things I do not want to come from this "TFGG Holiday break" (or whatever you want to call it):

- Fear around enjoying your holidays to the fullest because you are so worried about losing your progress.
- Quitting everything you have been doing these past 10 weeks, telling yourself you'll "start over in 2020".

Both of these are SUCH extreme mentalities, and are the polar opposite of everything we've been working toward! TFGG was never created to help you reach some extreme goal by the end of a 10 week period and then throw everything out the window until a new "challenge" begins (ugh... I even hate the word challenge because of what it implies). It was build to help you develop habits to live your live in a way that makes you feel your best every day of the year - sometimes feeling your best might mean squeezing in holiday workouts, and sometimes it means going IN for seconds of your fave dessert. Depends on the day, ya feel me!?

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HOLIDAY TIPS & TRICKS:

Every year as I approach the holiday season, I try and take what I learned the year before and build on it! I'm not perfect (NO ONE IS) but I feel so proud of being someone who is able to fully enjoy my holiday season guilt-free, and not go into "f*ck it mode" either. Here are my major tips & tricks - and I would love for you to share any of yours in the TFGG Facebook group.

Don't stop training. Things get really busy, I know! But we all know by now that workouts are something that are possible as long as we make them a priority. I'm not saying you need to hit 5 sessions a week, but maintaining your routine (or some version of it) is going to make you feel SO much better mentally and physically (especially when you need a good endorphin hit before dealing with relatives that aren't always the easiest if you know what I mean).

Side note: Think about the strength you'll gain! It is significantly easier to optimize muscle growth (and get stronger) while eating in a caloric surplus. I like to think of the second half of December as a time where I can use all that holiday food to my advantage and really get my deadlift and squat weights up!

Release the guilt. If you already have a sinking feeling at the thought of the treats and indulgent holiday foods with friends and family, I want to remind you of a few things:

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HOLIDAY TIPS & TRICKS:

1. Just like you can't change your body with one workout or with a salad, you also can't ruin all your progress with just a few indulgent meals. It's seriously not possible.
2. Please remember that quality time with people that you love is not something you can get back! When you are 95 years old I promise you, you will not regret eating a second dessert, but you will regret obsessing so much about what you ate that you missed out on special moments with friends and family.

Plan what you can. Although you should fully enjoy whatever foods are around during the meals you spend at parties, dinners, or celebrating the holidays at home, it's important to remember that we still have the ability to make choices that make us feel good for the meals we eat outside of those ones.

For instance, while it would genuinely be a little insane to try and eat a Game Plan meal on Christmas Day (if you celebrate it) there is no reason you can't still try and prioritize getting in your protein, fat, and greens on all of the random breakfasts and lunches you eat during the majority of days during the holidays.

The best part of that is you'll actually feel GOOD physically because you're giving your body what it needs, and the transition back to eating on the Game Plan in January will be super smooth!

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.**

Gingerbread Smoothie

- 1 cup unsweetened nut milk
- 1 cup frozen cauliflower (pre-chopped into tiny pieces before freezing)
- 1 inch piece of fresh ginger (you can use 1 tsp of ground ginger if you don't have fresh)
- Half cup ice cubes
- 1 tbsp coconut oil
- Handful of frozen spinach
- 1 tbsp of blackstrap molasses
- 1/2 tsp cinnamon
- 1 serving vanilla whey isolate
- Stevia

Note: This smoothie is a little more effort/ingredients than the ones we usually make! You don't need to make it daily if you don't want to, but know that it tastes like Christmas in a cup and is VERY worth trying (kids will love it too).

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

breakfast options

Overnight Chia Protein Fluff

***recipe is for one serving!**

- 1.25 cups unsweetened nut milk
- 1 serving chocolate or vanilla whey protein
- 4 tbsp chia seeds
- 1 tbsp cocoa powder
- 2 tbsp sugar-free syrup (try ED Smith or Walden Farms)

Top with:

- 2/3 cup raspberries (heated up so they get all gooey and delicious)

Directions

- In your blender or food processor, add your nut milk and then chia seeds. Blend for 30 seconds.
- Add the rest of the protein fluff ingredients (not the raspberries though!) and blend for another 30 seconds. It should be super thick and creamy.
- Use a spatula to scrape out your blender and scoop your protein fluff into a sealable container.
- Place it in the fridge overnight!
- The next morning, heat up your raspberries, mix them into your protein fluff, and enjoy!

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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.**

Western Omelette

- 2 whole eggs
- 2 egg whites
- 2 tbsp unsweetened nut milk
- salt and pepper
- 5 cherry tomatoes (halved)
- 1 big handful spinach
- 1/3 cup yellow pepper (chopped)
- 1/3 cup black beans
- 1/4 cup red onion (thinly sliced)
- 1 tsp garlic (minced or pureed)
- Top with: Cilantro, 2 tbsp fat-free sour cream, 2 tbsp salsa, and 1 tbsp light cheddar cheese (shredded)

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 black beans.

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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.**

Western Omelette

Directions

- Heat stove to medium and spray pan with avocado oil (or spray cooking oil of choice)
- Add garlic, peppers, black beans, and onion and cook until as soft as desired. Add spinach for the final 60 seconds of cooking and then remove all veggies from the pan.
- Spray your pan again and pour in TFGG Omelette Base (prepared as directed above).
- Once the bottom begins to set, layer your grilled veggies and fresh tomatoes 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 cilantro, sour cream, salsa, and 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.**

Prawn & Pesto Bowl *new TFGG recipe!*

- 1 big handful romaine (chopped)
- 1 big handful spinach (chopped)
- 1/2 lb prawns (shrimp) peeled and deveined
- 1 tsp basil pesto
- 1 tbsp olive oil
- 6 cherry tomatoes (halved)
- 1 egg (medium boiled)
- 1/3 avocado (sliced)
- 1/2 cup red onion (thinly sliced)
- 2 tbsp balsamic vinegar
- juice from 1/2 lemon
- salt & pepper
- 2 tbsp crumbled feta cheese

Directions

- In a pan on medium heat, add olive oil, pesto, prawns, halved tomatoes, and red onions. Cook until the prawns are pink!
- Remove from heat and add to your bowl of greens.
- Top with your medium boiled egg, avocado, vinegar, lemon juice, feta cheese, and S & P
- This is 100000% my new favourite TFGG recipe and I can't wait for you guys to try it!

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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.**

Lightened Up Egg Salad

***Note: This can be served in a pita OR on a bed of roasted veggies, depending on your preference!**

- 1/2 large avocado
- 3 hard-boiled eggs (chopped)
- 1 big handful spinach or kale (finely chopped)
- 1 tsp dijon mustard
- 2 tbsp plain, fat-free greek yogurt
- 1 tbsp apple cider vinegar
- 1 tsp garlic
- 1 tsp dill weed (use fresh dill if you have it!)
- Salt & Pepper

Serve with: 1 high fibre, whole grain pita OR 1 cup of your pre-cooked veggie medley.

Directions

- Using a fork, mash your avocado in a bowl until it has a smooth, creamy consistency.
- Add in your pre-chopped eggs and all other ingredients. Keep mixing until creamy and fully blended.
- Serve in a pita or with your veg!

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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

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

dinner options

Turkey Taco Bowl

***makes 4 bowls!**

- 1 lb ground turkey
- 2 tbsp apple cider vinegar
- 2 tbsp avocado oil or olive oil
- 1 medium avocado
- 1 head of cauliflower (made in to cauliflower rice. You can also buy pre-chopped cauli rice to save time)
- 1 medium yellow onion
- 1 tbsp chopped garlic
- 1 bell pepper - any colour (thinly sliced)
- 6-8 mushrooms (chopped)
- 1 vine ripe tomato (chopped)
- 1 cup corn (fresh or canned)
- 2 big handfuls extra-thin tortilla chips (I like using Tostitos Cantina Extra Thin)
- 1 package low sodium taco seasoning
- 3 cups spinach (chopped)
- 3 cups romaine (chopped)
- 2 whole limes

Top each bowl with:

- Dollop of plain greek yogurt
- 2 tbsp of your favourite salsa

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Turkey Taco Bowl

Directions

- In a skillet on medium-high heat, add super finely chopped cauli rice, olive oil, and any seasonings you like. Cook until the cauliflower is super tender.
- At the same time on a separate skillet/large pan, cook your garlic and onion for about 2 minutes before adding in the turkey, pepper, and mushrooms. Make sure to add the ACV and low sodium taco seasoning!
- Cook until the turkey is fully done, and remove your mixtures from heat.
- Assemble your bowls by layering them with a base of cauli rice, then greens, then turkey veg mixture, then avo, corn, tomato, and crumbled taco chips.
- Top with salsa, yogurt, a lime wedge, and you're ready to go!

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Thai Curry

***She will probably never see this, but I like to give my sister credit for coming up with this delicious recipe and letting me steal it for the gang.**

- 1 package of uncooked large frozen shrimp
- 1 large yam (cut into small cubes)
- 1 tbsp coconut oil
- 1 cup broccoli florets
- 1 red bell pepper (sliced)
- 1 cup green onions (chopped)
- 1/2 yellow onion (sliced)
- 1 tbsp fresh ginger (grated)
- 2 cloves of garlic (minced or grated)
- 2 tablespoons red thai curry paste
- 1 can lite coconut milk
- Juice from 1 lime Salt and pepper
- Garnish with: red pepper flakes & fresh basil

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Thai Curry

Directions

- Before you begin, you'll need to prep the yam as it takes much longer to cook than the other veggies.
- With your oven at 400'C cook the yam cubes (lightly coated with avocado or olive oil) for about 10 minutes on each side.
- In a large pan or wok on medium heat, begin to cook the onions and garlic in the coconut oil. As they begin to go clear, add in the pre-cooked yams, broccoli, bell pepper, and green onions. Cook for about five minutes, stirring the whole time.
- Add in the shrimp, curry paste, ginger, coconut milk, lime, salt, and pepper.
- Lower the heat and cook everything with a slow simmer. You want some but not all of the liquid to evaporate so that the texture gets thicker. Cook for about 10-15 minutes total on low heat and make sure that the shrimp are cooked through.
- Remove from heat and garnish with fresh basil and red pepper flakes (if you want some heat)
- Store the rest in an airtight container in the fridge for later this week. xx

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

snack options

Choose one of: Strawberry Mango Sorbet or No-Bake Blondies

Strawberry Mango Sorbet

***makes 3 servings**

- 1.5 cups frozen strawberries (sliced ones are easier on your food processor)
- 1 cup frozen mango chunks
- 1 frozen banana
- 1/2 frozen avocado (make sure to peel and take the pit out before freezing)

Directions

- Place all ingredients in your food processor or high powered blender and blend until smooth and creamy.
- Divide into 3 sealed containers and freeze for at least 30 minutes before serving!

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

snack options

Choose one of: Strawberry Mango Sorbet or No-Bake Blondies

No Bake Blondies

*recipe makes 16 servings

- 1 cup coconut flour
- 1/2 cup mashed banana
- 3/4 cup unsweetened apple sauce
- 1 cup cashew butter
- 4 scoops vanilla whey protein powder
- 1 cup sugar-free syrup (try ED Smith or Walden Farms)
- 1/2 bag of no-sugar added chocolate chips (Krisda or similar product)
- 2 tsp vanilla extract

Directions

- Mix together coconut flour and protein powder in a large bowl.
- In a separate microwave safe bowl, add cashew butter, vanilla, and syrup and heat in the microwave until it cashew butter reaches a runny consistency. This will take about 45 seconds. Using a fork, swirl the ingredients together until smooth.
- Add the liquid mixture to your dry ingredients mixing as you go, until they have formed a dough.
- Mix in the apple sauce and bananas. Tip: it works best to just use your hands and mush it all together!
- Once your base has been completely mixed, add in the chocolate chips. Line a baking tin or pyrex with parchment paper and fill with dough. Freeze for 2 hours before slicing into pieces and enjoying! Keep the rest stored in the freezer.

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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!

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the game plan

*print me out and put me on your fridge!

The Morning Drink

Breakfast A) Gingerbread Smoothie

Protein: 30g

Fat: 18g

Carbs: 22g

Fibre: 4g

Cals: 360

Breakfast B) Chia Protein Fluff

Protein: 41g

Fat: 19g

Carbs: 35g

Fibre: 27g

Cals: 446

Breakfast C) Western Omelette

Protein: 27g

Fat: 12g

Carbs: 32g

Fibre: 9g

Cals: 375

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Lunch A) Hearty Salad Bowl

Protein: 32g

Fat: 15g

Carbs: 30g

Fibre: 7g

Cals: 421

Lunch B) Prawn & Pesto Bowl *new TFGG recipe!*

Protein: 47g

Fat: 34g

Carbs: 17g

Fibre: 7g

Cals: 569

Lunch C) Lightened Up Egg Salad (Macros Calculated w/ Veg Medley)

Protein: 27g

Fat: 33g

Carbs: 26g

Fibre: 9g

Cals: 513

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

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Dinner A) The Go-To

Protein: 30g

Fat: 22g

Carbs: 24g

Fibre: 6g

Cals: 400

Dinner B) Turkey Taco Bowl

Protein: 30g

Fat: 26g

Carbs: 41g

Fibre: 11g

Cals: 516

Dinner C) Thai Curry

Protein: 25g

Fat: 13g

Carbs: 36g

Fibre: 7g

Cals: 364

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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) Strawberry Mango Sorbet

Protein: 1g

Fat: 4g

Carbs: 25g

Fibre: 6g

Cals: 139

Snack 2 Option B) Blondies

Protein: 10g

Fat: 12g

Carbs: 18g

Fibre: 7g

Cals: 202