

TFGG GAME PLAN

weeks 3 & 4

VEGAN

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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welcome to block two

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
- 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.
- **To save money and time:** 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!

Once again, to save money: Select 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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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.**

The OG Smoothie

- 1 serving vegan vanilla protein
- 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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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.**

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 vegan vanilla protein
- Top w/ 2 tbsp crushed walnuts

Directions

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

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ingredient list

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

breakfast options

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

Elevated Avocado Toast

- Ezekiel Bread x 1 slice (or other sprouted grain bread)
- 1/2 medium avocado
- 2/3 cup white beans (rinsed and drained)
- 1 tbsp chia seeds (whole or ground)
- Juice from 1/2 lemon
- 1 tsp or 1 clove garlic
- handful fresh spinach
- Sea salt and pepper
- Red pepper flakes (optional)

Directions

- While your bread is toasting, mash the avocado, lemon juice, garlic, and white beans with a fork in a bowl. Mash until smooth.
- Place your spinach on the toast, and spread your avo/bean mixture on top of it.
- Sprinkle the chia seeds, salt and pepper, and rep pepper flakes on top and you're good to go!

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ingredient list

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

lunch options

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

Chop Salad

- 1 serving Beyond Meat ground beef (standard package comes with 4 servings)
- 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 vegan yogurt or vegan sour cream
- 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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lunch options

Spicy Lettuce Wraps

***makes 3 servings**

- 4 oz tofu (finely chopped)
- 1/2 cup yellow onion (chopped)
- 1 cup mushrooms (sliced)
- 2 big handfuls spinach
- 1 tsp garlic (minced)
- 1/2 cup cashews (halved)
- 1/4 cup coconut aminos
- 2 tbsp cashew butter
- 9 leaves butter lettuce
- Chili flakes (as much as desired)
- 1 tbsp coconut oil or olive oil

Sauce

- 1/4 cup coconut aminos
- 2 tbsp dijon mustard
- 1 tbsp agave syrup
- 2 tbsp Franks Red Hot

Directions

- Spray a pan on low-medium heat with coconut oil, add garlic and onions and cook for about one minute.
- Add in chopped tofu, mushrooms, coconut aminos, and cashew butter and allow to simmer with a lid on top of the pan. Make sure to stir every minute or so.
- In a separate bowl, mix together your sauce.
- Once the tofu and mushrooms are almost ready, add in spinach and cashews and cook until the spinach is soft.
- Spoon your mixture into the butter lettuce wraps and drizzle the sauce on top. Top with chili flakes.
- Store the excess mixture in a Tupperware container for later!

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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:** 4oz grilled tofu or tempeh
- 1/2 cup edamame (shelled)
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tbsp balsamic vinegar
- 1 tbsp agave

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ingredient list

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

dinner options

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

Sweet Potato Sliders

- 1 beyond meat burger
- 2 slices of sweet potato (approx. 1cm thick each)
- 1/3 medium avocado (mashed)
- 1 slice red onion (approx. 1cm thick)
- 1 large slice bell pepper
- 1 handfull arugula
- 3 tbsp refried beans (recipe below)
- 1 tbsp olive oil

Dressing

- Pre-heat the oven to 425'
- Lightly cover your slices of sweet potato with oil, and place in the oven
- for about 10 minutes on each side.
- At the same time, turn on your stove to medium heat and spray with coconut oil or olive oil. Grill the onion and pepper on both sides until tender.
- Arrange your slider with a handful of arugula, refried beans, veggies, smashed avocado, and your burger.
- Enjoy!

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!**

dinner options

Spaghetti Squash & Tofu

***makes 5 servings**

- 1 spaghetti squash
- 2x 14oz packages of tofu
- 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 vegan pesto (available at Vita Health)
- Salt & pepper
- garlic (as much as you like)
- Juice from 1 lemon
- 4 tbsp olive oil

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dinner options

Spaghetti Squash & Tofu

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.
- 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 in your finely chopped tofu and begin to cook it.
- Add in your halved tomatoes and pesto. Once 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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ingredient list

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

Santa Fe Salad

- 1 vegetarian chicken breast (follow TFGG Juicy Baked Chicken Recipe and add 1 tsp Cajun seasoning)
- 3 handfuls mixed greens
- 2 handfuls romaine (chopped)
- 1/3 avocado (sliced)
- 1/3 cup black beans (rinsed and drained)
- 1/3 cup corn (rinsed and drained)
- Approx. 6-10 high fibre tortilla chips (Food Should Taste Good Blue Corn Tortilla Chips or similar brand)

Peanut Lime Dressing

- 1 tbsp natural peanut butter
- Juice from 1 lime
- 1/2 tsp garlic powder
- 1 tbsp stevia
- Pinch of salt
- 1 tbsp coconut aminos

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ingredient list

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

snack options

Choose one of: PB & J Protein Balls or PB Cups

PB & J Protein Balls

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

- 2 cups vanilla vegan 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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ingredient list

*bring me with you grocery shopping!

snack options

Choose one of: PB & J Protein Balls or PB Cups

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 options

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

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

The Brunch Bowl

- 4oz of tofu crumbled (can be medium or firm)
- 1 tsp turmeric
- salt and pepper
- 1 tbsp water
- 1/2 tsp turmeric
- 1/2 tsp chilli powder
- 1/2 tsp garlic powder (or fresh garlic)
- big handful spinach or kale
- 1/3 cup yellow onion (diced)
- 2/3 cup mushrooms (sliced)
- 2/3 cup yam or potato (cut into small cubes and partially pre-cooked)
- 1 tbsp olive oil
- 1/3 avocado
- 2 tbsp salsa
- fresh lemon juice

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ingredient list

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

weekend brunch options

Directions

- Pat the tofu dry with a paper towel to remove any excess moisture. Then, crumble the tofu into small crumbles
- In a small bowl, mix up the tofu crumbles, seasonings, and water. Then set it aside.
- Next, cook the kale/spinach, mushrooms and onions, and yam on medium heat with olive oil or avocado oil in your skillet.
- Add your seasoned tofu mixture to your veg once it's halfway done, and continue to cook on medium heat for about five minutes. Add in any extra seasoning you like.
- Remove it from the pan and assemble your bowl with the tofu scramble, avocado, salsa, and fresh lemon juice squeezed on top.

Portobello Breakfast Sandwich

- 7 pieces Tempeh Bacon (Tofurky or similar product. You can also make your own!)
- 2 large portobello mushrooms
- 1/2 red pepper (sliced)
- 1 large handful baby spinach
- 1/3 avocado (mashed)
- 1 tbsp reduced fat Veganaise (or your favourite creamy vegan dressing)
- Salt and pepper
- 1/4 cup shredded vegan cheese

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ingredient list

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

weekend brunch options

Directions

- Lightly spray pan with coconut or olive oil, turn to medium heat, and grill mushroom caps and red pepper slices until they reach your desired level of softness.
- In the same pan, cook Tempeh Bacon for about 2 minutes on each side.
- One minute before removing your veggies, add the spinach and allow it to soften with heat.
- Assemble your sandwich with a mushroom cap on the top and bottom. When your sandwich is ready, carefully place it back on the pan and grill each side for about 30 seconds on high heat. Use a flipper to press it down as you do so, binding everything together and melting the cheese.

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Holiday Recipe Ideas

Stuck on what to bring to your Thanksgiving dinner that's healthy and delicious? This recipe is a guaranteed family fave.

Sweet Roasted Salad - Side Dish

*serves 6 people

- 3 medium yams (diced into cubes)
- 4 cups brussel sprouts (quartered)
- 1 large red onion (sliced)
- 1 cup crispy chickpeas (try Three Farmers or The Good Bean)
- 2 heads of kale (finely chopped)
- 3/4 cup crumbled vegan 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? This recipe is a guaranteed family fave.

Sweet Roasted Salad - Side Dish

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
- Arrange the salad by layering chopped kale, then roast veggies, then chickpeas, pecans, cheese, and cranberries.
- Drizzle dressing on approximately 30 minutes before you want to serve

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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

- While your veggies are cooking, pull out all of your protein for the week.
- If you have bought anything canned, thoroughly rinse it now! Store it in your fridge in tupperware containers, and to save even more time you can pre-portion it out for each meal.
- It's up to you if you want to pre-cook your tofu/tempeh/veggie chicken/beyond meat now to save time! You can season it, cook it, and store it in the fridge for your lunches so it's ready to be thrown into your lunch bowls etc.

Step 3: 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 4: 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.

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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. 20g/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

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!

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 3/4 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) 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) Elevated Avocado Toast

Protein: 19g

Fat: 16g

Carbs: 53g

Fibre: 21g

Cals: 422

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Lunch A) Chop Salad w/ Avo Dill Dressing

Protein: 31g

Fat: 29g

Carbs: 49g

Fibre: 11g

Cals: 559

Lunch B) Spicy Lettuce Wraps

Protein: 22g

Fat: 17g

Carbs: 38g

Fibre: 4g

Cals: 440

Lunch C) Hearty Salad Bowl

Protein: 25g

Fat: 23g

Carbs: 39g

Fibre: 8g

Cals: 450

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) Sweet Potato Sliders

Protein: 26g

Fat: 20g

Carbs: 31g

Fibre: 10g

Cals: 390

Dinner B) Spaghetti Squash w/ Tofu

Protein: 28g

Fat: 22g

Carbs: 30g

Fibre: 8g

Cals: 421

Dinner C) Santa Fe Salad

Protein: 26g

Fat: 26g

Carbs: 48g

Fibre: 14g

Cals: 545

Dinner C) Eating Out

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

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

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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 1 PB Cup

Protein: 12g

Fat: 17.5g

Carbs: 9g

Fibre: 5g

Cals: 199

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Weekend Brunch Option A) The Brunch Bowl

Protein: 17g

Fat: 19g

Carbs: 34g

Fibre: 10g

Cals: 405

Weekend Brunch Option B) Portobello Breakfast Sandwich

Protein: 20g

Fat: 21g

Carbs: 42g

Fibre: 12g

Cals: 416