

# TFGG GAME PLAN

---

weeks 5 & 6

*VEGAN*

# TFGG GAME PLAN

weeks 5 & 6

## welcome to block three

The halfway point.

Isn't it insane how fast the past four weeks have gone by? I am so proud of all of us. We aren't fixating on perfection, we aren't giving up on ourselves, we are just quietly putting in the work day after day to work toward our goals and make ourselves proud.

Has every day been perfect? Hell no. But it's not about perfection, it's about slow, steady forward movement over the long term. I'm sitting here writing this and hoping for a few things:

I hope you are proud of yourself right now. I hope you are able to look back at these past four weeks and clearly identify positive habits you've been working on, and times when you've pushed yourself out of your comfort zone to go after something amazing.

I hope you all know that I have your back no matter what and SERIOUSLY feel lifted up by the energy, support, and positivity you've been putting out during the fall series so far!

These next two weeks, let's focus on setting our daily goals, planning ahead, checking in with our accountability partners, using our journals/planners, focusing on gratitude, and doing what we can to continue our forward momentum.

We've got this you guys.

# TFGG GAME PLAN

weeks 5 & 6

## welcome to block three

**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.**

# TFGG GAME PLAN

weeks 5 & 6

## 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

# TFGG GAME PLAN

weeks 5 & 6

## 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.

# TFGG GAME PLAN

weeks 5 & 6

## 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

# TFGG GAME PLAN

weeks 5 & 6

## 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.**

### Apple Pie Smoothie

- 1 cup unsweetened nut milk
- 1 scoop vegan vanilla protein
- 1 whole apple (use whatever kind you like best! (I'm a big Granny Smith fan))
- 1 cup ice
- 1 tsp vanilla extract
- 1 tbsp coconut oil or MCT oil
- 1 cup frozen spinach
- 3 tbsp quick oats
- 2 tsp cinnamon
- pinch ground ginger or fresh (optional)
- 1 tbsp stevia

# TFGG GAME PLAN

weeks 5 & 6

## 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.**

### Basic Bitch Oats

- 1/3 cup quick oats (save money by always buying the bag and not individual packets)
- 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).
- 1/4 cup pumpkin puree
- 2 tsp pumpkin pie spice
- 1 tsp vanilla extract
- 1 serving vanilla or cinnamon roll vegan protein
- Top with: 2 tbsp pumpkin seeds (raw, shelled) **OR** use 1 tbsp coconut oil for your fat source if you prefer!

### Directions

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



# TFGG GAME PLAN

weeks 5 & 6

## 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!

# TFGG GAME PLAN

weeks 5 & 6

## 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.**

### Summer Salad Bowl

- Protein Source Options: 4oz tofu, 2/3 cup edamame, 2/3 cup white kidney beans, vegan chicken breast, or beyond meat protein.
- Big handful spinach
- Big handful arugula
- 2 medium beets (cooked & diced)
- 2/3 cup butternut squash (cooked & diced)
- 1/2 medium avocado
- 4 tbsp goat cheese (crumbled)
- 2 tbsp walnuts or cashews (crushed)
- 1 serving (about 3 tbsp) The Best Vinaigrette (recipe below)

### The Best Vinaigrette

**\*ingredients are for 2 servings. Seal and store in the fridge!**

- 1 tbsp dijon mustard
- 2 tbsp extra virgin olive oil
- 1 tbsp raw honey
- 2 tbsp balsamic vinegar
- Juice from one lemon
- Any fresh herbs of your choice (finely chopped)
- Salt and pepper

# TFGG GAME PLAN

weeks 5 & 6

## **lunch options**

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

### **Mexican Roll Ups**

- Protein Source Options: 4oz tofu, vegan chicken breast, or beyond meat protein.
- 1 whole grain tortilla (look for high fibre content! Try Ezekiel brand)
- 3 tbsp salsa
- 2 handfuls spinach (chopped)
- 1/3 cup black beans (rinsed and drained)
- 1/2 bell pepper (thinly sliced)
- 1/3 avocado mashed
- 2 tbsp vegan cream cheese or plant based cashew dip
- Juice from half lemon
- Sea salt & pepper

### **Directions**

- Evenly spread the cream cheese, salsa, and avocado on the tortilla
- Fill it with protein, beans, pepper, spinach, and season w/ lemon and s&p
- Wrap tightly, so it doesn't unwind
- Slice in half, and grill for 1 minute/side on a pan with medium heat

# TFGG GAME PLAN

weeks 5 & 6

## 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

# TFGG GAME PLAN

weeks 5 & 6

## ingredient list

## dinner options

### Taco Lettuce Wraps

**\*ingredients are for 1 serving**

- Protein Source Options: 4oz tofu, vegan chicken breast, or beyond meat protein.
- 3 hearts romaine lettuce
- 1 tsp taco seasoning
- 1/2 cup red bell pepper
- 1/2 cup yellow onion
- 1 tbsp olive oil
- 1 serving Mango Salsa (recipe below!)
- Avocado Cream (recipe below!)

### Fresh Mango Salsa

**\*ingredients are for 5 servings. Seal and store in the fridge!**

- 1 whole mango
- 1/2 cup red onion
- 1/2 jalapeno pepper
- 1/2 red bell pepper
- 1/2 cup red cabbage
- 2 tbsp fresh cilantro (chopped)
- Juice from 1 lime
- Salt & Pepper

### Avocado Cream Sauce

**\*ingredients are for 1 serving**

- 1/3 medium avocado
- 3 tbsp dairy-free sour cream
- 2 tsp fresh lime juice

# TFGG GAME PLAN

weeks 5 & 6

## ingredient list

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

## dinner options

### Taco Lettuce Wraps

#### Directions

- In a pan on medium heat, spray avocado oil/use olive oil and cook protein, peppers, and onion in taco seasoning.
- In a small bowl whisk together ingredients for Avocado Cream.
- Lay out 3 romaine hearts and equally divide protein and veggies, Mango Salsa, and Avocado Cream.

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

### Cauliflower Mac & Cheese

**\*ingredients are for 2 servings**

- large head cauliflower or about 4 cups (chopped into small florets)
- 1 tbsp dijon mustard
- 1 tbsp red wine vinegar
- 1 clove garlic
- 7 slices tempeh bacon (Tofurky or similar product. You can also make your own!)
- 1 tsp smoked paprika
- Cashew Sauce (below)
- 1/2 cup Daiya Cheese
- 2 cups spinach (finely chopped)
- 1/4 cup nutritional yeast
- Chives to sprinkle on top

# TFGG GAME PLAN

weeks 5 & 6

## dinner options

### Cashew Sauce

- 1/2 cup cashews (soaked in water for at least 1 hour. Make sure to drain before using!)
- 1/3 cup yellow onion (finely chopped)
- 1 tbsp lemon juice
- 1/4 cup water
- Sprinkle of salt

### Directions

- Cut cauliflower into small florets & place in a pot of boiling water.
- Boil on low until soft, but not mushy (about 8-10 minutes).
- Remove the cauliflower and drain the water out with a sifter. Place half of it in a pyrex dish sprayed with coconut oil and put the other half to the side). Add chopped spinach.
- Preheat your oven to 400°F
- Spray pan & turn stove on to medium heat. Cook Tempeh Bacon until it begins to crisp (approx. 2 mins per side).
- Let it cool slightly and then chop it into tiny pieces, adding it to your pyrex dish with cauliflower.
- Make your Creamy Cashew sauce by combining all of the necessary ingredients in your blender or food processor. Mix until super smooth.
- Remove from your blender, place it to the side, and put the extra half of the cauli in the blender.
- Add in dijon, red wine vinegar, garlic, and daiya cheese. Blend until smooth and then add Creamy Cashew Sauce back in. Once you've reached a thick, smooth consistency, pour over cauliflower florets in the pyrex dish.
- Sprinkle nutritional yeast on top & place in the oven for 20 minutes.
- Allow to cool and garnish with fresh chives.

# TFGG GAME PLAN

weeks 5 & 6

## ingredient list

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

## snack options

**Choose one of: protein brownie or greek yogurt parfait**

### **Super Simple Protein Brownies (\*new TFGG recipe!)**

**\*recipe makes 8 servings**

- 6 bananas (mashed)
- 1/2 cup chocolate vegan protein powder
- 1 cup smooth natural nut butter (recommended: peanut or cashew butter)
- 1/4 cup cocoa powder
- 3 tbsp stevia (optional - the recipe is already quite sweet on its own)

## **Directions**

- Preheat the oven to 350°F
- Line a small aluminum or glass baking dish with parchment paper
- In a bowl, mix the mashed banana, and nut butter until blended. Then add the protein, cocoa powder and stevia. Continue to mix until smooth!
- Using a spatula, evenly pour and spread the mixture into your lined tray.
- Bake for approx. 15 minutes. This really is about how gooey you want them! You can go a little over or under depending on preference.
- Remove from the oven, allow to cool, and place the entire tray in the freezer. After 30 minutes, remove from the freezer and slice into 8 pieces.
- Store them back in the freezer and enjoy!!



# TFGG GAME PLAN

weeks 5 & 6

## ingredient list

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

## snack options

**Choose one of: protein brownie or greek yogurt parfait**

### **Greek Yogurt Parfait with Roasted Berries (\*new TFGG Recipe!)**

\*recipe makes 4 servings

- 3 cups plain coconut yogurt (or your favourite vegan yogurt)
- 1 container fresh raspberries
- 2 cups fresh strawberries (quartered)
- 1/2 cup almonds (slivered)
- 3 tbsp stevia
- juice from 1 lemon
- 2 tsp cinnamon
- 4 tbsp water
- 1 tbsp arrowroot

# TFGG GAME PLAN

weeks 5 & 6

## ingredient list

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

## snack options

**Choose one of: protein brownie or greek yogurt parfait**

**Greek Yogurt Parfait with Roasted Berries (\*new TFGG Recipe!)**

### Directions

- In a saucepan on medium-low heat, add your berries, stevia, lemon juice, water, and cinnamon
- Allow the mixture to simmer for 5 minutes, stirring and smushing up the berries as they cook down.
- After 5 minutes is up, add in the arrowroot powder and stir it in until it dissolves. Continue to allow the mixture to simmer on low for another 2 minutes.
- Remove from heat and allow it to cool.
- Take out your four jars and later each with the following: 3/4 cup greek yogurt, 1/4 of your roasted berry compote, and 2 tbsp of slivered almonds.
- Seal and store in the fridge!

### Daily Snack: Fresh Veg & Dip

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

# TFGG GAME PLAN

weeks 5 & 6

## 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

# TFGG GAME PLAN

weeks 5 & 6

## 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

# TFGG GAME PLAN

weeks 5 & 6

## 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.

# TFGG GAME PLAN

weeks 5 & 6

## 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.

# TFGG GAME PLAN

weeks 5 & 6

## 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 brownies or parfait, pull out all ingredients and follow the directions that were given above.
- When ready, place brownies in freezer and parfaits in the fridge.
- 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

- Apple Pie Smoothie: Make sure you have enough spinach frozen to get you through the week.
- Mexican Roll Up: Pre-chop your protein, red peppers, and rinse the beans.
- 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)
- Summer Salad: Pre-make your Vinaigrette Dressing and store it in the fridge. Pre-chop your veg too!

# TFGG GAME PLAN

weeks 5 & 6

## 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.



# TFGG GAME PLAN

weeks 5 & 6

## treat meals

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

### What makes something a treat meal?

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

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

# TFGG GAME PLAN

weeks 5 & 6

## 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

# TFGG GAME PLAN

weeks 5 & 6

## 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!

# TFGG GAME PLAN

---

weeks 5 & 6

## **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 5 & 6

## the game plan

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

### The Morning Drink

#### Breakfast A) Apple Pie Smoothie

Protein: 30g

Fat: 19g

Carbs: 36g

Fibre: 9g

Cals: 412

#### Breakfast B) Basic Bitch Oats

Protein: 36g

Fat: 14g

Carbs: 37g

Fibre: 8g

Cals: 405

#### Breakfast C) Elevated Avocado Toast

Protein: 19g

Fat: 16g

Carbs: 53g

Fibre: 21g

Cals: 422

# TFGG GAME PLAN

weeks 5 & 6

## the game plan

### **Lunch A) Summer Salad + Protein**

Protein: 24g

Fat: 21g

Carbs: 40g

Fibre: 9g

Cals: 461

### **Lunch B) Mexican Roll Ups**

Protein: 28g

Fat: 18g

Carbs: 57g

Fibre: 19g

Cals: 520

### **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

# TFGG GAME PLAN

weeks 5 & 6

## the game plan

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

### **Dinner A) Taco Lettuce Wraps + Roast Veg Medley**

Protein: 35g

Fat: 23g

Carbs: 61g

Fibre: 22g

Cals: 565

### **Dinner B) Cauli Mac & Cheese**

Protein: 25g

Fat: 20g

Carbs: 44g

Fibre: 12g

Cals: 449

### **Dinner C) Eating Out**

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

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

# TFGG GAME PLAN

weeks 5 & 6

## the game plan

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

### **Snack 2 Option A) Protein Brownies**

\*macros are for one brownie

Protein: 18g

Fat: 14g

Carbs: 28g

Fibre: 6g

Cals: 279

### **Snack 2 Option B) Greek Yogurt Parfait**

Protein: 16g

Fat: 9g

Carbs: 25g

Fibre: 6.5g

Cals: 245