

TFGG GAME PLAN

weeks 7 & 8

VEGAN

TFGG GAME PLAN

weeks 7 & 8

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
- 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.**

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 vegan 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.**

Pumpkin Protein Pancakes

- 3 tbsp almond flour
- 1 tbsp coconut flour
- 1 serving vegan protein powder
- 1/4 cup unsweetened nut milk (you may need a splash extra!)
- 1/4 cup canned pumpkin puree
- 1 tsp vanilla extract
- 1 tsp baking soda
- sprinkle of cinnamon

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!)

Directions

- Add all ingredients in your blender or food processor and blend until smooth.
- In a pan on medium heat, spray with coconut oil or coat with coconut oil cooking spray.
- Once the pan is hot, pour your pancake batter into 2 pancakes. Cook for approximately 60 seconds on each side, and test that they have cooked all the way through by poking with a fork before removing from heat.
- Cover with all your toppings and enjoy!

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ingredient list

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

breakfast options

Vegan Mini Omelettes

This recipe makes 12 mini omelettes. 1 serving = 3 mini omelettes

- 3 cups chopped veg of your choice (Try: broccoli, red bell pepper, zucchini, mushroom, onion, spinach)
- 2 tbsp olive oil, plus a little extra for brushing muffin tins
- 2 cups chickpea (garbanzo bean) flour
- 2.5 cups water
- 1/4 cup nutritional yeast
- 1 teaspoon baking powder
- sea salt & pepper

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ingredient list

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

breakfast options

Vegan Mini Omelettes

This recipe makes 12 mini omelettes. 1 serving = 3 mini omelettes

Directions

- Preheat your oven to 400 F
- Combine the chickpea flour, nutritional yeast, baking powder, salt, and pepper in a bowl with 2.5 cups water. Whisk thoroughly and set aside while preparing the veggies.
- Heat olive oil over medium-high heat in a skillet. Add all veggies to skillet (except for green onions) and cook until veggies cook down and begin to brown, about 8-10 min. Season with salt and pepper to taste and remove from heat.
- Brush your muffin tin with olive oil. Divide veggie mixture evenly between each of the 12 muffin cups. Then fill the cups with 1/4 cup chickpea batter in each. Stir each cup to make sure the batter gets under the veggies.
- Bake for 30 - 35 minutes until your mini omelettes are beginning to brown on top. Remove from oven and allow to cool for at least 10 minutes before removing from tin and cooling on a rack. Depending on your muffin tin, you may have to use a knife or spatula to gently loosen sides of them before removing from tin.
- Enjoy, and store the rest sealed in the fridge!

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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.**

Mediterranean Bowl

- 5 kalamata olives
- 1/2 medium cucumber
- 2 handfuls spinach
- 6 cherry tomatoes (halved)
- 1 tsp garlic (minced)
- 1/3 avocado (sliced)
- 1/3 cup chickpeas (rinsed & drained)
- 1/3 cup edamame (shelled)
- 2 tbsp dairy-free plain greek yogurt
- Fresh basil
- Sea salt
- Juice from 1 whole lemon
- 1 tbsp olive oil

Directions

- Put olive oil in a pan on medium heat. Grill spinach, garlic, chickpeas & 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 dairy-free greek yogurt!

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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.**

MGS - Magical Gut Salad

- 1/3 cup kimchi
- 2/3 cup edamame (shelled)
- 1 cup shredded red cabbage
- 1 small zucchini (spiralized)
- 1 large carrot (spiralized)
- 1 tbsp sesame seeds

Dressing

- 1 tbsp apple cider vinegar
- 1 tbsp coconut oil
- 1 clove minced garlic
- 1 tsp minced fresh ginger or ginger paste
- 1-2 tbsp stevia
- 1 tbsp tamari

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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

dinner options

Corn & Cauli Chowder

***ingredients are for 4 meal-sized servings**

- 3 cups of white kidney beans (rinsed and drained)
- 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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ingredient list

dinner options

Corn & Cauli Chowder

***ingredients are for 4 meal-sized servings**

Directions

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

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ingredient list

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

dinner options

Thai Curry

***ingredients are for 3 meal-sized servings**

- 1 cup chickpeas (rinsed & drained)
- 1.5 cups edamame
- 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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dinner options

Thai Curry

***ingredients are for 3 meal-sized servings**

Directions

- Before you begin, you'll need to prep the yam as they take much longer to cook than the other veggies.
- With your oven at 400'C cook the yam cubes (sprayed with avocado/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, chickpeas, and green onions. Cook for about five minutes, stirring the whole time.
- Add in the edamame, 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 minutes total on low heat.
- 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!

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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 vegan vanilla protein powder
- 1 tbsp coconut flour
- 1 tbsp stevia
- 1/2 tsp baking powder
- 1/3 cup fresh or frozen raspberries
- 1 flax egg (1 tbsp flaxseed meal & 2.5 tbsp water)
- 3 tbsp unsweetened nut milk
- 1/2 tsp vanilla
- pinch of cinnamon

Directions

- For Flax Egg: Add flaxseed meal and water to a dish and stir. Let rest for 5 minutes to thicken.
- 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 (flax 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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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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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

- If you're making the chia pudding, pull out all ingredients and follow the directions that were given above.
- 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

- Chocolate PB Smoothie: Make sure you have enough spinach frozen to get you through the week and bananas peeled, halved, and frozen.
- Mediterranean Bowl: Pre-chop and cook your veggies.
- 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)

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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) Peanut Butter Cup Smoothie

Protein: 38g

Fat: 13g

Carbs: 34g

Fibre: 14g

Cals: 401

Breakfast B) Pumpkin Protein Pancakes

Protein: 33g

Fat: 30g

Carbs: 32g

Fibre: 14g

Cals: 503

Breakfast C) Vegan Mini Omelettes

Protein: 23g

Fat: 11g

Carbs: 39g

Fibre: 11g

Cals: 353

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Lunch A) Mediterranean Bowl

Protein: 23g

Fat: 21g

Carbs: 36g

Fibre: 16g

Cals: 489

Lunch B) MGS - Magical Gut Salad

Protein: 19g

Fat: 23g

Carbs: 33g

Fibre: 10g

Cals: 408

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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the game plan

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

Dinner A) Corn & Cauli Chowder

Protein: 25g

Fat: 22g

Carbs: 37g

Fibre: 13g

Cals: 456

Dinner B) Thai Curry

Protein: 25g

Fat: 20g

Carbs: 44g

Fibre: 15g

Cals: 429

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 7 & 8

the game plan

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

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