

TFGG

HEALTHY HACKS

simple, healthy, delicious
recipes on a budget



Welcome! So what is this?

TFGG Healthy Hacks is a recipe PDF of healthy, affordable, and delicious recipes that have all be specifically put together to simplify your life and save you money. You can expect many many more to be added to this in the future!

THE GOAL: To help you save money and simplify your life while eating meals and snacks you love.

- All recipes have had the prices calculated for one serving. This has been done by adding the cost of all ingredients together in the amount they are used in all servings, and divided by the number of servings in each recipe
- All ingredients and prices have been calculated from options available at The Real Canadian Superstore (you can find very similar prices and items at all major grocery stores though)
- The recommended products listed are the ones with the lowest cost / serving size. Feel free to switch them out with any brands you prefer!
- You'll notice that most of these are very simple recipes with a fairly low number of ingredients. The purpose is to save you planning time, money, and to simplify everything about eating healthy foods that fuel you.

MOST IMPORTANTLY: Don't get caught up trying to make these (or any TFGG recipes) perfectly! The point is to use the items you have in your pantry to save money, and of course to eat in a way that tastes good and fuels you.

Enjoy!

Soup Upgrades

Of course we would all prefer to make our own soup from scratch (and there are plenty of TFGG recipes for that!) but life is busy, and sometimes you just don't have the time to make your own.

The following are store bought soup alternatives without a ton of added bullshit. The recommended upgrades allow you to take things you have at home to add protein, flavour, and help turn them into an actual meal! Don't have these exact things? Get creative with what you do have!

NOTE: TFGG recommended serving sizes are larger than what's on the back of the package

Amy's Organic Chilli - \$3.48 (\$1.16/serving)

*3 recommended servings / container

ADD: cumin, crumbled tortilla chips, and a dollop of plain greek yogurt

Amy's Organic Lentil Vegetable Soup - \$3.48 (\$1.16/serving)

*3 recommended servings / container

ADD: chopped leftover chicken and crumbled feta cheese

Happy Planet Thai Coconut Soup - \$5.48 (\$2.74/serving)

*2 recommended servings / container

ADD: chickpeas (rinsed and drained), basil, and oregano

Imagine Organic Creamy Tomato Soup - \$5.28 (\$1.76/serving)

*3 recommended servings / container

ADD: a poached egg and sprinkle of cheese

Imagine Organic Creamy Butternut Squash - \$5.28 (\$1.76/serving)

*3 recommended servings / container

ADD: leftover turkey / deli turkey / ham and sage

Salmon Slaw

(makes 1 serving)

INGREDIENTS + SPECIFIC PRODUCTS

- 1/2 can salmon **Clover Leaf Pink Salmon Wild Pacific (large can)**
- 1/4 bag coleslaw mix **President's Choice Coleslaw**
- 1/2 avocado
- 1/4 lemon squeezed
- 1 tsp Sriracha (or your fave hot sauce)
- 1 tsp dijon mustard **President's Choice Old Dijon Mustard - \$1.98**
- 2 tbsp light mayo or vegannaise **Hellmans Mayonnaise 1/2 Fat**
- salt & pepper
- fresh or dried dill seasoning (optional)

Cost / Serving = \$4.51

MACRONUTRIENT BREAKDOWN	Protein	Carbs	Fibre	Fat	Cals
	21g	12g	7g	30g	360

Honey Mustard Chicken Bake

(makes 4 servings)

INGREDIENTS + SPECIFIC PRODUCTS

- 8 chicken thighs (skinless) **PC Chicken Thighs, Club Pack - \$19.62**
- 3 medium red potatoes
- 1 large yellow onion
- 150g green beans
- 1 tbsp olive oil

MARINADE

- 1 tbsp garlic powder or minced garlic
- 2 tbsp olive oil **PC Splendido Extra Virgin Olive Oil - \$6.78**
- 1/3 cup honey **No Name Creamed Honey - \$5.48**
- 4 tbsp dijon mustard **President's Choice Dijon Mustard - \$1.98**
- 3 tbsp water
- dried or fresh basil **President's Choice Basil - \$3.98**
- salt & pepper

Cost / Serving = \$5.31

Honey Mustard Chicken Bake

(makes 4 servings)

DIRECTIONS

- preheat the oven to 400°
- cube the potatoes, lightly cover with olive oil on a large baking sheet, and place in the oven for 20 minutes. At the 10 minute mark, add the green beans and chopped onion with a little more olive oil and salt & pepper.
- while they are baking, mix together all ingredients for marinade and shake well (I like to mix them in a small tupperware and shake)
- pat the chicken thighs dry with a paper towel or cheese cloth
- place your chicken thighs in a large ziplock bag or mixing bowl, and pour the marinade on top. Allow it to sit like that while the veggies cook. You can even do this step earlier if you like and let the chicken marinade for up to 12 hours covered/sealed in the fridge.
- Remove the veggies from the oven and pour your marinated chicken mixture on top. Try to spread the marinade evenly and toss it a bit so everything is coated.
- Place the whole tray with chicken, veg, and marinade into the oven for another 20-25 minutes (this can vary slightly depending on the strength of your oven so check them)
- Remove, allow to cool, and enjoy!

MACRONUTRIENT BREAKDOWN

Protein

47g

Carbs

47g

Fibre

5g

Fat

16g

Cals

523

Tuna Melt

(makes 1 serving)

INGREDIENTS + SPECIFIC PRODUCTS

- 1 piece high fibre bread **Country Harvest Grains and Fibre With Chia Bread - \$1.88**
- 1 can albacore tuna in water **President's Choice Flaked Tuna, Albacore - \$2.78**
- 1/3 roma tomato sliced
- 2 slices cheddar cheese **No Name Old Cheddar Cheese - \$7.98**
- 2 tbsp light mayo or vegannaise **Hellmans Mayonnaise 1/2 Fat - \$3.97**
- 1/4 cup minced carrot
- 1/4 cup minced celery
- 1 tbsp lemon juice or red wine vinegar
- salt & pepper

Cost / Serving = \$4.12

DIRECTIONS

- you can choose to cook your tuna melt in a toaster oven, in the oven, or in a pan on the stove!
- Toaster Oven: Turn heat to 400° and toast for about 5 minutes
- Oven: Turn heat to 400° and toast for about 8 minutes (you can also broil it for 30 seconds after but keep an eye out so it doesn't burn!)
- Stove: on medium/low heat, grill in some olive oil and cover wth a lid. This will take about 5 minutes.

MACRONUTRIENT BREAKDOWN

Protein

43g

Carbs

24g

Fibre

6g

Fat

25g

Cals

497

Sweet Toast

(makes 1 serving)

INGREDIENTS + SPECIFIC PRODUCTS

- 1 piece high fibre bread **Country Harvest Grains and Fibre With Chia Bread - \$1.88**
- 2 tbsp almond butter **Nuttin' But Spreads Creamy Almond Butter - \$8.98**
- 1/2 banana
- handful of raspberries (mashed)
- 2 tbsp plain greek yogurt **President's Choice Plain Fat Free Greek Yogurt \$3.00**
- 1 tbsp hemp hearts **Manitoba Harvest Hemp Hearts - \$6.98**

Cost / Serving = \$2.76

MACRONUTRIENT BREAKDOWN

Protein

20g

Carbs

46g

Fibre

12g

Fat

24g

Cals

467

Cucumber Toast

(makes 1 serving)

INGREDIENTS + SPECIFIC PRODUCTS

- 1 piece high fibre bread **Country Harvest Grains and Fibre With Chia Bread - \$1.88**
- 1 tbsp hemp hearts **Manitoba Harvest Hemp Hearts - \$6.98**
- 2 eggs (fried or medium boiled) **Burnbrae Farms Nest Laid White Eggs, Large - \$4.48**
- 3 tbsp hummus **Sabra Classic Hummus - \$3.48**
- 1/3 cucumber sliced
- sea salt

Cost / Serving = \$1.98

MACRONUTRIENT BREAKDOWN	Protein	Carbs	Fibre	Fat	Cals
	25g	25g	8g	24g	409

Another Avo Toast

(makes 1 serving)

INGREDIENTS + SPECIFIC PRODUCTS

- 1 piece high fibre bread **Country Harvest Grains and Fibre With Chia Bread - \$1.88**
- 1 tbsp hemp hearts **Manitoba Harvest Hemp Hearts - \$6.98**
- 1 egg (fried or medium boiled) **Burnbrae Farms Nest Laid White Eggs, Large - \$4.48**
- 1/3 avocado (sliced)
- 1/3 roma tomato (sliced)
- 3 tbsp goat cheese (crumbled) **Woolrich Original 600g - \$12.98**
- salt & pepper

Cost / Serving = \$2.42

MACRONUTRIENT BREAKDOWN

Protein	Carbs	Fibre	Fat	Cals
19g	19g	6g	26g	406

Chocolate Explosion Parfait

(makes 1 snack)

INGREDIENTS + SPECIFIC PRODUCTS

- 1 scoop chocolate whey isolate or vegan protein **Beyond Yourself Isolate Chocolate Mousse 5lbs - \$84.99**
- 3/4 cup plain greek yogurt **Liberte Greek Yogurt Plain 0 % MF - \$3.98**
- 1 tbsp cocoa powder **PC Organics Cocoa Powder - \$3.98**
- 1/2 cup raspberries (heated up and mashed) **President's Choice Whole Red Raspberries - Frozen - \$4.98**
- 1 tbsp stevia (optional) **President's Choice Granular Stevia \$4.98**
- sprinkle of sea salt

Cost / Serving = \$3.15

DIRECTIONS

- mix all ingredients (except for berries) together with a fork or small whisk. You'll want to do this pretty aggressively to help it get that whipped texture
- add in your mashed raspberries (either on top or mixed in) and enjoy

MACRONUTRIENT BREAKDOWN

Protein

46g

Carbs

17g

Fibre

5g

Fat

3g

Cals

273

Apple Pie Parfait

(makes 1 serving)

INGREDIENTS + SPECIFIC PRODUCTS

- 1 scoop vanilla whey isolate or vegan protein **Beyond Yourself Isolate Vanilla Ice Cream 5lbs - \$84.99**
- 3/4 cup plain greek yogurt **Liberte Greek Yogurt Plain 0 % MF - \$3.98**
- 1 apple (your favourite kind)
- 1/4 cup oats
- 1 tsp vanilla extract **President's Choice Pure Vanilla Extract - \$6.98**
- 1 tsp coconut oil **Organic Fields Virgin Coconut Oil - \$14.98**
- 1 tsp cinnamon
- squeeze of lemon juice
- 1 tbsp stevia (optional) **President's Choice Granular Stevia \$4.98**
- 1 tbsp crushed walnuts (or any nuts you prefer) **No Name Chopped Walnuts - \$2.98**

Cost / Serving = \$3.79

DIRECTIONS

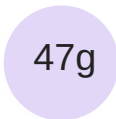
- peel and cube apples
- in a pan on medium heat, add coconut oil lemon juice and apples. Stir in the cinnamon, vanilla and oats, and allow apple to soften for about 10 minutes
- mix the rest of the ingredients (except for nuts) together separately with a fork or small whisk in a small bowl. You'll want to do this pretty aggressively to help it get that whipped texture
- add in oats and apple mixture to the parfait and top with walnuts

MACRONUTRIENT BREAKDOWN

Protein



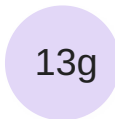
Carbs



Fibre



Fat



Cals



PB Banana Parfait

(makes 1 serving)

INGREDIENTS + SPECIFIC PRODUCTS

- 1 scoop vanilla whey isolate or vegan protein **Beyond Yourself Isolate Vanilla Ice Cream 5lbs - \$84.99**
- 3/4 cup plain greek yogurt **Liberte Greek Yogurt Plain 0 % MF - \$3.98**
- 1 tbsp natural peanut butter **PC Blue Menu Just Peanuts Smooth Peanut Butter - \$4.00**
- 1/2 banana (sliced)
- 2 tbsp chocolate chips **No Name Pure Semi Sweet Chocolate Chips - \$2.98**
- 1 tbsp stevia (optional) **President's Choice Granular Stevia \$4.98**

Cost / Serving = \$2.85

DIRECTIONS

- mix protein, yogurt, pb, and stevia together with a fork or small whisk in a small bowl. You'll want to do this pretty aggressively to help it get that whipped texture
- stir in banana and chocolate chips, and enjoy!

MACRONUTRIENT BREAKDOWN

Protein

49g

Carbs

41g

Fibre

5g

Fat

18g

Cals

514

Stacked Veggie Burger

(makes 1 serving)

INGREDIENTS + SPECIFIC PRODUCTS

- 1 black bean burger **Sol Cuisine Burger Spicy Bean - \$5.98**
- 1 egg (fried) **Burnbrae Farms Nest Laid White Eggs, Large - \$4.48**
- 1/4 cup red onion (chopped)
- 1/3 cup mushroom (chopped)
- 1/4 avocado (sliced)
- 1/3 roma tomato (sliced)
- 1 tbsp olive oil
- high fibre bun **President's Choice Thins Ancient Grain Buns \$3.68**

Cost / Serving = \$3.50

Delish tip: toast the bun in a pan so it's nice and golden brown and has a little crunch!

MACRONUTRIENT BREAKDOWN

Protein	Carbs	Fibre	Fat	Cals
23g	55g	11g	26g	532

Turkey Sandwich no. 1

(makes 1 serving)

INGREDIENTS + SPECIFIC PRODUCTS

- 2 slices of high fibre bread **Country Harvest Seeds & Grains - \$1.88**
- 1/4 cup cottage cheese **Dairyland Cottage Cheese, 2% - \$3.48**
- 50g sliced deli turkey
- 1/4 roma tomato (sliced)
- 1/4 cucumber (sliced)
- 1/4 avocado (sliced)
- lettuce (whatever kind you feel like)
- salt & pepper

Cost / Serving = \$3.45

Delish tip: toast the bread first, or even better, throw the whole thing in a pan (with lid) or toaster oven to make it melty and delicious

MACRONUTRIENT BREAKDOWN

Protein

30g

Carbs

57g

Fibre

13g

Fat

13g

Cals

435

Turkey Sandwich no. 2

(makes 1 serving)

INGREDIENTS + SPECIFIC PRODUCTS

- 2 slices of high fibre bread **Country Harvest Seeds & Grains - \$1.88**
- 50g sliced deli turkey
- 1/2 apple (your favourite kind) thinly sliced
- 2 slices cheddar cheese (white or orange) **Cracker Barrel Bar Old Cheddar - \$6.98**
- 1 tbsp honey mustard **President's Choice Honey Mustard - \$1.98**
- 1/4 red onion (thinly sliced)
- lettuce (whatever kind you feel like)
- salt & pepper

Cost / Serving = \$3.41

Delish tip: toast the bread first, or even better, throw the whole thing in a pan (with lid) or toaster oven to make it melty and delicious

MACRONUTRIENT BREAKDOWN

Protein

28g

Carbs

66g

Fibre

14g

Fat

15g

Cals

507

White Bean + Tuna Salad

(makes 2 servings)

INGREDIENTS + SPECIFIC PRODUCTS

- 1 can white kidney beans (rinsed and drained) **No Name White Kidney Beans - \$1.00**
- 1 can albacore tuna in water **President's Choice Flaked Tuna, Albacore - \$2.78**
- Juice from 1/2 lemon
- 2 tbsp olive oil **PC Splendido Extra Virgin Olive Oil - \$6.78**
- 1 tbsp red wine vinegar
- 1/2 large red onion (chopped)
- Yellow bell pepper (chopped)
- Salt & pepper

Cost / Serving = \$3.53

Delish tip: allow it to sit (covered) in the fridge overnight for maximum flavour. This is a great recipe to prep in bigger quantities and enjoy for a few days!

MACRONUTRIENT BREAKDOWN	Protein	Carbs	Fibre	Fat	Cals
	35g	60g	16g	13g	493

Upgraded Fish Sticks

(makes 3 servings)

INGREDIENTS + SPECIFIC PRODUCTS

- 4 large cod fillets **Sequest Cod Fillets 680g - \$8.98**
- 2 tbsp olive oil **PC Splendido Extra Virgin Olive Oil - \$6.78**
- 3 egg whites
- 1 tablespoon dijon mustard **President's Choice Dijon Mustard - \$1.98**
- juice from 1/2 lemon
- 1/2 tsp garlic powder or minced garlic
- 1/2 cup flour (or your preferred flour substitute)
- 1 cup panko **Kikkoman Panko Bread Crumbs - \$2.78**
- 1/4 tsp paprika
- salt and pepper

Cost / Serving = \$5.97

Upgraded Fish Sticks

(makes 3 servings)

DIRECTIONS

- Preheat oven to 400 degrees°
- Coat a baking sheet with cooking spray or use a large sheet of parchment paper
- Cut fish into sticks! Go for about 3 inches long by 1/2 inch wide
- In a shallow dish, mix panko, olive oil, paprika, salt and pepper, and garlic
- In a small bowl, add your egg whites
- On another dish or on plate, pour flour
- **Step one:** lightly coat your fish stick in flour
- **Step two:** dip it into the eqq white mixture
- **Step three:** Coat it evenly in the panko mixture
- **Step four:** place on baking sheet
- Repeat until all the fish sticks are done!
- Bake for about 12-15 minutes and then allow to cool

MACRONUTRIENT BREAKDOWN

Protein



Carbs



Fibre



Fat



Cals



Nachos

(makes 5-6 servings)

INGREDIENTS + SPECIFIC PRODUCTS

- 1 large bag tortilla chips **Que Pasa Tortilla Chips Blue Corn - \$3.48**
- 1lb ground turkey **2x PC Blue Menu Ground Turkey - \$7.00each**
- 1 can pinto beans (rinsed and drained) **Unico Pinto Beans - \$1.78**
- 1 can corn (rinsed and drained) **Green Giant Corn Niblets, Whole Kernel - \$1.68**
- 1 cup of your fave cheese (shredded) **Cracker Barrel Bar Old Cheddar - \$6.98**
- 1 tbsp minced garlic
- taco seasoning
- 1 tbsp olive oil
- 1 jalapeño pepper (thinly sliced)
- 1 bell pepper (chopped)
- 1 small red onion (chopped)
- 1.5 cups of your fave salsa **President's Choice White Corn & Black Beans Salsa, Mild - \$2.98**
- 1 large avocado
- 1/3 cup plain greek yogurt **Liberte Greek Yogurt Plain 2 % MF - \$3.98**
- 1 tbsp sriracha (or your favourite hot sauce)

Cost / Serving = \$5.44

Nachos

(makes 5-6 servings)

DIRECTIONS

- Preheat oven to 425° and line a large baking sheet with parchment paper
- In a large skillet over medium heat, heat olive oil. Add onion and bell pepper, and and cook until soft, 5 minutes, then add ground turkey and cook until no it's longer pink for another 5 minutes and mix in the garlic and taco seasoning as it cooks.
- Scatter the chips on the sheet and pour the turkey veg mixture on top
- On top scatter beans, corn, cheese, and sliced jalapeño
- Place in the oven for 15 minutes
- While baking, in a small bowl stir avocado, yogurt, and hot sauce with a pinch of salt. Stir until it's creamy!
- Remove from the oven and drizzle the creamy avo mixture on top
- Use salsa on the side for dipping
- Enjoy!

MACRONUTRIENT BREAKDOWN	Protein	Carbs	Fibre	Fat	Cals
	26g	38g	7g	23g	425

Sweet Roast Pear

(makes 1 serving)

INGREDIENTS + SPECIFIC PRODUCTS

- 1 large pear (peeled and halved)
- 1 tsp butter
- 1 tsp vanilla extract
- 1 tsp stevia (optional)
- sprinkle of cinnamon
- 1 scoop vanilla ice cream or frozen yogurt

Cost / Serving = \$2.65

DIRECTIONS

- preheat the oven to 350°
- peel your pears, halve them, and use a spoon (or melon baller if you have one) to scoop out a small hole in the centre of each half.
- cover a small baking sheet with parchment paper and place the pear halves on them, scooped out side up
- lightly coat the tops of the pears with butter and vanilla extract (I like to use a small spoon for this) and then sprinkle stevia and cinnamon on top
- Place in the oven for 30 minutes
- Remove from the oven, place in a bowl, and top with a scoop of vanilla ice cream or frozen yogurt

MACRONUTRIENT BREAKDOWN

Protein

3g

Carbs

44g

Fibre

7g

Fat

11g

Cals

277