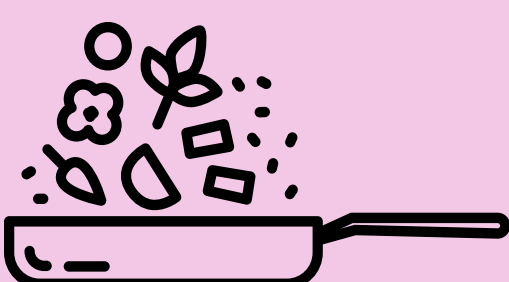


TFCG

the fit girl gang

Food Prep





Food Prep

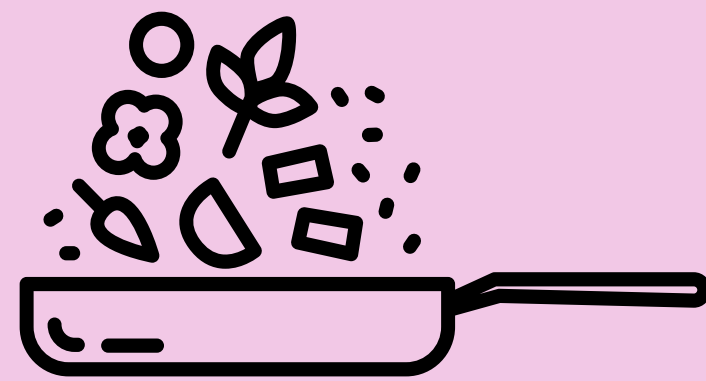
TFGG Food Prep Guide

When you hear the words “food prep” do you automatically think of eating the same boring shit day after day until you eventually collapse into a pile of bland chicken breast? That concept is the opposite of what the TFGG Food Prep Guide is going to provide you with. Life can be stressful and hard, and the more prepared you can be with healthy, yummy choices, the more time you can spend accomplishing other things, like maybe world domination.

The recipes below can be made “food prep” style, to keep you going through the week, or they can be made for entertaining guests. You can even cut down any of the recipes and make them single-serving because you’re a grown-up and get to do what you want. Try them out, post your pics, and let the TFGG Facebook Group and Insta know how it turned out so we can share your creation!

XO,

A handwritten signature in pink cursive script, appearing to read 'Jo', is positioned below the 'XO,' text.



Protein Serving Size

The following will give you a visual representation of what a serving size of different protein sources looks like.

As you know by now, in TFGG there is no required diet plan to follow. With that being said, one of the most important habits we want to commit to is consuming a minimum of 100g of protein each day. This might seem overwhelming at first, or, you might have NO IDEA what 100g of protein even looks like! But by ensuring there is a significant protein source in each of your 3 meals everyday, it becomes totally do-able. Make sure to watch the TFGG Videos to get a better understanding of this!

The following sizes are roughly **25g of protein** for each of the following protein sources. Note that they are not exact calculations, and this is just a small fraction of the many protein sources out there you can eat, but learning this is insanely helpful for understanding how much you should be consuming when planning each of your meals!

LEAN MEAT SOURCES, INCLUDING:

- Chicken Breast
- Steak (lean cuts like Eye of Round, Sirloin Tip Side Steak, and Top Sirloin)
- Extra-lean Ground Beef
- Lean Ground Turkey
- Lean Ground Bison

These all have 25g of protein in about 3.5 ounces. This is roughly the size of your palm or a deck of playing cards.

TUNA (CANNED)

About 3/4 of a large can

SALMON

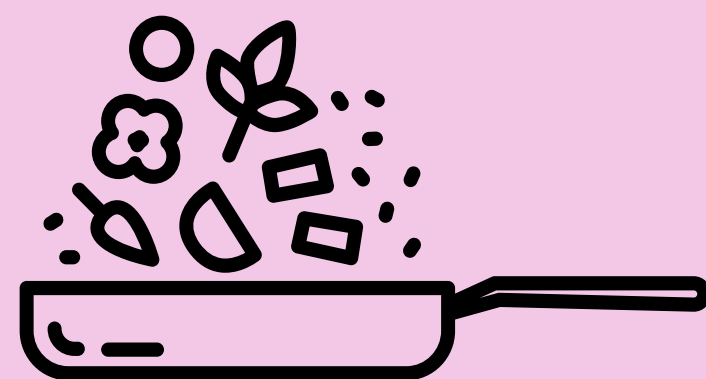
About 4 ounces - This is the size of a large bar of soap

GREEK YOGURT

1 cup

COTTAGE CHEESE

1 cup



SHRIMP

About 15 small to medium shrimp or 9 jumbo shrimp
2/3 of a cup once cooked

BLACK BEANS (COOKED)

1 whole 15 ounce can or 1.5 cups

LENTILS (COOKED)

1.3 cups

TOFU (FIRM)

Half of an 85g package (this is the size it's typically sold in)

PROTEIN POWDER

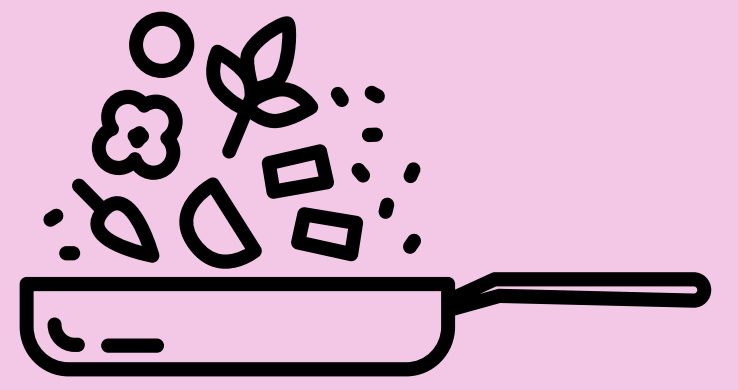
Roughly 1 scoop or intended serving

EGGS

4 large eggs

EGG WHITES

6 egg whites



Protein to Prep:

JUICY BAKED CHICKEN BREAST

The truth is, you should experiment and season your baked chicken in a ton of different and delicious ways! Just think of the following as a template for baking your chicken so that it turns out juicy and flavourful every time.

INGREDIENTS

- 4 organic chicken breasts (boneless, skinless, free-range)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika
- 2 tbsp avocado oil
- Sea salt
- Cracked black pepper

DIRECTIONS

- Lay out your chicken on a cutting board and pound them so breasts are somewhat even in thickness (this is important so they all cook evenly and none get overdone).
- Brine your chicken by filling a large bowl with warm water and adding 3 tbsp of salt. Add the chicken to the bowl and allow it to sit in there for at least 15 minutes. This might seem weird but it seriously makes such a big difference locking in the juiciness!
- Preheat your oven to 450°F
- Take the chicken out of the brine, rise it with cold water, and then pat it dry.
- Line a baking sheet with parchment paper and place the chicken on top.
- Brush the breasts with avocado oil & season with above ingredients (or choose your own)
- Bake for 15-18 minutes (this may vary slightly depending on the strength of your oven).
- Allow to sit for 10 minutes, and then enjoy!

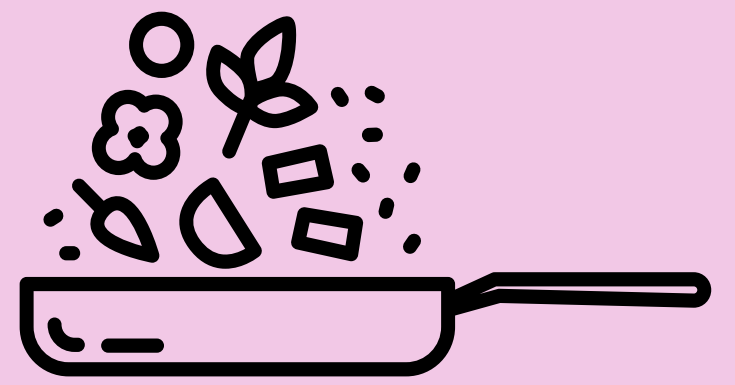
PICTURED:

Juicy Baked Chicken Breast
(recipe above)

Cauli Mash (recipe on page 12)

Baked Veggies (recipe on page 13)





Protein to Prep:

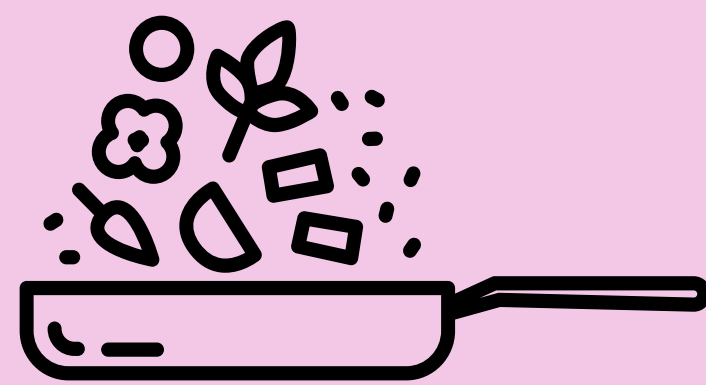
BALSAMIC BBQ CHICKEN

INGREDIENTS

- 4 large chicken breasts (boneless, skinless, free-range)
- 3/4 cup balsamic vinegar
- 1/4 cup avocado oil (olive oil will work too if you don't have)
- 3 cloves garlic (minced)
- 4-5 fresh basil leaves (minced)
- 1 tsp red pepper flakes
- 1 tsp paprika
- 1 large ziplock bag

DIRECTIONS

- In a large ziplock add all ingredients for marinade and then add your chicken.
- Shake around the bag to make sure the chicken is fully coated and then place it in the fridge to sit.
- To be honest, the longer you can let it sit, the better. Ideally allow the chicken to marinade for 4 hours+ (Let's get real though, life happens and sometimes we don't have time for that shit. As long as you can let it sit for minimum 30 minutes you'll still keep a good amount of flavour).
- Set your BBQ to medium-high heat and allow it to warm up.
- Place the chicken straight on the grill (but make sure it's at least somewhat clean first!) and grill for about 3 minutes per side.



Protein to Prep:

SKINNY STEAK MARINADE

This is an amazing alternative to the majority of recipes that are filled with high-sugar ingredients like brown sugar and bbq sauce. Make sure when choosing your steak that you opt for the leanest cuts available, and always look for grass fed! These are usually Eye of Round, Sirloin Tip Side Steak, or Top Sirloin.

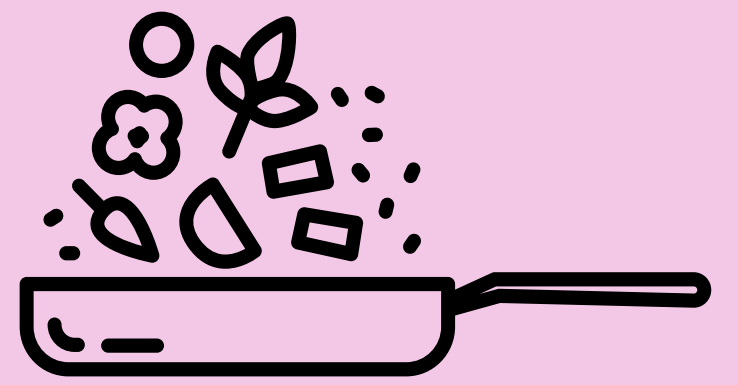
Note that steak probably isn't something you want to consume daily, as it can be higher in fat and harder on your system to digest. But it is delicious, and there's absolutely nothing wrong with including it into your diet every week or so!

INGREDIENTS

- 4 large steaks (grass fed, lean cut. Each steak should be approx. the size of two 3.5 oz servings)
- 1/4 cup of Worcestershire sauce
- 1/4 cup balsamic vinegar
- 2 tbsp reduced sodium soya sauce
- 1/3 cup olive oil
- 3 cloves garlic (minced)
- 1 tsp steak seasoning of choice
- 3 tbsp dijon mustard
- Juice from 1 whole lemon
- 1 large ziplock bag

DIRECTIONS

- In a large ziplock bag add all ingredients for marinade and then add your steak.
- Allow it to sit in the fridge and marinade for 1 hour (but longer works too).
- Set your BBQ to medium-high and grill to your liking!



Protein to Prep:

GARLIC PRAWNS

INGREDIENTS

- 1 bag of large frozen shrimp/prawns (make sure to buy the ones that are UNCOOKED)
- 3 cloves garlic (minced)
- Splash of dry white wine
- 1 tbsp pesto
- 2 tbsp avocado oil (olive oil works too if you don't have any)
- Juice from one lemon
- Sea salt
- 1 tsp chili flakes (optional)
- Cracked black pepper

DIRECTIONS

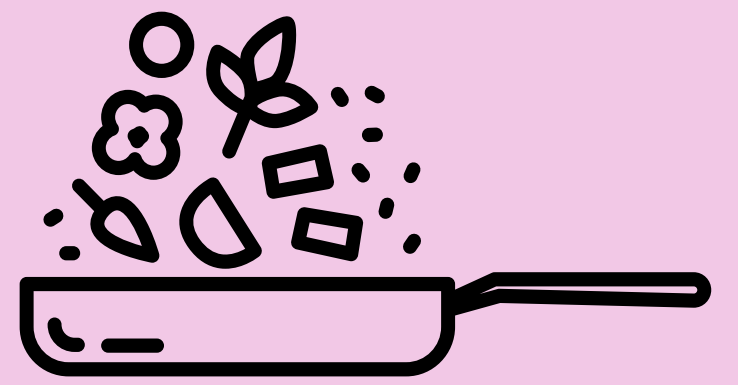
- If frozen, defrost your shrimp by placing them in a bowl of warm water (If they are not pre-shelled, remove the shells and tails from your shrimp).
- Turn stove to medium heat and add avocado oil and minced garlic.
- Add shrimp to the pan and immediately add wine and pesto. If you are adding in any precooked veggies (such as the spaghetti squash in the photo) now is the time to add them as well.
- While cooking, season with salt, pepper, and chill flakes. Squeeze lemon juice on top just before they are finished cooking.
- Cook shrimp until pink, making sure to toss them so that both sides cook. This doesn't take long (just 3-4 minutes depending on the temperature of your stove) so make sure to keep a close eye to avoid overcooking!

PICTURED:

Garlic Prawns (recipe above)

Spaghetti Squash Boats (recipe on page 14)





Protein to Prep:

ALMOND CRUSTED FISH

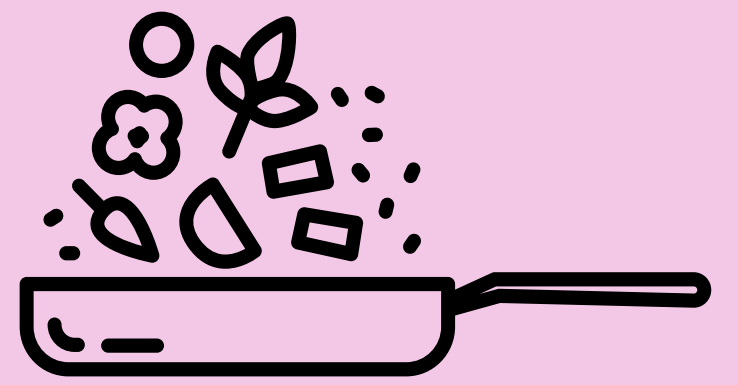
This recipe was originally created to work for any white fish such as tilapia, cod, and pickerel. It also works extremely well adapted as a crust for chicken breast!

INGREDIENTS

- 4 filets of white fish such as tilapia, cod, or pickerel
- 3 eggs
- 3/4 cup almond meal
- 1 tsp garlic powder
- 2 tsp dill
- Sea salt
- Cracked black pepper
- 1 lemon
- Avocado oil cooking spray (olive oil spray will work too if you don't have)

DIRECTIONS

- Preheat oven to 400°F
- Mix together all seasonings in a bowl with almond meal and then lay out on a dinner plate in an even layer.
- Whisk eggs in a bowl until smooth.
- Take each fillet and dip it in the egg, fully coating it. Then proceed to place it in the almond meal mixture, so that both sides are covered.
- Spray both sides of the covered fillet with your cooking spray and then lay it on a tinfoil covered baking sheet.
- Once all fillets are coated, place in the oven and cook for approximately 10-12 minutes.
- Serve each fillet with 2 lemon wedges to squeeze over top.
- Pro Tip: These taste UNREAL with the Dill Dip found in your TFGG Sandwiches & Salads PDF.



Protein to Prep:

HONEY MUSTARD SALMON

INGREDIENTS

- 1 large plank salmon
- 2 tbsp raw honey
- 3 tbsp dijon mustard
- 1 tsp garlic powder
- 1 tsp smoked paprika
- Juice from 1/2 lemon
- Sea salt
- Cracked black pepper
- Lemon wedges

DIRECTIONS

- Preheat oven to 400°F
- Take all ingredients (except the Salmon plank) and whisk together in a small bowl.
- Place salmon on top of a large piece of tinfoil with the shiny side in.
- Pour your mixture evenly on top of the salmon, using a spoon or brush to make sure the whole thing is covered evenly.
- Wrap the tinfoil around the top of the salmon, so that it is completely covered. You might need to get a second piece of tinfoil!
- Place it on a baking sheet and put in the oven for about 10-12 minutes.
- Take the salmon out and pull back the tinfoil so the top is exposed.
- Put it back in the oven for about 1-2 minutes.
- Let it cool for at least 10 minutes and enjoy! Serve it with lemon wedges to squeeze on top before eating.

Protein to Prep:

LEAN TURKEY MEATBALLS

INGREDIENTS

- 1 package lean ground turkey
- 1/2 cup almond flour
- 1/3 cup yellow onion (finely chopped)
- 1 tsp garlic powder
- 5 leaves basil (chopped)
- 1 egg
- 1 tsp salt

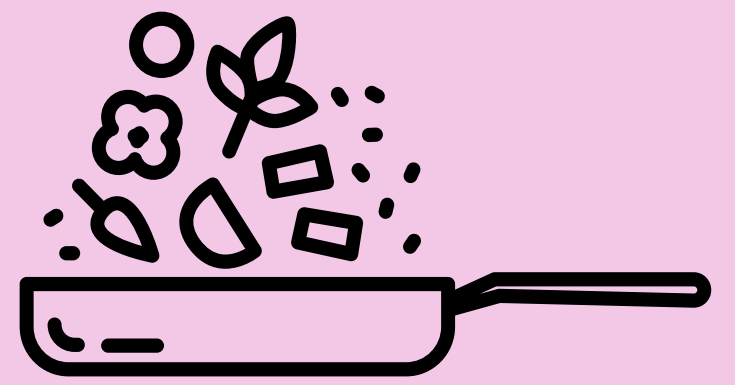
DIRECTIONS

- Preheat oven to 350°F
- Mix all ingredients in a bowl (it's easiest to just use your hands and wash them right after).
- Form meatballs and place on a parchment paper covered baking sheet.
- Bake for about 30 minutes (or until they are lightly browned).
- Pro Tip: If cooking with zoodles and tomato sauce (as shown in the photo) remove about 5 minutes early and add to pan which should already have noodles and tomato sauce cooking.



PICTURED:

Lean Turkey Meatballs (recipe above)
Zoodles (recipe on page 15)



Veggie & Carb Sources to Prep:

CAULI MASH

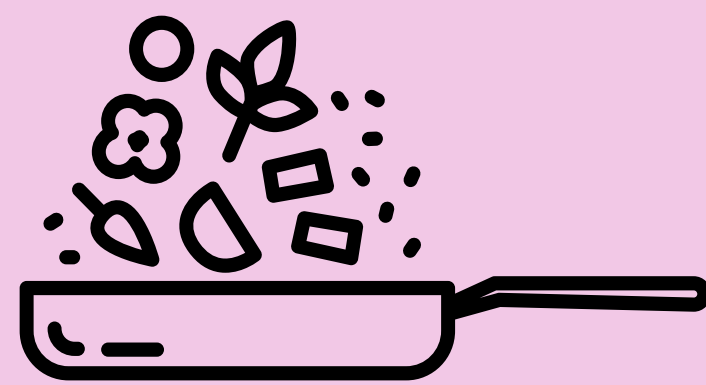
INGREDIENTS

- 1 head of cauliflower
- 1/3 cup plain fat-free greek yogurt
- 1 tbsp butter (regular or ghee)
- Salt & pepper
- 2 tsp garlic (minced)
- Fresh dill (as much as desired)
- Fresh chives (for garnish)



DIRECTIONS

- Fill a pot with water and place on stove at the highest temperature.
- Chop cauliflower into small pieces (the smaller the better).
- Add cauliflower to water and bring it to a boil. Turn it down and allow it to simmer for 10 minutes.
- Using a strainer, carefully drain out the hot water, and shake your cauliflower side-to-side to dry it up as much as possible.
- Place the cauli in your food processor or high-powered blender and add butter, yogurt, and seasonings.
- Blend until creamy. You might need to use a spatula to scrape the sides of the blender as you go. Seriously, don't stop blending until you have achieved the creamiest mashed "potatoes" you've ever seen.
- Garnish with chives so you look fancy AF and enjoy!



Veggie & Carb Sources to Prep:

BAKED VEGGIES

VEGAN 

These are a lifesaver to have in your fridge at all times. You can throw these veggies in any lunch, into an omelette, have them as a side, or just snack on them on their own! These are a TFGG O.G. Recipe and are ANYTHING but bland and boring.

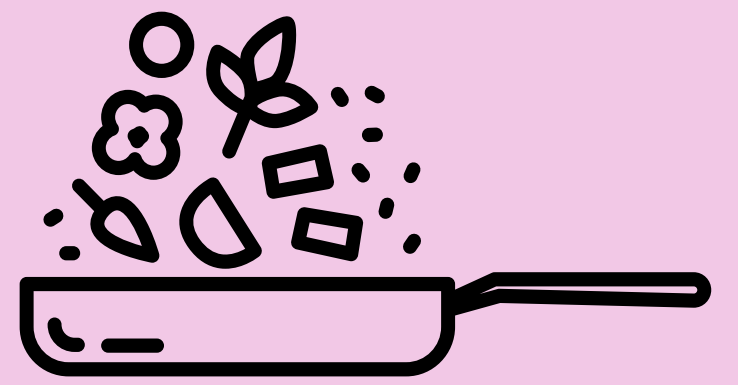
INGREDIENTS

- ANY Veggies you like and are in the mood for, seriously! Here are a few to try:
 - Broccoli
 - Eggplant
 - Mushrooms
 - Brussel Sprouts
 - Yellow onion
 - Kale
- 3 tbsp avocado oil (olive oil will work if you don't have any)
- 1/4 cup chicken broth (or vegetarian replacement)
- 1 tbsp garlic (minced)
- Sea salt & cracked black pepper
- Vegetable Seasoning (by Club House or similar product)
- Any other seasonings you like!



DIRECTIONS

- Preheat oven to 425°F
- Begin cutting up your veggies into small, bite sized pieces (just use as much of each one as you feel like).
- Place your chopped veggies in a plastic grocery bag and add oil, broth, and seasonings.
- Here is the fun part: Shake the absolute crap out of the bag! You want to make sure that all of your veggies are evenly coated.
- Lay your veggies out on a parchment paper covered baking sheet (or two depending on how much you made). They don't need to be in a perfect single later, but try to even them out as much as possible.
- Bake for 20 minutes, then remove and flip over.
- Bake for another 20 minutes, or until they reach your desired level of crispiness.
- Store in a sealed container in the fridge and add to your meals as you need them!



Veggie & Carb Sources to Prep:

SPAGHETTI SQUASH BOATS

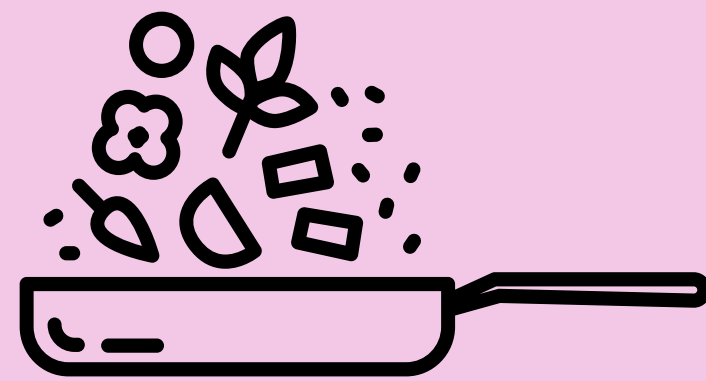
VEGAN 

INGREDIENTS

- 1 medium spaghetti squash
- Spray avocado cooking oil (spray olive oil works too if you don't have any)
- 2 big handfuls spinach
- Sea salt & cracked black pepper
- Any other seasonings you like!

DIRECTIONS

- Preheat oven to 425°F
- CAREFULLY slice squash in half length-wise
- Spray the inside of the squash with avocado 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 with a fork.
- In a skillet, combine squash, spinach, seasonings, and any protein you like (such as the Garlic Prawns photographed on page 8)
- To be fancy and cute, scoop one serving of dish back into the peel, and enjoy!



Veggie & Carb Sources to Prep:

ZOODLES

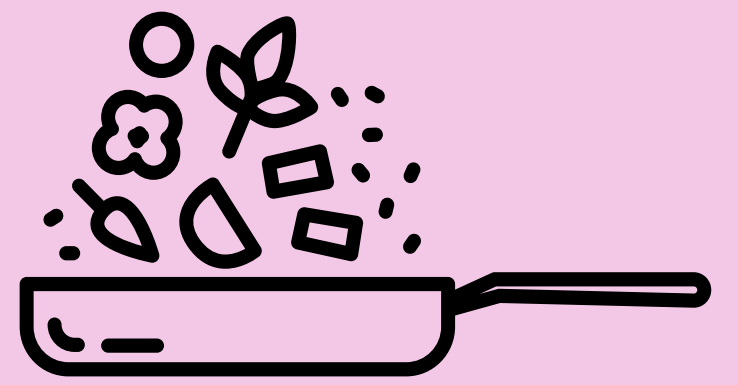
VEGAN 

INGREDIENTS

- 2 large zucchini
- 2 tbsp olive oil or avocado oil
- 1 clove garlic (minced)
- Sea salt & cracked black pepper
- 1 tsp oregano
- 1 tsp thyme
- Fresh basil leaves
- 2 tbsp lemon juice
- 1 can tomato paste
- 1 can diced tomatoes

DIRECTIONS

- Using a spiralizer, create your noodles out of zucchini. If you don't have one, you can often find pre-spiralized zucchini (as well as butternut squash which works too!) at the grocery store.
- In a large saucepan, add oil and garlic.
- Add in the rest of your ingredients and bring them to a boil.
- Once you reach a boil, turn down your stove to low heat and allow everything to simmer for about 40 minutes.
- If you are adding a protein source (such as the turkey meatballs photographed on page 11) you can add them in 10 minutes before you are finished simmering.
- Remove from heat and enjoy!



Veggie & Carb Sources to Prep:

COCONUT CURRY BUTTERNUT SOUP

VEGAN 

*Makes 6 servings

*Note that a serving of this soup is not intended to be eaten as a meal on it's own (due to the lack of protein and calories) but as a delicious and nutrient rich part of any meal.

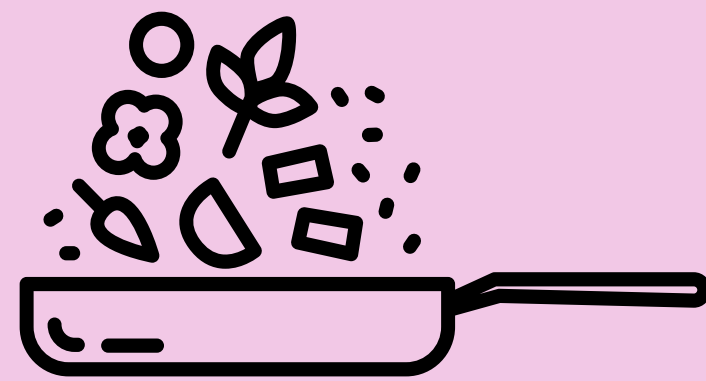
INGREDIENTS

- 1 whole butternut squash (peeled and cubed)
- 2 tbsp yellow curry paste (red curry paste will work too!)
- 1 tbsp organic virgin coconut oil
- 1 can full fat coconut milk (with 0g sugar)
- 1 medium yellow onion
- 1 tsp red pepper flakes (if you like spice you can add more!)
- 3 cloves garlic (finely chopped)
- 2 cups vegetable broth
- 1 tsp cinnamon
- Sea salt and pepper to taste

DIRECTIONS

- Turn your stove to medium heat and add coconut oil to a large pot (you should probably use the biggest one you have).
- Add onion, garlic, and stir as they cook.
- Add in butternut squash and then cover your pot to cook for five minutes. Open the pot every minute or so to stir ingredients.
- Add curry paste, cinnamon, red pepper flakes, broth, and coconut milk. Stir ingredients well and bring them to a boil.
- Once boiling, turn your stove to low heat and cover the pot. Allow the ingredients to simmer until you can easily poke a fork through the squash (up to 20 minutes).
- You now have the choice to blend your soup by transferring it into a blender or food processor, or using an immersion blender if you have one.
- Once blended and creamy, add your soup back to the pot and season with salt and pepper (as well as adding more of any of the seasonings previously used if you feel it needs more).

PRO-TIP: Portion into individual servings & place in the freezer so they don't go bad!



Meal to Prep:

BBQ STEAK SKEWERS

INGREDIENTS

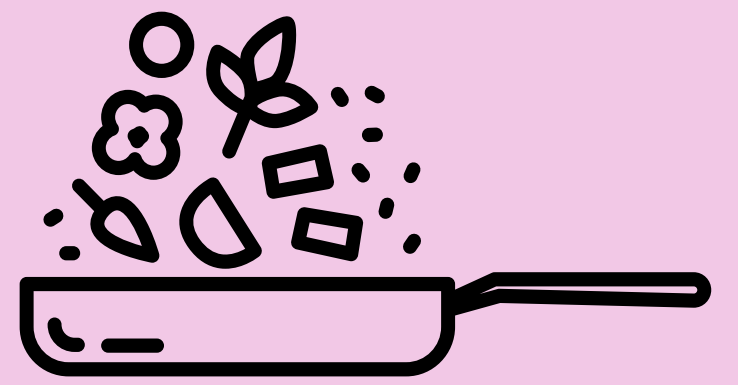
- 4 oz lean sirloin steak
- 1 medium red pepper
- 8 crimini mushrooms
- 1/2 medium yellow onion
- 1 medium zucchini

SKINNY STEAK MARINADE

- 2 tbsp Worcestershire sauce
- 2 tbsp balsamic vinegar
- 1 tbsp reduced sodium soya sauce
- 1 tbsp olive oil
- 1 clove garlic (minced)
- 1 tbsp dijon mustard
- Juice from 1/2 lemon
- 1 large ziplock bag
- 2-3 small skewers

DIRECTIONS

- Cut up your steak and veggies into bite sized pieces and throw them all in a ziplock bag with your marinade.
- Allow this to sit in your fridge for at least 30 minutes (the longer the better if you really want it to soak in!)
- Alternate veggies and steak on the skewers and grill on the BBQ until you reach your desired done-ness!



Meal to Prep:

STUFFED SWEET POTATOES

*Makes 2 servings

INGREDIENTS

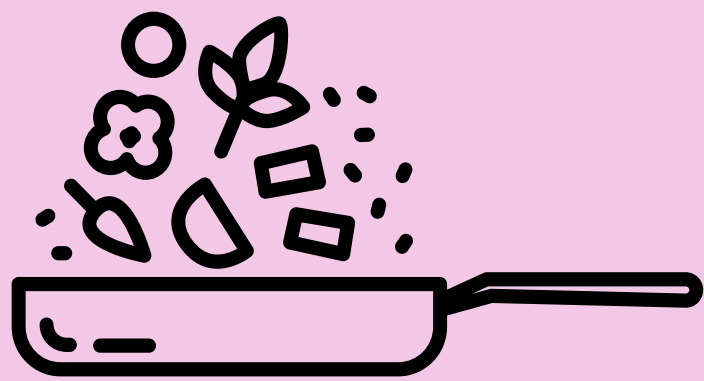
- 1 large chicken breast (follow Juice Baked Chicken Breast recipe in the Food Prep Guide)
- 1 medium sweet potato
- 3 big handfuls spinach
- 1/2 red onion (chopped)
- 1 medium bell pepper (chopped)
- 4 tbsp shredded cheddar cheese
- Avocado oil cooking spray
- 1 tsp paprika
- 1 tsp chipotle spice
- Salt & pepper
- 1 tsp garlic (minced)
- 2 tbsp plain fat-free greek yogurt
- Juice from 1 lime
- 2 tbsp avocado oil

DIRECTIONS

- Preheat the oven to 425'.
- Wrap the sweet potato in tinfoil and place it in the oven! Let it bake for approximately 25 minutes. You'll know it's done if when you poke it with a knife, it slides in easily.
- Remove your chicken breast from the oven once it is about 75% cooked. It should still be slightly pink on the inside (make sure to follow the instructions for cooking & seasoning in the Juicy Baked Chicken Breast recipe in the Food Prep Guide).
- Using a fork, pull the chicken breast apart so that it shredded into small pieces. Place these in a mixing bowl.
- At the same time, turn your stove to medium heat and spray a pan with avocado oil. Grill your onion, peppers, and garlic for about 5 minutes until soft. Just before they are done, add the spinach and allow it to soften.
- Remove the sweet potato from the oven and allow it to cool down. Slice it length-wise in half and use a spoon to carve out the inside of the sweet potato and place it in a mixing bowl with the chicken. Leave about a 1cm thick layer above the skin.
- Add your grilled veggies to the same mixing bowl and season the mixture with chipotle, paprika, salt and pepper.
- Squeeze lime juice into the mixture and stir it all together using a large fork.
- Place the mixture back into the empty sweet potato skins and top with shredded cheese.
- With your oven turned to broil, place the stuffed sweet potatoes back inside and cook for about 5 minutes. Make sure to keep an eye on these as oven heat can vary!
- Remove from the oven and allow to cool slightly. Place a dollop of greek yogurt on top and enjoy!



Food Prep



Cauliflower Pizza Crust

———— *Makes 1 crust (2 servings)

STUFFED SWEET POTATOES

INGREDIENTS

- 1 large head of cauliflower
- 1 egg
- 2 tbsp coconut flour
- 1 tsp sea salt
- 1/3 cup goat cheese
- 1 tsp garlic powder
- 1 tsp cinnamon
- Sea salt and pepper to taste

DIRECTIONS

- Preheat oven to 425°F
- Chop cauliflower into manageable pieces and place in a high powered blender or food processor. Make sure to blend until it becomes a fine consistency.
- Remove from your food processor and place into a microwave safe container.
- Microwave on high for about 5 minutes (depending on the strength of your microwave) taking it out halfway to stir it.
- This is the most important step. Place your cauliflower crumbs all inside a clean dishtowel or cheese cloth and WRING OUT all the water!
- In a large bowl, mix cauliflower, egg, cheese, coconut flour, and seasonings (this works best just using your hands).
- Cover a baking sheet with parchment paper and firmly press the mixture into whatever shape you like, making sure it is at least 1/4 of an inch thick.
- Bake for 20 minutes and prepare to be amazed. Seriously.
- Once your crust is baked, you can place on your toppings of choice (peep the ideas below) and place back in the oven for another 10 minutes.

MACRONUTRIENT BREAKDOWN

*For one serving of Cauliflower
Crust (1/2 pizza)

Protein



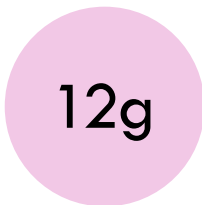
Carbs



Fibre

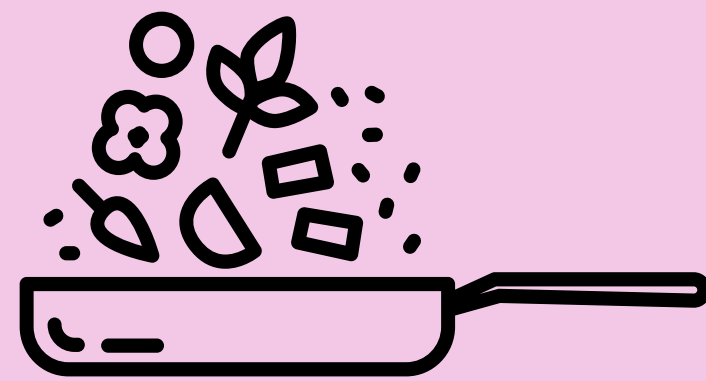


Fat



Cals





Pizza Topping Idea No. 1

*Note: You won't actually become pretentious after eating it.

FANCY PRETENTIOUS PIZZERIA STYLE



INGREDIENTS

- 1 juicy baked chicken breast (Tip: Cook until about 3/4 of the way done and then chop and place on pizza)
- 1/4 cup jarred red peppers (make sure to pat excess oil off with a cloth or paper towel)
- 4 artichoke hearts
- 5 fresh basil leaves
- 1/4 cup goat cheese (crumbled)
- 1 handful arugula
- 4 tbsp pizza sauce
- 1 tbsp pesto

DIRECTIONS

- Stir together pizza sauce & pesto and evenly spread over your cooked cauliflower crust.
- Chop up your chicken breast (should not yet be fully cooked in order to remain juicy and flavourful), artichokes, and sundried tomatoes and scatter evenly over pizza.
- Top with goat cheese and basil leaves.
- Place pizza in the oven for 8-10 minutes at 425°F (depending on the strength of your oven). Keep an eye on it to ensure you don't burn it!

MACRONUTRIENT BREAKDOWN

*For 1 serving of Cauliflower Crust
+ 1 serving of Fancy Pretentious
Style toppings (1/2 of entire
pizza)

Protein

30g

Carbs

37g

Fibre

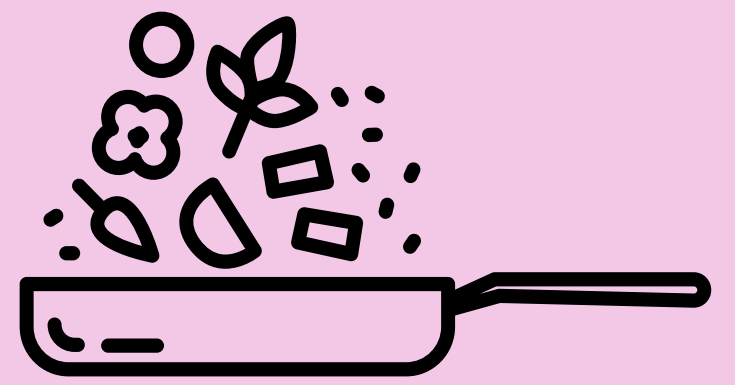
12g

Fat

22g

Cals

441



Pizza Topping Idea No. 2

———— *Note: This version is anything but greasy.

GREASY CLASSIC STYLE

INGREDIENTS

- 3 pieces back bacon
- 1 cup lean ground turkey
- 3/4 cup low fat mozzarella cheese (grated)
- 4 tbsp pizza sauce
- 1 tbsp Italian seasoning
- 1/3 cup yellow onion (chopped)
- 1/3 cup mushrooms (chopped)
- Avocado oil cooking spray

DIRECTIONS

- Turn your stove to medium heat and spray pan with avocado oil. Add chopped onions and mushrooms and cook for about 2 minutes.
- Add ground turkey and Italian seasoning, and stir. Cook until turkey is almost done and then remove from heat.
- In a separate pan, cook back bacon until crispy. Remove from heat and then cut it into small pieces.
- Evenly spread pizza sauce over your cooked cauliflower crust.
- Top with turkey mixture, bacon bits, and mozzarella cheese.
- Place pizza in the oven for 8-10 minutes at 425°F (depending on the strength of your oven). Keep an eye on it to ensure you don't burn it!
- Enjoy!

MACRONUTRIENT BREAKDOWN

*For 1 serving of Cauliflower Crust
+ 1 serving of Greasy Classic
Style toppings (1/2 of entire
pizza)

Protein

35g

Carbs

18g

Fibre

10g

Fat

26g

Cals

480