

# TFGG

*the fit girl gang*

**Sandwiches,  
Salads,  
& Bowls**



## The Club



### INGREDIENTS

- Thin Sandwich Bun (choose one with the lowest carb & highest fibre content you can find)
- 100g deli chicken or turkey (shaved)
- 2 slices back bacon
- 3 slices tomato
- 3 pieces romaine lettuce

#### Sriracha Mayo

- 1 tbsp light mayo (look for organic if possible)
- 1 tsp Sriracha sauce (or more if you like it spicy)
- 1 tsp fresh lemon juice
- Pinch of salt

### MACRONUTRIENT BREAKDOWN

Protein

41g

Carbs

33g

Fibre

4g

Fat

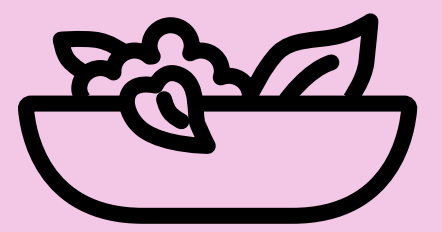
11g

Cals

379



# Sandwiches, Salads, & Bowls



## Creamy Avocado & Tuna



### INGREDIENTS

- 1/2 whole wheat pita (choose one with the lowest carb & highest fibre content you can find)
- 1 can albacore tuna (chunk style canned in water, not oil)
- 1/2 cup alfalfa sprouts
- 1/2 cup spinach
- 1/3 cup red onion (chopped)
- 1/3 medium avocado
- 1 tbsp light mayo (look for organic if possible)
- 1 tbsp fat-free sour cream
- 1 tbsp fresh lime juice
- Salt and pepper

### DIRECTIONS

- In a bowl, mix together tuna, mashed avocado, onion, sour cream, mayo, lime juice, and salt and pepper.
- Layer your pita with spinach, sprouts, avocado tuna mixture, and enjoy!

### MACRONUTRIENT BREAKDOWN

Protein

38g

Carbs

31g

Fibre

7g

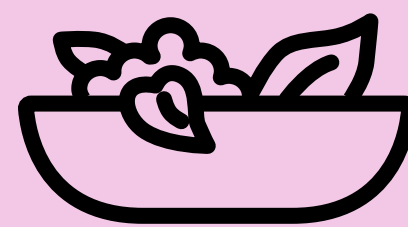
Fat

13g

Cals

363





## Chicken Taco Lettuce Wraps

### INGREDIENTS

- 1 small chicken breast (boneless, skinless)
- 3 hearts romaine lettuce
- 1 tsp taco seasoning
- 1/2 cup red bell pepper
- 1/2 cup yellow onion
- Avocado oil cooking spray
- 1 serving Mango Salsa (recipe below!)
- Avocado Cream (recipe below!)

### DIRECTIONS

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

### MACRONUTRIENT BREAKDOWN

\*for Chicken Taco lettuce wraps  
with one serving of Fresh Mango  
Salsa & Avocado Cream

Protein

35g

Carbs

37g

Fibre

8g

Fat

13g

Cals

379

### FRESH MANGO SALSA

\*Makes 5 servings

- 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

\*Single serving

- 1/3 medium avocado
- 3 tbsp plain fat-free greek yogurt
- 1 tsp fresh lime juice

### MACRONUTRIENT BREAKDOWN

\*for one serving of The  
Fresh Mango Salsa (helpful if you  
want to eat it as a snack!)

Protein

1.5g

Carbs

14g

Fibre

2g

Fat

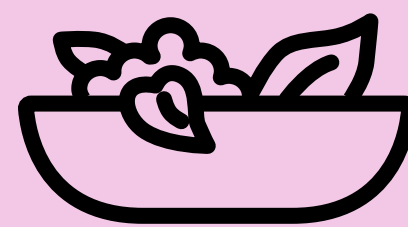
0g

Cals

58







## Mediterranean Pita



### INGREDIENTS

- 1/2 whole wheat pita (choose one with the lowest carb & highest fibre content you can find)
- 1 small chicken breast (boneless, skinless)
- 1/3 cup red onion (thinly sliced)
- 1/3 cup red bell peppers (sliced)
- 2 hearts romaine lettuce
- Greek seasoning (as much as desired)
- 2 tbsp light feta cheese
- 2 tbsp light tzaziki
- 1 tsp fresh lemon juice

### MACRONUTRIENT BREAKDOWN

Protein

39g

Carbs

36g

Fibre

6g

Fat

15g

Cals

409



## Summer Salad

\*Makes 2 servings



### INGREDIENTS

- 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 (crushed)
- 1 serving (about 3 tbsp) The Best Vinaigrette (recipe on following page)

### NOTE

This salad doesn't have a significant source of protein as it is intended to be enjoyed as part of a meal. If you want to eat it as your entire meal for lunch, dinner, or maybe even f\*\$@ the rules and have it for breakfast, go for it! Just make sure you add a protein source on top. A few great options are prawns, chicken breast, turkey, tofu, lean beef, or fish.

### MACRONUTRIENT BREAKDOWN

\*for one serving of Summer Salad with one serving of The Best Vinaigrette

Protein

9g

Carbs

33g

Fibre

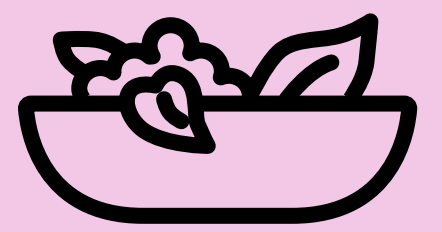
6g

Fat

20g

Cals

339



# Sandwiches, Salads, & Bowls

## The Best Vinaigrette

———— \*Makes 2 servings

### INGREDIENTS

- 1 tbsp dijon mustard
- 1 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

### DIRECTIONS

- Blend all ingredients in blender or food processor.
- Store in a sealed container in you fridge!

### MACRONUTRIENT BREAKDOWN

\*for one serving of The  
Best Vinaigrette (this is helpful  
if you want to use it to dress a  
different kind of salad!)

Protein

1g

Carbs

12g

Fibre

0g

Fat

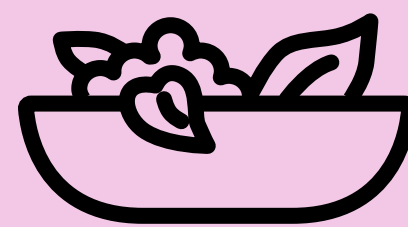
8g

Cals

109



# Sandwiches, Salads, & Bowls



## Chopped Salad

\*Makes 2 servings

### INGREDIENTS

- 1 cup cabbage (chopped)
- 1 cup broccoli (chopped)
- 1 medium yellow bell pepper (chopped)
- 1 large carrot (peeled and chopped)
- 1 granny smith apple (chopped)
- 1 cup radishes (sliced)
- 4 tbsp light feta (crumbled)
- 2 tbsp raw almonds (crushed)
- 1 serving (about 3 tbsp) Avocado Dill Dressing

### NOTE

This salad doesn't have a significant source of protein as it is intended to be enjoyed as part of a meal. If you want to eat it as your entire meal for lunch, dinner, or maybe even f\*\$@ the rules and have it for breakfast, go for it! Just make sure you add a protein source on top. A few great options are prawns, chicken breast, turkey, tofu, lean beef, or fish.

### MACRONUTRIENT BREAKDOWN

\*for one serving of  
Chopped Salad with one  
serving of Avocado Dill Dressing

Protein

9g

Carbs

35g

Fibre

11g

Fat

18g

Cals

341

## Avocado Dill Dressing

\*Makes 9 servings

### INGREDIENTS

- 1/2 cup plain fat-free greek yogurt
- 1 medium avocado
- 1/4 cup extra virgin olive oil
- 1/4 cup lite coconut milk (canned)
- 1/4 cup water
- Juice from 2 limes
- 2 tbsp fresh dill
- Salt and pepper

### DIRECTIONS

- Blend all ingredients in blender or food processor.
- Store in a sealed container in your fridge!

### MACRONUTRIENT BREAKDOWN

\*for one serving of Avocado Dill  
Dressing (helpful if you want to use it  
to dress a different kind of salad!)

Protein

1g

Carbs

12g

Fibre

0g

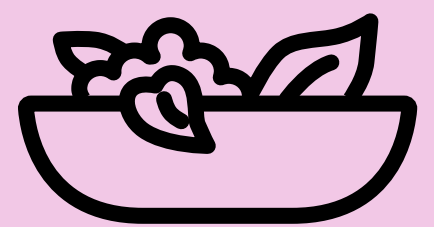
Fat

8g

Cals

109





## Kale Chicken Caesar



### INGREDIENTS

- 1 big handful kale (chopped)
- 1 big handful romain (chopped)
- 1 small chicken breast (boneless, skinless, sliced)
- 2 strips of side bacon (look for all natural and nitrate-free)
- 2 tbsp parmesan cheese shaves
- 1 serving (about 3 tbsp) Skinny Caesar Dressing (recipe on the next page)

### DIRECTIONS

- Preheat oven to 400°F
- Lay out parmesan shavings on a piece of parchment paper on a cookie sheet. Bake for 3-5 minutes and then remove from heat. This will turn the parmesan into the most amazing crispy croutons!
- Prepare your chicken breast and bacon, and add all your ingredients together. Take a pic and post it in the TFGG Facebook group because you're so proud of this delish creation!

### MACRONUTRIENT BREAKDOWN

\*for Kale Chicken Caesar with one serving of Skinny Caesar Dressing

Protein

43g

Carbs

14g

Fibre

4g

Fat

17g

Cals

400



# Sandwiches, Salads, & Bowls

## Skinny Caesar Dressing

———— \*Makes 4 servings

### INGREDIENTS

\* Makes 4 servings

- 2 anchovies (canned)
- 1 tbsp dijon mustard
- 1 garlic clove
- Juice from 1 lemon
- 2 tbsp red wine vinegar
- 1/3 cup plain fat-free greek yogurt
- 2 tbsp parmesan cheese

### DIRECTIONS

- Blend all ingredients in blender or food processor.
- Store in a sealed container in you fridge!

### MACRONUTRIENT BREAKDOWN

\*for one serving of Skinny Caesar Dressing (helpful if you want to use it to dress a different kind of salad!)

Protein

4g

Carbs

2g

Fibre

1g

Fat

1g

Cals

39



## Tuna Poke Bowl



### INGREDIENTS

- 4 oz tuna (sushi grade)
- 1/3 cup edamame (shelled)
- 1/4 medium avocado
- 1/2 cucumber (spiralized)
- 1 medium carrot (spiralized)
- 1/4 cup red onion (slivered)
- Garnish with: Pickled ginger, 1 tsp sesame seeds, and 1 tbsp nutritional yeast
- Drizzle on top: 1 tbsp of light mayo mixed with Sriracha

### DRESSING

- 2 tbsp coconut aminos
- 1 tbsp rice wine vinegar
- 1 tbsp sesame oil
- Red pepper flakes (as much as desired)
- 1 tbsp stevia

### MACRONUTRIENT BREAKDOWN

Protein

32g

Carbs

45g

Fibre

8g

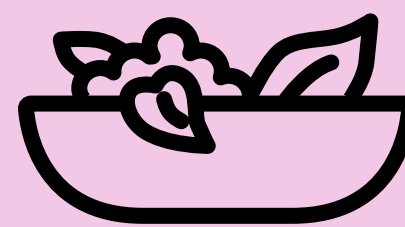
Fat

26g

Cals

487





## Smoked Salmon Roll



### INGREDIENTS

- 3 oz smoked salmon (lox)
- 2 sheets nori
- 3 tbsp fat-free cream cheese
- 1/3 cucumber (slivered)
- 1/3 avocado
- Garlic powder
- Dill
- Fresh lemon juice

### DIRECTIONS

- Mix your cream cheese in a small dish with garlic powder, dill, and lemon juice.
- Lay your nori out and spread your cream cheese in a thick layer right near the base where you will begin to roll.
- Place your other ingredients on top of it (smoked salmon, cucumber, and avocado) in a generous row on top of the cream cheese mixture.
- Roll it up as tightly as you can, and then allow your 2 rolls to chill in the fridge or freezer for at least 10 minutes (this will make slicing them much easier).
- Slice them up into approximately 6-8 pieces each and enjoy!

### MACRONUTRIENT BREAKDOWN

Protein

26g

Carbs

17g

Fibre

2g

Fat

13g

Cals

308





# Sandwiches, Salads, & Bowls

## Spicy Tuna Roll

### INGREDIENTS

- 4 oz tuna (sushi grade)
- 1 tbsp Sriracha
- 1 tbsp low fat mayo
- 1/2 cup Cauliflower Rice
- 1/3 medium avocado (thinly sliced)
- 1/2 carrot (slivered)
- 2 sheets nori
- Top with: 1 tbsp nutritional yeast
- Dip in: Wasabi, 2 tbsp coconut aminos

### DIRECTIONS

- Lay your nori out and press your cauli rice down all over it in a flat layer, about 1 “grain” of rice thick.
- Place your other ingredients (tuna, avocado, and carrot) in a generous row, right near the base where you will begin to roll.
- Roll it up as tightly as you can, and then allow your 2 rolls to chill in the fridge or freezer for at least 10 minutes (this will make slicing them much easier).
- Slice them up into approximately 6-8 pieces each and then drizzle with Sriracha mayo and sprinkle with nutritional yeast.

### MACRONUTRIENT BREAKDOWN

Protein

29g

Carbs

30g

Fibre

6g

Fat

13g

Cals

386



# Sandwiches, Salads, & Bowls

## Spicy Chicken Lettuce Wraps

———— \*Makes 3 servings

**VEGAN SWAP** 

Swap out the ground chicken for tofu. Chop it into super tiny pieces and cook with your veggies as directed.

### INGREDIENTS

- 1 pkg ground chicken
- 1/2 cup yellow onion (chopped)
- 1 cup mushrooms (sliced)
- 2 big handfuls spinach
- 1 tsp garlic (minced)
- 1/2 cup cashews (halved)
- 1/4 cup coconut aminos
- 2 tbsp cashew butter
- 9 leaves butter lettuce
- Chili flakes (as much as desired)
- Coconut oil cooking spray

### SAUCE

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

### DIRECTIONS

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

### MACRONUTRIENT BREAKDOWN

\*for one serving of lettuce wraps

Protein

24g

Carbs

34g

Fibre

1g

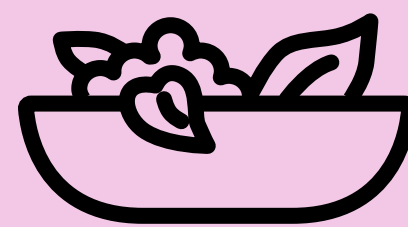
Fat

16g

Cals

368





## Santa Fe Salad

### VEGAN SWAP

Swap out the chicken breast for a vegetarian one.  
Try the PC Blue Menu Vegetarian Chicken Breast.

### INGREDIENTS

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

### PEANUT LIME DRESSING

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

### MACRONUTRIENT BREAKDOWN

Protein

35g

Carbs

42g

Fibre

11g

Fat

25g

Cals

531

## TFGG Lunchables

\*the easiest lunch for when you're in a rush and on the go!

### INGREDIENTS

- 100g organic sliced deli ham (look for preservative free)
- 1 handful unsalted roasted cashews
- 1 cup chopped veggies (broccoli, bell peppers, snap peas)
- 1 serving Spinach Artichoke Dip (found in Savoury Snacks)
- 2 slices high fibre crisp bread (GG Scandinavian Fiber Crispbread or similar brand)

### MACRONUTRIENT BREAKDOWN

Protein

41g

Carbs

45g

Fibre

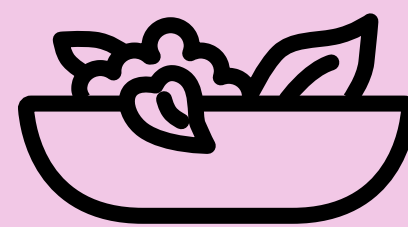
18g

Fat

14g

Cals

405



## Sweet Potato Sliders



### INGREDIENTS

- Lean Turkey Meatball - Follow the recipe in Food Prep Guide and shape into hamburger
- 2 slices of sweet potato (approx. 1cm thick each)
- 1/3 medium avocado (mashed)
- 1 slice red onion (approx. 1cm thick)
- 1 large slice bell pepper
- 1 handfull arugula
- 2 tbsp Basil Ranch Dip (located in Savoury Snacks)
- Coconut oil cooking spray

### DIRECTIONS

- Pre-heat the oven to 425'
- Spray your slices of sweet potato with cooking spray, and place in the oven for about 10 minutes on each side.
- At the same time, turn on your stove to medium heat and spray with coconut oil. Grill the onion and pepper on both sides.
- Arrange your slider with a handful of arugula, the Basil Ranch Dip, veggies, smashed avocado, and turkey burger. Enjoy!

### MACRONUTRIENT BREAKDOWN

Protein

34g

Carbs

26g

Fibre

7g

Fat

17g

Cals

368



# Creamy Pasta Salad

## INGREDIENTS

- 1 cup cooked high fibre/low carb pasta (Dreamfields Pasta Elbows or similar brand)
- 1 medium zucchini (spiralized)
- 1 medium chicken breast - boneless, skinless (baked)
- 6 cherry tomatoes (halved)
- 1 cup spinach
- 1 clove garlic (minced)
- Avocado oil cooking spray

## CHEESY CAULI SAUCE

- 1.5 cups cauliflower
- 1 tsp garlic (minced)
- 2 tbsp unsweetened cashew or almond milk
- 2 tbsp plain fat-free greek yogurt
- Fresh dill
- Salt & pepper
- 1/4 cup parmesan cheese (shredded)

## DIRECTIONS

- Fill a pot with water and turn the stove to high heat. As you wait for the water to boil, cut your cauliflower into tiny pieces. Add them to the water and allow it to simmer with a lid for at least 8 minutes.
- Remove the cauli and strain the water from it. Add it to your blender or food processor with all the other ingredients and blend on high until creamy and sauce-like. Set aside.
- Fill a pot with water again, turn it to high, and when it begins to boil, add your pasta. Make sure to follow the exact instructions on the box. Drain out the water with a strainer and set aside.
- While your pasta is cooking, spray a pan with avocado oil and turn the stove to medium heat. Allow garlic to simmer for about 30 seconds and then add the spiralled zucchini noodles. Stir these around frequently and cook them until they are tender. Just before they are done, add the spinach and cherry tomatoes and cook until the spinach is soft.
- Remove your chicken breast from the oven and cut it into small strips
- In a bowl or tupperware, mix your veggies with the pasta noodles and the strips of chicken breast. Pour your Cheesy Cauliflower sauce overtop and mix well.
- Cover and place in the fridge for at least 30 minutes.

PRO-TIP:

This stuff is amazing to make in bigger batches & bring to lunch all week.

## MACRONUTRIENT BREAKDOWN

Protein

44g

Carbs

30g

Fibre

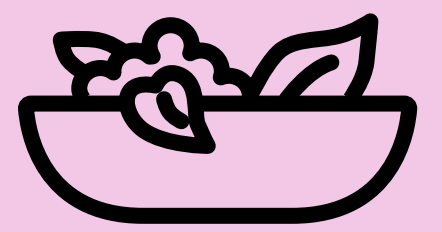
11g

Fat

9g

Cals

449



# Sandwiches, Salads, & Bowls

## Mediterranean Bowl

### INGREDIENTS

- 5 kalamata olives
- 1/2 medium cucumber
- 2 handfuls spinach
- 6 cherry tomatoes (halved)
- 1 tsp garlic (minced)
- 2 eggs (poached)
- 1/3 avocado (sliced)
- 2 tbsp of hummus or greek yogurt (whichever you prefer!)
- Fresh basil
- Sea salt
- A squeeze of fresh lemon juice
- Avocado oil cooking spray

### DIRECTIONS

- In a pan on medium heat, spray with avocado oil. Grill spinach, garlic, & tomatoes for about 3 minutes.
- Throw all your ingredients in a bowl and top with lemon juice, sea salt, and hummus or greek yogurt!

### MACRONUTRIENT BREAKDOWN

Protein

20g

Carbs

19g

Fibre

9g

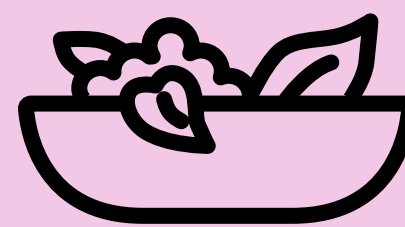
Fat

30g

Cals

406





## Cobb Salad

### INGREDIENTS

- 1 hard boiled egg
- 1/2 juicy baked chicken breast
- 2 strips of side bacon (look for all natural and nitrate-free)
- 1/2 ripe vine tomato
- 1/4 avocado
- 2 tbsp chives
- 3 tbsp Skinny Ranch Dressing
- 1 cup spinach
- 3 hearts romaine



### MACRONUTRIENT BREAKDOWN

Protein

34g

Carbs

15g

Fibre

5g

Fat

23g

Cals

392

## Skinny Ranch Dressing

———— \*Makes about 3/4 cup (4 servings total)

### INGREDIENTS

- 1/3 cup plain fat-free greek yogurt
- 1/3 cup low fat mayonnaise
- 1/2 package ranch dressing mix
- Juice from one lemon

### MACRONUTRIENT BREAKDOWN

\*for one serving serving of  
Skinny Ranch Dressing (3 tbsp)

Protein

2g

Carbs

4.5g

Fibre

0g

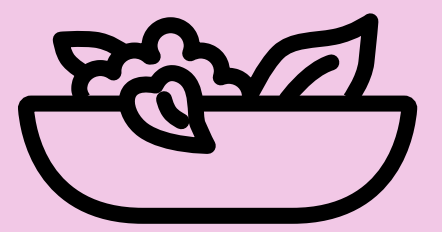
Fat

4.5g

Cals

70





# Sandwiches, Salads, & Bowls

## M.G.S. (Magical Gut Salad)

**VEGAN** 

This salad was created with the most gut-friendly foods in the world. Want to heal your gut, improve digestion, or just feel good? This is for you.



### INGREDIENTS

- 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

### MACRONUTRIENT BREAKDOWN

Protein

19g

Carbs

33g

Fibre

10g

Fat

23g

Cals

408



## Cauliflower Mac & Cheese

\*Makes 2 servings

**VEGAN** 

### INGREDIENTS

- 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
- Creamy cashew sauce
- 1/2 cup Daiya Cheese
- 1/4 cup nutritional yeast
- Chives to sprinkle on top

### 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).
- 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.

### MACRONUTRIENT BREAKDOWN

\*per single serving of  
Vegan Cauli Mac & Cheese

Protein

25g

Carbs

44g

Fibre

12g

Fat

20g

Cals

449



# Sandwiches, Salads, & Bowls

## Better Bean Bowl

**VEGAN** 

### INGREDIENTS

- 1/2 cup cooked small white beans
- 1/2 cup cooked green lentils
- 1 cup cooked green beans (cut into thirds)
- 1/3 cup finely chopped red onion
- 1/3 cup finely chopped yellow bell pepper
- 1/2 cup diced cucumber
- 1 cup chopped spinach or microgreens
- 2 tbsp cilantro finely chopped

### DRESSING

- 2 tbsp lemon juice
- 2 tbsp agave nectar
- 2 tbsp apple cider vinegar
- 2 tbsp olive oil
- Salt and pepper (as much as desired)

**PRO-TIP:** to bring out the flavours best, dress this salad and allow it to sit covered in the fridge for at least one hour before eating. This is also an amazing recipe to prep the night before and bring with you the next day for lunch! Ummm...Hi cute Pinterest mason jar recipe

### MACRONUTRIENT BREAKDOWN

Protein

17g

Carbs

68g

Fibre

19g

Fat

15g

Cals

441



## Portobello Sandwich

**VEGAN** 



### INGREDIENTS

- 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
- Coconut oil cooking spray
- Salt and pepper
- 1/4 cup shredded Daiya Cheese

### DIRECTIONS

- Lightly spray pan with coconut 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.
- 1 minute before removing your veggies, add the spinach and 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.

### MACRONUTRIENT BREAKDOWN

Protein

20g

Carbs

42g

Fibre

12g

Fat

21g

Cals

416

## Like a Stir Fry – Whip it

—————\*(Not sponsored by Migos but willing to be)

**VEGAN** 

### INGREDIENTS

- Approx. 150g firm tofu (cut into small cubes) OR Seitan
- 1 cup broccoli florets
- 1/2 red pepper sliced
- 1/2 cup mushrooms sliced
- 2/3 cup sugar snap peas (or snow peas) halved
- 1/2 cup yellow onion chopped
- 1 cup spinach
- 1 clove garlic minced
- 1/2 tsp fresh ginger minced
- 2 tbsp water
- 2 tbsp cashews
- Sprinkle of salt
- Coconut oil cooking spray
- 1/2 package shirataki noodles

### SAUCE

- 2 tbsp liquid aminos (low sodium soya sauce can work too)
- 1 tbsp dark sesame oil
- 2 tsp corn starch
- 1 tbsp agave nectar
- Fresh juice from half of a lemon
- Optional: 1-2 tbsp sriracha sauce

### DIRECTIONS

- Grab a wok or frying pan, spray it with coconut oil, and turn your stove to high heat. Toast your cashews for about 1 minute and then put them aside for later.
- Turn your stove down to medium heat and add the tofu, garlic, ginger, water, and all veggies except for the spinach.
- As these guys begin to cook, mix up your sauce in a small bowl, making sure to keep mixing the pan so everything cooks evenly.
- Add in your sauce and continue to stir to that everything is evenly coated! Cook until the veggies are your desired level of done-ness.
- About a minute before you're ready to take everything off the heat, add in your spinach and shirataki noodles.
- Season with a little salt, toss it in a cute Instagram-y bowl, top with your cashews, and voila! You're a trap star. Just kidding but you do have a delish vegan meal.

### MACRONUTRIENT BREAKDOWN

Protein

28g

Carbs

46g

Fibre

9g

Fat

32g

Cals

578