

TFGG

the fit girl gang

Breakfasts

Savoury





The Omelette Matrix

TFGG OMELETTE BASE

Each of the following omelette recipes have been created using 1 whole egg, 3 egg-whites, 2 tablespoons unsweetened nut milk, and salt & pepper. Want to make breakfast for two? Simply double it up. Trying to save some cash on your favourite breakfast recipes? Grab a carton of egg-whites next time you hit the grocery store! 3 egg-whites equals 1/4 cup of liquid egg-whites and also saves you the hassle of separating the yolk.

WHISK AWAY

We can all agree that the fluffier the eggs, the better. What the secret? Whisk the absolute shit out of them! Add your egg, egg-whites, milk, and seasoning into a bowl and whisk away for a full minute (sorry in advance if you're doing this after upper body day). If you're really serious about the fluffiness factor, throw the TFGG Omelette Base ingredients into your blender for 30 seconds instead!

OMELETTE F@\$K UPS

So your omelette flip didn't work, and now you have a scramble? It might no longer be Instagramable, but at the end of the day, who cares? If you do want to guarantee the perfect flip though, it's always best to use a non-stick frying pan as well as spraying it first with avocado oil (this is always best for frying as it has a high smoke point and typically isn't as processed as other cooking oils, although other spray cooking oils such as olive oil will still do the trick).

SAUCE BOSS LIFE

If you live the Sauce Boss lifestyle (aka love to add dip and sauce to flavour your meals) then you're probably used to topping your omelettes with ketchup. An easy switch that is HIGHLY recommended to save you a ton of sugar is to swap out your regular bottle for one that has no sugar added (Heinz No Sugar Added Ketchup can be found in every major grocery store). Other major sauce tips include looking for salsa that has a low sugar content (or even better make your own!) and flavouring your omelette with hot sauce as it typically has no sugar and is almost calorie-free.



NO DAIRY? NO PROBLEM.

If you are someone that doesn't digest dairy well or are trying to cut it out of your diet for any reason, swap the cheese for a dairy-free alternative or leave it out of your omelette altogether! Although the TFGG omelette macros have been calculated with the cheese included it is by no means required for your omelette to be just as delicious and healthy.

The Ultimate Veg



INGREDIENTS

- TFGG Omelette Base
- 1 big handful spinach
- 1/3 cup red bell pepper (chopped)
- 1/3 cup mushrooms (thinly sliced)
- 1/4 cup yellow onion (chopped)
- 4 stems asparagus
- 1 tsp garlic (minced or pureed)
- Top with: 1/4 avocado (sliced) and 2 tbsp goat cheese

DIRECTIONS

- Heat stove to medium and spray pan with avocado oil (or spray cooking oil of choice)
- Add garlic and all veggies except for spinach and cook until as soft as desired. Add spinach for the final 60 seconds of cooking and then remove all veggies from the pan.
- Spray your pan again and pour in TFGG Omelette Base (prepared as directed above).
- Once the bottom begins to set, layer your veggies on top and cover your pan with a sealed lid for about 1*minute.
- Loosen the bottom of the omelette with your spatula and flip it over to grill the other side for about 30*seconds.
- Place the avocado and goat cheese on top and enjoy!
- *Cook time may vary depending on the heat of your stove

MACRONUTRIENT BREAKDOWN

Protein

28g

Carbs

19.6g

Fibre

8g

Fat

23g

Cals

377



The Western



INGREDIENTS

- TFGG Omelette Base
- 5 cherry tomatoes (halved)
- 1 big handful spinach
- 1/3 cup yellow pepper (chopped)
- 1/3 cup black beans
- 1/4 cup red onion (thinly sliced)
- 1 tsp garlic (minced or pureed)
- Top with: Cilantro, 2 tbsp fat-free sour cream, 2 tbsp salsa, and 1 tbsp light cheddar cheese (shredded)

DIRECTIONS

- Heat stove to medium and spray pan with avocado oil (or spray cooking oil of choice)
- Add garlic, peppers, black beans, and onion and cook until as soft as desired. Add spinach for the final 60 seconds of cooking and then remove all veggies from the pan.
- Spray your pan again and pour in TFGG Omelette Base (prepared as directed above).
- Once the bottom begins to set, layer your grilled veggies and fresh tomatoes on top and cover your pan with a sealed lid for about 1*minute.
- Loosen the bottom of the omelette with your spatula and flip it over to grill the other side for about 30*seconds.
- Place the cilantro, sour cream, salsa, and cheese on top and enjoy!
- *Cook time may vary depending on the heat of your stove.

MACRONUTRIENT BREAKDOWN	Protein	Carbs	Fibre	Fat	Cals
	27g	31.6g	9g	12g	355



The Smoked Salmon



INGREDIENTS

- TFGG Omelette Base
- 1 big handful spinach
- 1/4 cup red onion (thinly sliced)
- 1 tsp garlic (minced or pureed)
- Top with: 4 slices smoked salmon, fresh dill (sliced) and 2 tbsp fat-free cream cheese

DIRECTIONS

- Heat stove to medium and spray pan with avocado oil (or spray cooking oil of choice)
- Add garlic and onion and cook until as soft as desired. Add spinach for the final 60 seconds of cooking and then remove all veggies from the pan.
- Spray your pan again and pour in TFGG Omelette Base (prepared as directed above).
- Once the bottom begins to set, layer your veggies on top and cover your pan with a sealed lid for about 1*minute.
- Loosen the bottom of the omelette with your spatula and flip it over to grill the other side for about 30*seconds.
- Place the smoked salmon, dill, and cream cheese on top and enjoy!
- *Cook time may vary depending on the heat of your stove.

MACRONUTRIENT BREAKDOWN	Protein	Carbs	Fibre	Fat	Cals
	36g	12.6g	3g	9g	277



Mini Omelettes To-Go

———— *Makes 12 Mini Omelettes (6 Servings)

INGREDIENTS

- 6 whole eggs
- 1 cup egg-whites
- 3/4 cup deli ham (chopped)
- 2 cups spinach (chopped)
- 3/4 cup red bell pepper (chopped)
- 3/4 cup mushrooms (chopped)
- 3/4 cup butternut squash (grated)
- 1/2 cup yellow onion (chopped)
- 2 tsp garlic (minced or pureed)
- 3 tbsp avocado oil
- Salt and Pepper
- Top with: 1 whole avocado (sliced) and 2/3 cup goat cheese (crumbled)



DIRECTIONS

- Preheat oven to 350°F and coat muffin tin with avocado oil.
- In a pan, grill garlic, onion, mushrooms, peppers, and squash until soft. For the last minute, add spinach to the pan and cook until soft. Remove veggies from the pan.
- Whisk together eggs, egg-whites, salt and pepper. (Go until your arm hurts... the more you whisk the fluffier the muffins!)
- Pour the egg mixture into the muffin tin in 12 equal servings, and then add your grilled veggies and chopped up ham.
- Place in the oven and bake for 20 minutes, or until eggs are fully cooked. Two minutes before they are done, top each mini omelette with goat cheese crumbles and a slice of avocado.

MACRONUTRIENT BREAKDOWN

(per serving)

* Each serving equals
two mini omelettes

Protein

20.2g

Carbs

11g

Fibre

5g

Fat

19.6g

Cals

298



Tofu Scramble



INGREDIENTS

- 1/2 cup egg-whites
- 2/3 cup butternut squash (chopped or spiralized)
- 2/3 cup tofu
- 1 cup spinach
- 1 tsp garlic (minced or pureed)
- Salt and pepper
- Top with: 2 tbsp feta cheese and fresh basil leaf

DIRECTIONS

- In a pan on medium heat, grill garlic, squash, and tofu. Just before they reach your desired level of softness, add in spinach and cook for a final 60 seconds.
- Whisk together salt and pepper with egg-whites. Add the mixture to your pan and cook with veggies until done.
- Top with feta cheese and basil and enjoy!

MACRONUTRIENT BREAKDOWN	Protein	Carbs	Fibre	Fat	Cals
	42g	23g	8g	15g	379



The Brunch Platter

INGREDIENTS

- 2 whole eggs (poached)
- 3 slices of your choice of side bacon or smoked salmon
- 1/4 avocado
- Grilled veggies of your choice (We recommend using the Grilled Veg Recipe from TFGG Food Prep Recipes)

DIRECTIONS

- It's as easy as poaching your eggs, cooking your side bacon, and grabbing your already prepped veggies (or whipping up a new batch).
- Place it all on your plate and enjoy!

MACRONUTRIENT BREAKDOWN	Protein	Carbs	Fibre	Fat	Cals
	32g	21g	10g	20g	390



Breakfast Sandwich



INGREDIENTS

- Thin Sandwich Bun (choose one with the lowest carb & highest fibre content you can find!)
- 1 whole egg
- 2 slices back bacon
- 3 slices tomato
- 1/4 avocado (sliced)
- Small handful spinach
- 1 thick slice red onion

DILL DIP

- 1 tbsp fat-free cream cheese
- 1 tbsp fat-free sour cream
- 2 tbsp fresh dill (dried will work too though!)
- Salt and pepper

DIRECTIONS

- In a pan on medium heat, fry an egg and cook your back bacon and onion.
- Mix together the Dill Dip ingredients and spread on to your toasted Thin Bun.
- Layer on the rest of your toppings and enjoy!

MACRONUTRIENT BREAKDOWN

Protein

28g

Carbs

39g

Fibre

10g

Fat

12g

Cals

388



Sweet Potato Toasts



INGREDIENTS

- 2 length-wise slices of sweet potato (1 cm thick)
- 1/3 medium avocado (mashed)
- 1 egg (sunny side up)
- 3oz smoked salmon
- 1 handful spinach
- Squeeze of fresh lemon
- Salt and pepper
- Avocado oil cooking spray

DIRECTIONS

- Preheat the oven to 425'
- Spray your slices of sweet potato with avocado cooking spray and place on a parchment paper covered cooking sheet.
- Bake for about 10 minutes on each side (the edges should be golden and crispy).
- Layer with your toppings and enjoy!

MACRONUTRIENT BREAKDOWN

Protein

28g

Carbs

16g

Fibre

6g

Fat

18g

Cals

334



The Aussie

INGREDIENTS

- 1 piece sprouted whole grain toast (Ezekiel Bread or similar product)
- 2 slices haloumi
- 1 egg (poached)
- 1/3 medium avocado (mashed)
- 1 cup mushrooms (sliced)
- 1 big handful arugula
- Avocado oil cooking spray
- Chili flakes
- Salt
- Squeeze of fresh lemon juice

DIRECTIONS

- Turn your stove to medium heat and spray a pan with avocado oil. In half the pan, grill your haloumi slices until the outsides begin to brown (about 90 seconds on each side)
- In the other half, grill your mushrooms until soft and tender.
- Spread mashed avocado on your toast and layer with arugula, haloumi, mushrooms, the poached egg, and then season with chili flakes and salt.

MACRONUTRIENT BREAKDOWN

Protein

22g

Carbs

24g

Fibre

8g

Fat

29g

Cals

427



Shaksuka



INGREDIENTS

- 2 eggs
- 1 bell pepper
- 1/2 cup yellow onion
- 2 handfuls spinach
- 1 can organic fire roasted tomatoes
- 2 tbsp feta cheese
- 1 tsp garlic (minced)
- 1 tsp paprika
- 1 tsp cumin
- Sea salt
- Chili flakes
- Avocado oil cooking spray

DIRECTIONS

- Turn your stove to low-medium heat. In a small pan add garlic, onion, and bell pepper.
- Allow to cook for about 3 minutes before adding the spinach.
- Once the spinach is soft, add your fire roasted tomatoes. Allow this to simmer on very low heat until the majority of the liquid has evaporated.
- Once it has, use a spoon to make indents where your eggs will sit. Crack the eggs into these indents and sprinkle feta cheese and seasoning on top of your mixture.
- Cover with a lid & allow it to cook until the eggs reach your desired level of done-ness.
- Let the dish cool slightly and then enjoy!

MACRONUTRIENT BREAKDOWN

Protein

27g

Carbs

40g

Fibre

9g

Fat

16g

Cals

400



Lean Mexican Breakfast

INGREDIENTS

- 2 eggs
- Avocado oil cooking spray
- 2 strips of side bacon (look for all natural and nitrate-free)
- 1/4 avocado
- 2 cups spinach
- 1/2 cup mushrooms (sliced)
- 1 tsp pureed garlic
- 1/3 cup roasted tomato salsa (recipe in Savoury Snacks)
- 1/2 cup refried beans (recipe in Savoury Snacks)

DIRECTIONS

- In a pan on medium heat, cook your eggs sunny side up as well as both strips of bacon.
- Make sure to pat excess fat off of your bacon after it's cooked using a cloth or paper towel.
- In a separate pan on low heat, spray with avocado oil and add garlic, mushrooms, and spinach. Cook until the spinach is soft and wilted and the mushrooms are golden brown.
- Serve eggs, bacon, avocado, grilled veggies, salsa, and refried beans on a large plate and enjoy!

MACRONUTRIENT BREAKDOWN	Protein	Carbs	Fibre	Fat	Cals
	32g	33g	11g	29g	484