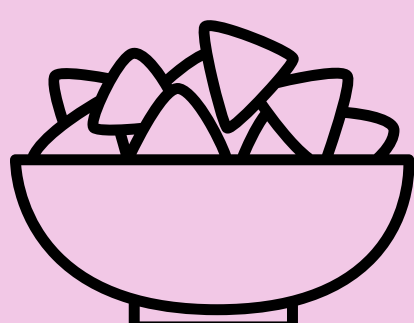
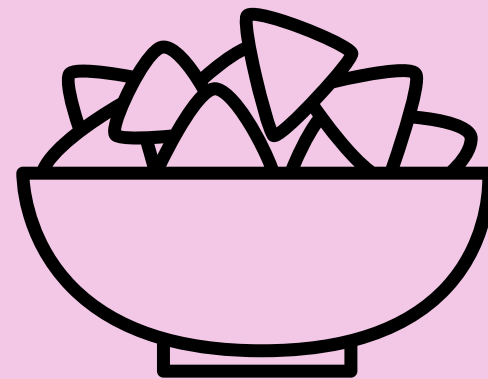


TFGG

the fit girl gang

**Savoury
Snacks**





Mediterranean Turkey Roll Ups

INGREDIENTS

- 2 thick slices deli turkey (organic if possible)
- 1/4 cup red onion (sliced)
- 1/3 tomato (sliced)
- Small handful spinach
- 2 tbsp light feta cheese
- Greek seasoning
- Salt and pepper

MACRONUTRIENT BREAKDOWN

Protein

17g

Carbs

8g

Fibre

2g

Fat

6g

Cals

135

Avocado Turkey Roll Ups



INGREDIENTS

- 2 thick slices deli turkey (organic if possible)
- 1/3 avocado (sliced or mashed)
- 2 tbsp fat-free cream cheese
- 2 tbsp hummus
- 1 tbsp lemon juice
- Salt and pepper

MACRONUTRIENT BREAKDOWN

Protein

18g

Carbs

10g

Fibre

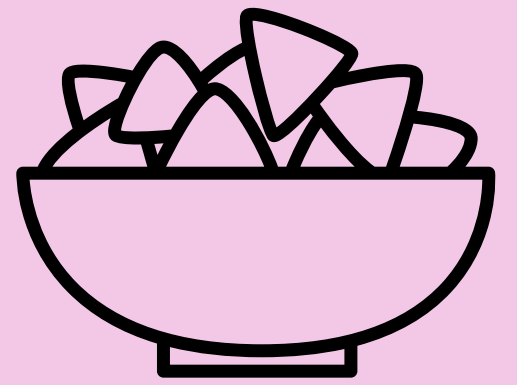
3g

Fat

12g

Cals

218



Ham and Cheese Roll Ups



INGREDIENTS

- 2 thick slices deli ham (organic if possible)
- 2 slices cheddar cheese
- 1 tbsp dijon mustard
- 1/4 tomato (sliced)
- 2 pieces romaine lettuce
- Salt and pepper

MACRONUTRIENT BREAKDOWN

Protein

17g

Carbs

3g

Fibre

2g

Fat

12g

Cals

180

BBQ Popcorn

VEGAN 

INGREDIENTS

- Extra virgin olive oil cooking spray
- 3 tbsp popcorn kernels (4 cups popped)
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp salt

MACRONUTRIENT BREAKDOWN

Protein

4g

Carbs

25g

Fibre

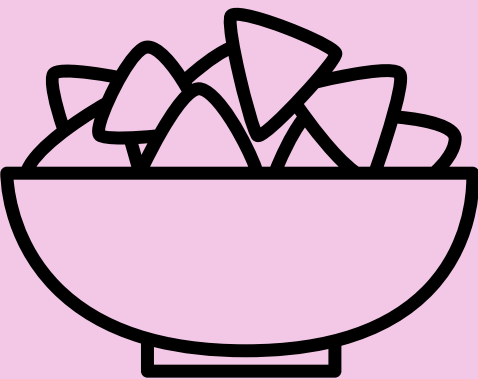
4g

Fat

3g

Cals

139



Sweet Chilli Popcorn

INGREDIENTS

- 1 tsp raw honey
- Extra virgin olive oil cooking spray
- 3 tbsp popcorn kernels (4 cups popped)
- 1 tsp chilli powder
- 1 tsp garlic powder
- 1 tsp cayenne powder
- 1/2 tsp salt

| MACRONUTRIENT BREAKDOWN | Protein | Carbs | Fibre | Fat | Cals |
|-------------------------|---------|-------|-------|-----|------|
| | 4g | 31g | 4g | 3g | 175 |

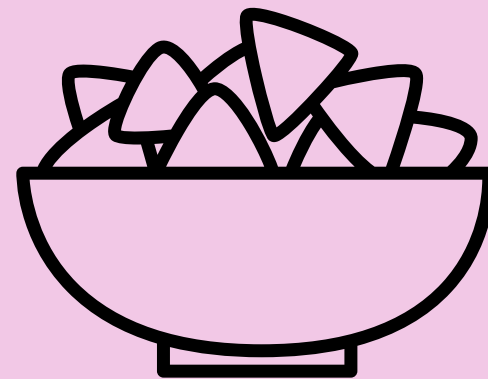
Veggies & Hummus

VEGAN

INGREDIENTS

- 1 cup of your fave raw veggies (try radishes, snap peas, broccoli, and bell peppers)
- 2 tbsp hummus

| MACRONUTRIENT BREAKDOWN | Protein | Carbs | Fibre | Fat | Cals |
|-------------------------|---------|-------|-------|-----|------|
| | 3g | 12g | 4g | 5g | 105 |



Grilled Peppers & Tzatziki



INGREDIENTS

- 1 whole bell pepper (sliced and grilled)
- 2 tbsp tzatziki

MACRONUTRIENT BREAKDOWN

Protein

4g

Carbs

11g

Fibre

1g

Fat

3g

Cals

78

Smoked Salmon Crisps



INGREDIENTS

- 2 slices crispbread (Ryvita or similar product)
- 3 slices smoked salmon
- 2 tbsp fat-free cream cheese
- 1/4 cup red onion (sliced)
- 3 slices tomato
- Fresh dill
- Pepper

MACRONUTRIENT BREAKDOWN

Protein

16g

Carbs

20g

Fibre

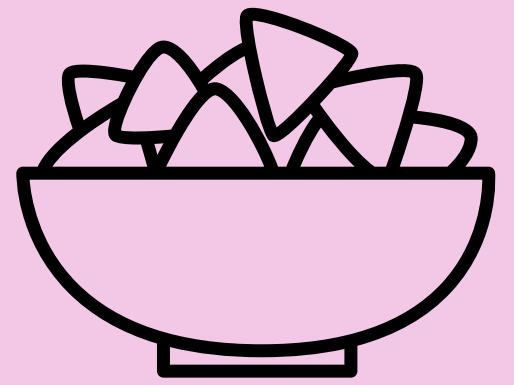
6g

Fat

3g

Cals

155



Tuna Crisps



INGREDIENTS

- 2 slices crispbread (Ryvita or similar product)
- 1 can snack-size flavoured tuna (choose the flavour you like best!)
- 2 tbsp tzatziki
- 2 tbsp fresh lemon juice
- Fresh dill
- Salt and pepper

MACRONUTRIENT BREAKDOWN

Protein

21g

Carbs

19g

Fibre

5g

Fat

8g

Cals

215

Tuna Stuffed Avocado

INGREDIENTS

- 1/2 ripe avocado
- 1/2 can albacore tuna (chunk style canned in water, not oil)
- 1 tbsp low fat mayo
- Juice from 1/2 lemon
- 1 tbsp fresh dill
- Salt & pepper

DIRECTIONS

- Scoop insides out of avocado and place in a mixing bowl.
- Using a fork, mix in tuna, mayo, and lemon juice.
- Scoop back into the avocado peel and top with dill and salt & pepper.

MACRONUTRIENT BREAKDOWN

Protein

16g

Carbs

7g

Fibre

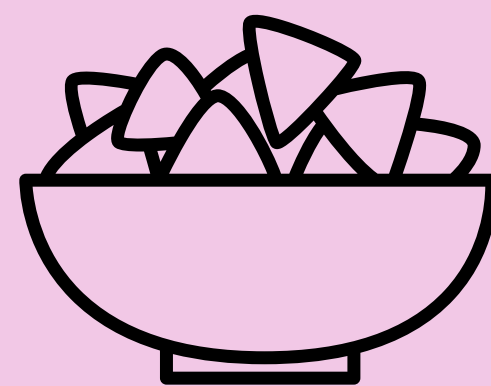
5g

Fat

16g

Cals

214



Buffalo Cauli Bites

VEGAN



*Makes 2 servings



INGREDIENTS

- 1 head of cauliflower
- •Avocado oil spray (olive oil spray will work if you don't have)
- •3 tbsp Sriracha sauce
- •3 tbsp hot sauce
- 1/2 cup nutritional yeast
- 1 tsp garlic powder
- Juice from 1 whole lemon
- Salt

DIRECTIONS

- Preheat oven to 425°F
- Cut cauliflower into small florets and spray with oil. Dip each floret into a bowl with nutritional yeast and then place on a baking sheet covered in parchment paper.
- Place the baking sheet in the oven for 15 minutes.
- In a separate bowl, mix together Sriracha, hot sauce, and garlic.
- Remove the cauliflower from the oven and using tongs, dip each floret in the hot sauce mixture.
- Place back in the oven for 15 minutes. Flip them, and bake for another 15 until nice and crispy.
- Remove them from the oven and allow them to cool for at least 10 minutes. While cooling, squeeze lemon juice on top and sprinkle salt. Enjoy!

MACRONUTRIENT BREAKDOWN

* For one serving

Protein

17g

Carbs

30g

Fibre

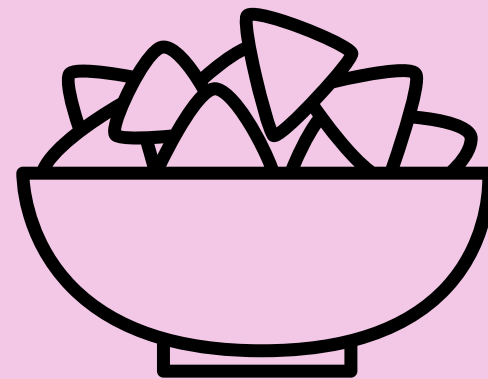
12g

Fat

8g

Cals

236



“Cheesy” Kale Chips

VEGAN



———— *Makes 3 servings

INGREDIENTS

- 1 bundle of kale
- Avocado oil cooking spray (olive oil spray will work if you don't have)
- 1/4 cup cashews
- 1/3 cup nutritional yeast
- 2 tsp garlic powder
- Salt

DIRECTIONS

- Preheat oven to 300°F
- Cut kale off of the stems and lay out on to two baking sheets covered in parchment paper.
- Spray the kale with avocado oil.
- In a food processor or high powered blender, combine cashews, salt, garlic, and nutritional yeast and blend until they reach a fine consistency.
- Coat the kale in half the powder and place in the oven for 15 minutes.
- Remove the kale and flip it over. Spray it with oil again and cover it with the remaining topping.
- Place it back in the over for about 10 minutes, or until it becomes crispy and the edges begin to brown.
- Allow it to cool for at least 15 minutes before eating!

MACRONUTRIENT BREAKDOWN

* For one serving

Protein

10g

Carbs

12g

Fibre

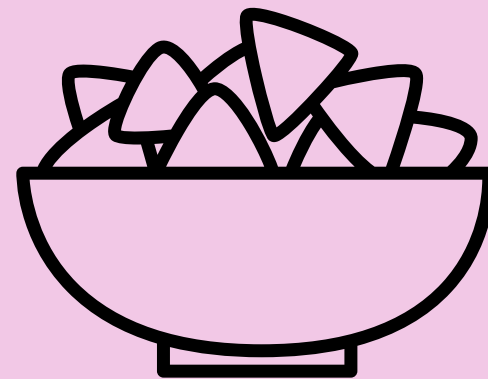
5g

Fat

6g

Cals

130



Crispy Yam Chips

VEGAN



*Makes 2 servings



INGREDIENTS

- 1 yam (sliced evenly)
- Avocado oil cooking spray (olive oil spray will work if you don't have)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp salt

DIRECTIONS

- Preheat oven to 300°F
- Slice yam into even, thin slices and place on parchment paper on a baking sheet.
- Spray both sides with avocado oil and season.
- Place in the oven for 20 minutes.
- Remove and flip chips over before putting back in.
- Bake for another 20 minutes or until chips are crispy and the edges begin to curl.
- Allow them to cool for at least 15 minutes before eating!

MACRONUTRIENT BREAKDOWN

* For one serving

Protein

1g

Carbs

18.5g

Fibre

2.5g

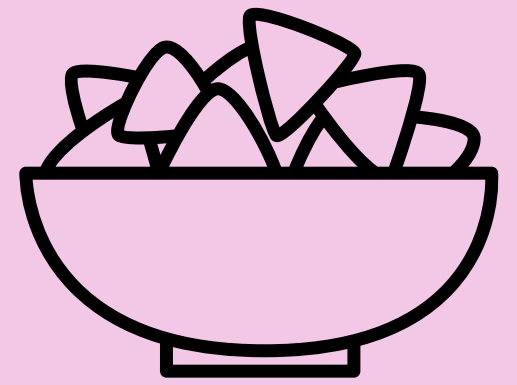
Fat

1.5g

Cals

92

Savoury Snacks



Roasted Tomato Salsa

VEGAN 

*Makes about 3 cups / 9 servings

INGREDIENTS

- 6 ripe vine tomatoes
- 1 small yellow onion (cut into large pieces)
- Juice from 1 lime
- 2 cloves garlic (with peel on)
- 1 tsp sea salt
- 1 jalapeno pepper

DIRECTIONS

- Turn on your oven's broiler and place whole tomatoes, garlic cloves, seeded jalapeño, and large chunks of onion on a baking sheet.
- Place in the oven and broil for about 6-8 minutes (until the outside begins to show spots of brown).
- Carefully remove from heat and place in a high powered blender or food processor along with lime & sea salt.
- This step is up to you! Only blend long enough to get the consistency YOU LIKE.
- Store the rest in a sealed container in your fridge!

MACRONUTRIENT BREAKDOWN

* For one serving

Protein

1.5g

Carbs

6g

Fibre

2g

Fat

0g

Cals

23

Refried Beans

VEGAN 

*Makes about 2 cups / 4 servings

INGREDIENTS

- 1 can black beans (approx. 2 cups)
- 2 tbsp avocado oil (olive oil works too if you don't have)
- 1-2 tsp chipotle powder
- 1/2 cup yellow onion (chopped)
- Juice from 1/2 lime
- 2-3 tbsp water
- Sea Salt to taste

DIRECTIONS

- Turn stove to medium heat and cook onions in avocado oil until they are clear.
- Empty liquid out of canned beans, and rinse with water.
- Add your beans to the pan along with 2-3 tbsp water.
- Use a potato masher to smash the beans into a chunky puree as they are cooking.
- Add in the lime juice, chipotle, and sea salt and mix well.
- Store extra beans in a sealed container in your fridge!
- This step is up to you! Only blend long enough to get the consistency YOU LIKE.
- Store the rest in a sealed container in your fridge!

MACRONUTRIENT BREAKDOWN

* For one serving

Protein

7.5g

Carbs

19g

Fibre

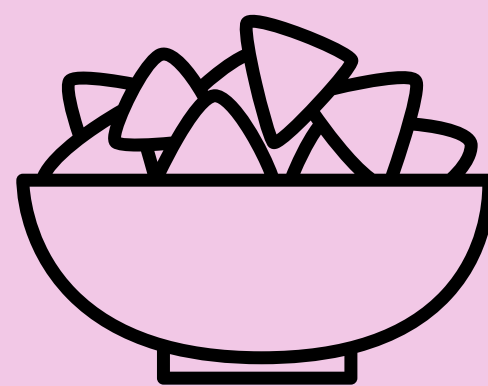
6g

Fat

7.5g

Cals

160



Eggplant Bruschetta

VEGAN 

INGREDIENTS

- 1/3 medium eggplant
- Avocado oil cooking spray
- 1 ripe vine tomato
- 5 kalamata olives
- 1 tsp garlic puree
- 4 fresh basil leaves
- 2 tbsp olive oil
- Sea salt and pepper to taste
- 2 tbsp balsamic vinegar

DIRECTIONS

- Chop tomatoes, olives, and basil and mix together in a bowl. Add garlic, vinegar, salt and pepper and allow to sit in your fridge for at least 30 minutes so the flavours come together (if you're in a rush you can skip this, but honestly it makes a big diff in flavour).
- Preheat your oven to 400°F
- Slice eggplant into four 1cm thick slices. Spray with avocado oil, sprinkle with salt and place on a parchment paper covered baking sheet.
- Bake for 7 minutes on each side.
- Evenly divide your bruschetta mixture on to your four eggplant slices and enjoy!

MACRONUTRIENT BREAKDOWN

* For one serving

Protein

2g

Carbs

23g

Fibre

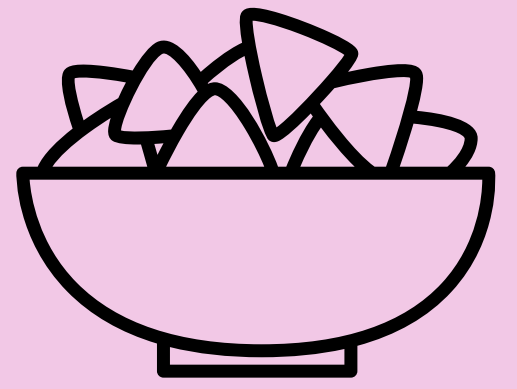
6g

Fat

8g

Cals

169



Stuffed Mushrooms

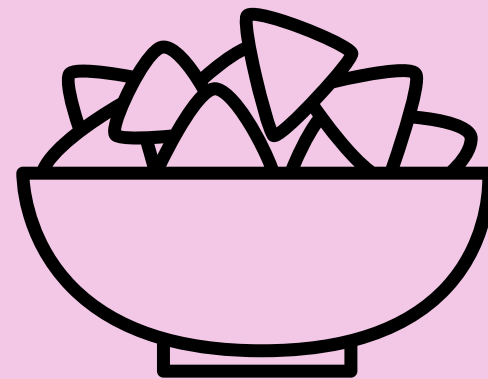
Bring these to any event, and people will be asking you all night for the recipe. Holiday entertaining CAN be healthy, promise.

INGREDIENTS

- 1 package of cremini mushrooms
- Avocado cooking oil spray
- 3 pieces of side bacon (look for all natural, nitrate-free)
- 1/4 cup chives (chopped)
- 1 cup Cauli Mash (recipe in TFGG Food Prep Guide)
- 1 tsp cinnamon
- Sea salt and pepper to taste

DIRECTIONS

- Preheat your oven to 375°F
- Remove the stems from the mushrooms and place the mushroom caps on a baking sheet covered in parchment paper. Spray with avocado oil and place in the oven for 15 minutes.
- In a pan, cook your bacon until crispy. Make sure to pat off the excess fat with a clean cloth or paper towel before chopping the strips up into tiny pieces.
- Remove the mushrooms and fill each with a spoonful of your already made (and warm) Cauli Mash.
- Top each one with chives and homemade bacon bits, and serve.



Basil Ranch Dip

———— *Makes 4 servings

INGREDIENTS

- 5 fresh basil leaves (finely chopped)
- 1 tsp garlic powder
- Salt and pepper
- 1.5 cups plain fat-free skyr yogurt (greek yogurt will work too if you can't find this in your grocery store)
- 1 tbsp packaged ranch seasoning

DIRECTIONS

- Mix by hand in a bowl, or in your food processor.
- Allow it to sit in the fridge for at least 15 minutes to let the flavours properly mix.

MACRONUTRIENT BREAKDOWN

* For one serving

Protein

11g

Carbs

6g

Fibre

0g

Fat

0g

Cals

63

Spinach Artichoke Dip

———— *Makes 4 servings

VEGAN SWAP



Swap out the regular cream cheese for a dairy-free substitute.

INGREDIENTS

- 3 big handfuls spinach
- 1 container of artichoke hearts in water (make sure to rinse & drain!)
- 3 cloves garlic
- Salt and pepper
- Juice from 1 lemon
- 1/2 cup white beans (make sure to rinse & drain!)
- 1 package Knorr vegetable recipe mix
- 250g package fat-free cream cheese

DIRECTIONS

- Blend all ingredients in your blender or food processor. You can blend for shorter or longer, depending on the consistency you prefer!

PRO-TIP:

Make this next time you entertain... seriously. You'll impress the shit out of everyone, it tastes a lot fancier than it actually is.

MACRONUTRIENT BREAKDOWN

* For one serving

Protein

15g

Carbs

24g

Fibre

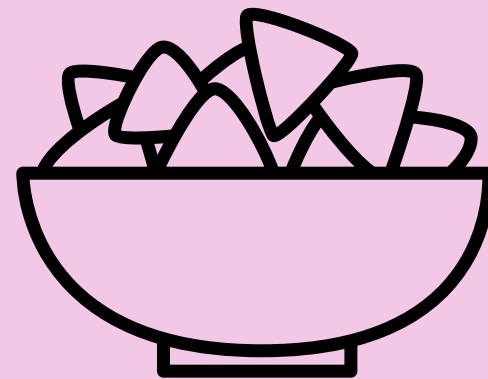
6g

Fat

3g

Cals

120



Lightened Up Guac

*Makes 3 servings

*Doesn't even cost extra

VEGAN SWAP

Swap out the skyr yogurt for 2 tbsp of dairy-free cream cheese.



INGREDIENTS

- 1 medium ripe avocado
- 2 cups chopped broccoli
- 1/4 cup fat-free plain skyr yogurt (greek yogurt works too!)
- 2 cloves garlic
- 1 tsp onion powder
- Salt and pepper
- Juice from 1 lime

DIRECTIONS

- Place your broccoli in a small pot of water and turn the stove to high. Allow it to simmer for about 7-8 minutes.
- Place the broccoli in a strainer and make sure to press out all the water!
- In your blender or food processor throw in all of your ingredients and blend until super smooth.
- Make sure to store it in a sealed container in the fridge to keep it fresh!

MACRONUTRIENT BREAKDOWN

* For one serving

Protein

5g

Carbs

9g

Fibre

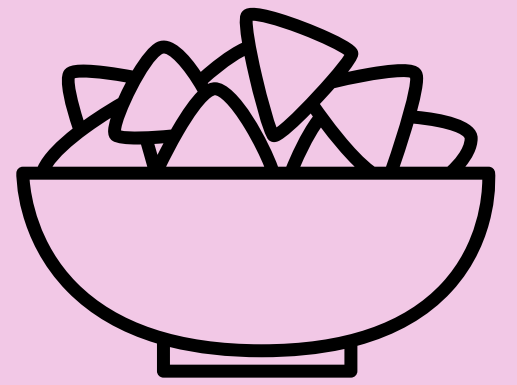
5g

Fat

7g

Cals

107



Eggplant Chips

*Makes 3 servings

VEGAN 



INGREDIENTS

- 1 eggplant
- Avocado oil cooking spray
- 1/2 tsp smoked paprika
- 1/2 tsp cajun spice
- 1/2 tsp salt

DIRECTIONS

- Preheat your oven to 250°
- Slice the eggplant in thin even slices. Try to make them as thin as possible without them tearing!
- Line a baking sheet with parchment paper and lay out your chips.
- Spray them with avocado oil and season on both sides.
- Place them in the oven and bake for approximately 30 minutes on each side (1 hour total). Make sure to keep an eye on them as all ovens are different!

MACRONUTRIENT BREAKDOWN

* For one serving

Protein

2g

Carbs

10g

Fibre

6g

Fat

5g

Cals

85