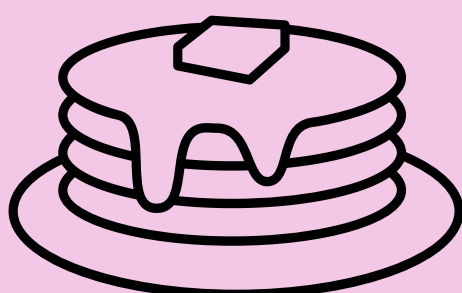
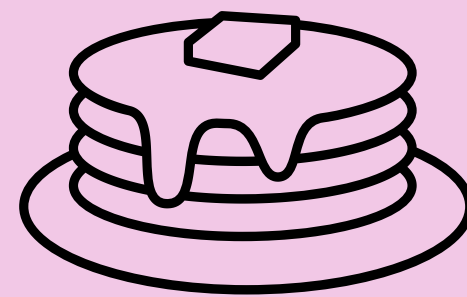


TFGG

the fit girl gang

**Sweet
Breakfasts**





Oatmeal

TFGG OATMEAL BASE

The following ingredients will guarantee the perfect creamy and delicious base for all of the TFGG oatmeal recipes. Don't let the zucchini freak you out! It is the ultimate secret to adding carb-free volume to every bowl.

INGREDIENTS:

- 1/3 cup quick oats
- 1/4 cup packed zucchini (grated with a cheese grater)
- 1 tsp baking powder
- 1/4 cup unsweetened nut milk or water
- Optional: Stevia to sweeten (as much as desired)

Chocolate PB&J Oats

INGREDIENTS

- TFGG Oatmeal Base
- 1/2 cup raspberries (fresh or frozen)
- 3 tbsp powdered peanut butter (PB2 or similar product)
- 1 tbsp cocoa powder
- 1 serving chocolate whey protein

DIRECTIONS

- Mix Oatmeal Base and raspberries in your bowl and microwave for 90 seconds*
- Stir in dry ingredients to the mixture and place back in the microwave for 30 seconds*
- *Cooking time may vary depending on strength of your microwave



MACRONUTRIENT BREAKDOWN

Protein

38g

Carbs

42g

Fibre

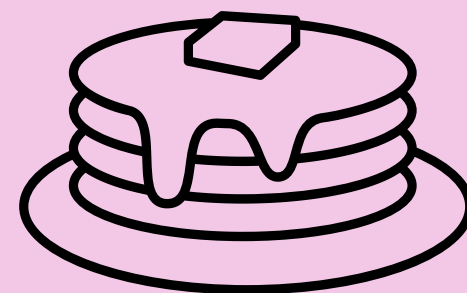
17g

Fat

7g

Cals

383



Banana Bread Oats



INGREDIENTS

- TFGG Oatmeal Base
- 1/2 banana (sliced)
- 2 tsp cinnamon
- 1 tsp vanilla extract
- 1 serving vanilla whey protein
- Top with: 2 tbsp walnuts (crushed)

DIRECTIONS

- Mix Oatmeal Base and sliced banana in your bowl and microwave for 90 seconds*
- Stir in dry ingredients to the mixture and place back in the microwave for 30 seconds*
- Top with walnuts and enjoy!
- *Cooking time may vary depending on strength of your microwave

MACRONUTRIENT BREAKDOWN

Protein

30g

Carbs

39g

Fibre

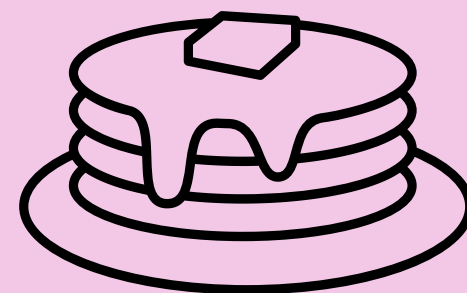
8g

Fat

13g

Cals

393



The Basic Bitch Oats



INGREDIENTS

- TFGG Oatmeal Base
- 1/4 cup pumpkin puree
- 2 tsp pumpkin pie spice
- 1 tsp vanilla extract
- 1 serving vanilla or cinnamon roll whey protein
- Top with: 2 tbsp pumpkin seeds (raw, shelled)

DIRECTIONS

- Mix Oatmeal Base and pumpkin in your bowl and microwave for 90 seconds*
- Stir in dry ingredients to the mixture and place back in the microwave for 30 seconds*
- Top with pumpkin seeds and enjoy!
- *Cooking time may vary depending on strength of your microwave

MACRONUTRIENT BREAKDOWN

Protein

36g

Carbs

38g

Fibre

8g

Fat

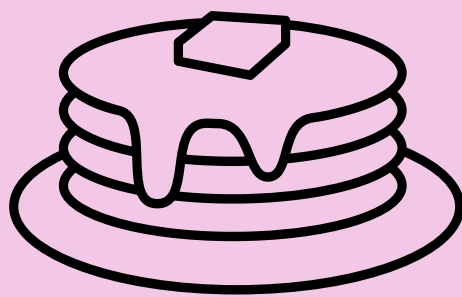
11g

Cals

395



Sweet Breakfasts



Pancakes & Waffles

BATTER

The following batter recipes can make pancakes or waffles. Of course, you will need a waffle-iron for the latter, but they are delicious regardless of what shape they take on! Note that the macronutrient breakdowns accompanying the batter recipes are for batter ONLY, and the topping ideas that follow have their own macrnutrient breakdowns.

Protien Power Batter

*Makes 3 medium or 2 large pancakes / waffles

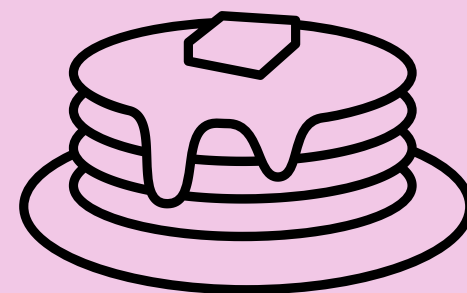
INGREDIENTS

- 1 egg
- 1 serving vanilla whey protein
- 1/2 tsp vanilla extract
- 1 tsp cinnamon
- 1 tsp baking powder
- 1/3 cup fat-free cottage cheese
- 3 tbsp coconut flour
- Non-stick coconut oil spray

DIRECTIONS

- Add all ingredients into high powered blender or food processor and blend until completely smooth and free of lumps.
- For Pancakes: Turn stovetop to medium heat (not high or the outsides of pancakes will burn!) and spray pan with coconut oil spray. Pour batter on to pan and cook pancakes until outsides are golden brown and they have been cooked all the way through.
- For Waffles: Spray both sides of waffle iron with coconut oil spray. Pour batter in to iron and cook until both sides are golden brown and they have been cooked all the way through.

MACRONUTRIENT BREAKDOWN	Protein	Carbs	Fibre	Fat	Cals
	43g	22g	10g	9g	341



Low-Carb Protien Batter

———— *Makes 2 medium pancakes / waffles

INGREDIENTS

- 1 egg
- 1 serving vanilla whey protein
- 1/2 tsp vanilla extract
- 1 tsp baking power
- Tiny splash unsweetened almond or coconut milk (about 1 tbsp)
- Non-stick coconut oil spray

DIRECTIONS

- Mix all ingredients with a whisk in a small bowl until completely smooth and free of lumps.
- For Pancakes: Turn stovetop to medium heat (not high or the outsides of pancakes will burn!) and spray pan with coconut oil spray. Pour batter on to pan and cook* pancakes until outsides are golden brown and they have been cooked all the way through.
- For Waffles: Spray both sides of waffle iron with coconut oil spray. Pour batter in to iron and cook* until both sides are golden brown and they have been cooked all the way through.
- *Note: This batter cooks extremely fast, so its important to keep a close eye on pancakes/waffles to make sure they don't burn!

MACRONUTRIENT BREAKDOWN

Protein

31g

Carbs

5g

Fibre

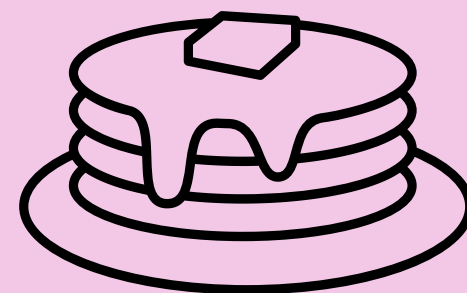
2g

Fat

7g

Cals

207



PANCAKE AND WAFFLE TOPPINGS

The following topping ideas can be used for either batter recipe on pancakes or waffles. These toppings have their own macronutrient breakdowns, separate from those provided with the batter recipes!

Blueberry Cream Cheese Filling

INGREDIENTS

- 1/3 cup blueberries (frozen)
- 1/4 cup fat free cream cheese
- 1/4 cup fat free greek yogurt
- 1 tsp vanilla extract
- 2 tbsp stevia

*Mix above ingredients together and layer between pancakes or waffles

- 3 tbsp sugar-free pancake syrup (Walden Farms or similar product)



MACRONUTRIENT BREAKDOWN

(filling only)

Protein

14g

Carbs

13g

Fibre

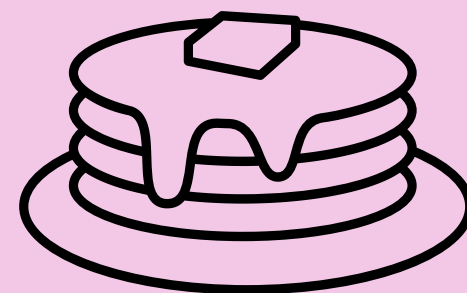
1g

Fat

0g

Cals

108



PB & Raspberry Filling

INGREDIENTS

- 3 tbsp powdered peanut butter (PB2 or similar product)
- 1.5 tbsp water (mix with powdered peanut butter)
- 1/2 cup fresh raspberries
- 3 tbsp sugar-free pancake syrup (Walden Farms or similar product)



MACRONUTRIENT BREAKDOWN

(filling only)

Protein

9g

Carbs

17g

Fibre

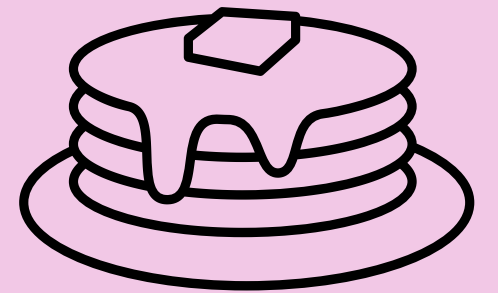
8g

Fat

3g

Cals

131



Cinnamon French Toast

VEGAN SWAP

Use a plant based protein powder, and swap the egg for a vegan egg!

INGREDIENTS

- 2 slices sprouted whole grain bread (Ezekiel Bread or similar brand)
- 1 scoop vanilla protein powder (whey or plant-based)
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1 egg
- 1/3 cup unsweetened cashew or almond milk
- Coconut oil cooking spray
- Sugar-free pancake syrup (Walden Farms or similar brand)
- 2 tbsp powdered peanut butter (PB2 or similar product)

DIRECTIONS

- Turn you stove to medium heat and spray your pan with coconut oil.
- In a large bowl mix your milk, egg, cinnamon, protein powder, and vanilla extract.
- Dip each piece of bread into your mixture and allow it to soak through.
- Grill the bread on the pan until the outsides are crispy (this will take about 90 seconds per side)
- Top with PB2 & sugar-free syrup!

MACRONUTRIENT BREAKDOWN

Protein

44g

Carbs

37g

Fibre

7g

Fat

10g

Cals

397