

TFGG

Winter Series

game plan no.2

planning out your week

***read this before you go grocery shopping!**

- **Choose your meals:** With your week ahead of you, take a look at the recipes below and decide which ones sound most appealing to you (and whoever else you may be cooking for).
- **Enjoy what you eat:** None of the recipes for a certain meal sound that good for you? Don't cook them then! This is NOT a rigid meal plan and there are no "bad foods". Head to the TFGG Recipe Bank, and choose a recipe you'd like to plug in instead. **Look for: a protein source, a fat source, and greens.**
- **Trying to save money?** Stick to 1-2 main protein sources for the week and buy them in bulk! You can completely switch it up next week so you don't get bored
- **Another money saving hack:** select a combination of 5ish veggies you love and make them in a giant batch that you can use for multiple recipes! Make sure at least two of them are green. Once again, you can mix it up next week with a different veggie combo.
- **How many days/how many people are you cooking for?** Especially when it comes to servings of protein, you'll want to count it out to make sure you're buying enough and don't run out after two days!
- **How many times are you hitting the grocery store this week?** I usually plan for two, and if I'm doing different recipes on the weekend, I'll hit the grocery store for a smaller "weekend shop" on Friday night/Saturday am (that way I only need to focus on buying and prepping for the work week ahead during the bigger shop).
- **Your Schedule:** It may take a few weeks for you to get into a routine that works for you! Your life is completely unique to everyone else's on the Game Plan, so figure out when it works best for you to grocery shop and prep your food. There is no one right way to do it, there's only right for you.

the reality of food costs

***this is for you if you eat out fairly often and aren't used to buying groceries!**

Before we get into this, you should know that this information is coming from me, but it's really coming from my incredibly smart and handsome financial advisor (who also happens to be my fiancé). You can now feel free to think of Quinton as your virtual financial advisor too if you don't already have one!

So here's the deal when it comes to shifting your mindset about spending money on food: it's hard. Even when I was at my most broke (we're talking \$3.86 in the bank and mountains of debt) I found a way to buy a Starbucks drink almost every day, but couldn't stomach the idea of spending money on groceries to last me through the week.

The shift from eating fast/cheap foods from restaurants 1-3x/day to buying groceries to prepare 90% of your meals at home requires an understanding of your spending psychology. Right now you likely don't bat an eye at a \$6.75 sandwich or a \$13.00 bowl, and it's because you only spend on food in small amounts. The difference between eating out and buying groceries is that groceries are one bigger expense each week instead of many smaller ones. Let's break it down:

- **Turkey Sub from Subway: \$6.75**
- **Freshii Bowl with protein: \$12.48 (and that's the cheapest one on the menu)**
- **Grande Skinny Vanilla Latte from Starbucks: \$6.33**

Let's say you eat an average of two meals out per day at an average of \$8.00 each. That works out to a total of \$112.00/week (and doesn't include your coffee, and whatever groceries you're eating for your third meal and any snacks).

the reality of food costs

***this is for you if you eat out fairly often and aren't used to buying groceries!**

Having used this Game Plan for a LONG time now, I guarantee you that you can feed yourself on it for under \$100.00/week. To make it easy though, let's round up and pretend you spent \$100.00 for a full week of groceries. What does that work out to for each meal?

\$100.00 / 7 days / 3 meals per day = \$4.76/meal (in reality though it's actually cheaper than that per meal because this doesn't account for your 2 snacks per day that are included in the grocery bill).

You might be reading this and rolling your eyes, and that's okay! I know this information isn't for everyone (some of you don't care about it, and some of you likely know this like the back of your hand) but I'm putting it out there as a resource for two reasons:

- **I wish someone had explained this to me earlier in my life. I have wasted so much money I didn't have on frivolous daily food expenses being afraid of a big grocery bill, when I would have saved SO. MUCH. MONEY**
- **Clients and friends in the past have said to me so many times that they "can't afford to eat healthy" when in reality fully admit to drinking Starbucks every day and spending \$6.99 on Beyond Meat burgers on a regular basis.**

I want to wrap this up by acknowledging that you may not be in a financial position to spend money on fast food or on groceries! It is such a huge privilege to be able to buy any food at all, and the advice above may not apply to you. If you are in a position right now where you cannot afford regular groceries, please just do what you can comfortably. The Game Plan SHOULD NEVER put any sort of financial pressure or strain on anyone.

ingredient list

***bring me with you grocery shopping!**

At the risk of sounding like a broken record, make sure that you have selected the recipes you're going to eat this week before you actually go in to the grocery store!

Once again, to save money: Select 1-2 main protein sources for your week, and 5ish vegetables to create a medley you can use for multiple recipes. At least 2 of these should be greens, and at least 1 should be a higher carb vegetable to keep you feeling satisfied (ie. yams, potatoes, squash, beets).

The Morning Drink

Are you ready to start your day right? Bring on the ultimate morning drink. Wake up, brush your teeth, and RE-HYDRATE. We are so often on autopilot that coffee becomes our go-to. From now on, The Morning Drink is going to be the simple thing you do for yourself to start your day right with a commitment to bettering yourself.

It helps with: Improved digestion, lowering blood sugar, killing bacteria, improving your immune system, balancing electrolytes, lowering blood sugar, and most of all, gets you ready mentally to take on the day.

- 1 tbsp fresh lemon juice (approx. 1/3 lemon)
- 1 tbsp organic unfiltered Apple Cider Vinegar (Braggs is recommended)
- 1 tsp pink Himalayan salt (4-5 cranks on the grinder works perfectly)
- 500ml+ warm water

Note: If you don't like the ACV and it's hard to get down, skip it! It's not worth making yourself gag over, seriously.

ingredient list

***bring me with you grocery shopping!**

At the risk of sounding like a broken record, make sure that you have selected the recipes you're going to eat this week before you actually go in to the grocery store!

Once again, to save money: Select 1-2 main protein sources for your week, and 5ish vegetables to create a medley you can use for multiple recipes. At least 2 of these should be greens, and at least 1 should be a higher carb vegetable to keep you feeling satisfied (ie. yams, potatoes, squash, beets).

breakfast options

***ingredients are for ONE serving. Multiply this by the number of times you plan on having each recipe this week.**

Peaches & Cream Smoothie (*New TFGG Recipe!)

- 1 cup frozen peaches (sliced)
- 1 cup frozen cauliflower
- 1 serving of vanilla whey isolate or vegan vanilla protein
- 1 cup unsweetened nut milk
- 1 handful frozen spinach
- 1/3 avocado
- 1/3 cup plain fat-free greek yogurt or coconut yogurt
- pinch of cinnamon
- 1 tsp vanilla extract
- stevia (optional)

breakfast options

Breakfast Bake (*New TFGG Recipe!)

Makes 8 servings

- 1lb ground turkey (454g)
- 12 whole eggs
- 1/2 cup egg whites
- 1 large yam or 2 small yams (cubed)
- 1 bell pepper (thinly sliced)
- 1 cup mushrooms (sliced)
- 3 cups spinach (chopped)
- 1 cup yellow onion (chopped)
- 1.5 cups broccoli (chopped)
- 4 tbsp olive oil
- 2 tbsp garlic (chopped)
- salt & pepper
- 1/2 cup nut milk
- 1/2 cup cheddar cheese (shredded)

Vegetarian Swaps

- Swap ground turkey for Beyond Meat
- Swap cheddar for Daiya Cheese

Note:

Feel free to swap out any veggies you like! You want to make sure the Breakfast Bake has a combo of veggies that is delish to you.

breakfast options

Breakfast Bake

Directions

- Preheat the oven to 350'
- Chop all of your veggies, coat with 2 tbsp of olive oil, and cook for 15 - 20 minutes in the oven until they begin to soften. Set aside when done.
- At the same time, cook your ground turkey or beyond meat in a pan on medium heat for 5 minutes. This should be cooked about half way done! Set aside.
- In a large bowl, whisk together whole eggs, egg whites, nut milk, cheese, garlic, and salt & pepper.
- Coat a 9 x 13 baking dish (2 smaller baking dishes will also work) with the remainder of your olive oil.
- Pour in your veggies, turkey / beyond meat, and egg mixture. Stir it well so that everything is evenly mixed!
- Place your baking dish in the oven and cook for 40 minutes at 350'
- Remove from heat and allow your bake to cool for at least 10 minutes before serving! Divide it into 8 portions, and store it in the fridge for the rest of the week.

Elevated Avocado Toast: Grilled Prawn Edition

- Ezekiel Bread x 1 slice (or other sprouted grain bread)
- 1/2 medium avocado
- Approx. 7-10 uncooked prawns
- Approx. 6-8 grape tomatoes (halved)
- 1 whole egg
- 1 tbsp olive oil
- Juice from 1/2 lemon
- 1 tsp or 1 clove garlic
- Sea salt and pepper
- Red pepper flakes (optional)

Directions

- In a pan on medium heat, throw in your garlic, prawns, and halved tomatoes. Cook until shrimp is pink and tomatoes have begun to soften.
- In the same pan, fry an egg until it reaches your desired level of done-ness.
- Mash up your avocado and mix it with lemon juice, garlic, salt and pepper.
- Arrange the avo, grilled prawns & tomatoes, and fried egg on the toast.
- Season with red pepper flakes and enjoy!

Elevated Avocado Toast: Vegan Edition

- Ezekiel Bread x 1 slice (or other sprouted grain bread)
- 1/2 medium avocado
- 2/3 cup white beans (rinsed and drained)
- 1 tbsp chia seeds (whole or ground)
- Juice from 1/2 lemon
- 1 tsp or 1 clove garlic
- handful fresh spinach
- Sea salt and pepper
- Red pepper flakes (optional)

Directions

- While your bread is toasting, mash the avocado, lemon juice, garlic, and white beans with a fork in a bowl. Mash until smooth.
- Place your spinach on the toast, and spread your avo/bean mixture on top of it.
- Sprinkle the chia seeds, salt and pepper, and red pepper flakes on top and you're good to go!

lunch options

Apple Chicken Salad (*New TFGG Recipe!)

***recipe makes 2 servings**

- 1 medium chicken breast
- 1/2 large granny smith apple (thinly sliced)
- 2 tbsp crushed walnuts or pecans (whichever you prefer!)
- 3 big handfuls mixed greens
- 1/2 cup red onion (thinly sliced)
- 2 tbsp blue cheese (swap for goat cheese if you're not a blue cheese fan)
- 1 serving The Best Vinaigrette

The Best Vinaigrette

***recipe makes 4 servings**

- 2 tbsp dijon mustard
- 2 tbsp extra virgin olive oil
- 2 tbsp raw honey
- 4 tbsp balsamic vinegar
- Juice from 2 lemons
- Any fresh herbs of your choice (finely chopped)
- Salt and pepper

Vegan Swaps

- Swap chicken breast for a meatless chicken breast or 4oz tofu
- Swap blue cheese for vegan cheese alternative or 1/3 avocado

lunch options

Crab Cakes + Avo Dill Dressing + Veg

***recipe makes 8 servings (2 crab cakes/serving)**

- 1 pound of crabmeat
- 1 medium cucumber (peeled, finely chopped)
- 1 large carrot (grated)
- 1 bell pepper (finely chopped)
- 1/2 yellow onion (finely chopped)
- 1 tbsp chopped garlic
- 1 large egg
- 3 tbsp olive oil
- 1 cup parmesan cheese
- 1 tbsp Worcestershire sauce
- 1 tbsp Dijon mustard
- 2 tbsp light mayonnaise (or Vegannaise)
- Salt and pepper

Avo Dill Dressing

***recipe makes 9 servings**

- 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

Mix in blender/food processor and store sealed in the fridge.

lunch options

Crab Cakes + Avo Dill Dressing + Veg

Directions

- In a large pan on medium heat add half the olive oil and cook the cucumber, carrot, pepper, onion, garlic, salt, and pepper. Cook for about 10 minutes until veggies are soft.
- In a large bowl, mix worch, dijon, mayo, and egg together well. Add in your sautéed veggies, and make sure they are evenly coated.
- Mix the crab and parm cheese into the veggies using your hands to break down the crab and smush everything together evenly. Season w/ salt & pepper and keep mixing.
- Make 8 patties with your hands, and fry them in the remaining olive oil on the skillet until golden brown.

Serve with 1.5 cups of your pre-cooked veg medley!

Hearty Salad Bowl

- 1 cup of your pre-cooked vegetable medley (remember: veggies cook down significantly. This works out to about 2 cups of raw vegetables)
- 2 big handfuls leafy greens (Spinach, mixed greens, kale, it's up to you!)
- **Protein options:** chicken (medium breast), salmon (4oz), shrimp (9 jumbo/15 small) tuna, beyond meat patty. A great budget option is to use a can of tuna or salmon instead!
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tbsp balsamic vinegar
- Optional to make it creamy: 2 tbsp of tzatziki or mashed avocado

ingredient list

***bring me with you grocery shopping!**

dinner options

Stuffed Sweet Potato

- 1 medium chicken breast (note: you can also swap for ground turkey or lean ground beef if that's what your protein is this week)
- 1/2 medium sweet potato
- 1 big handful spinach
- 1/4 red onion (chopped)
- 1/2 medium bell pepper (chopped)
- 2 tbsp shredded cheddar cheese (can swap for goat or feta cheese)
- 1 tsp paprika
- 1 tsp chipotle spice
- Salt & pepper
- garlic (as much as you like)
- 1 tbsp plain fat-free greek yogurt or tzatziki
- Juice from 1 lime
- 1 tbsp olive oil

ingredient list

***bring me with you grocery shopping!**

dinner options

Stuffed Sweet Potato

Directions

- Preheat the oven to 425'.
- Slice a sweet potato in half length-wise before wrapping half in tinfoil and placing it in the oven. You can make half now and half later, or do them both now and have dinner for tomorrow. Let it bake for approximately 20 minutes.
- You'll know it's done if when you poke it with a knife, it slides in easily.
- At the same time, bake your chicken breast in the oven until it's about 75% cooked. It should still be slightly pink on the inside.
- Using a fork, pull the chicken breast apart so that it's shredded into small pieces. Place these in a mixing bowl.
- At the same time, turn your stove to medium heat and add olive oil.
- Grill 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. 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 add your seasoning.
- Squeeze lime juice into the mixture and stir it all together using a large fork.
- Place the mixture back into the empty sweet potato skin and top with cheese.
- With your oven turned to broil, place the stuffed sweet potato back inside and cook for about 5 minutes. Make sure to keep an eye on it as oven heat can vary!
- Remove from the oven and allow to cool slightly. Place a dollop of greek yogurt on top and enjoy!

ingredient list

***bring me with you grocery shopping!**

dinner options

Vegan Stuffed Sweet Potato

- 1 serving Beyond Meat ground beef (standard package comes with 4 servings)
- 1/2 medium sweet potato
- 1 big handful spinach
- 1/4 red onion (chopped)
- 1/2 medium bell pepper (chopped)
- 2 tbsp shredded vegan cheese
- 1 tsp paprika
- 1 tsp chipotle spice
- Salt & pepper
- garlic (as much as you like)
- 1 tbsp vegan sour cream
- Juice from 1 lime
- 1 tbsp olive oil

ingredient list

***bring me with you grocery shopping!**

dinner options

Vegan Stuffed Sweet Potato

- Preheat the oven to 425'.
- Slice a sweet potato in half length-wise before wrapping half in tinfoil and placing it in the oven. You can make half now and half later, or do them both now and have dinner for tomorrow. Let it bake for approximately 20 minutes.
- You'll know it's done if when you poke it with a knife, it slides in easily.
- At the same time, cook your Beyond Meat in a pan until it's about 75% cooked. Once it's there, place it in a mixing bowl.
- At the same time, turn your stove to medium heat and add olive oil.
- Grill 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. 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 as your Beyond Meat, and add your seasoning.
- Squeeze lime juice into the mixture and stir it all together using a large fork.
- Place the mixture back into the empty sweet potato skin and top with cheese.
- With your oven turned to broil, place the stuffed sweet potato back inside and cook for about 5 minutes. Make sure to keep an eye on it as oven heat can vary!
- Remove from the oven and allow to cool slightly. Place a dollop of sour cream on top and enjoy!

ingredient list

*bring me with you grocery shopping!

dinner options

*ingredients are for ONE serving. Multiply this by the number of times you plan on having each recipe this week.

The Go-To

- 1.5 cups of your pre-cooked vegetable medley (remember: veggies cook down significantly. This works out to about 3 cups of raw vegetables).
- 2 tbsp of goat, feta cheese, or dairy-free cheese sprinkled on top of your warm veggies.
- **Protein options:** chicken (medium breast), salmon (4oz), shrimp (9 jumbo/15 small), lean beef burger, turkey burger, or any vegan protein alternatives. Follow TFGG recipes to season and cook.
- 1 tbsp olive oil.

dinner options

Prawn Chowder

***makes 4 meal sized servings**

- 1 lb of large shrimp (peeled and deveined)
- 1 head of broccoli (cut into florets)
- 1 head of cauliflower (cut into florets)
- 1 large zucchini
- 1 yellow onion (chopped)
- 2 tbsp coconut oil
- 1 can of corn (rinsed and drained)
- 1 tsp xanthan gum
- 3 cups low sodium vegetable broth
- 1 tsp garlic powder
- 1 can lite coconut milk
- Salt and pepper
- Garnish with: cilantro (optional)

Directions

- In a large saucepan, add broccoli, cauliflower, onion, zucchini, and coconut oil.
- Cook on medium heat until soft (for about 7 minutes) stirring regularly.
- Pour in vegetable broth and coconut milk, and mix in garlic, salt & pepper, and xanthan gum. Turn the heat to low and allow to simmer on the stove for 15 more minutes.
- Carefully transfer the soup into the blender, and blend until thick, smooth, and creamy. Alternatively, use a hand mixer in the sauce pan if you have one!
- Transfer back to the saucepan and stir in the corn and shrimp. Allow it to simmer for another 10 minutes on medium-low until the shrimp is fully cooked.
- Enjoy! This is one of the most comforting meals in the cold weather.

dinner options

Corn & Cauli Chowder

***makes 4 meal sized servings**

- 3 cups of white kidney beans (rinsed and drained)
- 1 head of broccoli (cut into florets)
- 1 head of cauliflower (cut into florets)
- 1 large zucchini
- 1 yellow onion (chopped)
- 2 tbsp coconut oil
- 1 can of corn (rinsed and drained)
- 1 tsp xanthan gum
- 3 cups low sodium vegetable broth
- 1 tsp garlic powder
- 1 can lite coconut milk
- Salt and pepper
- Garnish with: cilantro (optional)

Directions

- In a large saucepan, add broccoli, cauliflower, onion, zucchini, kidney beans, and coconut oil. Cook on medium heat until soft (for about 7 minutes) stirring regularly.
- Pour in vegetable broth and coconut milk, and mix in garlic, salt & pepper, and xanthan gum. Turn the heat to low and allow to simmer on the stove for 15 more minutes.
- Carefully transfer the soup into the blender, and blend until thick, smooth, and creamy. Alternatively, use a hand mixer in the sauce pan if you have one!
- Transfer back to the saucepan and stir in the corn. Allow it to simmer for another 10 minutes on medium-low.
- Enjoy! This is one of the most comforting meals in the cold weather.

snack options

Choose one of: **Gang Bars** or **Pumpkin Protein Bread**

Gang Bars

*recipe makes 10 bars

- 4 scoops of protein powder (either whey isolate or vegan protein)
- 1 cup coconut flour
- 1.5 cups crispy rice cereal (try Nature's Path)
- 3/4 cup natural peanut butter or almond butter
- 3 medium bananas (mashed)
- 1 cup raspberries (fresh or frozen)
- 1/2 cup sugar-free syrup (try Walden Farms pancake syrup)
- 1 tsp vanilla extract
- 1/2 tsp sea salt

Directions

- Place your crispy rice cereal in the food processor and pulse until you have small crunchy pieces. You can also really easily place it between two pieces of paper towel and press down on it until it breaks up into smaller pieces!
- In a bowl, stir together your protein, cereal pieces, salt, and coconut flour.
- In a separate bowl, mix your mashed banana, raspberries, peanut butter, syrup, and vanilla extract. You may need to slightly warm the peanut butter first!
- Slowly stir your liquid mixture into the dry one. Once it is evenly mixed together, you're going to press your dough into a parchment paper lined baking sheet (use the kind with raised edges!)
- Press the mixture into an even layer, and place in the freezer. Allow to freeze for 20 minutes before slicing your bars into 10 even pieces. Store in the freezer and enjoy! These taste best after they've thawed for 30 or so minutes, so they work really well as a snack to bring to work.

ingredient list

***bring me with you grocery shopping!**

snack options

Choose one of: Gang Bars or Pumpkin Protein Bread

Pumpkin Protein Bread

*recipe makes 10 slices

- 1 small can (540 ml) pumpkin puree (not pumpkin pie filling!)
- 3 whole eggs
- 2 egg whites
- 1 cup vanilla protein (whey or vegan)
- 3/4 cup almond flour
- 1/3 cup organic butter (melted)
- 1 cup granulated stevia or monkfruit
- 1 tbsp pumpkin pie spice
- 1 tsp vanilla extract
- sprinkle of sea salt
- 2 tsp baking powder
- 1/3 cup sugar-free pancake syrup
- 1/4 cup nuts/seeds to top with (your preference)

ingredient list

***bring me with you grocery shopping!**

snack options

Choose one of: Gang Bars or Pumpkin Protein Bread

Pumpkin Protein Bread

Directions

- Preheat the oven to 350°
- Line a 9" x 5" loaf pan, with parchment paper.
- In a large mixing bowl, mix the granulated sweetener, pancake syrup, eggs and egg whites. Really whisk the eggs in thoroughly.
- Add the pumpkin puree and vanilla, and mix well.
- In a separate bowl, stir together the almond flour, protein powder, baking powder, pumpkin pie spice, and sea salt.
- Add the dry ingredients to the wet ingredients, and mix well to combine them.
- Pour the batter into the lined pan.
- Cover the top with aluminum foil so it bakes evenly!
- Bake for 30 - 35 minutes (check it regularly, because depending on how goey and moist you want it, it could be ready earlier!)

ingredient list

*bring me with you grocery shopping!

snack options

Daily Snack: Fresh Veg & Dip

- 1 cup of your favourite fresh veggies (sliced)
- 3 tbsp of either hummus or guacamole

treat meals

As you sit down to map out your week, write out your goals, and schedule in your workouts, planning a treat meal is recommended. Why? Because it's fun to have something delicious and indulgent to look forward to! Maybe it's something you want to enjoy alone while laying in your sweats watching Friends, or maybe it's a fun date night getting ice cream with a full pound of cookie dough (lol can you tell I'm projecting the kinds of treats I plan?!)

There are a few very important things I want to get into in regards to treat meals:

- **Treats don't always just happen when you plan for them to.** Sometimes you think you're going to go for ice cream on Saturday, but your partner brings you home your favourite doughnut on Friday. Does that mean you shouldn't have the doughnut? NO. Should you feel guilty about having an unplanned treat? NO. We can plan out treats to look forward to all we want, but part of the pure joy of life is the unexpected and fun things that come up!
- **Eliminating guilt.** I could write an entire essay on this (and have many times) but the core of what I need you to understand is that if you are going to feel guilty and beat yourself up every time you have a treat, you are ruining the experience for yourself. What is even the point of a treat if you make yourself feel like shit about it? We NEED to learn how to enjoy the treat, know we deserved it, and move on.

treat meals

- **Stop the cycle.** Raise your hand if you are someone who feels so guilty about an unplanned treat that it leads you to say f*ck it and binge. Then, you feel so guilty about the binge that you hyper-restrict, causing the pattern to repeat itself over and over. There are two steps to stopping this cycle: 1. Eliminate the guilt over the treat (see above). 2. After you treat yourself, go right back to eating healthy without any kind of restriction! I know how tempting it can be to restrict yourself out of guilt, but it does nothing for you, is not good for you, and it never going to allow you to break that binge restrict cycle that you're stuck in.

What makes something a treat meal?

I want to get into another issue I have with the concept of "meal plans". It's that people begin to believe that eating ANY MEAL that is not specifically listed in the plan as "allowed", must be a treat meal. THIS IS NOT THE CASE WITH THE GAME PLAN! I can't stress that enough. The meals in the Game Plan are here to give you support and structure. The Game Plan is not an exam, and it's not your relationship: there is no such thing as cheating on it!

So what is a treat meal? It is typically a very indulgent meal or dessert (sometimes both) that is high in sugar, is usually processed, and does not meet the guidelines of a nutritious meal. It is also part of enjoying your life.

putting together nutritious meals

While the recipes of the Game Plan are always here for you, it's not realistic to think that you are going to have the ability to make them 24/7! The last thing I want is for you to feel lost and confused when coming up with nutrient-dense meals to fuel you when you don't have access to these recipes, are eating out, or just want to mix it up. Reminder: just because a meal isn't listed in the Game Plan doesn't mean you should think of it as a treat meal!

Protein

Think: What is my protein source in this meal?

Target: Approx. 25g/meal

Looks like: A serving size about the same size as your palm.

Green Vegetables

Think: What green veg am I getting in this meal?

Target: The more the better! Always.

Fat

Think: What is my fat source in this meal?

Target: Approx. 1 tbsp of oil or 1/2 a medium avocado

Looks like: Approx. 1 tbsp of oil or 1/2 a medium avocado

Fibre

Think: What high fibre foods are in this meal?

Target: Approx. 8-9g/meal

Looks like: Approx. 1.5 tbsp high fibre seed (like chia) or TONS of high fibre veggies

putting together nutritious meals

While the recipes of the Game Plan are always here for you, it's not realistic to think that you are going to have the ability to make them 24/7! The last thing I want is for you to feel lost and confused when coming up with nutrient-dense meals to fuel you when you don't have access to these recipes, are eating out, or just want to mix it up. Reminder: just because a meal isn't listed in the Game Plan doesn't mean you should think of it as a treat meal!

Carbs

Think: What is my carb source in this meal?

Target: This one is EXTREMELY individual! You need the right amount to function all day with the most energy, and not so much that you feel lethargic or have sugar cravings. Even more so than the other categories, you're going to need to play around to figure out what's right for you as an individual. I suggest starting with about 2/3 of a cup/meal and then adjusting based on how you feel.

Looks like: rice, potato, bread, oats, yams

Note: It's important to note that a lot of these categories overlap! For instance, things like black beans can be a source of protein, fibre, and carbs!

Before we begin

Please note that although your meals are listed in a specific order, there is no right order to eat them in. You can begin eating at whatever time you want each day, and eat as late as you want each evening.

Your body does not begin storing food as fat if you eat after 8:00pm (or whatever myths we've been fed as women). When and in what order you eat each day is up to you, your schedule, and what you feel like doing.

Please note that the macros and calories are only an approximate. These will vary based on your specific choices of vegetables, protein, etc. They are not there for you to obsess over, just to help you understand the breakdowns of the meals you're eating!

the game plan

***print me out and put me on your fridge!**

The Morning Drink

Breakfast A) Peaches & Cream Smoothie

Protein: 38g

Fat: 11g

Carbs: 29g

Fibre: 8g

Cals: 363

Breakfast B) Breakfast Bake

Protein: 25g

Fat: 16.5g

Carbs: 20g

Fibre: 6g

Cals: 390

Breakfast C) Elevated Avo Toast: Grilled Prawn Edition

Protein: 30g

Fat: 31g

Carbs: 23g

Fibre: 9g

Cals: 443

Breakfast C) Elevated Avo Toast: Vegan Edition

Protein: 19g

Fat: 16g

Carbs: 53g

Fibre: 21g

Cals: 422

the game plan

***print me out and put me on your fridge!**

Lunch A) Apple Chicken Salad (w/ one serving of The Best Vinaigrette)

Protein: 42g

Fat: 19g

Carbs: 38g

Fibre: 7g

Cals: 478

Lunch B) Hearty Salad Bowl

Protein: 32g

Fat: 15g

Carbs: 30g

Fibre: 7g

Cals: 421

Lunch C) Crab Cakes + Avo Dill Dressing + Roast Veg Medley

Protein: 41g

Fat: 27g

Carbs: 20g

Fibre: 15g

Cals: 568

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Snack 1) Veggies & Dip

*reminder that this is listed between lunch and dinner, but you can obviously eat it whenever you want during the day

Protein: 5g

Fat: 9g

Carbs: 13g

Fibre: 4g

Cals: 150

Dinner A) Stuffed Sweet Potato

Protein: 31g

Fat: 18g

Carbs: 31g

Fibre: 8g

Cals: 403

Dinner A) Vegan Stuffed Sweet Potato

Protein: 29g

Fat: 20g

Carbs: 36g

Fibre: 12g

Cals: 430

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Dinner B) The Go-To

Protein: 30g

Fat: 22g

Carbs: 24g

Fibre: 6g

Cals: 400

Dinner C) Shrimp Chowder

Protein: 26g

Fat: 19g

Carbs: 43g

Fibre: 9g

Cals: 437

Dinner C) Corn & Cauli Chowder

Protein: 25g

Fat: 22g

Carbs: 37g

Fibre: 13g

Cals: 456

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Dinner D) Eating Out

Yes, eating a dinner out is a part of the Game Plan! While you obviously can eat every dinner at home if you like, I really want to encourage you to feel good about being able to eat in a healthy way that fuels you and fits within the Game Plan even when you aren't at home.

Follow the guidelines above for "putting together nutritious meals" and please don't feel bad for one second that you aren't able to eat at home tonight. Live your life!

Snack 2 Option A) Gang Bars

*macros are for 1 gang bar

Protein: 17g

Fat: 12g

Carbs: 25g

Fibre: 7g

Cals: 266

Snack 2 Option B) Pumpkin Protein Bread

*macros are for 1 slice

Protein: 13g

Fat: 14g

Carbs: 7g

Fibre: 12g

Cals: 196