

TFGG

Winter Series

game plan no.3

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. Event 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.**

Cookie Butter Shake

- 1 serving vanilla or chocolate whey isolate protein or vegan protein)
- 1.5 tbsp natural peanut butter or almond butter (whichever you like better)
- 1 cup ice
- 1 cup frozen spinach
- 1/2 medium frozen zucchini
- 3/4 cup unsweetened nut milk (you can do vanilla or original)
- 1.5 tbsp ground chia seeds
- 1 tbsp Stevia
- Sprinkle of Pink Sea Salt

breakfast options

Overnight Oats (*New TFGG Recipe!)

- 1/3 cup quick oats
- 1 tbsp chia seeds
- 1 scoop whey isolate or vegan protein powder in any flavour you like
- 1/3 cup unsweetened vanilla nut milk or oat milk
- 1/3 cup plain fat free greek yogurt
- pinch pink sea salt
- 1 tbsp nut butter
- choice of: 1/3 cup berries (fresh or frozen), 1/2 sliced banana, 1/2 chopped apple
- mason jar with lid or tightly sealed tupperware container

Vegan Swaps

- Swap greek yogurt for your fave coconut yogurt

Directions

- Combine all the ingredients together in your sealed container and mix thoroughly. Close and shake the container to really mix it!
- Place in the fridge overnight...and that's it! It's ready to eat.
- You can make a few batches in different containers at once and store them in the fridge for up to 3 days.

Mini Omelettes To Go

***ingredients are for 12 mini Omelettes which equals 4 servings (1 serving = 3 mini omelettes)**

- 6 whole eggs
- 1 cup egg-whites
- 3/4 cup deli ham (chopped) you can also swap for any protein you have!
- 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 or olive oil
- Salt and Pepper
- Top with: 1 whole avocado (sliced) and 2/3 cup goat cheese (crumbled)

NOTE: To save time and money, you can easily swap out these veggies for your pre-cooked veggie medley.

Directions

- Preheat oven to 350°F and coat muffin tin with avocado or olive oil.
- If using raw veggies, 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 omelettes!)
- 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.

Vegan Brunch Bowl

- 4oz of tofu crumbled (can be medium or firm)
- 1 tsp turmeric
- salt and pepper
- 1 tbsp water
- 1/2 tsp turmeric
- 1/2 tsp chilli powder
- 1/2 tsp garlic powder (or fresh garlic)
- big handful spinach or kale (chopped)
- 1/3 cup yellow onion (diced)
- 2/3 cup mushrooms (sliced)
- 2/3 cup yam or potato (cut into small cubes and partially pre-cooked)
- 1 tbsp olive oil
- 1/3 avocado
- 2 tbsp salsa
- fresh lemon juice

Directions

- Pat the tofu dry with a paper towel to remove any excess moisture. Then break the tofu into small crumbles
- In a small bowl, mix up the tofu crumbles, seasonings, and water. Then set it aside.
- Next, cook the kale/spinach, mushrooms and onions, and yam on medium heat with olive oil or avocado oil in your skillet.
- Add your seasoned tofu mixture to your veg once it's halfway done, and continue to cook on medium heat for about five minutes. Add in any extra seasoning you like.
- Remove it from the pan and assemble your bowl with the tofu scramble, avocado, salsa, and fresh lemon juice squeezed on top.

California Chicken Club Wrap (*New TFGG Recipe!)

- 1 high fibre tortilla wrap
- 1 medium chicken breast (chopped)
- 2 strips of bacon (look for all natural nitrate-free)
- 1/3 avocado (mashed into the wrap)
- 1/2 roma tomato (chopped)
- Juice from one lime
- big handful of spinach (chopped)
- handful chopped broccoli or sprouts (whichever you prefer!)
- 2 tbsp tzaziki (as you know, I always recommend Skotidakis brand)
- salt & pepper

Grill it! Turn on a pan to medium heat, spray with olive oil and cook on either side until lightly golden brown while pressing down with a spatula.

Black Bean & Corn Roll Up (*New TFGG Recipe!)

- 1 high fibre tortilla wrap
- 1/3 cup black beans (rinsed and drained)
- 1/3 cup corn (rinsed and drained)
- 1/2 cup ground beyond meat
- 1/3 avocado (mashed into the wrap)
- big handful chopped greens (whatever kind you prefer)
- handful chopped broccoli or sprouts (whichever you prefer!)
- 3 tbsp of your favourite salsa
- Juice from one lime
- 1/4 cup red onion (finely chopped)
- salt & pepper

Grill it! Turn on a pan to medium heat, spray with olive oil and cook on either side until lightly golden brown while pressing down with a spatula.

lunch options

Prawn & Pesto Bowl

- 1 big handful romaine (chopped)
- 1 big handful spinach (chopped)
- 1/2 lb prawns (shrimp) peeled and deveined
- 1 tsp basil pesto
- 1 tbsp olive oil
- 6 cherry tomatoes (halved)
- 1 egg (medium boiled)
- 1/3 avocado (sliced)
- 1/2 cup red onion (thinly sliced)
- 2 tbsp balsamic vinegar
- juice from 1/2 lemon
- salt & pepper
- 2 tbsp crumbled feta cheese

Directions

- In a pan on medium heat, add olive oil, pesto, prawns, halved tomatoes, and red onions. Cook until the prawns are pink!
- Remove from heat and add to your bowl of greens.
- Top with your medium boiled egg, avocado, vinegar, lemon juice, feta cheese, and S & P

lunch options

Vegan Summer Salad Bowl

- Protein Source Options: 4oz tofu, 2/3 cup edamame, 2/3 cup white kidney beans, vegan chicken breast, or beyond meat protein.
- 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 or cashews (crushed)
- 1 serving (about 3 tbsp) The Best Vinaigrette (recipe below)

The Best Vinaigrette

***ingredients are for 2 servings of dressing. Seal and store in the fridge!**

- 1 tbsp dijon mustard
- 2 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

lunch options

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). 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: 1 tbsp of tzatziki (Skotidakis is incredible and so healthy with only 5 ingredients)

Vegan Swaps

- Protein Source Options: 4oz grilled tofu or tempeh
- 1 tbsp creamy cashew dip instead of tzaziki

ingredient list

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

dinner options

Spicy Chicken Lettuce Wraps

***makes 3 servings**

- 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

ingredient list

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

dinner options

Spicy Chicken Lettuce Wraps

***makes 3 servings**

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!

ingredient list

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

dinner options

Spicy Vegan Lettuce Wraps

***makes 3 servings**

- 4 oz tofu (finely chopped)
- 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)
- 1 tbsp coconut oil or olive oil

Sauce

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

ingredient list

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

dinner options

Spicy Vegan Lettuce Wraps

***makes 3 servings**

Directions

- Spray a pan on low-medium heat with coconut oil, add garlic and onions and cook for about one minute.
- Add in chopped tofu, 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 tofu and mushrooms are 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!

ingredient list

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

dinner options

Tuna Poke Bowl

***makes one serving**

- 4 oz tuna (sushi grade)
- 1/3 cup edamame (shelled)
- 1/4 medium avocado
- 1 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: Dressing + 1 tbsp of light mayo mixed with Sriracha



Dressing

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

ingredient list

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

dinner options

Vegan Poke Bowl

***makes one serving**

- 6 oz tuna (approx. half package) cut into 1/2 inch cubes
- 1/3 cup edamame (shelled)
- 1/4 medium avocado
- 1 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: Dressing + 1 tbsp of Vegannaise mixed with Sriracha

Dressing

- 4 tbsp coconut aminos
- 1 small piece ginger (finely chopped)
- 1 tbsp rice wine vinegar
- 1 tbsp sesame oil
- Red pepper flakes (as much as desired)
- 1 tbsp stevia

ingredient list

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

dinner options

Vegan Poke Bowl

***makes one serving**

Directions

- Drain the tofu and place it between two clean cloths or paper towels. Press down to get rid of the excess moisture.
- Chop the tofu into small 1/2 inch cubes.
- In a bowl, mix together ingredients for the dressing. You are going to add in the chopped tofu, and allow it to marinade for 10 minutes or longer.
- Assemble your bowl and then add in the marinated tofu and whatever is left of the dressing. Enjoy!

ingredient list

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

dinner options

Creamy Pasta Salad

***makes one serving**

- 2oz (1/2 cup) uncooked pasta - this can be penne, orzo, shells, elbows...pick your fave! Look for a higher fibre pasta if you can.
- 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 (as much as you like)
- Salt & pepper
- 1/4 cup parmesan cheese (shredded)

dinner options

Creamy Pasta Salad

***makes one serving**

Directions

- Preheat the oven to 400'
- 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.
- Place your chicken breast in the oven, season however you like, and cook until tender.
- 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 ovetop and mix well.
- Cover and place in the fridge for at least 30 minutes before eating.

ingredient list

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

dinner options

Vegan Mac and Cheese

***makes one serving**

- 1 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

ingredient list

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

dinner options

Vegan Mac and Cheese

***makes one serving**

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.

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.

snack options

Choose one of: Berry Crumble or Choc PB Cups

Berry Crumble (*New TFGG Recipe*)

*recipe makes one serving

- 1 cup fresh or frozen raspberries
- 1/4 cup quick oats
- 1 scoop vanilla protein powder (whey isolate or vegan)
- 1 tsp cinnamon
- juice from one lemon
- small handful almonds, cashews or walnuts (chopped)
- 1-2 tbsp powdered stevia or erythritol

Directions

- Preheat the oven to 350'
- In a bowl, mix together oats, protein, nuts, lemon juice and cinnamon.
- In an oven safe bowl or pyrex, mix the berries and sweetener and top with your crumble.
- Bake for 12 min. Remove, turn on your broiler, and bake for another 2 min.
- Allow to cool and then enjoy!

ingredient list

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

snack options

Choose one of: Berry Crumble or Choc PB Cups

Chocolate PB Cups

recipe makes 12 servings. 1 PB Cup = 1 serving.

- 1/2 cup coconut butter
- 1/2 cup peanut butter
- 1/2 cup cocoa powder
- 1/3 cup sugar-free syrup
- 12 mini muffin cups

Directions

- In a microwave-safe bowl, add peanut butter, coconut butter, and syrup.
- Microwave until they reach a runny consistency.
- Using a fork, swirl them together until smooth.
- Add in cocoa powder and mix well.
- Pour mixture into mini muffin cups and freeze for at least one hour (the cups should be hard and candy-like).

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) Cookie Butter Shake

Protein: 38g

Fat: 20g

Carbs: 19g

Fibre: 12g

Cals: 393

Breakfast B) Overnight Oats

Protein: 42g

Fat: 16g

Carbs: 37g

Fibre: 12g

Cals: 444

Breakfast C) Mini Omelettes To Go (3/serving)

Protein: 30g

Fat: 30g

Carbs: 16g

Fibre: 7g

Cals: 447

Breakfast C) Vegan Brunch Bowl

Protein: 17g

Fat: 19g

Carbs: 34g

Fibre: 10g

Cals: 405

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Lunch A) California Club Wrap

Protein: 39g

Fat: 20g

Carbs: 31g

Fibre: 18g

Cals: 529

Lunch B) Black Bean & Corn Roll Up

Protein: 26g

Fat: 21g

Carbs: 50g

Fibre: 22g

Cals: 477

Lunch C) Prawn & Pesto Bowl

Protein: 47g

Fat: 34g

Carbs: 17g

Fibre: 7g

Cals: 569

the game plan

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Lunch D) Vegan Summer Salad Bowl

Protein: 24g (varies with protein choice)

Fat: 21g

Carbs: 40g

Fibre: 9g

Cals: 461

Lunch E) Hearty Salad Bowl

Protein: 25g (varies with protein choice)

Fat: 23g

Carbs: 39g

Fibre: 8g

Cals: 450

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

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

Dinner A) Spicy Chicken Lettuce Wraps

Protein: 24g

Fat: 16g

Carbs: 34g

Fibre: 1g

Cals: 380

Dinner A) Spicy Vegan Lettuce Wraps

Protein: 22g

Fat: 17g

Carbs: 38g

Fibre: 8g

Cals: 450

Dinner B) Tuna Poke Bowl

Protein: 32g

Fat: 26g

Carbs: 45g

Fibre: 8g

Cals: 487

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Dinner B) Vegan Poke Bowl

Protein: 26g

Fat: 16g

Carbs: 48g

Fibre: 11g

Cals: 495

Dinner C) Creamy Pasta Salad

Protein: 44g

Fat: 9g

Carbs: 30g

Fibre: 11g

Cals: 449

Dinner C) Vegan Mac & Cheese

Protein: 25g

Fat: 20g

Carbs: 44g

Fibre: 12g

Cals: 450

Dinner D) The Go To

Protein: 30g (depending on protein source)

Fat: 22g

Carbs: 24g

Fibre: 8g

Cals: 400

the game plan

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

Dinner E) 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) Berry Crumble

Protein: 28g

Fat: 9g

Carbs: 32g

Fibre: 12g

Cals: 308

Snack 2 Option B) Chocolate Peanut Butter Cups

*macros are for 1 PB Cup

Protein: 12g

Fat: 17.5g

Carbs: 9g

Fibre: 5g

Cals: 199