

TFGG

Winter Series

game plan

why a game plan?

So, why create a Game Plan in the first place? What's the point, and what is it going to do for you?

Since starting TFGG in 2017, I have been adamantly against the meal plan model. Can it work for certain clients when tailored to their exact needs? Yes, absolutely. But the thought of giving a set meal plan to thousands of women honestly scared me. I hated seeing the generic meal plans out there that were hyper restrictive and led to fear around food. Hell, I've even been given meal plans in the past from coaches that have led to more food obsession, restriction, fear, and binging, than I ever could have imagined.

What I've learned from two years of running TFGG is that you want more guidance! When I first conceptualized the Gang, I felt that creating recipes and coaching step-by-step nutritional habits would be enough. And it was, for some people! But what I learned quickly is that most of you wanted more structure and support. You wanted to visually be able to see what a healthy and satisfying day of eating might look like, and be given structure so that you could work toward your body composition goals with confidence and without restriction.

What's funny is that I never really considered the fact that I follow a Game Plan myself. In fact, it's been one of the major tools I've used to maintain consistent healthy habits over the past six years and to simplify my entire life. Sure it's not typed out beautifully, but I go into every week with a Game Plan for my nutrition, and I am determined to do the same for you!

purpose of the game plan

- **Eliminating fear around food.** You'll eat a wide variety of foods, there are no foods that are "off limits", and you'll learn how to feel less stress and overwhelm about treating yourself in general.
- **Simplifying your life!** The Game Plan is going to take out the time and the work that goes into attempting to eat healthy on your own. Everything is laid out for you, and is designed to save you money, time, and effort.
- **To show you how to eat according to your goals.** Do you have body composition goals right now? If so, this is going to show you how to reach them in the simplest way possible: through a slight caloric deficit or slight surplus (depending on your goals) so there's no more attempting to lose fat or gain muscle without knowing if what you're doing is even working. Don't have body comp goals? That's great too! Either way, you'll learn how to **properly fuel your body to feel your best and train your most effectively.**
- **To internalize your TFGG habits.** Remember all of the habits we've slowly incorporated week by week? Well the Game Plan is going to show you how to incorporate them all in on a daily basis so that soon, it's so automatic you don't even need to think about it!
- **To give you a sense of support.** So often with food, it's easy to feel so lost. Should you try keto? Intermittent fasting? Go Vegan? Paleo? The Game Plan is going to give you a sense of structure and support when it comes to what to look for in each of your meals so you never feel lost or unsure again.
- **To not need it forever.** Yes, I mean that! The Game Plan is going to show you how to incorporate your habits, prep your food, plan your treats, and hit your daily goals. Eventually, you won't even need it any more because it's all going to become second nature!

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

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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.**

Chocolate Cherry Chia Shake

- 2/3 cup frozen cherries
- 1 serving chocolate whey isolate or vegan protein powder
- 1-2 tbsp cocoa powder (depending on how rich you want it) 1 tbsp chia seeds (regular or ground)
- 1/3 avocado 1 big handful frozen spinach
- 1/2 cup ice
- 1 cup unsweetened nut milk
- Sprinkle of sea salt (helps bring out chocolatey deliciousness)
- Stevia (optional)

ingredient list

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

breakfast options

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

Banana Bread Oats

- 1/3 cup quick oats (save money by always buying the bag and not individual packets)
- 1/4 cup grated zucchini (about 1/3 - 1/2 of a zucchini)
- 1 tsp baking powder (optional but makes consistency amazing)
- 1/4 cup unsweetened nut milk or water (I personally cook mine with water and mix a little cashew milk in after. You do you).
- 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

ingredient list

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

breakfast options

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

Brunch Platter

- 2 whole eggs (poached)
- 3 slices of your choice of side bacon, back bacon, or smoked salmon
- 1/4 large avocado
- 1.5 cups of your roasted vegetable medley

Directions

- Delicious, but so quick and easy for when you're running out the door to work!
- Quickly assemble everything on a plate, or throw it in a tupperware and bring it with you if you're in a rush.

ingredient list

*bring me with you grocery shopping!

lunch options

Honey Mustard Salmon Bowl

*recipe makes 2 servings

- 2 x 4oz servings of fresh salmon (canned salmon will work too)
- 2 tbsp olive oil
- 2 cups brussel sprouts (quartered)
- 2 cups broccoli florets
- 1/2 cup red or yellow onion (chopped)
- 4 big handfuls arugula
- 6 radishes (thinly sliced)
- 4 tbsp crumbled goat cheese

Tangy Honey Mustard Dressing

*recipe makes 4 servings

- 4 tbsp plain fat free greek yogurt
- juice from 1 lemon
- 2 tbsp honey
- 2 tbsp dijon mustard
- 2 tbsp apple cider vinegar
- 2 tbsp olive oil
- salt & pepper
- 1/2 tsp garlic powder (or fresh minced garlic if you have!)

ingredient list

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

lunch options

Honey Mustard Salmon Bowl

Directions:

- Preheat oven to 400' Stir dressing together and store in a sealed container in the fridge!
- Season salmon however you like, place it on a pan, and set it aside. In a pan, place brussel sprouts, broccoli, and onion, drizzle with olive oil and season with S&P
- Place both pans in the oven. Salmon should take about 12-15 minutes to cook (unless you're using larger pieces) and veg will take about 20 minutes depending on how done/crispy you like it.
- Arrange your bowls with a base of arugula, then roast veg, salmon, radishes, and goat cheese.
- Drizzle with tangy honey mustard dressing and serve!

ingredient list

*bring me with you grocery shopping!

lunch options

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

Mediterranean Pita

- 1/2 whole wheat pita (look for the highest fibre content you can find)
- 1 chicken breast (boneless, skinless)
- 1/3 cup red onion (thinly sliced)
- 1/3 cup red bell peppers (sliced)
- 2 hearts romaine lettuce
- 1 handful spinach
- Greek seasoning (as much as desired)
- 2 tbsp light feta cheese
- 2 tbsp tzatziki (Skotidakis is incredible and so healthy with only 5 ingredients)
- 1 tsp fresh lemon juice

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)

ingredient list

*bring me with you grocery shopping!

dinner options

Fish Taco Bowls

*makes 4 servings

- 4 frozen cod, basa, or tilapia fillets
- 2 tbsp olive oil
- juice from 1 lime
- 1/2 pkg low sodium taco seasoning
- 4 servings of Sriracha Coleslaw (below)
- 3 cups of Mango Cauli Rice (below)
- 1 large avocado

Sriracha Coleslaw

- 2/3 cup plain, fat free greek yogurt
- Juice from 2 limes
- 2 tbsp Sriracha (can adjust depending on how spicy you like it)
- 2 tbsp honey
- 2 tbsp apple cider vinegar
- Salt & Pepper
- 1 bag of coleslaw mix

Mango Cauli Rice

- 1 bag pre-chopped cauli rice (or you can chop your own in your food processor)
you will need 2 cups of it in total
- 1 large mango
- 1/2 red onion (chopped)
- 3 tbsp low sodium soy sauce or coconut aminos
- 2 tsp garlic (chopped)
- 2 tbsp olive oil

Sriracha Coleslaw Directions

- In a small bowl, stir together all ingredients for dressing
- Pour it over your coleslaw mix and stir it so it is evenly coated.
- Store sealed in the fridge while you prepare the rest!

Mango Cauli Rice Directions

- Place your cauliflower rice in a covered microwave safe bowl so it can steam. Microwave for approx. 2 minutes
- While it's in the microwave, turn your stove to medium heat and put in olive oil and chopped garlic.
- Chop your red onion and your mango into small pieces and add to pan
- After two minutes, add your heated cauli rice to the mixture, along with soy sauce or coconut aminos.
- Continue to mix and allow flavours to blend for about 3 more minutes on stove.

Fish Directions

- This is super quick and easy!
- In a separate pan on medium heat, add olive oil
- While the pan heats up, slice your fish into small, bite-sized pieces
- Add the fish to your pan and season with lime juice and taco seasoning
- Cook for about 5 minutes until done, and then remove from heat

Your Bowl

- Assemble each of the four bowls by layering with cauli rice, coleslaw, fish, and adding 1/4 of an avocado to each
- You guys are going to love these, I'm so excited!

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 or feta cheese sprinkled on top of your warm veggies
- **Protein options:** chicken (medium breast), salmon (4oz), shrimp (9 jumbo/15 small), lean beef burger, or turkey burger (follow TFGG recipes to season and cook).
- 1 tbsp olive oil

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.**

Creamy Tomato & Chicken Soup

- 3 chicken breasts (boneless, skinless, shredded)
- 2 large cans of tomatoes (look for low sodium and organic)
- 3 tbsp olive oil
- 1 yellow onion (chopped)
- 3 garlic cloves (minced)
- 1 red bell pepper (chopped)
- 2 tbsp pesto
- 1 tsp dried thyme
- 1 tsp sea salt
- 1 tsp black pepper
- 1 cup canned coconut milk (full fat)
- 2.5 cups low sodium chicken or vegetable stock
- 3 cups fresh baby spinach (chopped)

NOTE: This is to be eaten with 1 cup of your mixed veggie medley to get in those greens and micronutrients!

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.**

Creamy Tomato & Chicken Soup

Directions

- In a pan on medium heat, cook your chicken in small chunks in half of the olive oil until it's fully cooked. Feel free to add any extra seasonings you like here.
- On a cutting board, use a fork in each hand to shred up the chunks of chicken into tiny shreds.
- In a big pan, cook the chopped garlic and onion with the rest of the olive oil on medium heat.
- After they begin to clear (2-3 minutes) add the red pepper.
- After 2 more minutes add all remaining ingredients except for the shredded chicken and spinach.
- Allow it to simmer on low heat for 15 minutes, stirring occasionally.
- Carefully pour the soup into a blender and blend until smooth.
- Put the soup back in the saucepan and add the chicken and spinach. Mix well and allow it to sit on low heat for another 10 minutes before serving.

ingredient list

*bring me with you grocery shopping!

snack options

Choose one of: Birthday Cake Pops or Super Simple Protein Brownies

Birthday Cake Pops

*recipe makes 12 cake pops (2 cake pops/serving)

- 4 scoops of vanilla whey isolate protein or vegan protein
- 1/2 pkg of Jell-O sugar free / fat free Pudding and Pie Filling
- 4 tbsp coconut flour 4 tbsp coconut oil
- 2/3 cup cashew milk (you may need a splash more)
- 1/3 cup sprinkles
- lollipop sticks (optional)

Directions

- Mix together dry ingredients in a bowl (protein, jello mix, and coconut flour)
- Stir in coconut oil and cashew milk and mix with your hands until you have a thick, even consistency
- Roll the dough between your hands into 16 small balls
- Put sprinkles on a small plate, and roll each ball over it to coat the outside If using lollipop sticks, put them in now.
- Store sealed in the fridge or freezer! Pros of the freezer is that they will stay good longer, but you'll want to let them defrost for at least 15 minutes before eating (so good if you're bringing them for a snack at work!)

ingredient list

*bring me with you grocery shopping!

snack options

Choose one of: Birthday Cake Pops or Super Simple Protein Brownies

Super Simple Protein Brownies

*recipe makes 8 servings

- 6 bananas (mashed)
- 1/2 cup chocolate protein powder
- 1/2 cup smooth natural nut butter (recommended: peanut or cashew butter)
- 1/2 cup light cream cheese
- 1/4 cup cocoa powder
- 3 tbsp stevia (optional - the recipe is already quite sweet on its own)

Directions

- Preheat the oven to 350°F
- line a small aluminum or glass baking dish with parchment paper
- In a bowl, mix the mashed banana, cream cheese, and nut butter until blended. Then add the protein, cocoa powder and stevia. Continue to mix until smooth!
- Using a spatula, evenly pour and spread the mixture into your lined tray.
- Bake for approx. 15 minutes. This really is about how gooey you want them! You can go a little over or under depending on preference.
- Remove from the oven, allow to cool, and place the entire tray in the freezer. After 30 minutes, remove from the freezer and slice into 8 pieces.
- Store them back in the freezer and enjoy!!

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

ingredient list

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

weekend brunch options

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

Just like everything else, this is completely up to you! If you want to keep eating your M-F breakfasts, you 100% should. I just know that I personally love a laid back, relaxed, and slightly more indulgent-feeling brunch at least once every weekend, and I wanted to put a couple out there as options for you.

Protein Pancakes with Blueberry Cream Cheese Filling

- 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 or coconut oil

Blueberry Cream Cheese Filling

- 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
- 3 tbsp sugar-free pancake syrup

ingredient list

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

weekend brunch options

Protein Pancakes with Blueberry Cream Cheese Filling

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.
- Mix Cream Cheese Filling ingredients together and layer between pancakes
- Top with 3 tbsp sugar-free pancake syrup (Walden Farms or similar product)

The Breakfast Sandwich (w/Dill Dip)

- Thin Sandwich Bun (choose one with the 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 grilled 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

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

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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) Chocolate Cherry Chia Shake

Protein: 34g

Fat: 16g

Carbs: 27g

Fibre: 12g

Cals: 362

Breakfast B) Banana Break Oats

Protein: 30g

Fat: 13g

Carbs: 39g

Fibre: 8g

Cals: 393

Breakfast C) The Brunch Platter

Protein: 32g

Fat: 20g

Carbs: 21g

Fibre: 10g

Cals: 390

the game plan

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

Lunch A) Honey Mustard Salmon Bowl

Protein: 43g

Fat: 30g

Carbs: 22g

Fibre: 7g

Cals: 535

Lunch B) Hearty Salad Bowl

Protein: 32g

Fat: 15g

Carbs: 30g

Fibre: 7g

Cals: 421

Lunch C) Mediterranean Pita

Protein: 39g

Fat: 15g

Carbs: 37g

Fibre: 8g

Cals: 409

the game plan

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

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) Fish Taco Bowl

Protein: 29g

Fat: 22g

Carbs: 37g

Fibre: 7g

Cals: 442

Dinner B) The Go-To

Protein: 30g

Fat: 22g

Carbs: 24g

Fibre: 6g

Cals: 400

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

Dinner C) Creamy Tomato & Chicken Soup + Veg Medley

Protein: 25g

Fat: 24g

Carbs: 41g

Fibre: 10g

Cals: 439

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!

the game plan

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

Snack 2 Option A) Birthday Cake Pops

*macros are for 2 cake pops

Protein: 18g

Fat: 12g

Carbs: 18g

Fibre: 2g

Cals: 226

Snack 2 Option B) Protein Brownies

*macros are for 1 brownie

Protein: 16g

Fat: 11g

Carbs: 27g

Fibre: 4g

Cals: 249