

TFGG

Winter Series

new recipes

Chocolate Cherry Chia Shake

*recipe makes 1 serving

INGREDIENTS

- 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)



MACRONUTRIENT BREAKDOWN

Protein	Carbs	Fibre	Fat	Cals
34g	27g	12g	16g	362

Super Simple Protein Brownies

*recipe makes 8 servings

INGREDIENTS

- 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!!

*MACROS ARE FOR ONE BROWNIE

MACRONUTRIENT BREAKDOWN	Protein	Carbs	Fibre	Fat	Cals
	16g	27g	4g	11g	249

Super Simple Protein Brownies

Vegan Edition

*recipe makes 8 servings

INGREDIENTS

- 6 bananas (mashed)
- 1/2 cup chocolate vegan protein powder
- 1 cup smooth natural nut butter (recommended: peanut or cashew butter)
- 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, 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!!

*MACROS ARE FOR ONE BROWNIE

MACRONUTRIENT BREAKDOWN	Protein	Carbs	Fibre	Fat	Cals
	18g	28g	6g	14g	279

Birthday Cake Pops

*recipe makes 12 servings

INGREDIENTS

- 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!)

*MACROS ARE FOR ONE CAKE POP

MACRONUTRIENT BREAKDOWN	Protein	Carbs	Fibre	Fat	Cals
	9g	9g	1g	6g	113

Honey Mustard Salmon Bowl

***recipe makes 2 servings**

INGREDIENTS

- 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!)

Honey Mustard Salmon Bowl

*recipe makes 2 servings

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!

*MACROS ARE FOR ONE BOWL W/ 1 SERVING HONEY MUSTARD DRESSING

MACRONUTRIENT BREAKDOWN	Protein	Carbs	Fibre	Fat	Cals
	43g	22g	7g	30g	535

Greek Yogurt Parfait w/ Roasted Berries

*recipe makes 4 servings

INGREDIENTS

- 3 cups plain fat-free greek yogurt
- 1 container fresh raspberries
- 2 cups fresh strawberries (quartered)
- 1/2 cup almonds (slivered)
- 3 tbsp stevia
- juice from 1 lemon
- 2 tsp cinnamon
- 4 tbsp water
- 1 tbsp arrowroot

DIRECTIONS

- In a saucepan on medium-low heat, add your berries, stevia, lemon juice, water, and cinnamon
- Allow the mixture to simmer for 5 minutes, stirring and smushing up the berries as they cook down.
- After 5 minutes is up, add in the arrowroot powder and stir it in until it dissolves.
- Continue to allow the mixture to simmer on low for another 2 minutes.
- Remove from heat and allow it to cool.
- Take out your four jars and later each with the following: 3/4 cup greek yogurt, 1/4 of your roasted berry compote, and 2 tbsp of slivered almonds.
- Seal and store in the fridge!

Vegan Swap:

Instead of regular greek yogurt, use 3 cups plain coconut yogurt (or your favourite vegan yogurt)

*MACROS ARE FOR ONE GREEK YOGURT PARFAIT W/ ROAST BERRIES

MACRONUTRIENT BREAKDOWN	Protein	Carbs	Fibre	Fat	Cals
	19g	25g	6.5g	10g	251

Fish Taco Bowls

***recipe makes 4 servings**

INGREDIENTS

- 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

Fish Taco Bowls

*recipe makes 4 servings

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. 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!

*MACROS ARE FOR ONE FISH TACO BOWL WITH COLESLAW & CAULI RICE

MACRONUTRIENT BREAKDOWN	Protein	Carbs	Fibre	Fat	Cals
	29g	37g	7g	22g	442

Vanilla Raspberry Mug Cake

*recipe makes 1 serving

INGREDIENTS

- 1 scoop vanilla whey protein isolate or vegan vanilla protein
- 1 tbsp coconut flour
- 1 tbsp stevia
- 1/2 tsp baking powder
- 1/3 cup fresh or frozen raspberries
- 1 egg
- 3 tbsp unsweetened nut milk
- 1/2 tsp vanilla
- pinch of cinnamon

DIRECTIONS

- In a large mug, stir together your dry ingredients well (protein, baking powder, stevia, coconut flour)
- In a separate dish, heat raspberries in the microwave for 45 seconds. Then stir them up so they turn into a more "jam-like" consistency)
- Stir in your wet ingredients (egg, cinnamon, nut ,milk, and mashed raspberries).
- Make sure you mix really well, until you have a smooth, even consistency.
- Microwave your mug cake for approximately 60 seconds (if you like it gooey) up to 90 seconds (if you want it more well done).

*MACROS ARE FOR ONE VANILLA RASPBERRY MUG CAKE

MACRONUTRIENT BREAKDOWN	Protein	Carbs	Fibre	Fat	Cals
	33g	10g	6g	8g	249

Pumpkin Protein Pancakes

Vegan

*recipe makes 1 serving

INGREDIENTS

- 3 tbsp almond flour
- 1 tbsp coconut flour
- 1 serving vegan protein powder
- 1/4 cup unsweetened nut milk (you may need a splash extra!)
- 1/4 cup canned pumpkin puree
- 1 tsp vanilla extract
- 1 tsp baking soda
- sprinkle of cinnamon

TOP WITH

- 3 tbsp sugar-free pancake syrup (try ED Smith or Walden Farms)
- 2 tbsp natural nut butter
- 1/2 cup berries (up to you what kind!)

DIRECTIONS

- Add all ingredients in your blender or food processor and blend until smooth.
- In a pan on medium heat, spray with coconut oil or coat with coconut oil cooking spray.
- Once the pan is hot, pour your pancake batter into 2 pancakes. Cook for approximately 60 seconds on each side, and test that they have cooked all the way through by poking with a fork before removing from heat.
- Cover with all your toppings and enjoy!

*MACROS ARE FOR ONE SERVING OF PANCAKES + TOPPINGS

MACRONUTRIENT BREAKDOWN	Protein	Carbs	Fibre	Fat	Cals
	33g	32g	14g	30g	503

Overnight Chia Protein Fluff

*recipe makes 1 serving

INGREDIENTS

- 1.25 cups unsweetened nut milk
- 1 serving chocolate or vanilla whey protein or vegan protein
- 4 tbsp chia seeds
- 1 tbsp cocoa powder
- 2 tbsp sugar-free syrup (try ED Smith or Walden Farms)

TOP WITH

- 2/3 cup raspberries (heated up so they get all gooey and delicious)

DIRECTIONS

- In your blender or food processor, add your nut milk and then chia seeds. Blend for 30 seconds.
- Add the rest of the protein fluff ingredients (not the raspberries though!) and blend for another 30 seconds. It should be super thick and creamy.
- Use a spatula to scrape out your blender and scoop your protein fluff into a sealable container.
- Place it in the fridge overnight!
- The next morning, heat up your raspberries, mix them into your protein fluff, and enjoy!

*MACROS ARE FOR ONE SERVING OF CHIA PROTEIN FLUFF WITH RASPBERRIES

MACRONUTRIENT BREAKDOWN	Protein	Carbs	Fibre	Fat	Cals
	41g	35g	27g	19g	446

Prawn & Pesto Bowl

*recipe makes 1 serving

INGREDIENTS

- 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
- This is 100000% my new favourite TFGG recipe and I can't wait for you guys to try it!

*MACROS ARE FOR ONE PRAWN AND PESTO BOWL

MACRONUTRIENT BREAKDOWN	Protein	Carbs	Fibre	Fat	Cals
	47g	17g	7g	34g	569

Lightened Up Egg Salad

INGREDIENTS ***recipe makes 1 serving**

- 1/2 large avocado
- 3 hard-boiled eggs (chopped)
- 1 big handful spinach or kale (finely chopped)
- 1 tsp dijon mustard
- 2 tbsp plain, fat-free greek yogurt
- 1 tbsp apple cider vinegar
- 1 tsp garlic
- 1 tsp dill weed (use fresh dill if you have it!)
- Salt & Pepper

DIRECTIONS

- Using a fork, mash your avocado in a bowl until it has a smooth, creamy consistency.
- Add in your pre-chopped eggs and all other ingredients. Keep mixing until creamy and fully blended.
- Serve in a pita or with your veg!

*MACROS ARE FOR ONE SERVING OF EGG SALAD WITH 2 CUPS OF ROAST VEG

MACRONUTRIENT BREAKDOWN	Protein	Carbs	Fibre	Fat	Cals
	27g	26g	9g	33g	513

Lightened Up Egg Salad

Vegan Edition

*recipe makes 1 serving

INGREDIENTS

- 1/2 large avocado (mashed)
- 2 big handfuls spinach or kale (finely chopped)
- 2 tsp dijon mustard
- 1 tbsp apple cider vinegar
- 1 tsp garlic
- 2 tbsp dill weed (use fresh dill if you have it!)
- Salt & Pepper
- 14oz package medium firm tofu
- 4 tbsp vegan mayo
- 1/2 tsp turmeric

DIRECTIONS

- Wrap the tofu in a tea towel or paper towels and squeeze it to remove the water.
- In a large mixing bowl, combine everything else except for the spinach/kale.
- Take your tofu and crumble it into tiny pieces into your dressing mixture
- Add in the chopped greens and mix so that everything is evenly coated.
- Place your "Egg Salad" in the fridge overnight to allow the flavours to properly absorb into the tofu.
- Serve in a high fibre pita or with your veg medley!

*MACROS ARE FOR ONE SERVING OF VEGAN EGG SALAD WITH 2 CUPS OF ROAST VEG

MACRONUTRIENT BREAKDOWN

Protein



Carbs



Fibre



Fat



Cals



Corn and Cauli Chowder

Vegan

*recipe makes 4 servings

INGREDIENTS

- 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.

MACRONUTRIENT
BREAKDOWN
(per 1 cupcake)

Protein

25g

Carbs

37g

Fibre

13g

Fat

22g

Cals

456

Gingerbread Smoothie

*recipe makes 1 serving

INGREDIENTS

- 1 cup unsweetened nut milk
- 1 cup frozen cauliflower (pre-chopped into tiny pieces before freezing)
- 1 inch piece of fresh ginger (you can use 1 tsp of ground ginger if you don't have fresh)
- Half cup ice cubes
- 1 tbsp coconut oil
- Handful of frozen spinach
- 1 tbsp of blackstrap molasses
- 1/2 tsp cinnamon
- 1 serving vanilla whey isolate or vegan protein
- Stevia

NOTE

This smoothie is a little more effort / ingredients than the ones we usually make! You don't need to make it daily if you don't want to, but know that it tastes like Christmas in a cup and is VERY worth trying (kids will love it too).

MACRONUTRIENT BREAKDOWN (per 1 cookie)

Protein	Carbs	Fibre	Fat	Cals
30g	22g	4g	18g	360

Avocado & White Bean Salad

Vegan

*recipe makes 1 serving

INGREDIENTS

- 1 540ml can white beans (rinsed and drained)
- 1 avocado (chopped)
- 2 Roma tomatoes (chopped)
- 1/2 red onion chopped
- 2 big handfuls kale (chopped)

DRESSING (MAKES ENOUGH FOR 2 SALADS)

- 1 tbsp olive oil
- juice from two lemons
- 2 tsp basil (fresh or dried)
- 2 tsp garlic (minced)
- 2 tsp dijon
- Salt & Pepper

DIRECTIONS

- Mix the dressing and pour it over your salad.
- Store in two sealed containers in the fridge - the longer you let the flavours sit the better the salad tastes (aka let it sit overnight if you can)!

*MACROS ARE FOR ONE SERVING OF AVO & WHITE BEAN SALAD W/ DRESSING

MACRONUTRIENT BREAKDOWN (per 1 cookie)	Protein	Carbs	Fibre	Fat	Cals
	24g	65g	23g	21g	530

Spaghetti Squash Bowls

Vegan

*recipe makes 5 servings

INGREDIENTS

- 1 spaghetti squash
- 2 x 14oz packages of tofu OR Beyond Meat
- 4+ cups of spinach (chopped)
- 1 medium red onion (chopped)
- 1 cup grape tomatoes (halved)
- 1 cup of your fave pasta sauce
- 3 tbsp vegan pesto (available at Vita Health and other health food stores)
- Salt & pepper
- garlic (as much as you like)
- Juice from 1 lemon
- 4 tbsp olive oil

DIRECTIONS

- Preheat oven to 425°F
- CAREFULLY slice your spaghetti squash in half length-wise
- Lightly coat the inside of the squash with olive oil and season with salt and pepper.
- Cover a baking sheet with parchment paper and place both halves of the squash face down on sheet.
- Bake for about 30 minutes. You will know squash is done when it can be easily removed with a fork.
- Take squash out of the oven and scrape out insides into a large bowl with a fork.
- In a skilled on medium heat, begin to cook your garlic and onion with olive oil.
- After about 5 minutes, add in your finely chopped tofu and begin to cook it.
- Add in your halved tomatoes and pesto. Once the shrimp is about half done, add in the chopped spinach and allow it to begin to cook down.
- Add in your spaghetti squash and pasta sauce, mixing everything together thoroughly in the pan.
- Turn down the heat and allow the pan to simmer on low for another five minutes.

MACRONUTRIENT BREAKDOWN

Protein	Carbs	Fibre	Fat	Cals
28g	30g	8g	22g	421

Prosciutto Wrapped Asparagus

Side Dish / Appetizer

***recipe makes 6 servings**

INGREDIENTS

- 1 large bundle of asparagus spears
- 1 small package light cream cheese
- 200g prosciutto slices
- Parchment paper

INGREDIENTS

- Pre-heat the oven to 415 degrees
- Chop off the ends of your asparagus spears (approximately the bottom inch)
- Using a large spoon or a spatula, spread 1 tsp of light cream cheese across each piece of prosciutto so that it makes a thin layer. This doesn't need to be done perfectly.
- Take your asparagus spear and wrap the cream cheese asparagus around it tightly (cream cheese side in)
- Continue to do this until every spear has been wrapped.
- Lay them out on a parchment paper covered baking sheet, and bake in the oven until the prosciutto gets crispy and the asparagus gets tender (usually about 15 minutes).
- Allow to cool and serve - these are ALWAYS a favourite for entertaining.

Mini "Omelettes"

Vegan

This recipe makes 12 mini omelettes.
1 serving = 3 mini omelettes

INGREDIENTS

- 3 cups chopped veg of your choice (Try: broccoli, red bell pepper, zucchini, mushroom, onion, spinach)
- 2 tbsp olive oil, plus a little extra for brushing muffin tins
- 2 cups chickpea (garbanzo bean) flour
- 2.5 cups water
- 1/4 cup nutritional yeast
- 1 teaspoon baking powder
- sea salt & pepper

INGREDIENTS

- Preheat your oven to 400 F
- Combine the chickpea flour, nutritional yeast, baking powder, salt, and pepper in a bowl with 2.5 cups water. Whisk thoroughly and set aside while preparing the veggies.
- Heat olive oil over medium-high heat in a skillet. Add all veggies to skillet (except for green onions) and cook until veggies cook down and begin to brown, about 8-10 min. Season with salt and pepper to taste and remove from heat.
- Brush your muffin tin with olive oil. Divide veggie mixture evenly between each of the 12 muffin cups. Then fill the cups with 1/4 cup chickpea batter in each.
- Stir each cup to make sure the batter gets under the veggies.
- Bake for 30 - 35 minutes until your mini omelettes are beginning to brown on top. Remove from oven and allow to cool for at least 10 minutes before removing from tin and cooling on a rack. Depending on your muffin tin, you may have to use a knife or spatula to gently loosen sides of them before removing from tin.
- Enjoy, and store the rest sealed in the fridge!

MACRONUTRIENT BREAKDOWN	Protein	Carbs	Fibre	Fat	Cals
	23g	39g	11g	23g	353

Mediterranean Bowl

Vegan

INGREDIENTS

- 5 kalamata olives
- 1/2 medium cucumber
- 2 handfuls spinach
- 6 cherry tomatoes (halved)
- 1 tsp garlic (minced)
- 1/3 avocado (sliced)
- 1/3 cup chickpeas (rinsed & drained)
- 1/3 cup edamame (shelled)
- 2 tbsp dairy-free plain greek yogurt
- Fresh basil
- Sea salt
- Juice from 1 whole lemon
- 1 tbsp olive oil

DIRECTIONS

- Put olive oil in a pan on medium heat. Grill spinach, garlic, chickpeas & tomatoes for about 3-5 minutes depending on how done you want them.
- Throw all your ingredients in a bowl and top with lemon juice, sea salt, and dairy-free greek yogurt!

MACRONUTRIENT BREAKDOWN

Protein	Carbs	Fibre	Fat	Cals
23g	36g	16g	21g	489