

TFGG

Summer Series

new recipes

Big Batch of Goodness

***makes 9 servings**

INGREDIENTS

- Either: 3lbs of extra-lean ground beef, ground turkey, or Beyond Meat
- 3 medium yams
- 1/2 bag of spinach
- 1 large onion (red or yellow)
- 2 crowns broccoli
- 4 cups brussel sprouts
- 4 cups mushrooms
- 1/3 cup olive oil
- 2 tbsp garlic (minced)
- Sea salt & pepper
- 3 tbsp Worcestershire sauce
- Any combination of herbs and spices that you like! You truly cannot mess this up.
- You'll need: 2 baking sheets, 1 large skillet, 1 large mixing bowl

DIRECTIONS

- Preheat the oven to 410°
- Chop your yams into small cubes, place them on a parchment covered baking sheet, and place them in the oven for 20-25 minutes (they should be very soft when you take them out). There is no need to use any seasoning or oil as we're going to mash them with a fork later.
- Once the yams are in the oven, chop the rest of your veggies into small pieces and place them on a second parchment paper covered tray. Drizzle thoroughly with olive oil and season to your liking! Make sure to toss around the veggie mixture so everything is evenly covered in oil and seasoning. You are going to cook these veggies until they are as "done" as you want them. I like mine really well cooked so I leave mine in for about 20 minutes at 410°

Big Batch of Goodness

*makes 9 servings

DIRECTIONS CONTINUED

- In a large pan, cook your extra-lean ground beef (or alternative protein source). Add in Worcestershire sauce and seasonings, and continue to mix until no longer pink. Remove from heat and set aside.
- Take your cooked yams and mash the shit out of them with a fork! You want to make them a smooth, even consistency. Add the mashed yams to your large mixing bowl.
- Carefully add the cooked protein to the mixing bowl, and then your roasted veggies.
- Using a spatula or large spoon, thoroughly mix your big batch of goodness together. This is one of those recipes where the longer the flavours mix and sit together, the more delicious it gets!
- Store sealed in the fridge, and enjoy!

MACRONUTRIENT BREAKDOWN

Protein



Carbs



Fibre



Fat



Cals



Crockpot Balsamic Chicken

***makes 4 servings**

INGREDIENTS

- 4 chicken breasts
- 3 cups baby potatoes (halved)
- 3 cups brussel sprouts (halved)
- 1 yellow onion (chopped)
- 1 large carrot (chopped)

MARINADE

- 1/2 cup balsamic vinegar
- 3 tbsp olive oil
- 1/2 cup chicken or vegetable broth (low sodium)
- 1/4 cup packed brown sugar
- 3 tbsp dijon mustard
- 2 tbsp minced garlic
- 2 tsp oregano
- 2 tsp basil
- red pepper flakes (as much as desired)
- salt & pepper

DIRECTIONS

- Mix together the dressing, pour it into a large ziplock bag, and add the chicken to bag to marinade. Allow it to sit for at least 30 minutes (the longer the better).
- In your crockpot, add your chopped veggies, and place the marinated chicken breasts on top.
- Pour the remaining marinade on top of the chicken, spread it evenly, covering the crockpot.
- Set the temperature to medium/high and allow it to cook until the chicken is tender. This should take between 4-5 hours for most crockpots!
- Serve chicken and veggies with the remaining juices and enjoy!

MACRONUTRIENT BREAKDOWN

Protein

33g

Carbs

45g

Fibre

4g

Fat

13g

Cals

460

Kung Pao Chicken

*makes 4 servings

INGREDIENTS

- 4 chicken breasts (cut into bite sized pieces)
- 2 medium zucchini (sliced)
- 2 red bell peppers (chopped)
- broccoli crown (chopped)
- 1/2 cup roasted unsalted cashews (chopped)
- 2 tbsp olive oil

MARINADE

- 3 tbsp olive oil
- 1/3 cup soya sauce
- 1/4 cup hoisin sauce
- 2 tbsp honey
- 2 tbsp garlic (minced)
- 2 tbsp fresh ginger (grated)
- red pepper flakes (as much as desired)
- 2 tbsp sesame seeds

DIRECTIONS

- Mix marinade together and set aside.
- With the stove on medium heat, add chopped veggies and olive oil to a large pan. stir occasionally until veggies begin to soften (about 8 minutes)
- Bring heat to medium/low, add pieces of chicken and cashews to the pan and pour the marinade on top. Continue to stir on low heat until the chicken is cooked through and tender (about 8-10 minutes).
- Remove from heat, allow to cool, and serve! Store the rest sealed in the fridge.

MACRONUTRIENT BREAKDOWN

Protein

33g

Carbs

31g

Fibre

5g

Fat

27g

Cals

502

Creamy Taco Soup

*makes 4 servings

INGREDIENTS

- 1 large can of fire roasted tomatoes
- 1 small yellow onion
- 1 medium bell pepper
- 2 cloves garlic
- 1 jalapeño pepper
- 2 tbsp olive oil
- 1 can light coconut milk
- 2 cups vegetable broth (low sodium)
- Salt & pepper
- 1lb ground turkey (you can also use lean ground beef or beyond meat)
- 1 tbsp taco seasoning
- taco chips (one handful on top of each serving)
- lime wedges to squeeze into each bowl
- dollop of plain yogurt or sour cream

DIRECTIONS

- Chop the onion, bell pepper, garlic, and jalapeño pepper.
- In a large sauce pan on medium heat, add in chopped veggies with olive oil, and cook for about 8-10 minutes until soft.
- In a separate pan on medium heat, cook your ground turkey with some olive oil and taco seasoning, stirring regularly.
- Pour your canned tomatoes, coconut milk, and vegetable broth into the saucepan with the veggies, and bring everything to a boil, stirring regularly.
- After about 5 minutes, bring the heat back down to a simmer and use a hand blender to cream all of the vegetables together. If you don't have a hand mixer, you're going to need to carefully transfer your soup into your blender in batches until it's all blended.
- Once everything is creamed together, you're going to add in your ground turkey and stir. Allow it to simmer for another five minutes or so before serving.
- Serve with a handful of crumbled tortilla chips, a dollop of sour cream or plain greek yogurt, and a squeeze of a lime wedge. Enjoy!

MACRONUTRIENT BREAKDOWN

Protein

25g

Carbs

22g

Fibre

5g

Fat

21g

Cals

370

Mediterranean Chicken Penne

*makes 4 servings

INGREDIENTS

- 3 chicken breasts (cut into bite sized pieces)
- 1 cup pitted black olives (halved)
- 3 big handfuls spinach
- 3 tbsp olive oil
- 2 tbsp garlic (minced)
- 1 cup of your favourite pasta sauce (look for low sugar)
- 1 cup uncooked penne noodles
- 1/4 cup grated parmesan cheese
- Salt & pepper
- Lemon wedge (to squeeze onto each serving)

DIRECTIONS

- Turn your stove to medium heat. Add olive oil, chicken, olives, garlic, and salt & pepper. Cook for about five minutes stirring regularly.
- At the same time, follow the instructions on the box and cook the penne in a small pot of water at the same time. Drain the penne noddles well.
- Turn the pan to low heat and add your cooked penne, pasta sauce, and spinach. Allow everything to simmer on very low heat for 10 minutes. Right before it's done, stir in your parmesan cheese and then serve.
- Squeeze a lemon wedge into each bowl and enjoy!

MACRONUTRIENT BREAKDOWN

Protein

26g

Carbs

25g

Fibre

3g

Fat

28g

Cals

440

Pesto Shrimp Scampi

*makes 4 servings

INGREDIENTS

- 1 lb frozen shrimp (peeled, deveined, thawed)
- 1 spaghetti squash
- 1 bunch asparagus (chopped into small bite-sized pieces)
- 1 carton grape tomatoes (halved)
- 2-3 shallots (thinly sliced)
- 3 big handfuls spinach
- 1/4 cup pesto
- 1/2 cup full fat coconut milk
- 1/2 cup tomato paste
- 1 tbsp dried basil leaves
- 3 tbsp olive oil
- 2 tbsp garlic (minced)
- juice from 1 lime
- Salt & pepper

DIRECTIONS

- Preheat your oven to 410° and slice your spaghetti squash in half. Cook open faced side down for 25-30 minutes. You should be able to easily scrape the squash out of the shell when it's done.
- Turn stove to medium heat, add olive oil, garlic, shallots, tomatoes, and chopped asparagus to a large pan or wok, and cook for about 5 minutes until they begin to soften.
- Add in the cooked squash, shrimp, pesto, basil, salt & pepper, and turn heat to low, stirring regularly for about five minutes, mixing in the spinach half way through.
- Stir in the coconut milk and tomato paste and squeeze in the lime juice, stirring everything together on low heat for another 10 minutes before removing from heat and serving in bowls.

MACRONUTRIENT BREAKDOWN

Protein

32g

Carbs

34g

Fibre

11g

Fat

32g

Cals

520

Creamy Vegan Lentil Soup

*makes 3 servings

INGREDIENTS

- 1 medium yellow onion
- 1 tbsp olive oil
- 1.5 tsp cumin
- 2 big handfuls spinach
- 2/3 cup chickpeas
- 1 large zucchini (peeled and chopped)
- 2 medium carrots (chopped)
- 1 cup dried red lentils
- 3 cups vegetable stock
- 1/2 cup full-fat coconut milk

DIRECTIONS

- Peel and chop the onion and add to a large pot on medium heat with olive oil and cumin and sauté until slightly softened.
- Add the chopped carrots and zucchini and mix together for five minutes, adding in the lentils, chickpeas, and spinach at the halfway point.
- Add in the vegetable stock and coconut milk, and mix everything together well.
- Bring soup to a boil and then reduce the heat, covering the pot and simmering until the lentils are cooked - about 15 minutes, they should be soft.
- Take the pot off the heat and blend directly in the pot using a hand blender. If you don't have one, transfer the soup to your blender and blend in stages until it's all creamy and smooth.
- Serve into bowls and garnish with a sprinkle of salt and black pepper.

MACRONUTRIENT BREAKDOWN

Protein

24g

Carbs

65g

Fibre

19g

Fat

15g

Cals

490

Greek Salmon Salad

***makes 4 servings**

INGREDIENTS

- 16oz salmon (1 large piece or 4 small fillets)
- 1 large cucumber (seeded, and sliced into 1/4 inch thick slices)
- 1 green bell pepper (chopped into 1-inch pieces)
- 2 cups cherry tomatoes (halved)
- 1 cup feta cheese (cut into 1/2 inch cubes)
- 1/2 cup thinly sliced red onion
- 1 cup pitted olives
- 1/3 cup fresh mint leaves
- Juice from 1/2 lemon

DRESSING

- 1/4 cup olive oil
- 1/4 cup red wine vinegar
- 1 garlic clove (minced)
- 1 tsp dried oregano
- 2 tbsp dijon mustard
- Juice from 1/2 lemon
- Sea salt & pepper

Greek Salmon Salad

*makes 4 servings

DIRECTIONS

- Preheat the oven to 400°
- Place salmon on a parchment paper covered pan, drizzle with olive oil, squeeze lemon juice, salt & pepper, and cook until the salmon reaches your desired doneness. The time will vary depending on the size of your salmon (if it's one big piece or four small ones)
- In a small bowl, whisk together the olive oil, vinegar, garlic, oregano, mustard, salt, and pepper.
- Remove the salmon from the oven, allow it to cool, and chop it into small bite sized pieces
- In a large bowl or on a platter, arrange the cucumber, green pepper, cherry tomatoes, feta cheese, red onions, olives, and salmon.
- Drizzle with the dressing and gently toss. Sprinkle with some more salt, pepper, and oregano, a squeeze of lemon, and garnish with mint leaves.
- This is the most AMAZING healthy & delish summer meal you guys.
- Alternative option: BBQ your salmon...it's so freaking good.

MACRONUTRIENT BREAKDOWN

Protein



Carbs



Fibre



Fat



Cals



BELTAC Sandwich

*like a BLT but WAY better

INGREDIENTS

- 2 pieces of toasted high fibre bread (you can also swap these out for a high fibre wrap or pita)
- 1 egg (fried or poached)
- 2 strips of bacon (look for organic, nitrate-free if possible)
- romaine lettuce
- tomato slices
- 1/3 avocado (mashed with a fork)
- 2 tbsp crumbled feta cheese
- 1 tbsp light mayo or vegannaise
- 1 tsp sriracha (or your fave hot sauce)

MACRONUTRIENT BREAKDOWN

Protein

27g

Carbs

39g

Fibre

9g

Fat

26g

Cals

486

BMALT Sandwich

*like a BLT but VEGAN and WAY better

INGREDIENTS

- 2 pieces of toasted high fibre bread (you can also swap these out for a high fibre wrap or pita)
- 3 pieces of tempeh "bacon" (grill in pan with mushroom)
- large portobello mushroom (thinly sliced & grilled in a pan 1 tbsp olive oil)
- romaine lettuce
- tomato slices
- 1/3 avocado (mashed with a fork)
- 1 tbsp hummus
- 1 tbsp vegannaise
- 1 tsp sriracha (or your fave hot sauce)

MACRONUTRIENT BREAKDOWN

Protein

17g

Carbs

47g

Fibre

13g

Fat

30g

Cals

512

Classic Chicken Salad Sandwich

INGREDIENTS

- 2 pieces of toasted high fibre bread (you can also swap these out for a high fibre wrap or pita)
- 1 chicken breast
- 1/4 cup red onion
- 1/2 apple
- 1 big handful spinach
- 2 tbsp light mayo
- 2 tbsp plain fat-free greek yogurt
- 1 tsp dijon mustard
- 1 tbsp red wine vinegar
- 1 tsp garlic powder
- 1 tbsp dill (Use fresh if you have! The more the better)
- salt & pepper

DIRECTIONS

- You are going to chop all of your ingredients into reasonable-sized pieces, and place everything into the food processor.
- Rather than blending it into a cream or sauce, pulse up and down for a few seconds at a time until you get your desired consistency. You still want there to be delicious chunks in the chicken salad - if you've blended it to a paste, you've gone way too far!
- Scoop out everything and place it in your wrap or on bread. Enjoy!

MACRONUTRIENT BREAKDOWN

Protein

34g

Carbs

50g

Fibre

11g

Fat

10g

Cals

430

TFGG Turkey Club

INGREDIENTS

- 2 pieces of toasted high fibre bread (you can also swap these out for a high fibre wrap or pita)
- 100g turkey meat (look for organic, nitrate-free)
- 2 tbsp hummus
- small handful of greens
- 4 very thin red onion slices
- 2 very thin yam slices (pre-cooked in the oven until soft)
- 1/4 avocado (sliced)
- 1 tbsp mayo or vegannaise
- 2 tbsp feta cheese
- squeeze of fresh lemon juice

MACRONUTRIENT BREAKDOWN

Protein

40g

Carbs

46g

Fibre

12g

Fat

21g

Cals

538

Strawberries & Cream Mug Cake

INGREDIENTS

- 1 scoop vanilla whey isolate protein powder or vegan vanilla protein powder
- 3 tbsp Stevia or Monkfruit
- 4 tbsp coconut flour
- 1/2 tsp baking powder
- 3 tbsp liquid egg whites
- 2 tbsp plain fat-free Greek yogurt
- 2 tbsp unsweetened nut milk of choice

TOPPINGS

- 3 large strawberries
- 1 tbsp powdered Monkfruit (try the Swerve brand!)
- 2 tbsp fat-free whipped cream or cool whip

DIRECTIONS

- Mix all your ingredients thoroughly together in a large mug and microwave for 1:45 (you might need to do a little more or less depending on the strength of your microwave)
- Mash up your strawberries with a fork and mix into the powdered Monkfruit to create a sweet topping
- Pop your cook mug cake out into a bowl and top with coolwhip and your strawberry topping. Enjoy!!

MACRONUTRIENT BREAKDOWN

Protein

35g

Carbs

32g

Fibre

12g

Fat

6g

Cals

331

Goosey Brownie Mug Cake

INGREDIENTS

- 1 scoop chocolate whey isolate or chocolate vegan protein powder
- 1 tbsp coconut flour
- 3 tbsp granulated sweetener of choice
- 1/2 tsp baking powder
- 2 tbsp cocoa powder
- 1 large egg
- 1/4 cup unsweetened nut milk of choice
- 1 tbsp semi sweet chocolate chips

DIRECTIONS

- In a large mug, combine protein powder, coconut flour, baking powder, sweetener, and cocoa powder and mix well.
- In a separate bowl, whisk the egg with the milk and pour into the dry mixture, stirring until everything is fully incorporated.
- Stir in chocolate chips, and then microwave for 60 seconds.
- Enjoy all the goosey deliciousness!
- Bonus: if you love sweet and salty like I do, add a tiny pinch of sea salt to your mug... it's honestly heavenly

MACRONUTRIENT BREAKDOWN

Protein

35g

Carbs

32g

Fibre

8g

Fat

14g

Cals

337

Summer 2020 Smoothie Bowl

INGREDIENTS

- 1 scoop vanilla whey isolate or vanilla vegan protein powder
- 1 tsp vanilla extract
- 1 package of unsweetened frozen acai (recommended brand: Sambazon)
- 1/3 avocado
- 1 handful frozen spinach
- 1/2 frozen banana
- 5ish frozen strawberries
- 1 cup frozen spinach
- 1 cup unsweetened nut milk of choice

MACRONUTRIENT BREAKDOWN	Protein	Carbs	Fibre	Fat	Cals
	29g	37g	12g	16g	400

"Shit that's Fresh"

lol yes, I came up with this name after watching Bridesmaids

INGREDIENTS

- 1 scoop vanilla whey isolate or vanilla vegan protein powder
- 1 tbsp coconut oil
- BIG piece of watermelon (about 2 inches thick)
- 5ish frozen strawberries
- Juice from 1/4 lemon
- 2 big chunks of frozen zucchini (peeled)
- 2/3 cup lite coconut milk (try: Thai Kitchen)

MACRONUTRIENT BREAKDOWN	Protein	Carbs	Fibre	Fat	Cals
	26g	30g	5g	25g	445