

TT Intermittent Fasting 'How To' Guide



Now that you have decided to join the IF lifestyle we want to help you get started!

We truly believe that a combination of regular fitness training, quality sleep, stress management and intermittent fasting is the key to long-term better health.

We are here to guide you, coach you, challenge you and support you in your journey!



We have a few suggestions to get you started that aren't required or necessary BUT will help you start your journey into IF life!

Swell Water Bottle

They are amazing. (And no, we aren't sponsored by Swell but are super open to it if anyone is listening out there!) The Swell bottles keep water very cold and tea/coffee very hot! Trust us. They DO live up to the hype and are used by all our TT coaching team. Hydration is key when you're fasting so it is not necessary but definitely a nice tool to have.



An Awesome Coffee Maker

Having a great way to make coffee is another one of our recommendations. Why? Coffee is not required, but black coffee is great to include during your fast or pre-workout.



A Kick Ass Kettle

Having a kettle can help with prepping tea or coffee. If you're into tea, it is a great way to add some hydration to your day and add some flavour as well. We are huge David's Tea fans and highly recommend checking out their online store!



A Good Blender

No more being harassed to buy expensive shake supplies with our IF eating system!

We don't believe that you ever need to consume a protein shake to be successful with your fitness and fat loss goals BUT if you enjoy including protein shakes for convenience, having a good blender has a lot of perks! Also, recipes like our 'TT Cauliflower rice' and 'Coconut Black Bean Brownies' are easy to make if you have a good blender on hand.



A Fun Journal

We recommend journalling your water intake, food intake and how you are feeling for the first 2 months of intermittent fasting. New habits take time and patience and keeping a journal will help you discover what is working well and what you need to improve or modify to best suit your needs and hit your goals. We also recommend writing down 1 thing you are grateful for each day (trust us on this one). This piece of gratitude each day goes a long way to helping you focus on why your health and fitness and important to you!



There are 5 Main Strategies for Fasting that we recommend, giving you ample variety in selecting a protocol that works best for your goals, your training program and your lifestyle!

As outlined in our first ebook, the 5 Protocols are:

Eat Stop Eat

The 5:2

The 16:8

The Warrior

TT Fasting

In the pages to come we will outline each eating system followed by a series of questions to ask yourself in deciding which protocol is right for you!

EAT STOP EAT: 24 hour fast 1-2x a week

It's impossible to talk about 24-Hour fasts without talking about fellow Canadian Brad Pilon and his book "Eat-Stop-Eat". The plan encourages one to two 24 hour fasts each week on days that are convenient for your lifestyle. As stated by Brad himself, "My belief is that you can be a lean, muscular, healthy person without being obsessive about your food choices. You can accomplish this by being the type of person who realizes that since we do not have to eat all the time and we are free to choose when we eat, and by understanding the importance of physical training in this process."

Best suited if you:

- ✓ LOVE eating when you wake-up (aka breakfast) so would rather eat breakfast most days of the week.
- ✓ Travel a lot – using a longer fast protocol for flying works great!
- ✓ Tend to already go for long periods of time without eating (aka you are 'one of those' people who say, "Omg I forgot to eat today").

We recommend picking a fasting day that works the best for your schedule. A day that you are busy works the best for two reasons 1) Time will fly by and you will be less likely to get persuaded into eating out of boredom 2) It will help your productivity – *trust us on this one!*

On your Fasting Day(s) aim for 20-24 hours of fasting.

Does it matter when my 20-24 hours start?

You can choose any period of time to fast and remember 7-10 of those hours will be during your sleep cycle.

If I'm traveling what do you recommend?

Most of the time food choices while traveling are tough! Keep tally of your fasting time from when you started (I can get a little confusing with time zones of course!). Drink extra water when flying and if you need to pop a piece of gum for your ears don't worry it won't break your fast. Fasting on travel days is a great way to catch up on sleep and avoid eating something you might regret...



Can I fast for 20-24 hours more than 2 days a week?

We recommend starting with 1 day a week and doing no more than 2 a week. It's important to ensure you are eating ample calories throughout your week so 1-2 days of longer fasting is a good balance.

The 5:2/5 Days of Full Calories and 2 Days of Lower calories

The 5:2 program consists of eating your full amount of calories for 5 days with 2 days at 500 calories. The protocol is very flexible as you can pick any two days for your lower intake (500 calorie) days.

Best suited for those who:

- ✓ Do well having lower calorie days (as long as you have some food you feel ok and the volume doesn't matter).
- ✓ Prefer to eat on more on a 'regular schedule' perhaps because of choice, lifestyle or family life.
- ✓ Have two days a week when lower calorie days will fit easily into a life, work and your training schedule.

Note we recommend that your two lower calorie days aren't consecutive and we recommend focusing on 1 meal of 500 calories versus small snacks throughout the day.

What should my “2” days look like?

We recommend choosing one time to eat during that day and focusing on hitting approximately 500 calories. For example, our TT breakfast sandwich with a side of sautéed spinach and sliced tomatoes would be great! You could also do a 1.5 - 2 cup serving of our TT Chili at lunch time if that works better for your schedule. We find that smaller little snacks of 100 calories throughout the day will just leave you feeling unsatisfied, so choose a meal and time that works best for you and aim for that 500 calorie mark!

Should my two days be in a row?

We recommend spacing them out to start, then as you progress with your 5:2 plan you can change it up as you like!

Could I eat out for one of my fasting days?

No problem! Keep in mind that meals at restaurants are typically higher in calories, so aim to pick a protein partnered with veggies and you can't go wrong!



16/8: 16 hours of fasting, 8 hours of eating

The 16/8, most commonly known as the ‘lean gains’ method, is by far our most popular strategy used by our coaching clients and it is one that can easily be adopted with little disruption to your lifestyle. This plan, made popular by Martin Berkhan who started the movement of ‘lean gains’ encourages a 16-hour fast followed by an 8 hour ‘feeding window’. This program is highly flexible and the hours of your fasting and feeding can happen at any point during your day. Of course most of our clients use a sleep fast for the majority of the 16 hours and the most popular version we coach is eating between the hours of 11am – 7pm.

Best suited for people who:

- ✓ Crave and enjoy routine and live by a schedule.
- ✓ Have flexibility with their mornings or evenings to incorporate a fasting time.
- ✓ Typically not a ‘breakfast person’ OR a ‘dinner person’, which makes it easy to take out one of those meals to keep align with an 8 hour feeding window.

Does it matter when my eating window is?

As long as you have an 8 hour period of time it doesn't not matter when you your eat window happens. The most common, as we've mentioned is to eat between 11am-7pm BUT it depends on what works best for you!

Do I have to do the 16:8 EVERY day?

To start, we recommend aiming for 7 days a week consistently as it will help to build a habit and also to overcome your desire to eat at certain times during the day. We find that after 4-6 weeks of consistently practicing the 16:8 that our members gravitate towards making it a permanent habit with their eating! For the first few weeks, yes, your body will just expect to eat when you wake-up but you will be surprised how quickly things will change after eating in your 8 hour window becomes your new norm!



Warrior Style: 20 hours of fasting, 4 hours to eat

The warrior style method of fasting entails an all day fast with your feast happening at dinnertime (yes - you read that right!). All calories are consumed around the dinner hour within a 3-5 hour window. While this is one of the most extreme versions of fasting, in our coaching experience some of the major benefits for participants on this plan have included a huge increase in precious time! With only one large meal to prep each day, there is no need for packing, snacking and Tupperware! All calories are consumed in the evening time period to allow for a longer daily fasting period. While this style doesn't suit everyone's needs and lifestyle for those whom we have coached the simplicity of the program makes it easy to follow.

This system is for you if you:

- ✓ Enjoy a good challenge.
- ✓ Have a very busy schedule.
- ✓ Tend not to be hungry first thing in the morning when you wake-up.
- ✓ Don't love snacking and packing snacks OR can't eat at your job.
- ✓ Have a really hard time with meal prep and you perhaps you don't even own Tupperware!
- ✓ Have more time to eat during the evening than during the daytime.

Can I eat anything during the day?

Although you will read that including some veggies and/or fruit is ok during the day we recommend sticking with water, tea and coffee and maintaining your fast until your 4 hour window begins. Hydration is very key so make sure you stay well hydrated throughout the day!

Do I eat ALL my calories at night?

Although it can be tricky it is important to eat all your daily caloric intake during your 4 hours. The key is included very calorie dense and nutrient dense foods as needed if you struggle to hit your caloric targets. This 'feast' should, as always, be focused on whole food with a balance of protein, carbs and fats. Some of our members find that including a pre-bed snack like a protein shake, nuts and seeds or cottage cheese works well to hit their total goals.

Should I do the warrior everyday?

Again, similar to the 16:8 we find it best to start with the everyday schedule for the first few weeks until your body becomes accustomed to this new system of eating.



The TT Fasting Protocol: 12 hour fast, 3 meals a day.

Our TT Fasting protocol is quite simple yet extremely effective at curbing late night trips to the fridge or pantry. Here's how it works, if you finish eating at 7pm simply fast until 7am the next morning. No matter when you eat your last meal, you simply give yourself a full 12 hours until you 'break your fast'.

We also like to shape this protocol with a departure from the traditional meals and snacks throughout the day with a focus on three larger meals during the day, fast in between those meals and the 12-hour fast to end the day.

Best suited for you if:

- ✓ You are really nervous about fasting and still a bit hesitant but want to give it a shot!
- ✓ Want to ease into another protocol but aren't 100% confident you can with your schedule just yet.
- ✓ Have a really hard time curbing late night cravings and want to fully commit to avoiding nighttime nibbles and Netflix.

What day/time should you choose to do your fasting ?

We recommend choosing a day/time that is busy for you! Fasting will help with your productivity as well as make the time go by fast when you are building this new habit. It is normal to have some headaches for the first few fasts and it is very important to stay well hydrated throughout your fast!



What if you get hungry?

We have found that carbonated water works well if you're initially struggling a bit with hunger. Remember you can also have black coffee and/or tea (iced or hot). The key is trying not to think about being hungry and to focus on being busy! (#productivity). If you don't make exactly 24 hours for your first longer fast THAT'S OK! Remember you are creating a new habit and your body has been conditioned to expect food at a certain period of time, patience and practice is key.

How should you break your fast?

When you break your fast eat a 'regular' meal focused on protein, complex carbohydrates, veggies and healthy fats. We call it 'eating like an adult'. For example our TT Stir Fry would be a great way to break your fast. Most people think they will go 'hog wild' once they eat again and we find the opposite is true. Eat slowly and enjoy your meal. After fasting our members find that they come to appreciate food in a whole new way! We have also had many members tell us that food tastes better after they fast, and again, it does get easier with practice! (promise)

Should you train while fasting?

We recommend for the first few fasts to pick a day that is a 'rest/recovery' day or train after you have broken your fast. Over time and with practice you will find training is no problem during your fast, but to start, we always recommend easing into it, especially if you are used to having a pre-workout snack or meal. Speaking from experience most of our members now find that they prefer to train while fasting.

So what do you eat when you're not fasting?

This is a common question we get and it is a VERY important one.

The best advice we can give you in one sentence is: "Eat like an adult".

Meaning, eat your veggies, eat your protein, eat healthy fats, focus on REAL food versus eating out of a box and when it comes to carbohydrates don't be afraid of them just eat 'smart carbs' (bread, oatmeal, rice...etc VS cookies, cakes and donuts!).

You will find many difference recipes idea outlined in this book that can be prepped and eaten at ANY time in your day depending on your fasting schedule. When you think about your meals think:

1 - What's my protein?

2 - Where's my fat?

3 - Where's my veggies?

4 - Based on your activity for the day, what smart carbs (rice, breads, quinoa versus cookies and donuts...) are smart to include?



Yes. It is that simple.

On top of focusing on whole food choices we also recommend the following rules:

1 -Eat like an adult.

2- Eat slow.

3- It's ALL about habits.



Rule #2 - Eat Slow.

Say what? Trust us. This is one of our most important habits when it comes to coaching for fat loss success! The next time you eat a meal or a snack do something for us - time how long it takes you! Are you enjoying your food? Are you eating out of boredom? Are you just grabbing 'random handfuls' here and there? Are you eating because you're stressed? Do you just eat because it's 12:00pm or 6pm? This habit is key because it challenges you to be aware. Being mindful of what you're eating, when you're eating and how you're eating has an incredible impact on your results.

Suggestions:

Use your journal to track your eating time, how do you feel and what do you notice when you eat? Aim to take eat slow and enjoy your meals. Don't eat until you're overfull, eat until you're about 80-90% full and we promise you will not only feel better but you will be super happy with your results!



Rule #3 - It's ALL about your habits.

Habits take out all the complication of constantly making decisions. When eating like an adult, eating slow and fasting become habits then there is no need to 'willpower' your way through a day. Just like brushing your teeth, driving your car and showering are habits, your eating habits can be too!

The "secret" to success with feeling better, hitting your fitness goals and never having to "diet" again = **CREATING NEW HABITS!**

We get it. Habits seem and sound boring, but trust us, having patience and focusing on changing your habits will lead you to long-term success. You will no longer have to feel deprived, struggle with your relationship with food or feel like failure. Instead you will get results but you will find yourself saying, 'this is easy!' - now doesn't that sound nice?

****This is where having a good coach comes into play because they can help you, guide you and be apart of this journey!***



GUIDE TO VEGGIES

Here are our Favourite ways to enjoy veggies!

- 1) **Roasted:** slice broccoli, cauliflower, sprouts, sweet potatoes and place on a cookie sheet with aluminum foil. Spray with an olive oil sprayer and lightly top with seasoning salt or salt and pepper. Bake at 350.
- 2) **Prosciutto Wrapped Asparagus:** Take two pieces of asparagus and wrap with 1/2 slice of prosciutto. Spray with olive oil and bake at 350.
- 3) **Steamed:** Carrots, onion (so good!), broccoli, asparagus, cauliflower, peppers - the sky's the limit!
- 4) **French Fried:** Thinly slice sweet potato, carrots, parsnips or white potatoes into long thin strips. Place in a ziploc bag with olive oil and your favourite spice (chili powder, cumin or rosemary are great for potatoes and we like cinnamon for parsnips!)
- 5) **BBQ-** baby tomatoes, zucchini, onion, peppers...etc. They all work well on the bbq cooked on a skewer OR in a grill basket marinated in olive oil and salt and pepper.
- 6) **Cauliflower Rice** - Want a change up from rice or pasta? Place chopped raw cauliflower in your blender until it looks like rice! Once you have your cauliflower rice, it's easy to cook! Simply sauté in a large skillet over medium heat in 1 Tbsp oil. Cover with a lid so the cauliflower steams and becomes more tender. Cook for a total of 5-8 minutes, then season as desired (such as with soy sauce or salt and pepper).



GUIDE TO PROTEIN

This is where most people fall short with their meal plans!

Here are a few suggestions to ensure you include protein for all your main meals!

1- Dairy: cottage cheese, ricotta, milk, greek yogurt, goat yogurt, eggs etc.

Aim to include a variety throughout your week. The key with dairy proteins is to ensure you have the right portion!

2- Animal Proteins: beef, chicken, ham, turkey, bison etc.

A piece of advice: don't be afraid to include darker meats! They have a ton of flavour and will add more variety to your meal planning. Ground options are also a great way to switch things up.

3- Seafood: salmon, tilapia, tuna, scallops, shrimp, mussels etc.

Aim to include as much seafood as you can, it provides some fantastic variety to your protein intake.

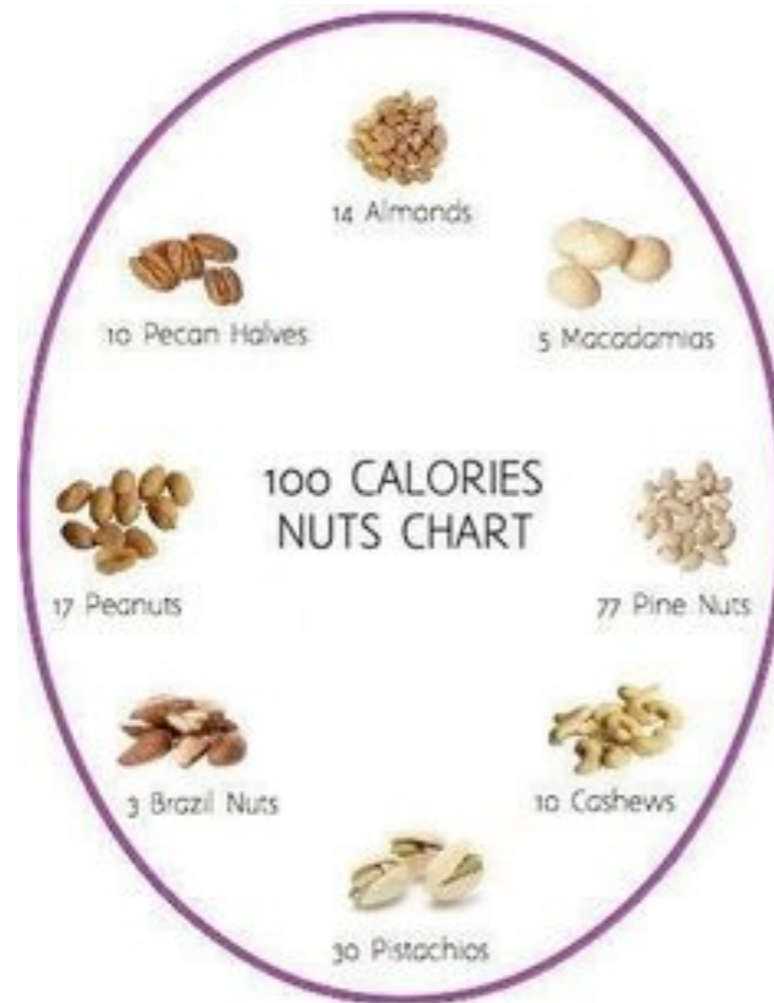
There are a large variety of way to prep and cook proteins found in this



GUIDE TO FAT

Fats are important to include in your nutrition plan! Here are some health fat options to include throughout your day.

- * Nuts and seeds
- * Avocado
- * Olives, Olive oil
- * Coconut, coconut oil
- * Cheese
- * Butter, nut butters



Nutrition has been made out to be far too complex. We find that so many new members whom we have the pleasure of working with have had far too many negative experiences with nutrition coaching and advice. Whether people are fearful of carbs, fats or just eating in general we are here to help you refocus on what is important - eating good quality whole food, not being afraid of food and most importantly enjoying life!

The following recipes are focused on whole food eating!

We encourage you to experiment with these recipes and to always try new foods and recipes to enhance your eating enjoyment!



COACH WHITNEY'S FAV AM SMOOTHIE

Ingredients:

1 cup of unsweetened vanilla almond milk

1 scoop of vanilla whey protein OR Greek Yogurt

1 handful of spinach

1 tbsp of natural PB

1 tsp cinnamon

1/2 cup frozen mixed berries and 1/2 banana

Ice

Blend and enjoy!



EGG WHITE SUPER OMELET

Ingredients:

1 cup egg whites

2 tbsp diced tomatoes

2 tbsp diced red pepper

2 tbsp diced mushrooms

handful of spinach

1 oz goat cheese

Olive oil spray



Pour 1 cup of egg whites into a frying pan sprayed with olive oil. Add ingredients to 1/2 of the egg white base after 2-3minutes. When ready, flip the other half over and finish cooking.

*** Note we have NOTHING against eggs - we love them! Feel free to use 2-3 eggs for this omelet to change things up!

CHOCOLATE PB BOWL

Ingredients:

1/3 - 1/2 cup quick oats

1 scoop protein powder (chocolate or vanilla)

1tbsp cocoa powder

1 tbsp of PB

Add in all ingredients into a medium sized bowl. Slowly add in boiling water until the mixture hits your desired consistency!



OATMEAL PANCAKES

Ingredients:

1 cup of Cottage cheese

4 eggs

1 tsp vanilla extract

1 cup large flake oats

Cinnamon to taste (we used like a tbsp cause we love the stuff)

Combine in large bowl then spoon hockey puck diameter cakes onto lightly oiled griddle. Flip half way through cooking and enjoy!

Top with sliced bananas, strawberries, blueberries, or your choice of nuts or PB!



BREAKFAST SANDWICH

Ingredients:

1 poached or fried egg

1 english muffin

Optional Add-ins: slice of cheese, slice of ham, 2 pieces of bacon, tomato slice

Poach or fry an egg while toasting an english muffin. Place egg and optional add-ins inside the muffin and enjoy!

AND YES...if you're traveling we do recommend the McDonald's breakfast sandwich over any other! Why? Because they use real eggs and it's made fresh.



PROTEIN PUMPKIN MUFFINS

Ingredients:

1 cup oats

3/4 cup canned pumpkin

2 eggs

1 scoop of vanilla whey protein

1 tsp cinnamon

1 tsp pumpkin spice

1 tsp of baking powder

1/4 cup honey

Blend all ingredients in a blender (using the blender makes it fast and easy!). Place mixture in silicone muffin tins and bake at 350. Makes 8 muffins.



FIESTA SALAD BOWL

Quote from Taylor, “There’s a lot of shit going on in this salad”. So here is the breakdown of the best ever homemade fiesta salad.

Ingredients:

4-6oz chicken breast (chopped raw)

1/2 large red pepper & 1/2 large green pepper chopped

1 tbsp chopped garlic

1 tbsp chopped ginger

Frank’s Hot sauce (the amount depends on your spice preference!)

1tbsp chopped cilantro

1 onion chopped

2 limes

1 large romaine heart

Optional Add-ins: cheese of your choice, beans, fresh tomatoes, corn.

Sauté onion, cilantro and garlic in a pan, add in chicken and mix in Frank’s hot sauce. In another pan, sauté fresh ginger, and your sliced peppers. In a large bowl add chopped romaine heart. Add the chicken and veggies to the salad and top with fresh salsa, fresh lime juice, your choice of cheese and/or guacamole. We like to add extra cilantro and chopped onion as well!



TACOS AND FAJITAS

Ingredients:

4-6oz chopped chicken breast, steak strips, ground turkey, ground beef

1 large pepper cut into slices

1 large onion chopped

Old El Paso low sodium fajitas or taco seasoning

1 large romaine heart, soft tortilla wraps or hard shells

Optional Add-ins: cheese of your choice, beans, fresh tomatoes, corn, chopped cilantro.

Place meat and veggies into a large frying pan, when the meat is cooked slowly add in seasoning and slowly add in water (quantities posted on back of mix). You can place your seasoned meat into romaine pieces, shells or wraps.

Enjoy with salsa, diced tomatoes, cheese and/or guacamole!



SPAGHETTI SQUASH SPAGHETTI

Ingredients:

1 spaghetti squash

1 package of ground turkey/extra lean ground beef/ground bison

Your favourite tomato sauce (homemade is always best!)

Slice the squash into halves and place face down (skin side up) on a cookie sheet lined with tin foil with 1 inch of water on the bottom. Cook at 350 until you can stick a fork through the squash (approx. 30minutes). Remove from oven and string with a fork.

Brown the ground meat of your choice in a skillet and add in your choice of tomato sauce or diced whole tomatoes and your choice of veggies!

Top with your choice of feta, goat or parmesan cheese!



EASY CHICKEN MARINADE

Ingredients:

1/2 cup olive oil

two lemons juiced

dried thyme

1/4 cup honey

Marinate multiple chicken breasts in a large ziploc bag then
bake, grill or stir fry!



THE BEST STEAK MARINADE EVER

The Best Steak Marinade Ever - A bold statement...we know!

This marinade makes cooking the perfect steak almost impossible! Even if you overcook your steaks slightly, the meat is still tender

Ingredients:

1 tablespoon olive oil

1 clove of garlic, minced

1 tablespoon Worcestershire sauce

1 tablespoon balsamic vinegar of your choice

1 tablespoon yellow (or dijon) mustard

1 tablespoon soy sauce

1tbsp of pepper or steak spice

Combine all ingredients in a large freezer bag and add steaks. Marinate in refrigerator overnight. Cook your steaks as desired.



CROCKPOT FAJITAS

Ingredients:

2 lbs boneless skinless chicken breast halves

1 (14.5 oz) can petite diced tomatoes with green chilies

1 red, orange and green bell pepper, julienned

1 large yellow onion, halved and sliced

4 cloves garlic, minced

2 1/2 tsp chili powder

2 tsp ground cumin

1 tsp paprika

3/4 tsp ground coriander

1 tsp salt

3/4 tsp pepper

2 Tbsp fresh lime juice

1 Tbsp honey

Directions: Pour half of the canned tomatoes into the bottom of a slow cooker and spread into an even layer. Top with half of the peppers and half of the onions. Sprinkle garlic in. Top with chicken breasts. In a bowl whisk together chili powder, cumin, paprika, coriander, salt and pepper. Evenly sprinkle half of the seasoning over chicken breasts then flip chicken and sprinkle in remainder. Top with remaining half of the tomatoes, then layer in remaining peppers and onions. Cover and cook on HIGH heat 3 - 4 hours or low heat 6 - 8 hours, until chicken has cooked through and veggies are tender (note that if you want to be able to cut chicken into strips cook more near lesser time on HIGH or LOW, otherwise it will probably just shred, which is also fine). Remove chicken, and cut into strips, or shred. Ladle out 1 cup of the broth in slow cooker (mostly tomato liquid) and discard. In a small bowl whisk together lime juice and honey and add to slow cooker along with chicken and season with additional salt to taste if desired. Gently toss. Serve warm in warmed tortillas with sour cream and optional guacamole, cheese and salsa.



EASY CHICKEN & VEGGIE BAKE

Ingredients:

Vegetables:

- 1 medium-size red onion, diced
- 2 cups broccoli florets
- 1 yellow bell pepper, sliced
- 2 cups baby carrots
- 1 1/2 cup cherry tomatoes
- 3-4 tablespoons olive oil
- Salt and pepper, to taste
- 8-10 sprigs thyme
- Few garlic cloves

Chicken:

- 4 chicken breasts
- Olive oil
- Salt and pepper, to taste
- Pinch of paprika
- 4 sprigs thyme
- 4 garlic cloves

PREPARATION

1. Preheat oven to 400°F/200°C.
2. Place red onion, broccoli, yellow bell pepper, baby carrots, and cherry tomatoes evenly on a baking tray. (Try not to let the vegetables overlap too much so they roast properly.)
3. Season with olive oil, salt, and pepper (to taste).
4. Add sprigs of thyme and garlic clove halves on top of the vegetables.
5. Tear off four pieces of aluminum foil (approximately 12 in x 12 in).
6. Lay down the foil and place the chicken breast in the center for each one.
7. Season both sides of the chicken with olive oil, salt, pepper, and paprika (all to taste).
8. Add sprigs of thyme and garlic clove on top of each chicken **breast**.
9. Bring the top and bottom edge of the foil into the center and fold a couple of times. Fold in the left and right sides a couple of times to seal the foil pack.
10. Place all 4 chicken foil packs on a baking tray.
11. Bake for 30 minutes.
12. Enjoy!



ROTISSERIE CHICKEN

Ingredients:

4 tsp kosher salt

2 tsp paprika

1 tsp onion powder

1 tsp dried thyme

1/2 tsp cayenne & black pepper

1/2 tsp garlic powder

Place in the oven on a lower temp than normal at 250 for 4-5 hours, and there will be leftovers through the week!



TT CHILI

MMMMM.....Try this delicious chili recipe that is perfect to make on Sunday for a week of clean eating!

2 packages of lean ground beef

4 large carrots sliced in rounds (to taste)

4 large celery stalks sliced in chunks (to taste)

1 can of kidney bean and 1 can of black beans

1 can of corn

Mustard Powder, Cumin Powder, Sirachi powdered spice, mesquite spice (approximately 2tsp of each to taste)

1 can Tomato Pasta Sauce

Old El Paso Chili packet

5 cloves of garlic minced

1/4-1/2 cup maple syrup

1 hot chili pepper

Directions:

Brown the beef in a non-stick pan and let cool. Place all ingredients in a crock pot and set 6 hour high cook. This is our TT version but feel free to add in any extra veggies (mushrooms, tomatoes...etc).



TURKEY PESTO MEATLOAF

Because who doesn't love meatloaf?

This is a delicious recipe from one of our TT Members. Serve with a little tomato sauce like the Costco white linen sauce – one of our favourites!

INGREDIENTS:

1 pound ground turkey

1 cup frozen spinach thawed

1/2 cup breadcrumbs OR oatmeal (your choice!)

1 large egg beaten

1/4 cup pesto

1 garlic clove pushed through a press

1 tsp dried oregano

1/2 tsp salt

1/4 tsp ground pepper

DIRECTIONS

Heat oven to 375°F. In a large bowl, combine turkey and spinach until well blended. Mix in bread crumbs/oatmeal, egg, pesto, cream/milk, garlic, oregano, salt and pepper. Transfer mixture to a loaf pan. Bake 45-50 minutes, until an instant read thermometer inserted in center registers 160°F. Cool 5 minutes before cutting into slices. You can also use this recipe to make meatballs OR small meatloaf muffins if you place the mixture in muffin tins.



COACH VANESSA'S TUNA SALAD SANDWICH

2 pieces fresh bread (Vanessa likes rye from 'Bread and Butter Bakery' in town)

1 full can of tuna

2 tbsp tzatziki

Optional Add-ins:

Sliced Tomatoes

Chopped green onions (to your taste)

Chopped red pepper (to your taste)

5-6 chopped green olives (to your taste)



Mix the tuna and tzatziki and veggies of your choice. Spread a little mustard on the bread before making sandwich and serve with a slice of fresh romaine lettuce and dill pickles on the side!

***also note that you will not die, or instantly gain 20lbs from having a sandwich. Still hungry? Add a side of greens!

TT BEEF STIR FRY

INGREDIENTS

- 1/2 pound top sirloin steak, sliced into thin, 2- to 3-inch pieces
- 2 tablespoons soy sauce
- 1 tablespoon oyster sauce
- 1-2 splenda
- 1 1/2 tablespoons peanut oil, divided
- 3 cups broccoli, florets and stalks, peeled and cut into bite-size pieces

Preparation

In a small bowl, combine steak, soy sauce, oyster sauce, and splenda. Cover and let marinate for several minutes. If you have time, refrigerate and marinate 4-8 hours.

Heat a large wok over medium-high heat for several minutes. Add 1 tablespoon of peanut oil and heat for several minutes. Add broccoli and cook for 1 minute, stirring occasionally. Season with salt and cook for 1 minute more.

Add 1-2 tablespoons of water to create a steaming effect. Cook for 2-3 minutes more, until water is absorbed and broccoli is bright green and tender. Remove from heat and pour broccoli into a large serving dish. Set aside.

Return wok to stove. Add 1/2 tablespoon of peanut oil and heat for several minutes. Add marinated steak and cook, stirring occasionally, until steak is brown and no pink remains on the outside. For a well-done steak, cook for about 3-4 minutes. Remove from heat and pour steak and sauce on top of dish with broccoli. Serve immediately with cooked rice, riced cauliflower or zoodles (zucchini noodles).



SPICY ALMONDS

Ingredients:

- 3 packets of stevia
- 2 tsp cumin
- 1tsp paprika
- 1 tsp thyme
- 1 tsp sea salt
- 1/4 tsp cayenne
- 1 large egg white
- 1 tbsp water
- 3 cups almonds

Preheat oven to 275 degrees. Coat large rimmed baking sheet with Olive oil spray. Whisk stevia, cumin, paprika, thyme, salt and cayenne in a large bowl. Set aside. Whisk egg white and water in a medium bowl until foamy. Add almonds and stir to coat. Sieve to drain off excess egg white. Transfer almonds to the bowl of spices. Stir well to coat completely. Spread evenly on the baking sheet. Bake 30 minutes. Stir. Reduce oven temp to 200 degrees and bake until almonds are dry and golden, about 30 minutes more. Let cool before serving. About 20 minutes...if you can wait that long!



TRAVEL HACKS

Breakfast:

- McDonald's Egg/Ham McMuffin
- Starbucks protein plate
- Starbucks Oatmeal with nuts
- Your choice of an omelet or eggs with 1 slice of toast and PB/butter

Lunch/Dinner:

- Pita Pit (Salad or Pita packed with a protein and tons of veggies)
- Hit a grocery store (we love Farm Boy) and take a trip to the salad bar and/or hot food items area
- Chili (Tim Hortons, Wendy's)
- Hamburger with tons of veggies (tomatoes, lettuce...etc) ditch the fries and opt for a side of greens
- Starbucks chicken and black bean salad

