

A close-up photograph of a stack of green pancakes. The pancakes are layered, showing a golden-brown crust on the sides and a vibrant green interior. Two fresh blueberries and a small sprig of mint are placed on top of the stack. The background is a soft, out-of-focus light color.

FREE QUICK RECIPES

**DFG
TRAINING
CLUB**

Thank You For Downloading

Here at DFG TRAINING CLUB, we ONLY work with Men & Women over the age of 30.

The reason for this is simple, WE GET IT!

We get what it is like to have to come home after a stressful day at work and cook for the whole family.

We get that most days, you struggle to find the energy to do the things YOU want to do.

We get that you have let yourself go because you are now further down the list of important people in your family.

So what we do is simple...

We share with you a few very simple habits that can give you that Life Long Transformation without having to go on any crazy diet or spend hours in the gym.

Just like this “ Meal Plan”

Before you and check out the plan, I would love to invite you into our community on Facebook “The dfg training club Community”. In here we share more tasty recipes & belly busting workouts, along with motivational posts and much more Simply “TAP” the Blue button below to join, then enjoy yourFREE

Drew & Dfg Training Club Team

Join The DFG Community

Breakfast

Berry Smoothie

6oz Milk (Or Coconut Milk)

1 cup raspberries

2 Raw eggs (Or 1 scoop protein) Stevia to taste

Peach Probiotic Smoothie

6oz Milk

1 cup frozen Peaches

2 Tbsp Almond or Cashew butter

2 Raw Eggs

1/4 tsp Cinnamon

1 tsp Vanilla

1 Tbsp Honey

Stevia to taste



Breakfast

Gluten free pancakes

- 1 1 c. gluten free pancake mix (Bob's Red Mill)
- 2 eggs
- 1/2 c. coconut milk
- 1/2 c. canned pumpkin
- 1/2 c. fresh or frozen blueberries
- 1 tsp. vanilla
- 1 tsp. cinnamon
- 1 tbsp. coconut oil

Combine wet ingredients in a bowl (except blueberries)

Whisk in dry ingredients carefully to avoid clumping

Stir in blueberries

Heat coconut oil in pan over medium heat

Serve warm with blueberry and maple syrup

Grainless Granola

- 1 c. sliced raw almonds
 - 1 c. chopped walnuts
 - 1 c. chopped dried apples
 - 1 c. blueberries
 - 1 c. coconut flakes pinch of cinnamon
- Toss all ingredients together in a large bowl.
Serve with berries.



Snacks

Superhuman Shake

3 Raw Eggs
8 oz. Milk or Goats Milk Yogurt
4 Tbsp Almond Butter
2 Tbsp Flax Seeds or Flax Meal
tsp Cinnamon
1/2 Banana

Hummus

cans garbanzo beans
1/4 c. raw sesame seeds
1 Tbsp olive oil
1/4 c. lemon juice
1 garlic clove, peeled
1 tsp. cumin
Sea Salt to taste

Drain and rinse garbanzo beans, reserving 1/4 c. liquid.

Place all ingredients in a blender and blend. Add more water or olive oil until desired consistency is reached.



Snacks

Guacamole

2 avocados

lime

cloves of garlic, minced

1 small tomato or salsa

1 tsp. sea salt 1/2 tsp. dill

Spoon out avocados into large bowl.

Add lime juice, minced garlic, and chopped tomato.

With a spoon, mash together until mixture becomes creamy.

Add sea salt and dill.

Refrigerate and serve with bell pepper slices or celery.

Anti-Oxidant Trail Mix

1 c. pecans

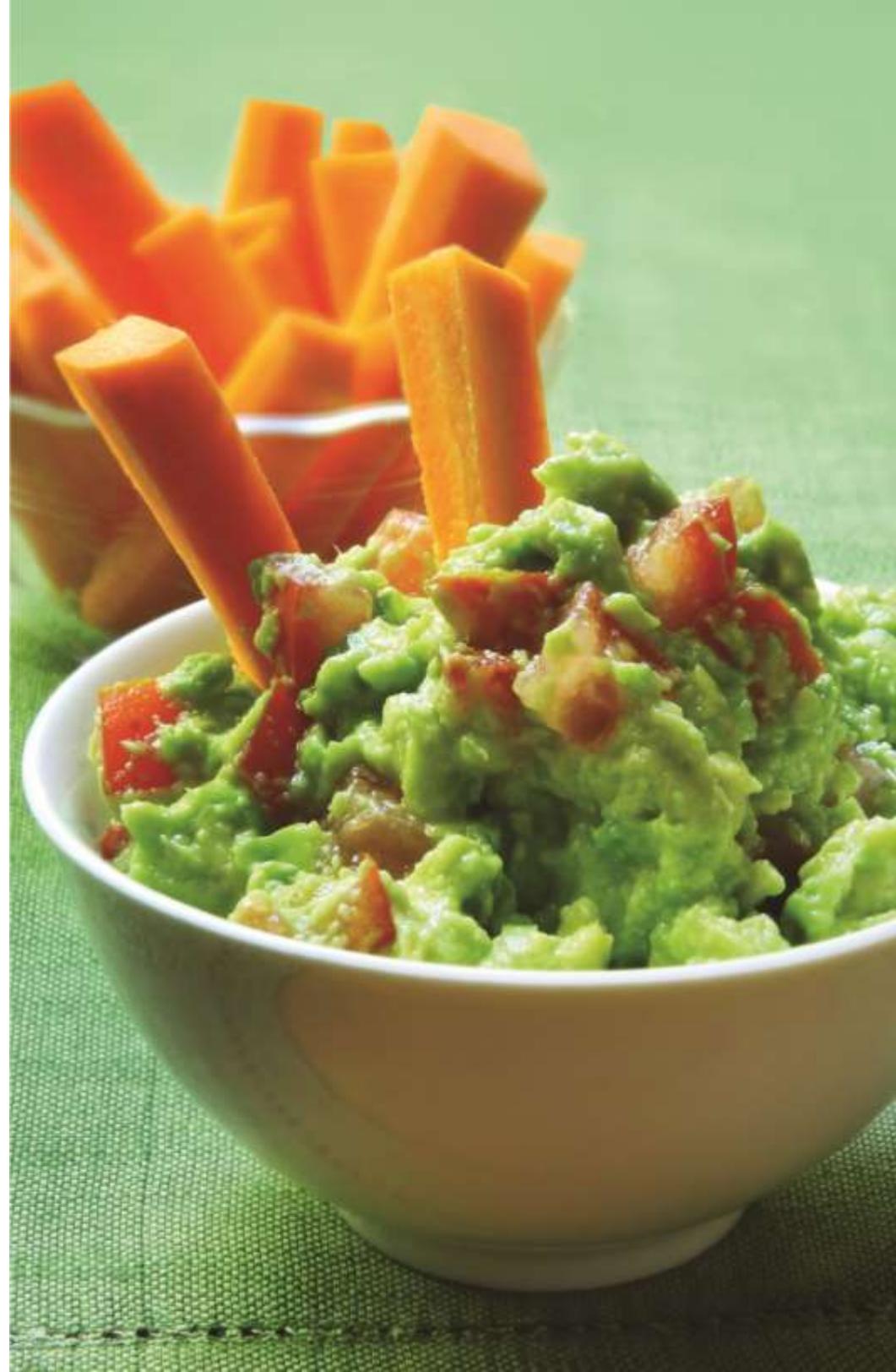
1 c. almonds

1/2 c. raisins

1/2 c. dark chocolate chips (unsweetened)

1 c. dried apple slices sea salt, sprinkled cinnamon, sprinkled

Combine all ingredients in a bowl.



LUNCH

Superfood Salad

- 1 cup Spinach
- ½ cup blueberries and strawberries
- 4 oz Salmon or Chicken
- ¼ sliced cucumber
- ¼ cup sliced almonds
- ¼ cup sliced orange/yellow/red peppers

Lemon Tahini Dressing

- ½ cup lemon juice
- 1/3 cup extra-virgin olive oil
- 1/3 cup tahini
- 2 tbsp honey
- 2 cloves minced garlic
- 1 tsp sea salt
- 1 tsp black pepper



Vegetable Soup

2 Tbsp raw or organic butter
2 med. garlic cloves, smashed
1/2 c. chopped red onion
1 c. celery, chopped
2 zuchinni's, chopped
1 large carrot, diced 1/2 c. tomato, diced
1 lb. mushrooms, chopped
2 tsp. dried thyme leaves
8 c. vegetable or chicken stock
1 Tbsp. Bragg's liquid aminos
10 oz. green beans 1/2 c. chopped parsley sea salt & pepper to taste

In a large pot over medium heat, melt butter. Add garlic and onions and sauté, stirring occasionally, for 3-5 minutes. Add celery, zuchinni, tomatoes, carrots, mushrooms, herbs, salt & pepper. Cover and cook, stirring occasionally, for 7-8 minutes. Add stock, cover and let simmer for an additional 10-20 minutes or longer. Stir in Bragg's, green beans and parsley and simmer for a few more minutes.



Green-Fed Stir-Fry

- 5 Tbsp coconut Vinegar
- 1 Tbsp honey
- 1 Tbsp coconut oil
- 1 Tbsp minced fresh ginger root
- 1 Tbsp minced garlic
- 1 lb. grass-fed beef round steak, cut into thin strips
- 8 oz. chopped broccoli
- 1 red bell pepper, sliced 4 oz. mushrooms

First add coconut oil to pan, let heat for 1 minute. Then add in all ingredients. Heat for 8-10 minutes Serve over brown rice.

Chicken Salad Lettuce Wrap

- 4 c. leftover, cooked chicken
 - 3 c. diced celery
 - 1 c. sliced red grapes
 - 2 tsp. lemon juice
 - 2/3 c. mayonnaise alternative (Veganaise) 1/4 c. chopped walnuts
 - sea salt & pepper to taste
- Place all ingredients in a bowl and mix together.
Scoop into lettuce wraps, or lettuce bowls.



Sides

Garlicky Greens

- c. Kale
 - cloves Garlic
 - ½ Onion
 - 1 tbsp Coconut Oil
 - Sea salt and black pepper to taste
- Add coconut oil to preheated pan then sautee garlic and onions for 2 minutes, Add Kale.
Sea salt and black pepper to taste.

Mashed Faux-Tatoes

- 1 med. head cauliflower (about 1 1/2 lbs.)
 - 1/2 c. raw or organic butter
 - 1/2 tsp. sea salt
 - 5-8 grinds black pepper minced chives (optional)
- Steam cauliflower until tender In a food processor, blend all ingredients until smooth



Dinner

Green-fed Meatballs

- 2 pounds green-fed beef
- 2 organic eggs
- 1/4 cup almond meal or Gluten Free breadcrumbs
- 1 teaspoon Italian seasoning
- 1/4 large onion, grated
- 1/2 tsp sea salt
- 1/8 tsp black pepper
- 1/8 tsp fresh ground nutmeg or cinnamon
- ½ cup organic BBQ sauce or Ketchup

Mix all ingredients well then shape into 1" balls
Bake at 350 for 20 minutes then serve

Powerburgers

- 1 pound green-fed beef
- ¼ cup thinly sliced onions
- ½ tsp turmeric
- ¼ tsp garlic powder
- ¼ tsp black pepper
- 1 tbsp coconut aminos or bragg's liquid aminos

Mix ingredients in bowl then make into 4-inch burgers. Cook on grill or skillet for 4 minutes then flip, cook for 2 more minutes then add on raw cheddar cheese, cook for 2 more minutes then serve.



Dinner

Salmon Patties

2 cans wild caught Alaskan salmon

4 eggs

2 Tbsp. olive oil

1/2 onion, chopped

1/2 box Mary's Gone Crackers, crumbled

Combine all ingredients in a large bowl and form into patties.

Heat 1 Tbsp. coconut oil or grapeseed oil in a large skillet over medium heat. Cook patties 5 minutes on each side.

Gluten Free Chicken Tenders

10 Chicken Strips

1/2 cup, Gluten Free Flour (Bob's Red Mill)

1/2 tsp. Paprika

1/4 tsp. Cayenne

1/4 tsp. Sea Salt

1/4 tsp. Black Pepper

1/4 tsp. Garlic Powder 2 Tbsp. Coconut Oil

Mix dry ingredients in bowl, then coat chicken.

Cook in a pan with coconut oil.



Dessert

Dark Chocolate Covered Berries

2 Chocolate Bars

2 Tbsp. toasted flax seeds 2 c. fresh blueberries

Melt chocolate in a bowl over a pan of simmering water.

Stir frequently until melted and smooth. Stir in Flax.

Remove from the heat, mix in blueberries.

Spoon small clumps of blueberries onto waxed paper on baking sheet. Refrigerate until firm, (10 min).

Avacado Mousse

1/2 c. medjool dates, (soak in cold water, 2-3 hours)

1/2 c. maple syrup

1 tsp. vanilla extract

2 c. mashed avacado (about 3 avacados)

3/4 c. organic cocoa or carob powder

1/2 c. water

Blend or process dates, maple syrup and vanilla until smooth. Add mashed avacado and cocoa powder. Add water and process until smooth. Serve chilled.



Dessert

Coconut Macaroons

6 egg whites

1/4 tsp. celtic sea salt

1/2 cup raw honey

1 tbsp. vanilla extract

3 cups unsweetened coconut

In mixing bowl, whisk eggs, sea salt, raw honey, vanilla and coconut.

Spoon batter on to parchment paper on cookie sheet Bake and 350 degrees for 10 to 15 mins until lightly browned.



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CONFIDENCE at an all-time low?
NEED to make a change?

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'New'!!! starting 2nd March, Marlborough

