

THE TRIBE MENU



A 7-DAY MEAL PLAN SAMPLE

GROCERY LIST | TIPS | CALENDAR | RECIPES

YOUR GROCERY LIST

PRODUCE

Items noted with a “C” indicate they are primarily a carbohydrate source, “F” as a fat source and “P” as a protein source.

Knowing this information will help you navigate in meeting your macronutrient goals. Some foods fall into multiple categories and you'll see this note as well.

Understanding this information will become useful as you navigate how to meet your macronutrient goals.

Feel free to substitute where desired but if changing a recipe, make sure to adjust your macros accordingly!

STAPLES & SEASONINGS

- ☐ Spray Cooking Oil
- ☐ Garlic Powder
- ☐ Onion Powder
- ☐ Red Pepper Flakes
- ☐ Cinnamon
- ☐ Mustard Powder
- ☐ Brown Sugar
- ☐ Maple Syrup
- ☐ Liquid Stevia

- ☐ 2 Red Onions (C)
- ☐ 1 Yellow Onion (C)
- ☐ 4-5 Sweet Potatoes (C)
- ☐ 1 Cucumber (C)
- ☐ (1) 12 Oz. Bag Spinach
- ☐ (1) 12 Oz. Bag Green Beans
- ☐ 4 Zucchini's
- ☐ Fresh Pico De Gallo
- ☐ Hummus (Any Flavor)
- ☐ Lemon Juice
- ☐ 1 Garlic Bulb
- ☐ 1 Jalapeño

FATS

- ☐ Olive Oil / Avocado Oil
- ☐ Coconut Oil
- ☐ Tahini
- ☐ Cashew/Peanut/Almond Butter (P + F)

CARBS

- ☐ 1 Bag Birch Benders Protein Mix
- ☐ 8 Whole Wheat Hamburger Buns
- ☐ Oatmeal
- ☐ 1 Pack Small Flour/Corn Tortillas
- ☐ 1 Pack Large Tortillas
- ☐ 1 Pack Pita Bread (for low carb option – use Joseph's Brand Pitas)
- ☐ 1 Box Banza Penne Pasta
- ☐ 1 Pack Mini Graham Cracker Pies

DAIRY

- ☐ 8 Oz. Fat-Free Crumbed Feta Cheese (F)
- ☐ 8 Oz. Shredded Parmesan (F+P)
- ☐ 8 Oz. Light Shredded Pepper Jack
- ☐ 2 Packs Light & Fit Greek Yogurt
- ☐ 16 Oz. Container Vanilla Greek Yogurt
- ☐ 2 (8 Oz. Packs) Light Cream Cheese
- ☐ Laughing Cow – Pepper-jack
- ☐ Laughing Cow – White Cheddar
- ☐ Tzatziki
- ☐ 1 Container – Cool Whip
- ☐ Unsweetened Cashew Milk

PROTEIN

- ☐ 3 Dozen Eggs (F + P)
- ☐ Egg Whites
- ☐ 2 Lbs. Lean Ground Turkey (or 1 Lb. Ground Turkey / 1 Lb. Lean Ground Beef)
- ☐ 3 Lbs. Boneless Skinless Chicken Breast or Tenderloins (P)
- ☐ 1 Pack Chicken Sausage (Recommend Bilinski's Brand)
- ☐ PEScience Protein Powder – Vanilla
- ☐ Unflavored or Vanilla Collagen

CANS, CONDIMENTS & OTHERS

- ☐ Buffalo Sauce
- ☐ Dijon Mustard
- ☐ 1 Jar Harissa
- ☐ 1 Jar Roasted Red Peppers
- ☐ 1 Can Diced Black Olives
- ☐ 1 Can Chickpeas
- ☐ 3 Cans Diced Green Chilis
- ☐ Ketchup
- ☐ BBQ Sauce
- ☐ Worcestershire Sauce
- ☐ White Vinegar
- ☐ Apple Cider Vinegar

BEFORE GETTING STARTED

This meal plan is meant to guide you and be a foundational learning tool on how to prepare foods to meet your macronutrient requirements. You may find you need more or less protein / carbs / fats than what's outlined in this meal plan.

Here are some suggestions on how to modify to meet your needs:

- **Need more protein?**

- Add in hard boiled eggs, remove yolk if needed.
- Add additional protein to your prepared dish with extra chicken, turkey, etc.

- **Need less protein?**

- Use regular yogurt instead of greek yogurt.
- Eliminate protein powders where called for.
- Eliminate cheese.

- **Need more carbs?**

- Increase serving size of sweet potatoes and rice.
- Add fruit to morning breakfasts and/or snacks.

- **Need less carbs?**

- Substitute with cauliflower rice.
- Swap out buns for lettuce buns.

- **Need more fat?**

- Increase peanut butter serving size.
- Use full fat cheese.
- Increase avocado serving size.
- Use higher fat content meat such as bison or 90/10 ground beef.

- **Need less fat?**

- Substitute peanut butter with powdered peanut butter.
- Eliminate avocado.
- Eliminate cheese.
- Select leaner meats such as 99% lean turkey.
- Eliminate sauces and/or dressings.

7-DAY MEAL PLAN

MONDAY

BREAKFAST

Cheesy Zucchini Waffle Sandwich
P-26g; C-29g; F-9g

LUNCH

Feta Turkey Burgers W/ Tzatziki
P-29g; C-27g; F-13g

SNACK

1 Light & Fit Greek Yogurt, 130g Banana + 1 Tbsp. Chocolate Chips
P-13g; C-48g; F-4g

DINNER

Buffalo Chicken Pasta
P-37g; C-30g; F-10g

DESSERT

PB Cream Pie
P-8g; C-22g; F-8g

TUESDAY

BREAKFAST

Harissa Breakfast Tacos
P-25g; C-36g; F-14g

LUNCH

Buffalo Chicken Pinwheels
P-37g; C-38g; F-11g

SNACK

1 Light & Fit Greek Yogurt
P-12g; C-9g; F-0g

DINNER

Greek Nachos
P-39g; C-34g; F-16g

DESSERT

PB Cream Pie
P-8g; C-22g; F-8g

WEDNESDAY

BREAKFAST

Cheesy Zucchini Waffle Sandwich
P-26g; C-29g; F-9g

LUNCH

Feta Turkey Burgers W/ Tzatzik
P-29g; C-27g; F-13g

SNACK

1 Light & Fit Greek Yogurt, 130g Banana + 1 Tbsp. Chocolate Chips
P-13g; C-48g; F-4g

DINNER

Buffalo Chicken Pasta
P-37g; C-30g; F-10g

DESSERT

PB Cream Pie
P-8g; C-22g; F-8g

THURSDAY

BREAKFAST

Harissa Breakfast Tacos
P-25g; C-36g; F-14g

LUNCH

Sheet Pan Sausage & Sweet Potato W/ Spicy Mustard Tahini
P-23g; C-28g; F-10g

SNACK

2 Tbsp. Hummus, 100g Carrots & 2 Hard Boiled Eggs
P-16g; C-13g; F-16g

DINNER

Buffalo Chicken Pinwheels
P-37g; C-38g; F-11g

DESSERT

Sweet Potato Oat Bars W/ Cinnamon Cream
P-18g; C-34g; F-8g

FRIDAY

BREAKFAST

Harissa Breakfast Tacos
P-25g; C-36g; F-14g

LUNCH

Buffalo Chicken Pasta
P-37g; C-30g; F-10g

SNACK

2 Tbsp. Hummus, 100g Carrots, 2 Hard Boiled Eggs & 1 Light and Fit Greek Yogurt
P-28g; C-22g; F-16g

DINNER

Sheet Pan Sausage & Sweet Potato W/ Spicy Mustard Tahini
P-23g; C-28g; F-10g

DESSERT

Sweet Potato Oat Bars W/ Cinnamon Cream
P-18g; C-34g; F-8g

SATURDAY

BREAKFAST

Harissa Breakfast Tacos
P-25g; C-36g; F-14g

LUNCH

Sheet Pan Sausage & Sweet Potato W/ Spicy Mustard Tahini & 2 Hard Boiled Eggs
P-36g; C-29g; F-21g

SNACK

1 Tbsp. Chocolate Chips, 130g Banana & 1 Light and Fit Greek Yogurt
P-14g; C-48g; F-4g

DINNER

Sloppy Joe Zucchini Boats
P-28g; C-17g; F-7g

DESSERT

Sweet Potato Oat Bars W/ Cinnamon Cream
P-18g; C-34g; F-8g

SUNDAY

BREAKFAST

*Caramelized Banana French Toast ***

P-19g; C-44g; F-11g

LUNCH

Buffalo Chicken Pinwheels

P-37g; C-38g; F-11g

SNACK

2 Tbsp Hummus, 2 Hard Boiled Eggs, 100g Carrots, 1 Light and Fit Greek Yogurt

P-27g; C-23g; F-15g

DINNER

Sloppy Joe Zucchini Boats

P-28g; C-17g; F-7g

DESSERT

Sweet Potato Oat Bars W/ Cinnamon Cream

P-18g; C-34g; F-8g

NOTES:

All recipes marked with an (L) in front of them indicates that meal is a leftover from a recipe with multiple servings.

To prepare for the week (things you can do ahead of time to make meal prep easier on yourself):

- This week, you'll be using the meal prep proteins for the weekly dishes. Plan ahead by preparing your meal prep proteins!
- Prep PB Cream Pies & Sweet Potato Oat Bars in advance.
- I've included several notes with each recipe indicating helpful hints and modifications.

Please be aware that some macros were calculated using particular brands (that I have indicated in the following recipes) if you can't find these brands or choose to use something different, you will need to account for that and adjust macros.

MEAL PREP PROTEINS

Feta Turkey Burgers (6 Servings)

Macros Per Serving: P-19g; C-3g; F-10g

Ingredients:

- 1 Lb. Lean Ground Turkey (93/7)
- 60g Classic Hummus
- 50g Red Onion, Finely Diced
- 3 Cloves Garlic
- 1 Tsp. Oregano
- 1 Tbsp. Lemon Juice
- 2 Handfuls Fresh Spinach
- ½ Cup Crumbled Feta
- ¼ Tsp. Salt & Pepper

Instructions:

1. Prepare burger mixing by roughly chopping spinach and dicing red onion.
2. In a large bowl, combine turkey, hummus, onion, spinach, minced garlic, oregano, lemon juice, feta, salt and pepper.
3. Mix well with clean hands to combine. Evenly divide into 6 portions and form round patties.
4. Bring grill or grill pan to medium high heat. Coat pan or grates with cooking oil and cook burgers for about 5-6 minutes each side or until an internal temperature of 165° F is reached.
5. Allow to cool and store for meal prep.

Notes:

Fat: If you want to lower the fat content or to increase protein, use 99% lean ground turkey or chicken.

Buffalo Chicken (12 Servings)

Macros Per Serving: P-26g; C-3g; F-4g

Ingredients:

- 3 Lbs. Chicken Breast
- 1 Cup Buffalo Sauce
- ¼ Cup Light Cream Cheese
- 2 Tsp. Garlic Powder

Instructions:

1. Place chicken breasts on a single layer in a large pot, slight overlap is ok. Season with salt and pepper.
2. Cover chicken breasts with water or both and bring to a rolling boil. Continue to cook for 10-12 minutes or until breasts are cooked through and no longer pink.
3. Remove from pot and set aside to cool slightly. Using 2 forks, shred breasts and place meat in a large bowl (you can also shred with a stand mixer, which I highly recommend if you have it on hand).
4. Place shredded chicken in a large bowl and combine with garlic powder, buffalo sauce and cream cheese.
5. Weigh mixture and divide by 12 for individual serving size. Store for meal prep.

Harissa

breakfast tacos



Servings: 2

Macros Per Serving: P-25g; C-26g; F-14g

Ingredients:

- 4 Soft Taco Size Tortillas
- 60g Light Cream Cheese
- 30g Harissa
- 3 Large Eggs
- 200g Egg Whites
- ¼ Cup Fresh Pico De Gallo

Instructions:

1. Whisk together eggs and egg whites. Heat a skillet to low/medium heat and spray with cooking oil. Add eggs and season with salt and pepper. Cook low and slow until cooked through.
2. Remove eggs and set aside. Clean skillet and bring to medium/high heat. Heat each tortilla until browned.
3. Combine light cream cheese and harissa together in a small bowl.
4. Smear each tortilla with harissa spread and evenly distribute eggs into tortillas.
5. Top with fresh pico and any additional desired toppings.

Notes:

- Fat: To lower the amount of fat in this recipe, double egg whites and omit whole eggs.
- Substitutions: If you need a gluten free option, use gluten-free tortillas or substitute with gluten free bread for an egg sandwich option.
- Harissa: This is a Mediterranean-style condiment usually found in the international aisle or with hot sauces/condiments.
- To lower carbs, substitute tortilla with Joseph's Pita Bread for "tacos".

Cheesy zucchini waffle egg sandwich



Servings: 2

Macros Per Serving: P-26g; C-29g; F-9g

Ingredients:

- 1 Cup Protein Pancake Mix (Recommend Birch Benders)
- ½ Tbsp. Avocado Oil
- ½ Cup Water
- 1 Medium Zucchini (about 200g)
- ¼ tsp. Garlic Powder
- ½ tsp. Onion Powder
- 4 Tbsp. Parmesan Cheese
- Hot Sauce

Instructions:

1. Using box grater, shred zucchini and sprinkle with salt to draw out moisture. Allow to sit for about 20 minutes if time allows.
2. Using a paper towel or cheesecloth, wring out excess moisture in zucchini.
3. In a large bowl, combine mix with zucchini, oil, garlic powder, oregano, and 2 tbsp. Parmesan cheese.
4. Bring waffle iron to heat and spray liberally with cooking oil. Pour in ½ batter and cook for 3-5 minutes or until crisp.
5. Repeat with remaining batter and top waffles with 1 tbsp. Parmesan cheese each, and hot sauce!

Notes:

- Birch Benders is available at most grocery stores, Target and Amazon. You can also use kodiak cakes mix as I tested both mixes but felt Birch Benders had better results.
- I like to add a slice of Pepper-jack or other low-fat cheese to these. If you're low on fat macros, do fat-free or laughing cow.

Feta

turkey burgers with tzatziki



Servings: 1

Macros Per Serving: P-29g; C-27g; F-13g

Ingredients:

- 1 Spinach and Feta Turkey Burger (From Batch)
- 1 Whole Wheat Hamburger Bun
- 2 Tbsp. Tzatziki
- 1 Tbsp. Cup Fat-Free Feta Cheese
- 4-5 Red Pickled Onions

Ingredients: Red Pickled Onions

- 1 Medium Red Onion, Very Thinly Sliced
- ½ Cup White Vinegar
- ½ Cup Apple Cider Vinegar
- ½ Tsp. Stevia
- ½ Tsp. Salt

Instructions: For Red Pickled Onions

1. Combine vinegars together in a large can or mason jar.
2. Dissolve stevia and salt by stirring into vinegar.
3. Add sliced onion to jar, making sure to submerge.
4. Onions will be ready in 45 minutes but are best made a day ahead of time. They will turn a bright pink and are good for a couple weeks, kept in a glass jar in the fridge.

Instructions: For Turkey Burgers

1. Reheat pre-made turkey burger in a covered skillet on low/medium heat for 3-4 minutes or until heated through.
2. Toast bun and layer with tzatziki, feta and red pickled onions.
3. Top with burger and add any additional desired toppings and Enjoy!

Greek Nacho Plate



Servings: 2

Macros Per Serving: P-36g; C-36g; F-15g

Ingredients:

- 2 Turkey Burgers (From Batch)
- 8 Oz. Jarred Roasted Red Peppers
- 2 Tbsp. Chopped Black Olives
- 2 Pita Pockets
- ¼ Cup Crumbled Fat-Free Feta
- 100g Pickled Red Onions (Recipe Included)
- ¼ Cup Canned Chickpeas, Rinsed & Drained
- ¼ Cup Tzatziki

Ingredients: Pickled Red Onions

- 1 Medium Red Onion, Thinly Sliced By Hand or With Mandolin.
- ½ Cup Apple Cider Vinegar
- ½ Cup White Vinegar
- 2 Tsp. Stevia
- ¼ Tsp. Salt
- ¼ Tsp. Pepper

Instructions:

1. Roughly chop both turkey burgers until meat is crumbled. If desired, reheat meat in a pan briefly over medium/high heat.
2. Using a pizza cutter, divide pitas into 8 pieces each and warm slightly.
3. Assemble as pictured or arrange “nacho style” in layers, drizzling tzatziki on top.

Notes:

- If you didn't meal prep the burgers, you can use 8 oz. ground turkey seasoned with garlic, oregano, onion powder, salt and pepper.
- If you would like to lower the carbs in this meal, use Joseph's pita bread (found in most grocery stores, including Amazon and Walmart).

Buffalo chicken pinwheels



Servings: 2

Macros Per Serving: P-37g; C-38g; F-11g

Ingredients:

- 2 Servings – Buffalo Chicken (From Batch)
- 4 Oz. Canned Chopped Green Chili
- 4 Pepper Jack – Laughing Cow Cheese Wedges
- 2 Large Tortillas

Instructions:

1. Mix green chilis in with chicken.
2. Layout one tortilla and spread 2 laughing cow cheese wedges across entire tortilla.
3. Add $\frac{1}{2}$ chicken mixture and spread in a thin layer on top of cheese, covering entire tortilla.
4. Starting at one end, tightly roll tortilla up. Immediately wrap in saran wrap and place in fridge for at least 4 hours. Repeat with remaining tortilla.
5. Once chilled, cut into pinwheels and serve with light ranch dressing or blue cheese.

Notes:

- I used Mission Tortilla Spinach and Jalapeño flavors. If you want to lower the carb count on this recipe, substitute with a low-carb tortilla option like Joseph's Lavash Wrap
- If you didn't prep the batch chicken, combine 8 oz. shredded chicken, 2 tbsp. Light cream cheese and $\frac{1}{2}$ cup buffalo sauce to substitute.

Sheet Pan

meal with dijon tahini sauce



Servings: 4

Macros Per Serving: P-21g; C-25g; F-4g

Ingredients:

- 1 Pack (5 Links) Bilinski's Cajun Style Andouille Sausages
- 400g Raw Sweet Potatoes (About 3 Mediums)
- (1) 12 Oz. Bag Green Beans

Ingredients: Mustard Tahini

- ¼ Cup Tahini
- 2 Tbsp. Dijon Mustard
- 1 Tbsp. Lemon Juice
- 1-2 Tbsp. Water
- ½ Tsp. Paprika

Instructions:

1. Preheat oven to 425° F.
2. Spray a large baking sheet and spray liberally with cooking oil.
3. Cut the ends off each sweet potato and slice into ½ inch rounds and then cut each round in ½ and then again, so you have 4 small equal pieces.
4. Spread on baking sheet and season with salt and pepper. Place in oven and allow to cook for 15 minutes.
5. While potatoes are cooking, dice chicken sausage into rounds and microwave green beans according to package directions.
6. After 15 minutes, remove sweet potatoes and make room on baking sheet for chicken sausage and green beans. Return to oven for an additional 15 minutes. Remove and allow to cool. Store for meal prep and serve with 2 tbsp. mustard tahini.

Instructions: Mustard Tahini

- Whisk all ingredients together, adjust to taste, and add additional water if necessary.

Buffalo chicken pasta



Servings: 5

Macros Per Serving: P-37g; C-30g; F-10g

Ingredients:

- 4 Servings – Buffalo Chicken (From Batch)
- 1 Box Banza Penne Chickpea Pasta
- ¼ Cup Frank's Buffalo Sauce
- 3 White Cheddar Laughing Cow Cheese Wedges
- ¼ Cup Light Cream Cheese
- 1 Cup Shredded Mozzarella

Instructions:

1. Cook penne pasta to al dente, or according to package directions. Preheat oven to 350° F.
2. Drain and rinse pasta, then transfer to a large bowl, add in chicken and set aside.
3. In a separate bowl, using a hand or stand mixer, combine hot sauce, cream cheese, and laughing cow wedges. Mix for about 20-30 seconds or until well combined.
4. Pour sauce over pasta and chicken, stirring well to coat with sauce. Transfer to a casserole dish (8x8 or 9x13) and top with shredded mozzarella cheese.
5. Bake at 350° F for about 20 minutes or until cheese on top begins to brown and bubble. Remove and allow to cool before serving or storing.

Notes:

- You can find Banza chickpea pasta in most grocery stores alongside other pastas. You can also sub in regular whole wheat penne or another pasta of your choice but be sure to account for macro differences.

Sloppy Joe

zucchini boats



Servings: 6

Macros Per Serving: P-27g; C-16g; F-6g

Ingredients:

- 1 Lb. Lean Ground Turkey
- ½ Tbsp. Olive Oil
- 100g White or Yellow Onion, Diced
- 130g Ketchup
- 130g BBQ Sauce (I use Stubbs Spicy Original)
- 1 Tbsp. Worcestershire
- 1 Tbsp. Brown Sugar
- 1 Tsp. Yellow Mustard Powder
- 1 Tsp. Garlic Powder
- 2-3 Tbsp. Water
- 3 Large Zucchini
- 3 Oz. Cup Shredded Pepper-jack Cheese
- 1 Jalapeño

Instructions:

1. Preheat oven to 375° F, then heat a large skillet over medium/high heat. Add in olive oil and diced onion. Cook for 6-7 minutes, until onion is translucent.
2. Next, add in ground turkey, breaking apart with spatula as the meat cooks.
3. Once meat is thoroughly cooked, reduced heat and add in ketchup, BBQ sauce. (You may want to drain the meat before adding ketchup and BBQ sauce, if so just drain and return to pan).
4. Add Worcestershire sauce, brown sugar, mustard powder, and garlic powder.
5. Reduce heat to simmer for about 10 minutes and allow mixture to thicken – adding 2-3 Tbsp. water as needed to thin out.
6. While sauce is simmering, cut each zucchini in half and using a small spoon or cookie dough scoop, hollow out zucchini halves. Using a ¼ measuring cup, fill the boats with meat mixture, then top with cheese and jalapeño slices.
7. Bake at 375° for about 30 minutes. Allow to cool and enjoy or store for meal prep.

Individual peanut butter cream pie



Servings: 1

Macros Per Serving: P-8g; C-22g; F-18g

Ingredients:

- 1 Mini Graham Cracker Crust
- 1 Tbsp. Light Cream Cheese
- 25g Vanilla Greek Yogurt
- 1 Tbsp. Peanut Butter
- 1 Tsp. Maple Syrup
- 2 Tbsp. Cool Whip

Instructions:

1. In a small bowl, mix together cream cheese, Greek yogurt, maple syrup and peanut butter until smooth.
2. Fold in cool whip and fill crust with peanut butter filling.
3. Let them set in the fridge for an hour before enjoying (recommended but not necessary).

Notes:

- For a non-dairy version, substitute cream cheese with Kite Hill Cream Cheese and Greek yogurt with a non-dairy yogurt alternative. Substitute cool whip with coco whip (coconut whip cream alternative).
- You can bake the mini crusts for a few minutes per the package directions but it is not necessary.
- The mini graham cracker crusts are found in the baking aisle of most grocery stores like Walmart, Target, and Kroger.

Sweet Potato

oat bars with cinnamon cream



Servings: 6

Macros Per Serving: P-14g; C-28g; F-3g

Ingredients:

- 2 Cups Oats
- 2 Cups Unsweetened Cashew Milk
- 1 Tsp. Cinnamon
- ¼ Tsp. Salt
- 2 Egg Whites
- ½ Cup Pureed Sweet Potato (Canned or Homemade)
- 2 Tbsp. Maple Syrup
- 1 Tsp. Liquid Stevia
- 1 Scoop Vanilla Protein Powder (PEScience)
- 3 Scoops Unflavored or Vanilla Collagen

Ingredients: Cinnamon Cream

- ¾ Cup Light Cream Cheese (At Room Temperature)
- ¾ Cup Vanilla Greek Yogurt
- 1 Tsp. Cinnamon
- 2 Tbsp. Maple Syrup

Instructions:

- Preheat oven to 350° F.
- Bring 2 cups unsweetened cashew milk to a rolling boil. Add 2 cups oats, stir immediately and turn down heat to low. Cover and cook on low for 10 minutes.
- Stir in cinnamon, salt, protein, collagen, stevia and maple syrup. Lastly stir in egg whites and pour mixture into a well-greased 9x9 pan.
- Bake at 350° F for 30 minutes. Remove and allow to cool. Cut into 6 bars and top with cinnamon cream before enjoying!

Instructions: Cinnamon Cream

- Combine all ingredients and allow to set for 1 hour in fridge before using.