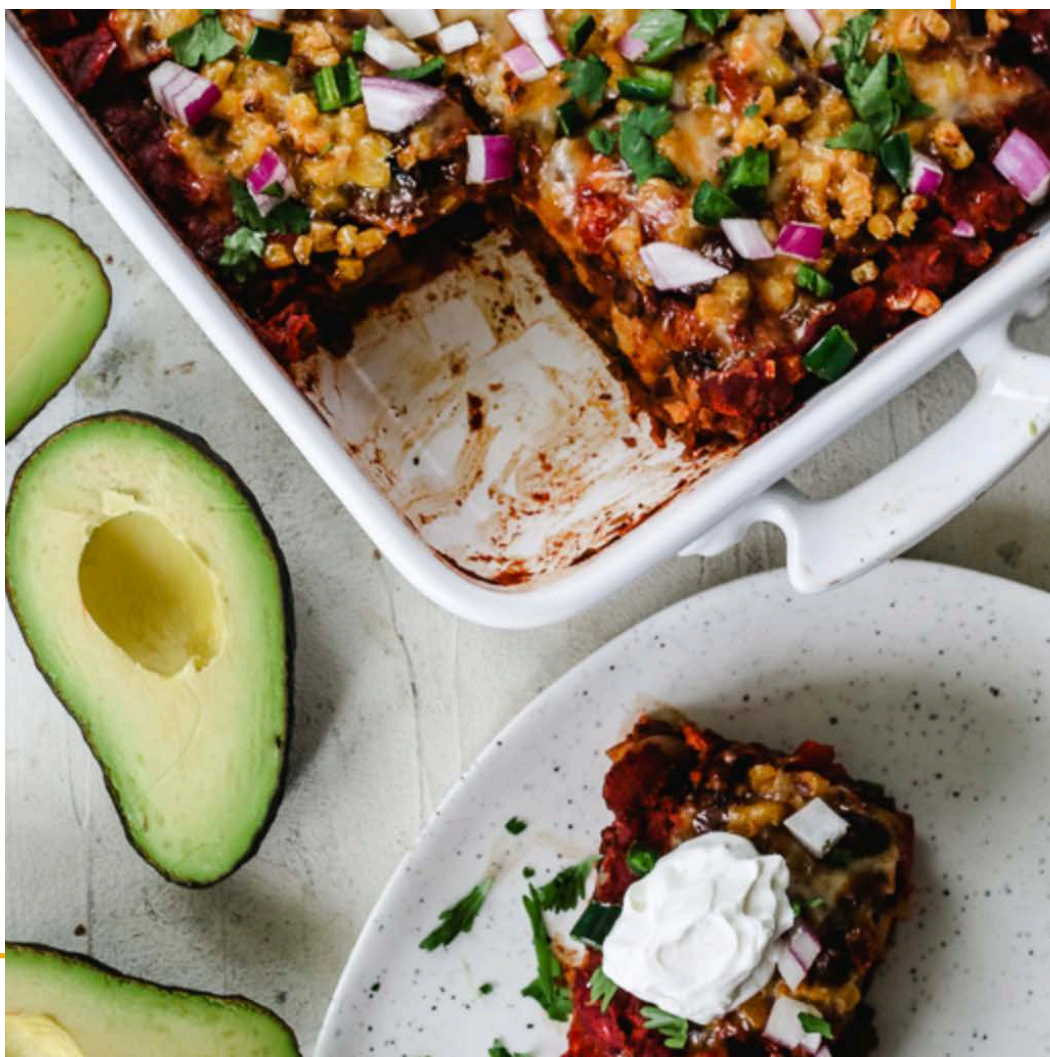


# THE TRIBE MENU



## 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
- ☐ Cumin
- ☐ Garlic Powder
- ☐ Smoked Paprika
- ☐ Chili Powder
- ☐ Liquid Smoke
- ☐ Oregano
- ☐ Poppyseeds
- ☐ Almond Extract
- ☐ Butter Extract

## DAIRY

- ☐ 12 Oz. Light Mayo (F)
- ☐ ½ Gallon Oat Milk
- ☐ 6 Oz. Crumbled Feta Cheese (F)
- ☐ 8 Oz. Shredded Parmesan (F + P)
- ☐ 8 Oz. Light Shredded Pepper Jack
- ☐ 2 Packs Light And Fit Vanilla Greek Yogurt
- ☐ 8 Oz. Reduced Fat Blue Cheese
- ☐ 8 Oz. Cottage Cheese
- ☐ ½ Gallon Unsweetened Almond or Cashew Milk

## PROTEIN

- ☐ 1 Dozen Eggs (F + P)
- ☐ Egg Whites
- ☐ 2 Lbs. Lean Ground Turkey
- ☐ 1 Lb. Lean Ground Chicken or Turkey
- ☐ 3 Lbs. Boneless Skinless Chicken Breast or Tenderloins (P)
- ☐ 1 Pack Turkey Bacon
- ☐ PES Protein Cake Pop
- ☐ Unflavored or Vanilla Collagen

## FATS

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

## CARBS

- ☐ Orzo
- ☐ Almond Flour
- ☐ Coconut Flour
- ☐ 1 Bag Birch Benders Protein Mix
- ☐ 8 Whole Wheat Hamburger Buns
- ☐ Oatmeal
- ☐ 3 Packs Small Flour Tortillas
- ☐ 1 Box Simple Mills Almond Flour Crackers (See recipe for substitutes)
- ☐ Maple Syrup

## CANS, CONDIMENTS & OTHERS

- ☐ (1) 15 Oz. Can Black or Pinto Beans
- ☐ 1 Can Chipotle Peppers
- ☐ Pesto
- ☐ Sun Dried Tomatoes
- ☐ Walkswood Jerk Seasoning
- ☐ 2 Packs Red Enchilada Sauce
- ☐ Honey Mustard
- ☐ Dijon Mustard
- ☐ Sprinkles
- ☐ 1 Box Sugar Free Vanilla Pudding

# 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

Lemon Blueberry Collagen Pancakes  
1 Light & Fit Greek Yogurt  
P-28g; C-32g; F-2g

### LUNCH

Smokey Southwest Bowl W/ Chipotle Tahini  
P-26g; C-26g; F-16g

### SNACK

Lemon Cake Bites  
P-18g; C-7g; F-12g

### DINNER

Sun Dried Tomato Burgers W/ Pesto Zucchini  
Noodles  
P-18g; C-15g; F-17g

### DESSERT

Cake Batter Shake, 1 Rice Cake, & 1 Tbsp  
Peanut Butter  
P-38g; C-35g; F-17g

## TUESDAY

### BREAKFAST

2 Roasted Veggie & Pesto Egg Cup W/  
Potatoes  
P-19g; C-20g; F-12g

### LUNCH

Smokey Southwest Bowl W/ Chipotle Tahini  
P-26g; C-26g; F-16g

### SNACK

2 Lemon Blueberry Collagen Pancakes  
P-16g; C-23g; F-2g

### DINNER

Enchilada Casserole  
P-32g; C-40g; F-10g

### DESSERT

Cake Batter Shake, 1 Rice Cake & 1 Tbsp  
Peanut Butter  
P-38g; C-35g; F-17g

## WEDNESDAY

### BREAKFAST

2 Roasted Veggie & Pesto Egg Cup W/  
Potatoes  
P-19g; C-20g; F-12g

### LUNCH

Enchilada Casserole  
P-32g; C-40g; F-10g

### SNACK

2 Lemon Cake Balls & 1 Light & Fit Greek  
Yogurt  
P-17g; C-24g; F-13g

### DINNER

Lemon Orzo Stuffed Peppers  
P-23g; C-39g; F-11g

### DESSERT

Birthday Cake Shake  
P-34g; C-24g; F-8g

## THURSDAY

### BREAKFAST

2 Roasted Veggie & Pesto Egg Cup W/  
Potatoes  
P-19g; C-20g; F-12g

### LUNCH

Enchilada Casserole  
P-32g; C-40g; F-10g

### SNACK

2 Lemon Blueberry Collagen Pancakes  
P-16g; C-23g; F-2g

### DINNER

Honey Mustard Chicken W/ Grilled Potatoes  
& Chipotle Tahini  
P-32g; C-29g; F-12g

### DESSERT

Birthday Cake Shake, 1 Rice Cake & 1 Tbsp.  
Almond Butter  
P-38g; C-35g; F-17g

## FRIDAY

### BREAKFAST

2 Lemon Blueberry Collagen Pancakes  
P-16g; C-23g; F-2g

### LUNCH

Smokey Southwest Bowl W/ Chipotle Tahini  
P-26g; C-26g; F-16g

### SNACK

Protein Snack Box  
P-18g; C-7g; F-12g

### DINNER

Jamaican Jerk Tacos W/ Mango Salsa  
P-39g; C-24g; F-7g

### DESSERT

Chocolate Lava Cake\* & 1 Tbsp. Almond  
Butter  
P-17g; C-43g; F-13g

## SATURDAY

### BREAKFAST

Chocolate Banana Bread Oats\*  
P-29g; C-43g; F-8g

### LUNCH

Smokey Southwest Bowl W/ Chipotle Tahini  
P-26g; C-26g; F-16g

### DINNER

Sun Dried Tomato Burger W/ The Works  
P-22g; C-43g; F-17g

### DESSERT

Birthday Cake Shake  
P-34g; C-24g; F-8g

## SUNDAY

### BREAKFAST

*Chocolate Banana Bread Oats\**

P-29g; C-43g; F-8g

### LUNCH

*Honey Dijon Cobb*

P-39g; C-20g; F-17g

### SNACK

*2 Lemon Cake Balls*

P-10g; C-19g; F-14g

### DINNER

*Honey Dijon Chicken W/ Grilled Potatoes &  
Chipotle Tahini*

P-24.5g; C-20g; F-11g

### DESSERT

*Birthday Cake Shake*

P-34g; C-24g; 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):

- To prepare for the week (things you can do ahead of time to make meal prep easier on yourself), you'll use the meal prep proteins for the weekly dishes. Plan ahead by preparing your meal prep proteins!
- Prep Lemon Cake Balls & Lemon Blueberry Pancakes 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.

Recipes not listed here have an \* and are from a previous month where you can find the recipe!

# MEAL PREP PROTEINS

## Sun Dried Tomato Burgers (6 Servings)

Macros Per Serving: P-17g; C-5g; F-5g

### Ingredients:

- 1 Lb. Lean Ground Chicken or Turkey
- 3 Ounces Mushrooms
- 17 Sun-Dried Tomatoes
- Simple Mills Almond Flour Crackers
- 1 Ounce Jarred Sun Dried Tomatoes, Rinsed & Drained
- 2 Cloves Garlic, Minced or 1 Tsp. Garlic Powder
- 1 Tsp. Dried Oregano
- ¼ Teaspoon Salt & Pepper

### Instructions:

1. Combine crackers and mushrooms in a food processor and pulse for 15-20 seconds or until a minced (it will almost be a paste with consistency).
2. Add mixture to a medium sized bowl with ground chicken, garlic, oregano, salt and pepper.
3. Combine with hands and divide mixture into 4 equal patties.
4. Place on parchment paper or plate and refrigerate for an hour or overnight to harden before grilling.
5. Heat a non-stick grill pan over medium/high heat and spray with cooking oil. Place burgers on pan and cook for about 4-5 minutes each side.
6. Remove and allow to set for a few minutes before preparing to serve.

### Notes:

Crackers: You can substitute these crackers for another similar option such as flavored wheat thins or just plain breadcrumbs (if substituting breadcrumbs, use ¼ cup).

Meat: You can easily substitute ground turkey here as well, if you're using an extra lean meat, I recommend adding an egg to the mixture (adds 1.5g of fat and protein to each burger).

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## Honey Dijon Grilled Chicken (8 Servings)

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

### Ingredients:

- 2 Lbs Chicken Tenderloins
- ½ Cup Honey Mustard
- 2 Tbsp. Whole Grain Mustard

- 1 Tbsp. Avocado or Olive Oil

**Instructions:**

1. In a large bowl, combine chicken, honey mustard and stone ground mustard, ensuring to cover all chicken.
2. Cover and allow to marinate for 1-8 hours.
3. Heat grill or grill pan to medium/high heat and spray with cooking oil.
4. Cook chicken on one side, 4-6 minutes. Flip and cook for an additional 4 minutes ensuring chicken is fully cooked.

**Notes:**

For serving size, weigh your entire batch once done cooking and divide by 8 to find weight for 1 serving size.

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**5 Spice Ground Turkey (10 Servings)**

**Macros Per Serving: P-17g; C-1g; F-7g**

**Ingredients:**

- 2 Lbs. 93/7 Lean Ground Turkey
- 2 Tbsp. Chili Powder
- 1.5 Tsp. Cumin
- 1 Tsp. Garlic Powder or 2 Garlic Cloves, Minced
- 1 Tsp. Dried Oregano
- ½ Tsp. Salt

**Instructions:**

1. Heat a very large sauté pan to medium/high heat and spray lightly with cooking oil.
2. Add ground turkey and cook for 5-7 minutes breaking apart into small pieces.
3. Remove from heat and drain grease, return meat to pan once drained and add spices.
4. Cook on low for an additional 3 minutes.
5. Remove from heat and store for meal prep.

**Notes:**

For serving size, weigh your entire batch once done cooking and divide by 10 to find weight for 1 serving size.

# Lemon blueberry pancakes



Servings: 6

Macros Per Serving (2 Pancakes): P-16g; C-23g; F-2g

## **Ingredients:**

- 2 Cups Birch Benders Protein Mix
- 1.5 Cups Unsweetened Almond/Cashew Milk
- ¼ Cup Vanilla Greek Yogurt
- 2 Tbsp. Lemon Juice
- 1 Tbsp. Lemon Zest
- 1 Cup Blueberries
- 2 Scoops Collagen\*

## **Instructions:**

1. In a large bowl, combine all ingredients except blueberries, mixing by hand to combine. Batter should be very thick!
2. Once batter is smooth, pour in blueberries fold in.
3. Heat a large griddle or skillet to low medium heat. Spray pan with olive oil cooking spray and use a ¼ measuring cup to spoon batter into pan.
4. Allow to cook until edges thicken, about 2-3 minutes, flip once and cook for any additional 2 minutes or until golden brown.

## **Notes:**

- Collagen: If you don't have collagen, you can substitute with ½ scoop of protein powder.
- Birch Benders: This is my favorite mix, I've tested this recipe with their regular buttermilk and plant protein blend, any of those will work! I have not tested this recipe with Kodiak Cakes but it should work!
- Meal Prep: I would make them ahead of time and just reheat in a pan or microwave.



# Smokey southwest bowl



Servings: 2

Macros Per Serving: P-24g; C-26g; F-8g

## **Ingredients:**

- 2 Servings – 5 Spice Ground Turkey
- 130g Raw Sweet Potato
- 1 Red Bell Pepper, Sliced
- 1 Green Bell Pepper, Sliced
- 1 White or Yellow Onion, Sliced
- (1) 12 Oz. Bag Frozen Riced Cauliflower
- ¼ Cup Smokey Chipotle Tahini (See Recipe Included)

## **Instructions:**

1. Preheat oven to 400°.
2. Slice sweet potatoes into rounds.
3. Place on a baking sheet and bake for 20-25 minutes, flipping halfway.
4. While sweet potatoes are baking, heat a large sauté pan to medium/high heat and spray with cooking oil. Add sliced strips of bell peppers and onion to pan and sauté for 5-7 minutes or until onion turns semi translucent.
5. Add entire bag of cauliflower rice and 2 tsp. Chili powder, continue to cook for additional 7-8 minutes or until cauliflower has softened and is lightly browned.
6. Lastly, add in ground turkey and heat through. Remove sweet potatoes and assemble bowls. Drizzle each bowl with 2 tbsp. Chipotle tahini.

# Lemon cake bites



Servings: 18

Macros Per Serving: P-3g; C-7g; F-6g

## **Ingredients:**

- (1) ¼ Cups Almond Flour
- ¼ + 1 Tbsp. Coconut Flour
- ⅓ Cup Cashew Butter
- ¼ Cup Maple Syrup
- Juice of 1 Lemon
- 1 Tbsp. Lemon Zest
- 1 Tbsp. Poppyseeds
- 1 Tsp. Almond Extract
- 2 Scoops Vanilla or Unflavored Collagen

## **Instructions:**

1. Mix everything together in a large bowl and roll into balls.

## **Notes:**

- Mix should be a dough consistency. If it seems too wet, add some additional coconut flour (just a little!). If too dry, add some additional casher butter!
- Collagen: If you don't have collagen, you can substitute with ½ scoop of protein powder.

# Sun Dried

## tomato burgers w/ pesto zucchini noodles



Servings: 2

Macros Per Serving: P-18g; C-15g; F-17g

### Ingredients:

- 2 Sun Dried Tomato Burgers (From Batch Recipes)
- 2 Medium Zucchini (~ 4 Oz. Each) or 1 Large Package of Zucchini Noodles
- ¼ Cup Pesto
- 1 Cup Fresh Basil Leaves
- 1 Cup Cherry Tomatoes

### Instructions:

1. Preheat oven to 450° and line a rimmed baking sheet with foil.
2. Place tomatoes on baking sheet with salt and pepper, lightly spray with cooking oil and cook for 20 minutes, or until blistering and bursting.
3. Using a spiralizer, make each zucchini into noodles, set aside in a large bowl.
4. Preheat a large skillet to medium/high heat, lightly spray with cooking oil, add zucchini noodles and pesto. Cook for 2-3 minutes until just lightly cooked (don't overcook these or they will become mushy).
5. Remove noodles and return pan to burner on medium/high heat. Reheat sun dried tomato burgers in pan for 2-3 minutes each side.
6. Top noodles with roasted tomatoes and roughly chopped basil. Serve alongside burger.

### Notes:

- Burgers: If you didn't prep the burgers, you can also serve along side the honey dijon chicken. If you didn't prep any meat, there are several brands of frozen chicken/turkey burgers that are great to have on hand. Trader Joe's has some of my favorite options!
- Pesto: Delicious but high in fat. If you need to cut some fat from this recipe, you can reduce the amount of pesto to 2 Tbsp. And subtract 6g of fat per serving.

# Cake batter shake



## **Ingredients:**

- 1 Cup Unsweetened Oat Milk
- 130g Ice
- ¼ Cup Low Fat Cottage Cheese
- 1 Scoop PEScience Cake Pop Protein Powder
- 1 Tsp. Sugar Free Pudding Mix
- ½ Tsp. Butter Extract
- ½ Tbsp. Sprinkles

## **Instructions:**

1. Place all ingredients, beside sprinkles, in order in a high powered blender.
2. Blend on low/medium until ice is crushed and then switch to high for 20-30 seconds, try not to over-blend on high.

## **Notes:**

- Cottage Cheese: You can't taste it! It just adds a creamy thickness to your shake but if you want to omit it, you can sub it with 85g cauliflower.
- Butter Extract: You can also substitute vanilla or almond.
- Cake Pop Protein Powder: You can substitute it with vanilla protein powder.
- Oatmilk: I use the Califa Farms brand, available at Target, Whole Foods and/or Kroger. You can substitute it with unsweetened almond or cashew milk but make sure to adjust macros as this will decrease the amount of carbs!



# Roasted

## veggie and pesto egg cups w/ red potatoes



Servings: 6

Macros Per Serving: P-19g; C-20g; F-12g

### Ingredients:

- 6 Large Eggs
- 4 Egg Whites
- ½ Cup Unsweetened Almond or Cashew Milk
- 2 Cups Broccoli, Roughly Chopped
- 3 Oz. Mushrooms
- 1 Cup Low Fat Mozzarella
- ¼ Cup Pesto
- 1 Lb. Red Potatoes
- 1 Tsp. Garlic Powder
- ½ Tsp. Paprika
- ½ Tsp. Onion Powder
- ½ Tbsp. Olive Oil
- ¼ Cup Shredded Parmesan Cheese

### Instructions:

1. Preheat oven to 425°.
2. Line a rimmed baking sheet with tin foil and coat with cooking spray. Place broccoli and mushrooms on baking sheet and liberally season with salt and pepper.
3. Quarter potatoes into bite-sized pieces and toss with olive oil, garlic, paprika, and onion powder. Place potatoes on baking sheet with veggies or on a separate baking sheet if you need additional space.
4. Roast veggie and potatoes for 20-25 minutes. Remove and decrease oven temperature to 375°.
5. In a large bowl, combine eggs, egg whites, milk, cheese and pesto. Whisk to combine.
6. Distribute roasted veggies evenly in the bottom of each cup, then using a ¼ measuring cup, pour in egg mixture until ¾ full.
7. Place in oven and bake for 15-20 minutes. Remove and store with potatoes for meal prep.

### Notes:

- Potatoes: Once potatoes are roasted, weigh them and divide by 6 to find individual serving size.

# Enchilada casserole



## Ingredients:

- 5 Servings of 5 Spice Ground Turkey
- 8 Corn & Wheat Tortillas (Soft Taco Size)
- ½ Tbsp. Avocado Oil
- 1 Medium Yellow Onion, Diced
- 1 Red Bell Pepper, Diced
- 1 Can Diced Green Chilis
- 1.5 Cups Red Enchilada Sauce
- 1 Tbsp. Chili Powder
- 1 Cup Reduced Fat Shredded Cheese
- 1 Jalapeno, Chopped
- ½ Cup Frozen Corn
- ¼ Cup Red Onion, Chopped

## Instructions:

1. Preheat oven to 400° degrees.
2. Heat a large skillet to medium/high heat and add avocado oil, diced onion and red pepper. Sauté for 5-7 minutes or until soft and onion is semi translucent.
3. Add ground turkey, green chilis and drained black beans to pan with pepper and onion. Keep pan on low/medium heat and stir in 1 cup red enchilada sauce and 1 tbsp. chili powder. Cook on low heat for 2-3 minutes.
4. Spray a large 9x11 pan with cooking oil and pour remaining ½ cup red enchilada sauce on bottom.
5. Using a knife or pizza cutter, cut each tortilla in half so you have 16 pieces. Cover the bottom of dish with layer of tortillas, should use about 8 halves. Spread a layer of turkey mixture over tortillas in an even layer. Top with 2nd layer of tortillas and remaining turkey mixture on top.
6. Top with corn, diced red onion, jalapeños and shredded cheese. Cover with tin foil and cook for 20-25 minutes, uncover and cook for an additional 10-12 minutes or until cheese is melted. Remove from oven, allow to cool and serve with any additional toppings.

## Notes:

- Meat: If you didn't prep the 5 Spice Ground Turkey, simply use 1 lb. lean ground beef or turkey, crumble and brown. Drain meat and return to pan with 1 tsp. cumin, ½ tsp. garlic powder, ½ tsp. oregano, and ¼ tsp. salt. Continue with recipe at step 3.
- Tortillas: I use the brand "La Tortilla Company" and they're available at most major grocery stores but any soft taco size tortilla will work.

# Lemon orzo stuffed peppers



Servings: 2

Macros Per Serving: P-23g; C-29g; F-11g

## **Ingredients:**

- 2 Sun Dried Tomato Burgers (From Batch Recipes)
- 2 Red Bell Peppers
- 2 Oz. Dry Orzo
- 2 Tbsp. Balsamic Vinegar
- Juice & 1 Tbsp. Zest From Lemon
- ½ Tbsp. Olive Oil
- ¼ Cup Reduced Fat Feta Cheese
- ¼ Cup Chopped Parsley

## **Instructions:**

1. Preheat oven to 425° F.
2. Cut each pepper in half and remove seeds, spray with olive oil and sprinkle with salt and pepper. Add peppers to 9x13 baking dish and roast for 20-25 minutes or until peppers begin to blister and char.
3. While peppers are roasting, prepare orzo according to package directions. Drain and combine in a large bowl with olive oil, balsamic vinegar, lemon juice, and lemon zest. Crumble and finely chop sun dried tomato burgers and add to orzo mixture.
4. Remove peppers and stuff with orzo mixture, return to oven for an additional 7-10 minutes, remove and garnish with chopped parsley.



# Honey Dijon

## chicken w/ grilled potatoes & chipotle tahini



Servings: 4

Macros Per Serving: P-3g; C-24g; F-2g

### **Ingredients:**

- 4 Servings Honey Dijon Chicken (From Batch Proteins)
- 1 Lb. Red Potatoes
- 2 Tsp. Ghee or Avocado Oil
- ½ Tsp. Garlic Powder
- ½ Tsp. Onion Powder
- ½ Tsp. Smoked Paprika
- ¼ Tsp. Salt and Pepper

### **Instructions:**

1. Preheat grill to medium/high heat.
2. Slice potatoes in half and then half again so they are quartered.
3. Place potatoes in a large bowl and toss with melted ghee and spices.
4. Transfer potatoes to a large piece of foil, you may need to double line so its sturdy, fold sides in and cover potatoes.
5. Place on grill for 20-25 minutes checking periodically. Remove and weigh batch, divide by 4 for individual serving size.

### **Ingredients: Smokey Chipotle Tahini Sauce**

- ½ Cup Tahini
- 2 Chipotle Peppers + 2 Tbsp. Adobe Sauce
- 1 Tbsp. Avocado Oil
- 2 Tbsp. Chopped Cilantro
- 1 Tsp. Garlic Powder
- 1 Tsp. Liquid Smoke

### **Instructions: Smokey Chipotle Tahini Sauce (12 Servings)**

Macros Per Serving (2 Tbsp.): P-3g; C-2g; F-8g

1. Blend all ingredients in a high power food processor until smooth. Add more water if you need to adjust consistency.

### **Notes:**

- Tahini: A ground up paste made from sesame seeds, you can find it with the peanut butter.
- Liquid Smoke: Usually found with the BBQ and hot sauces, feel free to omit it.



# Honey Dijon cobb



## **Ingredients:**

- 1 Serving Honey Dijon Chicken (From Batch Proteins)
- 2 Slices Turkey Bacon or Center Cut Pork Bacon
- 2 Roma Tomatoes, Diced
- 1 Oz. Reduced Fat Blue Cheese
- 50g Avocado
- 100g Cucumber, Diced
- 1 Head Romaine Lettuce

## **Instructions:**

- In a large sauté, cook bacon until crisp, remove and set bacon on towel to crisp.
- Prepare salad by dicing tomato, cucumber and avocado. Combine with chopped romaine lettuce and chicken. Crumble on bacon and blue cheese.
- Serve with 2 tbsp. favorite dressing, and I recommend a honey mustard.

# Sun Dried

## tomato burgers w/ the works



Servings: 2

Macros Per Serving: P-42g; C-43g; F-17g

### Ingredients:

- 2 Sun Dried Tomato Burgers (From Batch Proteins)
- 3 Tbsp. Light Mayo
- 2 Tbsp. Dijon Mustard
- ½ Large White or Yellow Onion
- 50g Avocado
- 2 Whole Wheat Buns

### Instructions:

1. Heat a grill to medium/high heat and spray with cooking oil. Slice onion into rings and place on grill pan. Cook for 2 minutes each side until charred.
2. Reheat burgers on grill pan with onions, flipping once, ensure they are heated through.
3. In a small bowl, mix together mayo and dijon mustard.
4. Assemble burgers with sauce, grilled onion and sliced avocado. Serve on toasted bun.

### Notes:

- Fat: If you want to decrease the fat in the meal, eliminate the sauce and avocado.
- Carbs: If you need less carbs, skip the bun and serve on a lettuce bun.