

THE TRIBE MENU



A 7-DAY MEAL PLAN SAMPLE

GROCERY LIST | TIPS | CALENDAR | RECIPES

YOUR GROCERY LIST

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
- ☐ Herbs De Provence
- ☐ Everything But The Bagel Seasoning
- ☐ Lemon Juice

PRODUCE

- ☐ 2 Red Onions (C)
- ☐ 2 Mangos (C)
- ☐ 3 Apples (C)
- ☐ 2 Sweet Potatoes (C)
- ☐ 4 Red Bell Peppers (C)
- ☐ 4 Oz. Pineapples (C)
- ☐ 1 Bag Mini Sweet Peppers (C)
- ☐ 1 Cucumber (C)
- ☐ 4 Avocados (F)
- ☐ 1 Garlic Bulb
- ☐ 1 Bag Coleslaw Mix (Shredded Cabbage & Carrots) (C)
- ☐ 1 Bunch Cilantro
- ☐ 1 Bag Spinach
- ☐ 3 Bags Spring Mix
- ☐ 3 Heads Romaine
- ☐ Fresh Pico De Gallo
- ☐ 1 Pack Sabra Guacamole
- ☐ Hummus
- ☐ 1 Bag Frozen Fired Roasted Corns ©
- ☐ (3) 10 Oz. Bag Frozen Riced Cauliflower
- ☐ (2) 10 Oz. Bags Frozen Jasmine Rice

FATS

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

CARBS

- ☐ 1 Box Kodiak Cakes – Chocolate Mix
- ☐ 8 Whole Wheat Hamburger Buns
- ☐ 2 Sweet Potatoes
- ☐ 1 Pack Joseph's Lavash Wraps
- ☐ 1 Pack Joseph's Pitas
- ☐ Honey

DAIRY

- ☐ 12 Oz. Light Mayo (F)
- ☐ 6 Oz. Crumbled Feta Cheese (F)
- ☐ 8 Oz. Shredded Mozzarella (F + P)
- ☐ 8 Oz. Cotija Cheese
- ☐ 8 Oz. Plain Greek Yogurt
- ☐ 8 Oz. Vanilla Greek Yogurt
- ☐ 6 Oz. Cottage Cheese
- ☐ 6 Oz. Light Sour Cream
- ☐ 6 Oz. Light Cream Cheese
- ☐ 1/2 Gallon Unsweetened Almond or Cashew Milk
- ☐ 1/2 Gallon Fairlife Milk
- ☐ 2 Pints – Halo Top Ice Cream

PROTEIN

- ☐ 1 Dozen Eggs (F + P)
- ☐ 2 Lbs. Pork Tenderloin
- ☐ (2) 1 lb. Boneless Skinless Chicken Breasts (P)
- ☐ 1 Lb. Shrimp
- ☐ 1 Lb. 97% Lean Ground Beef
- ☐ PEScience Protein – Vanilla
- ☐ PEScience Protein – Peanut Butter Cup

CANS, CONDIMENTS & OTHERS

- ☐ 8 Oz. Light Orange Juice
- ☐ (1) 15 Oz. Can – Black Beans
- ☐ (1) 15 Oz. Can – Refried Black Beans
- ☐ (1) 15 Oz. Can – Chickpeas
- ☐ (1) 15 Oz. Can – Pumpkin
- ☐ 1 Jar – Green Verde Salsa
- ☐ 1 Jar – Sun Dried Tomatoes
- ☐ 1 Jar – Roasted Red Peppers
- ☐ Light Balsamic Dressing
- ☐ Bolthouse Ranch Dressing
- ☐ Apple Cider Vinegar
- ☐ White Vinegar
- ☐ Dijon Mustard
- ☐ Teriyaki Sauce
- ☐ Soy Sauce
- ☐ Chili Garlic Sauce
- ☐ BBQ Sauce (Stubbs Brand)
- ☐ Sriracha
- ☐ 1 Bag Semi Sweet Chocolate Chips
- ☐ 1 Bag Mini Reese Cups
- ☐ Xanthan Gum

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

Orange Creamside Shake
P-32g; C-13g; F-4g

LUNCH

My Big Fat Greek Salad
2 Tbsp. Hummus + 1 Joseph's Pita
P-29g; C-36g; F-22g

SNACK

Jumbo Pizza Bites
P-18g; C-31g; F-11g

DINNER

Bang Bang Shrimp Stacks
P-22g; C-42g; F-10g

DESSERT

Triple Chocolate Cake + 66g Candy Bar Halo
Top
P-22g; C-43g; F-10g

TUESDAY

BREAKFAST

Orange Creamside Shake
P-32g; C-13g; F-4g

LUNCH

My Big Fat Greek Salad
2 Tbsp. Hummus + 1 Joseph's Pita
P-29g; C-36g; F-22g

SNACK

150g Apple + 2 Tbsp. Peanut Butter
P-7g; C-29g; F-16g

DINNER

BBQ Pork Sandwich W/ Zesty Coleslaw
P-30g; C-35g; F-7g

DESSERT

Triple Chocolate Cake + 66g Candy Bar Halo
Top
P-22g; C-41g; F-8g

WEDNESDAY

BREAKFAST

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

LUNCH

My Big Fat Greek Salad
P-22g; C-24g; F-16g

SNACK

4 Tbsp. Hummus + 150g Carrots
P-5g; C-22g; F-10g

DINNER

BBQ Pork Quesadilla
P-39g; C-30g; F-11g

DESSERT

Peanut Butter Cup Blizzard
P-45g; C-20g; F-9g

THURSDAY

BREAKFAST

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

LUNCH

Southwest Salad
P-36g; C-28g; F-15g

SNACK

4 Tbsp. Hummus + 150g Carrots
P-5g; C-22g; F-10g

DINNER

Everything Bagel Stuffed Chicken + 100g
Baked Sweet Potato
P-35g; C-34g; F-13g

DESSERT

Triple Chocolate Cake
P-17g; C-27g; F-6g

FRIDAY

BREAKFAST

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

LUNCH

Southwest Salad
P-36g; C-28g; F-15g

SNACK

2 Tbsp. Hummus + 100g Carrots
P-31g; C-14g; F-5g

DINNER

Loaded Nachos + 31g Sabra Guacamole
P-33g; C-28g; F-17g

DESSERT

Peanut Butter Cup Blizzard
P-45g; C-20g; F-9g

SATURDAY

BREAKFAST

Orange Creamside Shake
P-32g; C-13g; F-4g

LUNCH

(L) Loaded Nachos + 31g Sabra Guacamole
P-33g; C-28g; F-17g

SNACK

Jumbo Pizza Bites
P-18g; C-31g; F-11g

DINNER

Grilled Hawaiian Kabobs
P-30g; C-30g; F-2g

DESSERT

Triple Chocolate Cake + 30g Peanut Butter
P-24g; C-35g; F-22g

SUNDAY

BREAKFAST

Chocolate Banana Bread Oats

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

LUNCH

(L) Grilled Hawaiian Kabobs

P-30g; C-30g; F-2g

SNACK

150g Apple + 30g Peanut Butter

P-7g; C-29g; F-16g

DINNER

Tex Mex Pizza + 3 lg Sabra Guacamole

P-30g; C-28g; F-14g

DESSERT

Peanut Butter Cup Blizzard

P-45g; C-20g; F-9g

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 Lean BBQ shredded pork for several different dishes, the recipe calls for a fairly large batch but if you need additional serving, make 2 batches.
- Prepare the marinated greek grilled chicken for meal prep salads.
- 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

Lean Shredded BBQ Pork

Servings: 8

Macros Per Serving: P-24g; C-3g; F-6g.

Ingredients:

- 2 Lbs. Pork Tenderloin
- 1 Tbsp. Smoked Paprika
- 2 Tsp. Garlic Powder
- 1/2 Tsp. Salt
- 1/2 Tsp. Pepper
- 1 Tbsp. Avocado Oil (Can sub any oil)
- 1/2 Cup Stubbs BBQ Sauce
- 1/4 Cup Water or Chicken Stock

Instructions: Instant or Pressure Cooker (my favorite)

1. Cut each pork tenderloin into 4 equal sections.
2. Combine smoked paprika, garlic powder, salt and pepper. Rub dry seasoning all over pork.
3. Set pot to sauté setting and add Tbsp. of avocado oil. Once hot, add the pork pieces, browning each side (about 2-3 minutes each side).
4. Turn the instant to manual setting and pour in BBQ sauce and water or chicken stock. Seal and set the pressure cook for 25 minutes.
5. Once done, allow to manually release. Remove pork and shred (my favorite way to shred is using a stand mixer, but you can easily shred with 2 forks if you don't have a mixer).
6. Store pork in a large Tupperware container WITH all the juices/sauces from pot.

Instructions: Slow Cooker

1. Follow steps 1 and 2 from above.
2. Set a large sauté pan to high and add 1 Tbsp. of olive oil.
3. Sear the pork on each side until browned, about 2-3 minutes a side.
4. Transfer pork to slow cooker, adding BBQ sauce and water/chicken stock.
5. Set to low for 6-8 hours or high for 4 hours.
6. Remove and shred, store with remaining juices.

Notes:

- Meat: You can also use chicken for the recipe, just skip the searing steps!
- Weighing for macros: The macros for this recipe are calculated for 8 servings. Once your entire batch is cooked and shredded, leave in the juices and weigh the entire batch. Divide by 8 to find your individual serving size you'll use the recipes that follow.
- Oil: If you want to lower the fat content, omit the oil and just use a spray oil to sear the meat.

Greek Marinated Grilled Chicken

Servings: 6

Macros Per Serving: P-18g; C-1g; F-3g.

Ingredients:

- 1 Lb. Chicken Breast or Tenderloins
- 2 Oz. Plain Greek Yogurt
- 1 Tbsp. Olive Oil
- 2 Tbsp. Lemon Juice
- 1 Tbsp. Herbs De Province
- 2 Garlic Cloves, Minced
- 1/2 Tsp. Salt
- 1/2 Tsp. Pepper

Instructions:

1. In a bowl, whisk together Greek yogurt, olive oil, lemon juice, salt, pepper, and herbs de province.
2. Place chicken in a zip-loc bag and pour in marinade.
3. Close the bag and kneed the marinade around so that it's covering all the chicken.
4. Place in fridge anywhere from 30 minutes to overnight.
5. Heat grill to medium and oil grates with cooking spray.
6. Place the marinated grilled chicken on the grill and cook for about 6 months each side (Tip: I wait to flip chicken until the uncooked side, facing up, has turned from opaque to white).
7. Weigh chicken and divide by 6 to find your individual serving size.

Notes:

- Olive Oil: You can omit this if you're trying to cut down fats.
- Greek Yogurt: Feel free to use a non-dairy alternative here, just be sure to account for the difference in macros.

ORANGE CREAMSICLE SHAKE



Servings: 1

Per Serving: P-32g; C-13g; F-4g

Ingredients:

- 150g Unsweetened Almond/Cashew Milk
- 130g Ice
- 4 Light Orange Juice Ice Cubes
- 31g PEScience Vanilla Protein
- 60g Greek Vanilla Yogurt
- 50g Frozen Riced Cauliflower
- 1/8th Tsp. Xanthan Gum

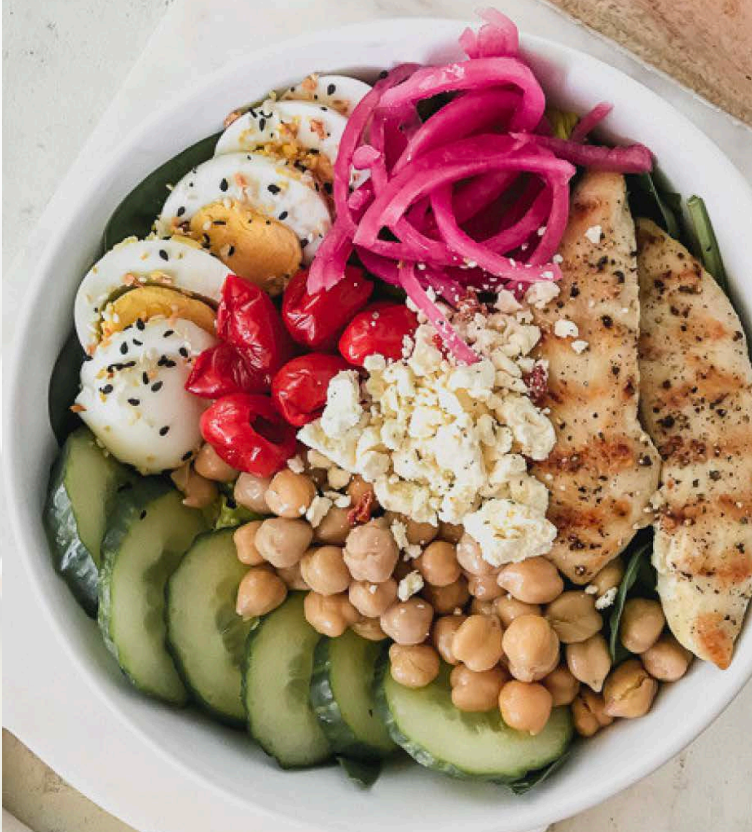
Instructions:

1. Combine all ingredients in order, into a high-powered blender.
2. Blend on low/medium until ice is well-crushed and blended, then switch to high and blend for 20-30 seconds. Don't overload on high!

Notes:

- Shake Ratios: I know it seems a little odd to weigh your ice and milk BUT the perfect shake consistency is all about the ratios! If you want a thick creamy shake – follow this recipe and use a good high powered blender like a Vitamin or Ninja.
- Milk: If you want higher protein, substitute with 2% Fairlife milk, found in Walmart/Target and most grocery stores.
- Orange Juice Ice Cubes: I buy the Tropicana Light Orange juice and make ice cubes using an ice cube tray. 4 cubes comes out to about 100g of orange juice. If you don't want to take the time to make the cubes, you can add 100g orange juice and lessen the amount of milk used.

MY BIG FAT GREEK SALAD



Servings: 3

Per Serving: P-22g; C-24g; F-16g

Ingredients:

- 3 Servings Greek Marinated Grilled Chicken
- (2) 10 Oz. Bags – Spring Mix Lettuce
- 150g Rinsed and Drained Canned Chickpeas
- 140g Cucumber
- 3 Hard Boiled Eggs
- 3 Oz. Crumbled Feta Cheese
- 12 Oz. Jar Roasted Red Peppers, Drained
- 6 Tbsp. Light Balsamic Dressing
- 50g Pickled Red Onions (Recipe Follows)

Zesty Pickled Red Onions:

- 1 Medium Red Onion, Very Thinly Sliced
- 1/2 Cup White Vinegar
- 1/2 Cup Apple Cider Vinegar
- 1/2 Tsp. Stevia
- 1/2 Tsp. Salt

Instructions:

1. Combine vinegars together in a large can or mason jar.
2. Dissolve stevia and salt by stirring into vinegar.
3. Add sliced onions 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 of weeks, kept in a glass jar in the fridge.

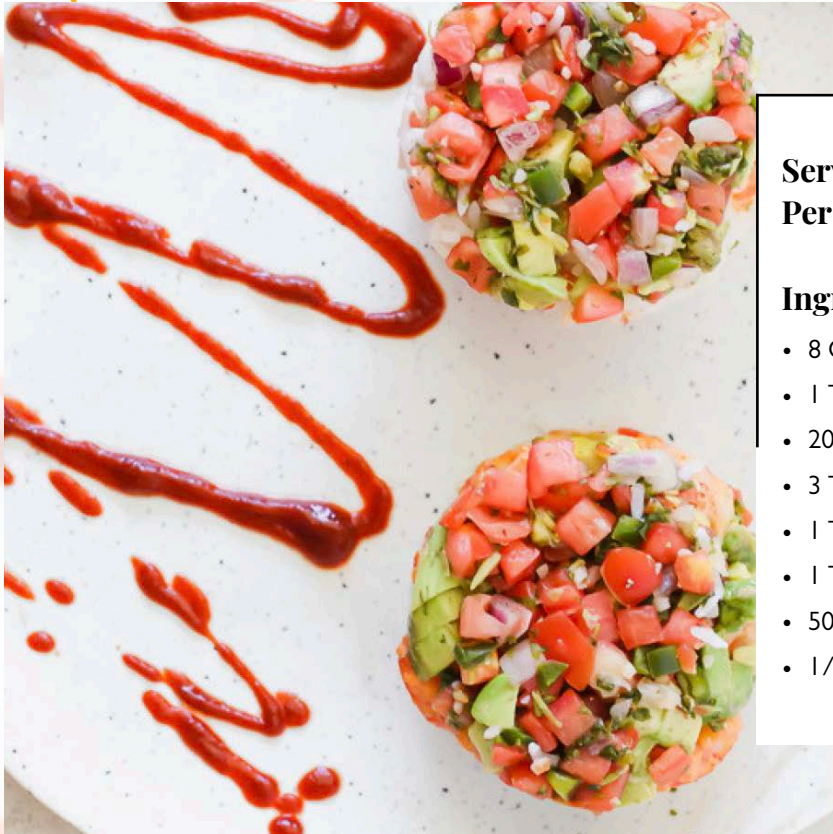
Assemble Each Salad to Contain:

- 1 Serving Greek Marinated Grilled Chicken
- Spring Mix
- 46g Chickpeas
- 50g Sliced Cucumber
- 1 Hard Boiled Egg
- 1 Oz. Crumbled Feta Cheese
- 50g Pickled Red Onions
- 2 Tbsp. Light Basaltic Dressing

Notes:

- Pickled Red Onions: These are tangy and delicious but if you want to just sub for regular red onions, macros will be the same.
- Dressing: I used Newmans Own Light Balsamic but there are tons of light balsamic dressings, or use any dressing you like!

BANG BANG SHRIMP STACKS



Servings: 2

Per Serving: P-21g; C-42g; F-10g

Ingredients:

- 8 Oz. (1/2 Lb.) Shrimp, Peeled & Deveined
- 1 Tbsp. Cornstarch
- 200g White Jasmine Rice, Cooked
- 3 Tbsp. Light Mayo
- 1 Tsp. Sriracha
- 1 Tsp. Gochujang or Korean Chili Sauce
- 50g Avocado, Sliced
- 1/4 Cup Fresh Pico De Gallo

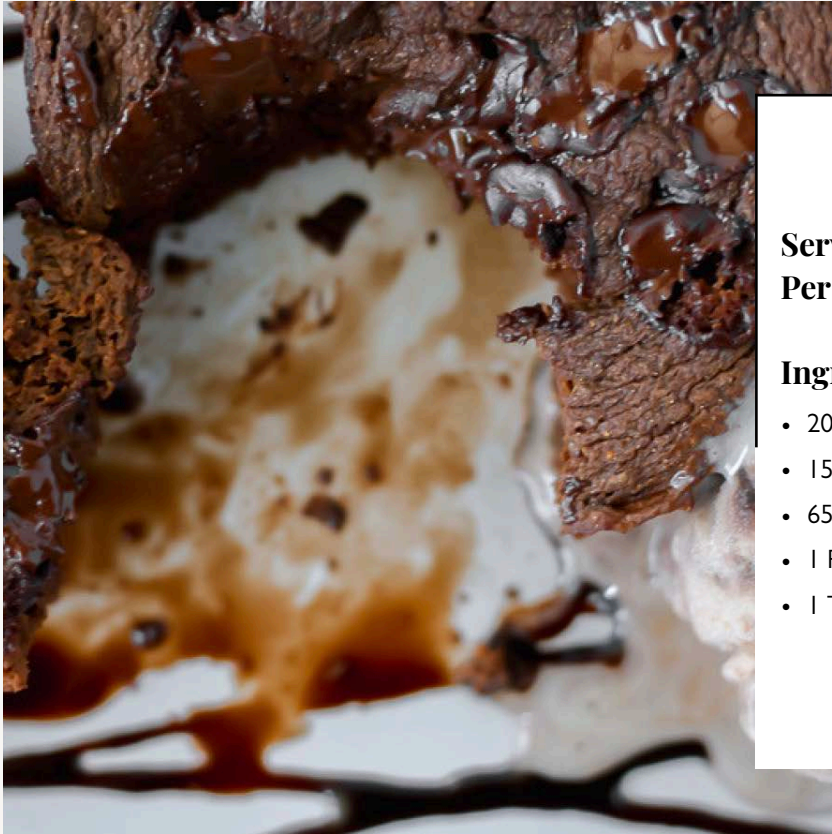
Instructions:

1. If shrimp is frozen, defrost and pat dry with paper towels, season with salt and pepper.
2. Toss shrimp in 1 Tbsp. of cornstarch, ensuring to coat thoroughly.
3. Heat a grill pan or skillet to medium/high heat and lightly spray with cooking oil.
4. Add coated shrimp to pan and cook for about 2 minutes each side. Remove and place in fridge to cool.
5. In a small bowl, combine light mayo, sriracha, and chili sauce. Whisk to combine.
6. Remove chilled shrimp from fridge and toss in sauce.
7. Using 1 measuring cup to make stacks, from layers starting with 2 Tbsp. Fresh pico, 25g avocado, 1/2 shrimp mixture (weigh and divide by 2 for best accuracy) and lastly 100g of cooked jasmine rice. Pack down firm.
8. Flip measuring cup upside down onto a plate, you may need to use a butter knife, running it around the sides to help release.

Notes:

- Shrimp: I use the Key West Pink Shrimp but any kind will work for this recipe. If you don't like shrimp, you could try this recipe with chicken.
- Pico De Gallo: I always get the store bought in the produce section.
- Jasmine Rice: I buy the frozen jasmine rice from Trader Joe's. You can find frozen white and brown rice in every grocery store where the frozen vegetables are. I prefer frozen rice to the repacked microwavable packets.
- Gochujang: If you cannot find this, just double the sriracha!

TRIPLE CHOCOLATE CAKE



Servings: 1

Per Serving: P-17g; C-27g; F-6g

Ingredients:

- 20g Kodiak Cakes Dark Chocolate Baking Mix
- 15g PEScience Chocolate Protein
- 65g Pumpkin
- 1 Packet Stevia or Truvia (Optional)
- 1 Tbsp. Chocolate Chips

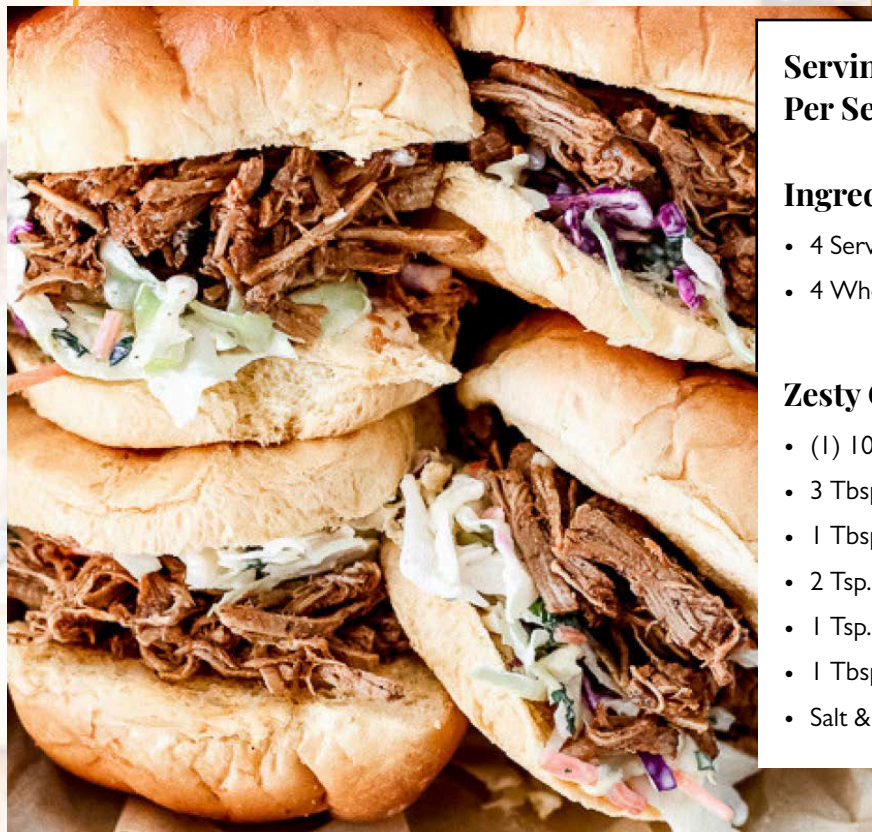
Instructions:

1. Combine protein, pumpkin, baking mix, and sugar in a microwavable dish.
2. Slowly add in water and stir until batter consistency is reached.
3. Sprinkle chocolate chips on top and microwave for 3 minutes.
4. Allow to cool and add desired toppings.

Notes:

- Pumpkin: If you don't have/like pumpkin, you can try subbing Greek yogurt or applesauce in the same quantity.
- Protein: I've only tested this recipe with PEScience and Quest protein, but most isolates should work similarly.

BBQ PORK SANDWICHES W/ ZESTY COLESLAW



Servings: 4

Per Serving: P-30g; C-35g; F-7g

Ingredients:

- 4 Servings Lean Shredded BBQ Pulled Pork
- 4 Whole Wheat Hamburger Buns

Zesty Coleslaw:

- (1) 10 Oz. Bag Coleslaw
- 3 Tbsp. Light Mayo
- 1 Tbsp. Apple Cider Vinegar
- 2 Tsp. Dijon Mustard
- 1 Tsp. Honey
- 1 Tbsp. Lemon Juice
- Salt & Pepper

Instructions:

1. For coleslaw, combine all ingredients in a bowl and mix well.
2. Toast buns in oven or in toaster while heating meat.
3. Reheat prepared pork over medium heat in a large skillet for several minutes until warmed.
4. Assemble sandwiches when buns are toasted with pork and slaw.

Notes:

1. BBQ Sauce: If you have room, add some extra BBQ sauce to pork once reheating, just a tablespoon per sandwich for added flavor.
2. Servings: Serving size is easily modified for this recipe, if you're only preparing for one – just use one bun and one serving of pork. Prepare coleslaw and save the extra for another meal!

BBQ PORK QUESADILLA



Servings: 1

Per Serving: P-39g; C-30g; F-11g

Ingredients:

- 1 Josphe's Lavash Wrap
- 1 Serving – Lean BBQ Pulled Pork
- 1/4 Cup Light Shredded Mozzarella Cheese
- 2 Tbsp. Stubbs BBQ Sauce

Instructions:

1. Lightly spray a large skillet with cooking oil.
2. On one side of lavash, sprinkle cheese and top with BBQ sauce and pork, fold over and place in pan.
3. Cook until brown and crispy on one side, then flip over and cook until crisp on both sides.
4. Remove from pan and use a pizza cutter to cut quesadilla style triangles.

Notes:

- Lavash Wraps: These can be found at Walmart and many large-chain grocery stores, they also are available on Amazon. I HIGHLY recommend them for several recipes, including this one! However, you can easily sub flour or any other tortilla here. If you are gluten/grain-free Siete foods offer several good options!
- If you have the room in your macros, some of my favorite additions to this meal include extra cheese, Bolthouse Cilantro dressing and light sour cream.

PEANUT BUTTER CUP BLIZZARD



Servings: 1

Per Serving: P-45g; C-20g; F-9g

Ingredients:

- 140g Fairlife Milk
- 140g Ice
- 50g Cottage Cheese
- 1 Scoop PEScience Peanut Butter Cup Protein
- 2 Tbsp. Powdered Peanut Butter, Divided
- 1/4 Tsp. Xanthan Gum
- 1 Mini Peanut Butter Cup

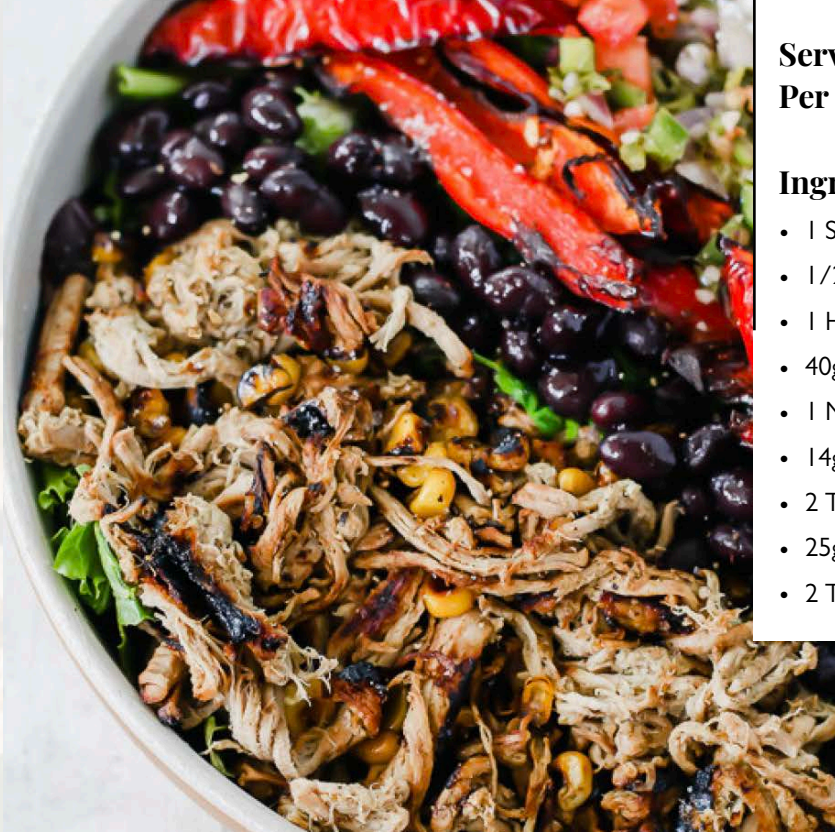
Instructions:

1. In a high-powered blender, place all ingredients inside beside 1 Tbsp. Powdered peanut butter and mini peanut butter cup (place ingredients in blender in order they are listed).
2. Turn blender on low to crush ice and blend ingredients, once well blended, increase to medium/high for about 30-45 seconds or until smooth and thick.
3. Pour into cup and stir in remaining peanut butter powder and top with Reese cup.

Notes:

- Fairlife Milk: You can absolutely substitute this milk for almond/cashew milk. You could get the chocolate Fairlife milk if you are an extreme chocolate lover.
- Cottage Cheese: You can leave this out if it's weird to you but I promise you can't taste it! It adds extra thickness and creaminess.
- Xanthan Gum: Again, you can leave this out but it gives this recipe a great blizzard consistency.
- If you have some macros, I'd break up 1/2 of one of my favorite protein bars and stir it in afterwards.

SOUTHWEST SALAD



Servings: 1

Per Serving: P-36g; C-28g; F-15g

Ingredients:

- 1 Serving Lean BBQ Pulled Pork
- 1/2 Tsp. Cumin
- 1 Head Romaine Lettuce
- 40g Frozen Fire Roasted Corn
- 1 Medium (119g) Red Bell Pepper, Sliced Thin
- 14g Cojita Cheese
- 2 Tbsp. Pico De Gallo
- 25g Avocado
- 2 Tbsp. Bolthouse Cilantro Ranch Dressing

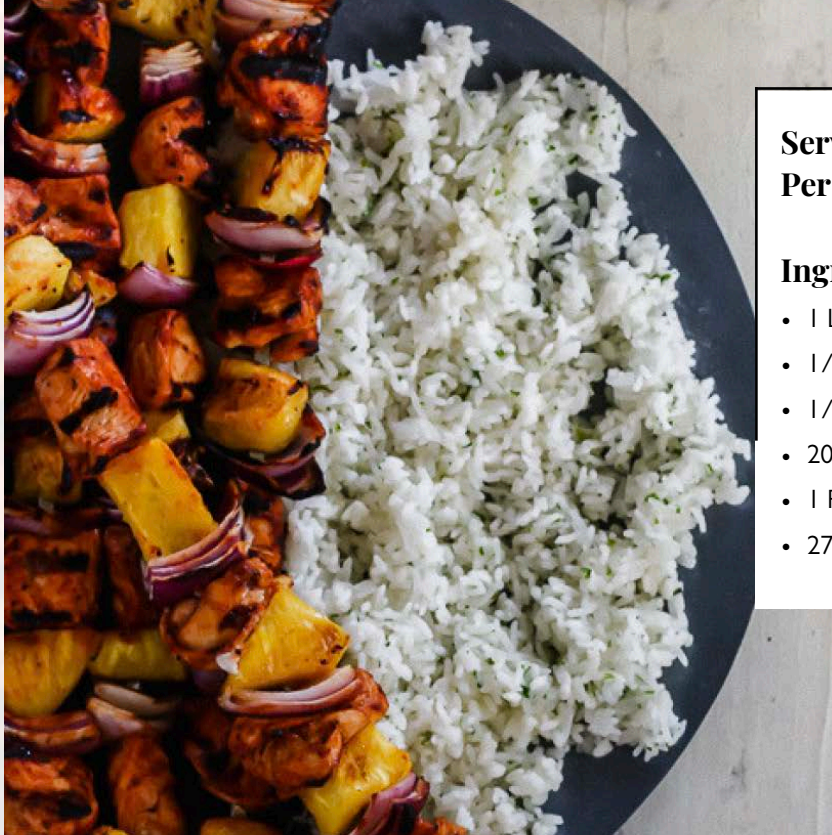
Instructions:

1. Reheat lean BBQ pulled pork over medium heat in a large skillet, sprinkle on cumin.
2. Add fire roasted corn and thin sliced red pepper to skillet, being sure to spray with cooking oil as needed. Cook for 5-7 minutes until peppers have softened.
3. Roughly chop romaine and add to large bowl, add pork, corn and peppers on top.
4. Crumble cheese on top, adding avocado and pico de gallo.
5. Drizzle dressing on top.

Notes:

- Pork: You can sub in ground beef or grilled chicken here as well.
- Corn: I get a big bag of frozen fire roasted corn but regular frozen corn will work here as well.
- Dressing: Bolthouse dressing is very macro-friendly and available in most places but feel free to substitute it with your favorite dressing.
- Cheese: Cotija cheese is primarily used in Mexican dishes, I LOVE it but you could sub in reduced fat shredded Mexican or pepper jack cheese here, or even a dairy-free option!

GRILLED HAWAIIAN KABOBS



Servings: 4

Per Serving: P-30g; C-2g; F-2g

Ingredients:

- 1 Lb. Chicken Breast or Tenderloins
- 1/2 Cup Stobes BBQ Sauce
- 1/2 Cup Teriyaki Sauce
- 200g Pineapple
- 1 Red Onion (110g), Quartered
- 270g Cooked Jasmine Rice

Instructions:

1. In a large bowl, mix together BBQ sauce and teriyaki sauce.
2. Cut chicken into bite size pieces, season with salt and pepper then transfer to a large zip-loc bag with sauce.
3. Allow chicken to marinate for 1 hour.
4. Preheat grill over medium heat, about 400-425. Thread kabobs with chicken, then pineapple, then onion until all ingredients are used up.
5. Spray kabobs with olive oil and transfer to grill, cook for about 12 minutes or until chicken is cooked through and registers 165F.
6. Remove and serve with desired portion of jasmine rice (4 equal portions would be 67g each but adjust as needed).

Notes:

- Grill: If you don't have a grill, this recipe can easily be prepared indoors on a grill pan or in the oven.
- Rice: I get the frozen jasmine rice from Trader Joe's but you can use any rice here! Bird's Eye makes both white and brown rice in steam bags found in the freezer section with the vegetables.
- Skewers: I use metal skewers, if you're using wooden ones, they will need to be soaked for an hour before use.
- Modifications: Since this recipe is very low fat, I like to add a little avocado or olive oil to brush on the chicken and vegetables. If you want to lower the carbs here, use cauliflower rice or serve with additional grilled vegetables.

LOADED NACHOS



Servings: 4

Per Serving: P-29g; C-25g; F-9g

Ingredients:

- 1 Bag (21 Pieces) Mini Sweet Peppers
- 1 Lb. 97% Lean Ground Beef
- 1 Tsp. Cumin
- 1 Tsp. Garlic Powder
- 1/2 Tsp. Salt
- 1/2 Tsp. Pepper
- 2 Tbsp. Fresh Cilantro, Chopped
- 125g Canned Black Beans
- 90g Frozen Fire Roasted Corn
- 56g Light Shredded Cheese
- 4 Tbsp. Light Sour Cream

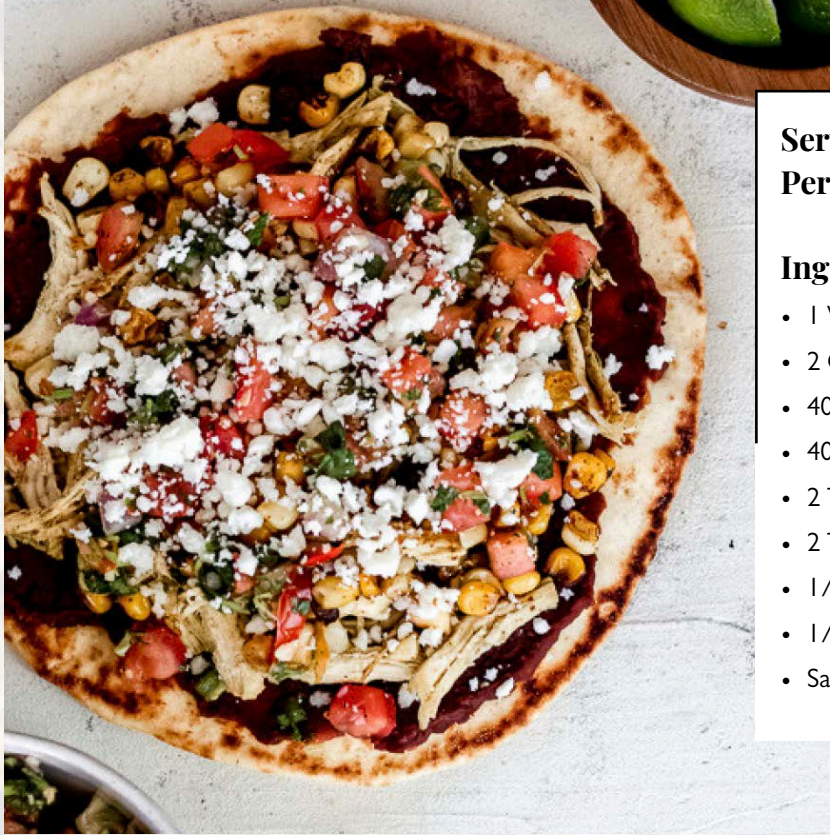
Instructions:

1. Preheat oven to 400F and line baking tray with aluminum foil.
2. Cut peppers in half and remove seeds. Lightly spray foil with cooking oil and bake peppers for 10 minutes while preparing meat.
3. Place large skillet over medium heat, spray lightly with cooking oil and add ground beef, breaking apart until meat is fully cooked through.
4. Drain and return to pan, add in cumin, garlic, salt, pepper and cilantro.
5. Next, add in black beans and corn, cooking for 4-5 minutes.
6. Remove peppers from oven and spoon meat mixture into peppers.
7. Top with shredded cheese and bake for an additional 10 minutes.
8. Serve with light sour cream and any other desired toppings.

Notes:

- Serving Size: This meal is a little difficult to get very precise on serving size, count 7 peppers as a serving size and don't obsess over the small stuff. =)
- Add Ons: I love these with the Boathouse Cilantro dressing and guacamole.
- Modifications: If you need to lower the fat, use 99% lean ground turkey and fat-free cheese.

TEX MEX PIZZA



Servings: 1

Per Serving: P-29g; C-25g; F-9g

Ingredients:

- 1 Whole Wheat or White Pita/Flatbread
- 2 Ounces Cooked Chicken Breast
- 40g Black Refried Beans
- 40g Frozen Fire Roasted Corn
- 2 Tbsp. Crumbled Cotija Cheese
- 2 Tbsp. Green Verde Salsa
- 1/2 Tsp. Garlic Powder
- 1/2 Tsp. Cumin
- Salt & Pepper

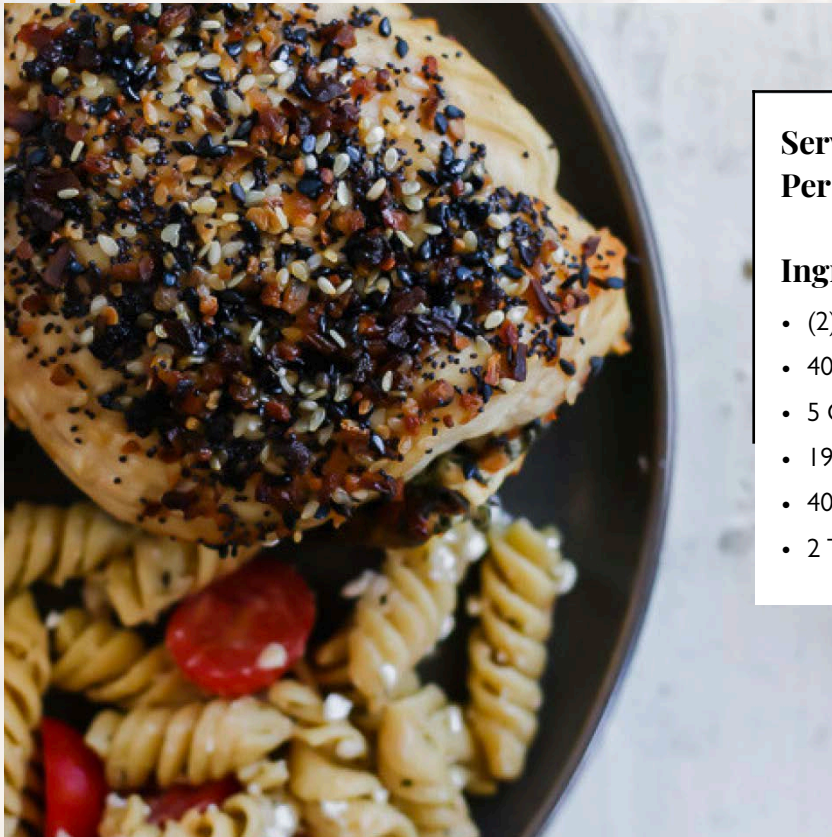
Instructions:

1. Shred chicken and toss in 2 Tbsp. Green verde salsa, cumin, garlic, salt and pepper to taste.
2. Preheat oven to 400 degrees and place pita inside for 2-3 minutes until just slightly crisp.
3. Remove and top with 40g of refried black beans, chicken, and corn. Return to oven and cook for an additional 5-6 minutes until crisp.
4. Remove and top with pico and cheese. Add any additional toppings.

Notes:

- Pita: I use a flatbread style pita for the recipe. If you wanted to lower the carbs, use a flat-out brand crust or Jospeh's pita.
- Cheese: I love this Mexican style cheese but if you're subbing shredded cheese, be sure to sprinkle it on before it goes in the oven so it melts.
- Green Verde Salsa: This can be found with all the other red salsas, it's literally called "green verde salsa" and will be green.

EVERYTHING BUT THE BAGEL STUFFED CHICKEN



Servings: 2

Per Serving: P-33g; C-8g; F-13g

Ingredients:

- (2) 4 Oz. Chicken Breasts
- 40g Light Cream Cheese
- 5 Oz. Spinach
- 19g (1 Serving) Sun-Dried Tomatoes
- 40g Crumbled Goat Cheese
- 2 Tbsp. Everything But The Bagel Seasoning

Instructions:

1. Preheat oven to 400° F.
2. Using a meat tenderizer, pound each chicken breast down so that they're thin, about 1/4 inch thick.
3. Place spinach in a large bowl and microwave for 2 minutes, or until spinach is wilted, remove and roughly chop. Add cream cheese, chopped sun dried tomatoes and goat cheese to spinach. Stir until combined. The heat from the spinach should "cream" ingredients together.
4. Heat a grill pan or skillet to high heat.
5. Take 1/2 of spinach mixture and place it on one side of chicken breast, slowly roll the chicken breast up and secure the stuffing inside. Repeat with second chicken breast. If you want to slit the chicken (butterfly) 3/4 of the way through, you can also stuff the chicken this way, placing the mixture into the pocket.
6. Once chicken is stuffed, season each breast with 1 Tbsp. Everything but the bagel seasoning and sear 3 minutes each side in skillet.
7. Cover with tin foil and place in oven at 400° F for 13-15 minutes or until cooked through.

Notes:

- Cheese: Feel free to substitute with a non-dairy option here. If you don't like goat cheese, double up on the cream cheese.
- Sun Dried Tomatoes: I use the jarred ones in oil, and rinse them off before chopping.
- Everything But The Bagel Seasoning: I used Trader Joe's brand but recipe follows if you cannot find this in store: 2 Tbsp. poppy seeds, 1 Tbsp. black sesame seeds, 1 Tbsp. dried minced garlic, 1 Tbsp. dried minced onion, & 2 tsp. coarse salt or flaked salt.
- If you want to lower the fat for this meal, you can use fat-free cream cheese and omit the sun-dried tomatoes.