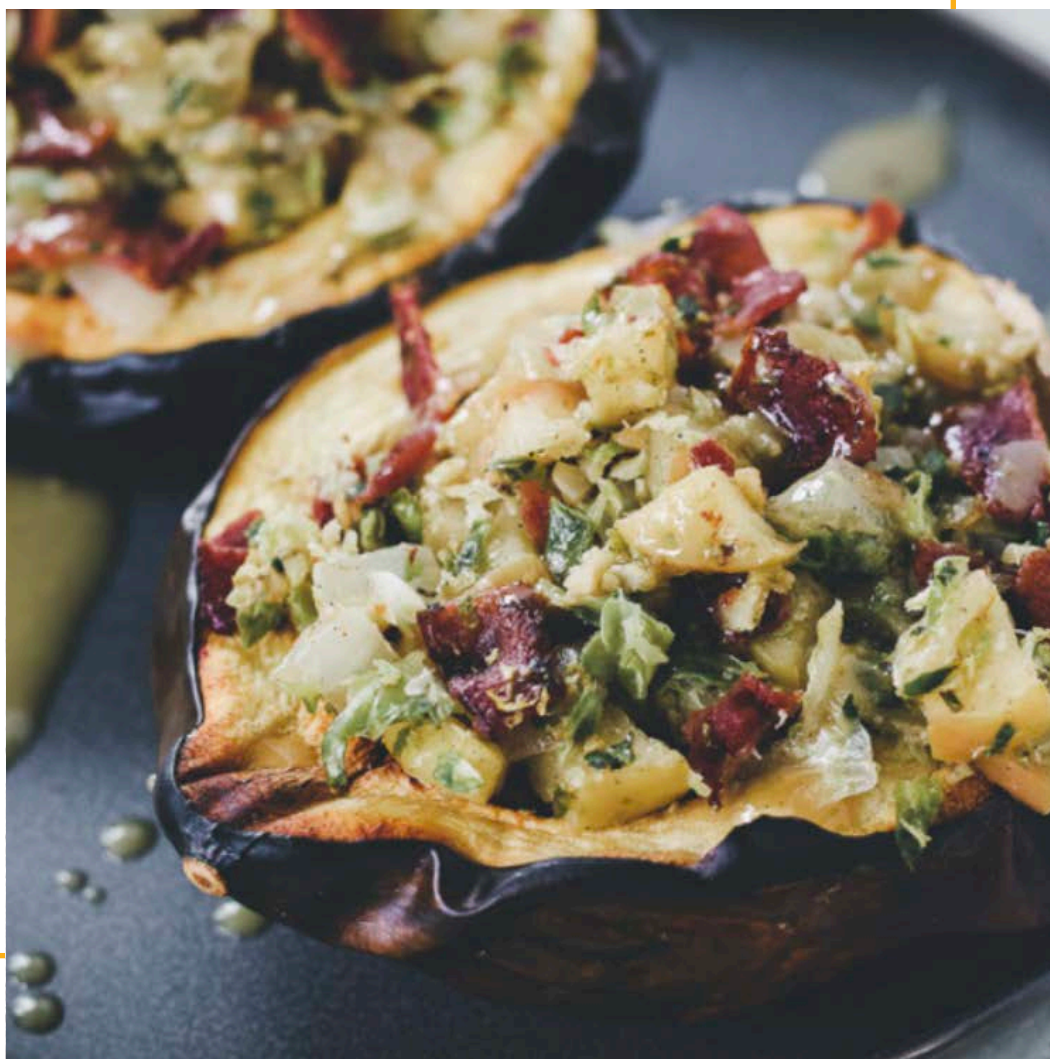


# THE TRIBE MENU



## 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
- ☐ Apple Pie Spice
- ☐ Pumpkin Pie Spice
- ☐ Cinnamon
- ☐ Cumin
- ☐ Smoked Paprika
- ☐ Maple Syrup
- ☐ Liquid Stevia

- ☐ 2 Yellow/White Onion
- ☐ 1 Lb. Baby Red Potatoes
- ☐ 1 Lb. Whole Carrots
- ☐ 1 Head Cauliflower
- ☐ 2 Bunches Cilantro
- ☐ 3 Pobalno Peppers
- ☐ 1 Acorn Squash
- ☐ 2 Spaghetti Squash
- ☐ 2 Apples
- ☐ 1 Orange
- ☐ 1 Lb. Brussel Sprouts
- ☐ 2 10 Oz. Bags Cauliflower (Fresh or Frozen)
- ☐ 1 Bag Frozen Yellow Corn
- ☐ 1 Bunch Asparagus
- ☐ 2 Avocados
- ☐ 2 12 Oz. Bags Mixed Green
- ☐ 6 Zucchini's
- ☐ Fresh Pico De Gallo
- ☐ 2 Lemon or Lemon Juice
- ☐ 3 Limes or Lime Juice
- ☐ 1 Garlic Bulb

## FATS

- ☐ Olive Oil
- ☐ Avocado Oil
- ☐ Coconut Oil
- ☐ Almont Flour
- ☐ Sunflower Seeds
- ☐ Almond Butter

## CARBS

- ☐ Oatmeal
- ☐ 1 Box Graham Crackers
- ☐ 1 Bag Apple Chips (such as Bare snacks brand)

## DAIRY

- ☐ 8 Oz. Shredded Parmesan
- ☐ 8 Oz. Plain 2% Greek Yogurt
- ☐ 1 Pack Light & Fit Greek Yogurt
- ☐ 16 Oz. Container Siggis Skyr Vanilla Yogurt (Can Substitute Greek)
- ☐ 8 Oz. Light Cream Cheese
- ☐ Laughing Cow – Pepperjack
- ☐ 12 Oz. Light Sour Cream
- ☐ Light Ranch Dressing
- ☐ 1 Container Cool Whip

## PROTEIN

- ☐ 1 Dozen Eggs
- ☐ Egg Whites
- ☐ 2 Lbs. Bottom Round Beef Roast
- ☐ 2.5 Lbs. Boneless Skinless Chicken Breast or Tenderloins
- ☐ 2 Packs Center Cut or Turkey Bacon
- ☐ PEScience Protein Vanilla/Snickerdoodle, Chocolate

## CANS, CONDIMENTS & OTHERS

- ☐ Anchovies
- ☐ Dijon Mustard
- ☐ Whole Grain Mustard
- ☐ Honey Mustard
- ☐ 2 Can Black Beans
- ☐ Chipotle Peppers in Adobo
- ☐ Canned Pumpkin
- ☐ 1 Jar Pesto
- ☐ 1 Can Quartered Artichokes
- ☐ 1 Container Beef Broth
- ☐ Worcestershire sauce
- ☐ Apple Cider Vinegar
- ☐ Chocolate Chips

# 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

Pumpkin Protein Crepes  
P-36g; C-19g; F-8g

### LUNCH

Market Salad  
P-35g; C-30g; F-16g

### SNACK

150g Banana, 15g Almond Butter  
P-4g; C-39g; F-8g

### DINNER

Barbacoa Bowl W/ Smoky Potatoes  
P-33g; C-45g; F-12g

### DESSERT

Chocolate Campfire Cup  
P-21g; C-36g; F-12g

## TUESDAY

### BREAKFAST

Pumpkin Protein Crepes  
P-36g; C-19g; F-8g

### LUNCH

Market Salad  
P-35g; C-30g; F-16g

### SNACK

150g Banana, 15g Almond Butter  
P-4g; C-39g; F-8g

### DINNER

Chicken Pesto Stuffed Zucchini  
P-35g; C-17g; F-17g

### DESSERT

Chocolate Campfire Cup  
P-21g; C-36g; F-12g

## WEDNESDAY

### BREAKFAST

125g Siggis Skyr Vanilla Yogurt, 1.5 Servings  
Apple Pie Granola  
P-20g; C-43g; F-18g

### LUNCH

Roasted Poblano Cauliflower Bow W/  
Dressing  
P-33g; C-21g; F-9g

### SNACK

110g Apple + 2 Hard Boiled Eggs  
P-13g; C-16g; F-11g

### DINNER

Chicken Bacon Ranch + Spaghetti Squash  
P-32g; C-17g; F-16g

### DESSERT

Chocolate Campfire Cup  
P-21g; C-36g; F-12g

## THURSDAY

### BREAKFAST

Pumpkin Protein Crepes  
P-36g; C-19g; F-8g

### LUNCH

Chicken Bacon Ranch + Spaghetti Squash  
P-32g; C-17g; F-16g

### SNACK

150g Siggis Skyr Vanilla Yogurt, 1 Servings  
Apple Pie Granola  
P-17g; C-31g; F-8g

### DINNER

Chicken Pesto Stuffed Zucchini  
P-35g; C-17g; F-17g

### DESSERT

Chocolate Campfire Cup  
P-21g; C-36g; F-12g

## FRIDAY

### BREAKFAST

Pumpkin Protein Crepes  
P-36g; C-19g; F-8g

### LUNCH

Barbacoa Bowl W/ Smoky Potatoes  
P-33g; C-45g; F-12g

### SNACK

150g Siggis Skyr Vanilla Yogurt, 1 Servings  
Apple Pie Granola  
P-17g; C-31g; F-8g

### DINNER

Salmon Caesar  
P-31g; C-3g; F-13g

### DESSERT

Chocolate Campfire Cup  
P-21g; C-36g; F-12g

## SATURDAY

### BREAKFAST

Pumpkin Protein Crepes  
P-36g; C-19g; F-8g

### LUNCH

Salmon Caesar  
P-31g; C-3g; F-13g

### SNACK

100g Banana + 15g Almond Butter  
P-4g; C-39g; F-8g

### DINNER

Barbacoa Tacos  
P-45g; C-50g; F-16g

### DESSERT

Chocolate Campfire Cup  
P-21g; C-36g; F-12g

## SUNDAY

### BREAKFAST

*Pumpkin Protein Crepes*

**P-36g; C-19g; F-8g**

### LUNCH

*Market Salad*

**P-35g; C-30g; F-16g**

### SNACK

*150g Vanilla Light & Fit Greek Yogurt + 1*

*Serving Apple Pie Granola*

**P-17g; C-31g; F-8g**

### DINNER

*Stuffed Acorn Squash*

**P-31g; C-37g; F-12g**

### DESSERT

*Chocolate Campfire Cup*

**P-21g; C-36g; F-12g**

## 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!
- Pre in advance suggestions: apple pie granola, hard boiled eggs, spaghetti squash for boats, and campfire cups.

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

## Barbacoa (8 Servings)

Macros Per Serving: P-25g; C-2g; F-7g

### Ingredients:

- 2 Lbs. Bottom Round Beef Roast
- ½ Tbsp. Olive Oil
- 2-3 Chipotle Peppers from Can
- 2 Tsp. Minced Garlic
- Juice from 1 Medium Naval Orange
- ¼ Cup Lime Juice
- 1 Tbsp. Cumin
- ½ Tbsp. Paprika
- ½ Tbsp. Dried Oregano
- ¼ Cup Chopped Fresh Cilantro
- ½ Cup Beef Broth

### Instructions:

1. Combine chipotle, garlic, cumin, paprika, oregano, orange juice, lime juice, fresh cilantro and beef broth in a high powered blender or food processor.
2. Rub olive oil on roast and season with salt and pepper (you can also sprinkle on some additional cumin powder directly on the roast here).
3. Place meat in a large crockpot with blender marinade and cook on high for 4 hours or low for 6-8 hours.
4. Remove meat and shred with 2 forks. Weigh meat only and divide by 8 for individual serving size. Store with juices in an airtight container for meal prep.

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## Shredded Chicken (9 Servings)

Macros Per Serving: P-22g; C-0g; F-3g

### Ingredients:

- 2 Lbs. Chicken Breast or Tenderloins
- 1 Cup Chicken Broth
- 2 Cloves Minced Garlic
- ½ Tsp. Salt
- ½ Tsp. Pepper

**Instructions:**

1. Place chicken, broth and minced garlic in crock pot.
2. Cook on low for 6-8 hours or high for 4.
3. Remove chicken from broth and shred in stand mixer or with 2 forks.
4. Season with salt and pepper.

# MEAL PREP FLAVORS

## Roasted Poblano Dressing (6 Servings)

Macros Per Serving: P-2g; C-6g; F-2g

### Ingredients:

- 2 Poblano Peppers
- ½ Cup Light Sour Cream
- ¼ Cup Fresh Cilantro
- 1 Garlic Clove
- Juice of 1 Lime
- ½ Tsp. Cumin
- ¼ Tsp. Salt

### Instructions:

1. Place oven on broil.
2. Broil peppers for 1-2 minutes each side or until skin begins to blister.
3. Remove from oven and allow to cool before peeling off skin.
4. In a high-powered blender or food processor, combine peppers, sour cream, cilantro, garlic, lime, cumin and salt. Blend for 20-30 seconds until smooth. If it's too thick, add 1-2 tbsp. of water and blend again.
5. Pour into an airtight container and store for meal prep.

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## Lite Creamy Caesar Dressing (6 Servings)

Macros Per Serving: P-2g; C-6g; F-2g

### Ingredients:

- ½ Cup 2% Fat Plain Greek Yogurt
- 3 Anchovy Filets
- 1 Tbsp. Avocado Oil
- ¼ Cup Grated Parmesan Cheese



- 1 Tsp. Dijon Mustard
- 1 Garlic Clove, Pressed
- 1 Tsp. Worcestershire sauce
- Juice of 1 Lemon
- 2 Tbsp. Water to Thin

Instructions:

1. Add all ingredients into a high powered blender or food processor and blend until smooth.
2. Store in an air tight container for meal prep. Stir/shake well before using again – you may need to add water to thin after storing.

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**Maple Dijon Dressing (8 Servings)**

Macros Per Serving: P-0g; C-7g; F-1g

Ingredients:

- ¼ Cup Maple Syrup
- ¼ Cup Grainy Dijon Mustard
- 1 Tbsp. Honey Mustard
- 1 Tsp. Apple Cider Vinegar
- 2 Tbsp. Water

Instructions:

1. Whisk all ingredients together and store for meal prep.

# Apple pie granola



Servings: 12

Macros Per Serving: P-5g; C-22g; F-8g

## Ingredients:

- 2.5 Cups Uncooked Oats
- 1 Tsp. Apple Pie Spice
- ¼ Tsp. Cinnamon
- 1 Scoop PEScience Vanilla or Snickerdoodle Protein Powder
- ¼ Cup Coconut Oil
- 64g Maple Almond Butter
- ¼ Cup Maple Syrup
- ½ Cup Dried Apple Chips

## Instructions: For Red Pickled Onions

1. Preheat oven to 325 degrees.
2. In a small pot on low heat, melt together coconut oil, maple syrup, and almond butter.
3. In a large bowl, mix together oats, apple pie spice, cinnamon and protein.
4. Add wet ingredients to dry and toss until evenly coated.
5. Transfer to a baking sheet lined with parchment paper and bake for 30-35 minutes. (For thick clumpy granola, keep mixture in a thick layer on pan and don't scatter about, press down firmly).
6. Once removed from oven, allow to cool for 20 minutes before breaking apart. Add in apple chips and store in an air tight container.

## Notes:

- If you can't find maple almond butter, you can use regular almond butter, or any other nut butter.

# Pumpkin protein crepes



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 (~200g)
- ¼ Tsp. Garlic Powder
- ½ Tsp. Onion Powder
- 4 Tbsp. Parmesan Cheese
- Hot Sauce

## Instructions:

1. Using a 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 & Amazon. You can also use Kodiak Cakes mix as I tested both mixes but felt Birch Benders had better results.
- If you like things spicy, add some red pepper flakes and extra hot sauce.
- I like to add a slice of pepperjack or other low-fat cheese to these. If you're low on fat macros, do fat-free or laughing cow cheese.

# Barbacoa

## bowl w/ smokey potatoes



Servings: 2

Macros Per Serving: P-34g; C-45g; F-12g

### Ingredients:

- 2 Servings Beef Barbacoa From Meal Prep.
- 200g Baby Red Potatoes
- 80g Frozen Corn
- 120g Black Beans
- ½ Cup Fresh Pico De Gallo
- ½ Tsp. Onion Powder
- ¼ tsp. Smoked Paprika
- ½ Tsp. Cumin
- ¼ Tsp. Salt
- ¼ Tsp. Pepper
- 1 Avocado (100g)
- 1 Lime

### Instructions:

1. Preheat oven to 425°. Quarter potatoes and spray lightly with cooking oil. Season with onion powder, smoked paprika, salt and pepper. Place on a large baking sheet and cook for 30-35 minutes.
2. Prepare corn salsa by combining pico de gallo, corn and beans.
3. Place a skillet on medium/high heat and spray lightly with cooking oil. Place barbacoa in skillet to reheat for 2-3 minutes or until becomes slightly crispy. Season with cumin and juice from remaining lime.
4. In a small bowl, mash avocado with salt and juice from one half lime.
5. Assemble bowls with equal portions of barbacoa, potatoes, corn salsa and smashed avocado.



# Chicken

## pesto stuffed zucchini



Servings: 2

Macros Per Serving: P-35g; C-13g; F-17g

### Ingredients:

- 2 Servings Shredded Chicken (from meal prep)
- ¼ Cup Pesto
- ¼ Cup Non-Fat Greek Yogurt
- 5-7 Artichoke Quarters, Rinsed & Chopped
- ½ Tsp. Garlic Powder
- ¼ Tsp. Onion Powder
- ¼ Tsp. Salt
- ¼ Tsp. Pepper
- ¼ Cup Low-Fat Mozzarella Cheese
- 2 Medium Zucchini

### Instructions:

1. Preheat oven to 400° F.
2. Slice zucchini in half length wise and using a small spoon scoop out and discard insides, leaving about ¼ inch on bottom.
3. Season zucchini with salt and pepper, place on a tin-lined baking sheet and cook for 15-28 minutes.
4. Meanwhile, combine shredded chicken, pesto greek yogurt, artichokes, garlic powder, and onion powder in a large bowl. Mix well by hand or with stand mixer.
5. Remove zucchini from oven and evenly divide stuffing into 4 portions. Place 1 tbsp. Shredded cheese on the bottom of each zucchini and then layer on pesto mixture. Return zucchini to oven and bake for an additional 10 minutes.

# The market salad



## Ingredients:

- 1 Serving Shredded Chicken (from meal prep)
- 200g Whole Carrots
- 150g Cauliflower
- 1 Egg
- 2 Cups Spring Mix
- 2 Tbsp. Roasted Sunflower Seeds
- 1 Serving Maple Dijon Dressing

## Instructions:

1. Preheat oven to 450° Fahrenheit.
2. Season carrots and cauliflower with salt and pepper. Spray with olive oil and arrange on a large baking sheet.
3. Place in oven for 25-30 minutes.
4. Bring a pot of water to a rolling boil and place egg in water, allow to continue boiling for 10 minutes, remove from water, peel and allow to cool.
5. Arrange salad with romaine, shredded chicken, cooled roasted carrots and cauliflower, hard boiled egg and sunflower seeds.
6. Drizzle dressing on top and enjoy!

## Notes:

- Make this meal come together faster by pre-boiling eggs at the beginning of the week.

# Roasted

## Poblano bowl w/ cauliflower rice



Servings: 1

Macros Per Serving: P-31g; C-15g; F-7g

### Ingredients:

- 85g Riced Cauliflower
- 50g Chopped Onion
- 1 Garlic Clove, Minced
- ½ Tbsp. Olive Oil
- ¼ Tsp. Salt
- 60g Black Beans
- 2 Tbsp. Roasted Poblano Dressing
- 1 Serving Shredded Beef Barbacoa (from meal prep)

### Instructions:

1. Bring a large skillet to low/medium heat and add olive oil, garlic, onion, and cauliflower rice.
2. Sauté for 7-8 minutes until the onion begins to turn translucent and the cauliflower is softened. Add beans and meat, continuing to heat for an additional 1-2 minutes.
3. Transfer to a serving dish and top with 2 Tbsp. Prepared roasted poblano dressing.

### Notes:

- Poblanos have great flavor, I recommend roasting several when making your dressing and using them for added flavor.
- If you don't want to prepare the dressing, I recommend using a Bolthouse Farms dressing to substitute.



# Chicken

## bacon ranch spaghetti squash boats



Servings: 2

Macros Per Serving: P-32g; C-17g; F-16g

### Ingredients:

- 1 Medium Spaghetti Squash
- 2 Servings Shredded Chicken (from meal prep)
- 100g Asparagus
- ¼ Cup Light Cream Cheese
- 4 Slices Center Cut Bacon
- ¼ Cup Light Ranch Dressing (such as Bolthouse Farms)
- 2 Cloves Garlic, Minced.

### Instructions:

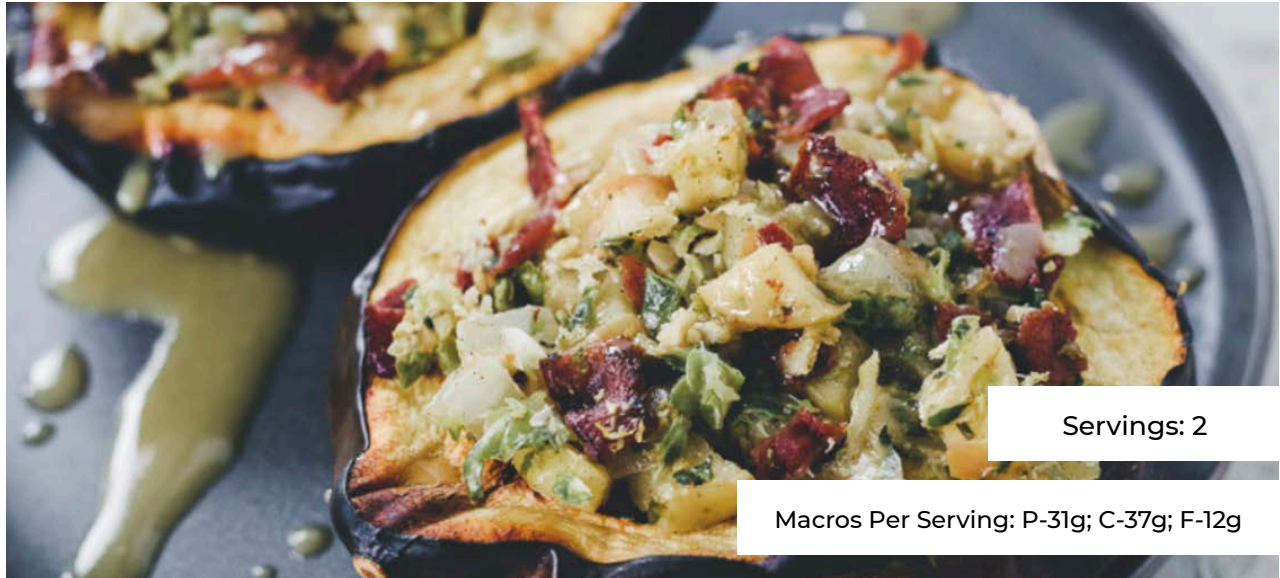
1. Preheat oven to 425° Fahrenheit.
2. Microwave spaghetti squash for 3-4 minutes to soften before cutting. Remove and carefully slice in ½ lengthwise. Remove seeds and season with salt and pepper.
3. Place spaghetti squash on large baking sheet and bake for 35-40 minutes.
4. While squash is baking, bring a large skillet to medium heat and cook bacon. Drain excess fat but don't rinse pan. Return to stove.
5. Mince garlic cloves and dice asparagus into quarters, add garlic and asparagus to skillet, saucing for 6-7 minutes.
6. Remove spaghetti squash and use a fork to scrape strands into a large bowl. Add chicken, cooked and chopped bacon, asparagus and light cream cheese. Mix until well combined. Divide mixture and return to squash shells.
7. Return to oven for 15 minutes. Remove and drizzle each boat with 2 Tbsp. ranch dressing.

### Notes:

- For accuracy, once all your ingredients are added to a large bowl, weigh and divide by 2 to find serving size for each squash shell.



# Stuffed acorn squash



Servings: 2

Macros Per Serving: P-31g; C-37g; F-12g

## Ingredients:

- 2 Servings – Shredded Chicken (from meal prep)
- 1 Medium Acorn Squash
- 4 Slices Turkey Bacon or Center Cut Pork Bacon
- 100g Fuji Apple, Diced
- 100g Brussel Sprouts
- 50g Onion, Diced
- 2 Garlic Cloves, Minced
- ½ Tbsp. Olive Oil
- 2 Tbsp. Maple Dijon Mustard

## Instructions:

- Preheat oven to 400° F.
- Microwave acorn squash for 3-4 minutes in order to soften, making it easier to cut.
- Slice in half and remove seeds. Season with salt and pepper and place on a baking sheet. Bake for 30 minutes.
- Bring a large skillet to medium/high heat and add olive oil. Add garlic, diced onion, and apple. Cook for 5-7 minutes until onion begins to turn translucent. Turn heat down to low.
- Place Brussels sprouts in a high powered blender or food processor and blend for 20-30 seconds or until shredded.
- Add Brussels sprouts and chicken to skillet and cook for an additional 5-6 minutes.
- Evenly distribute into 2 bowls and top each with 1 tbsp. maple dijon dressing.

# Chocolate campfire cup



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:

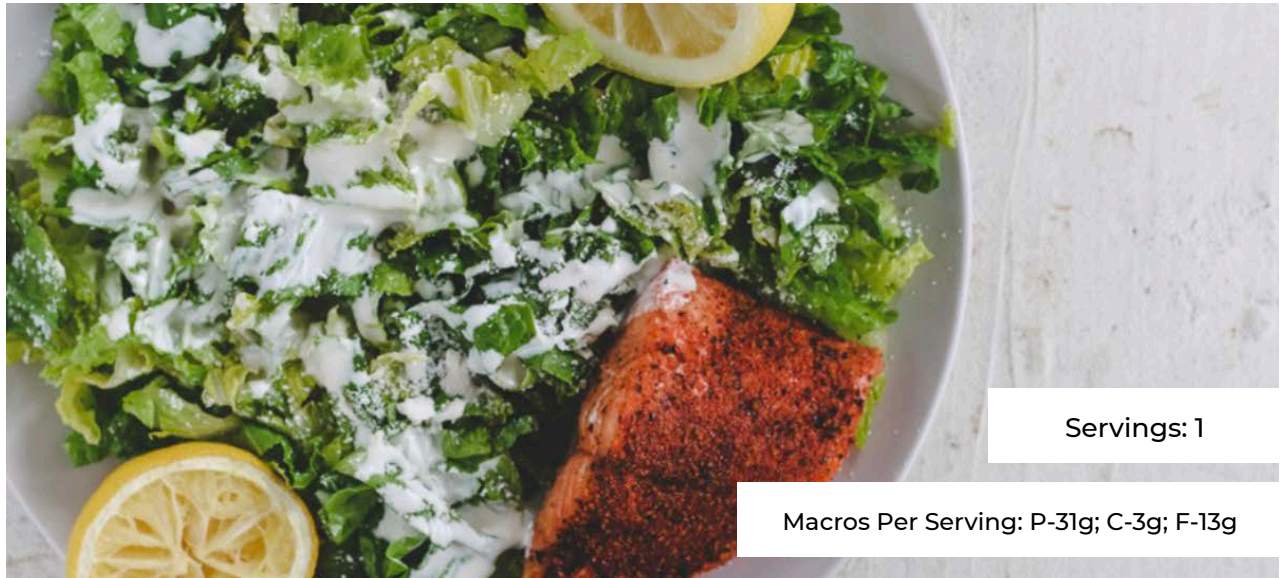
- In a small bowl, mix together yogurt, protein and melted chocolate chips and cool whip.
- Top with crushed graham cracker and additional cool whip if macros allow.

## Notes:

- For a lower calorie/carb version, substitute vanilla skyr yogurt for light & fit vanilla greek yogurt.

# Salmon

## caesar salad



Servings: 1

Macros Per Serving: P-31g; C-3g; F-13g

### Ingredients:

- 4 Oz. Sockeye Salmon
- 1 Head Romaine or 2 Cups Mixed Greens
- 1 Tbsp. Grated Parmesan Cheese
- 2 Tbsp. Lite Creamy Caesar Dressing
- 1 Lemon

### Instructions:

- Pat salmon dry and season with salt and pepper, or preferred seasoning (blackening seasoning works well here).
- Heat cast iron skillet or grill pan to medium/high heat. Sear salmon for about 4 minutes on one side, without moving. Flip over and reduce heat to medium, cooking for an additional 4-5 minutes depending on thickness. You can also broil the salmon for 7 minutes as an alternate method.
- Chop lettuce and squeeze fresh lemon, sprinkle on parmesan cheese, add salmon and drizzle with caesar dressing.

### Notes:

- Sub with chicken if you don't like salmon and adjust for fat macros!