

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
- ☐ Mustard Powder
- ☐ Lime Juice
- ☐ Lemon Juice

PRODUCE

- ☐ 2 Red Onions (C)
- ☐ 2 Yellow Onions (C)
- ☐ 4 Mango (C)
- ☐ 3 Apples (C)
- ☐ 8 Oz. Pineapple (C)
- ☐ 5 Cucumbers (C)
- ☐ 6 Oz. Baby Bella Mushrooms (C)
- ☐ 4 Avocados (F)
- ☐ Cherry Tomatoes (C)
- ☐ 1 Bunch Celery (C)
- ☐ 3 Heads Romaine
- ☐ 2 Bunch Cilantro
- ☐ 1 Bunch Parsley
- ☐ Fresh Dill
- ☐ 1 Bag Spinach
- ☐ Fresh Pico De Gallo
- ☐ 12 Oz. Hummus

FATS

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

CARBS

- ☐ 1 Box Kodiak Cakes – Chocolate Chip Pancake Mix
- ☐ 8 Whole Wheat Hamburger Buns
- ☐ Oatmeal
- ☐ 1 Pack Jospeh's Lavash Wraps
- ☐ 1 Pack Jospeh's Pitas
- ☐ 1 Pack Small Flour Tortillas
- ☐ 1 Pack Large Burrito Size Tortillas
- ☐ Whole Wheat Bread
- ☐ 16 Oz. French Bread Loaf
- ☐ 2 – 10 Oz. Bags Frozen Jasmine Rice

DAIRY

- ☐ 12 Oz. Light Mayo (F)
- ☐ 6 Oz. Crumbled Feta Cheese (F)
- ☐ 8 Oz. Shredded Mozzarella (F + P)
- ☐ 8 Oz. Light Shredded Pepper Jack
- ☐ 8 Oz. Plain Greek Yogurt
- ☐ 16 Oz. Vanilla Greek Yogurt
- ☐ 6 Oz. Skim Ricotta
- ☐ 6 Oz. Light Sour Cream
- ☐ 6 Oz. Light Cream Cheese Garden Vegetable
- ☐ ½ Gallon Unsweetened Almond or Cashew Milk
- ☐ 2 Pints Halo Top Ice Cream – Vanilla

PROTEIN

- ☐ 1 Dozen Eggs (F + P)
- ☐ 1 Pack Turkey Pepperoni
- ☐ 2 Lbs. Lean Ground Beef or Turkey
- ☐ 6 – 1 lb. Boneless Skinless Chicken Breast (P)
- ☐ PEScience Protein Powder – Vanilla

CANS, CONDIMENTS & OTHERS

- ☐ (1) 15 Oz. Can Navy Beans
- ☐ (1) 15 Oz. Can Chickpea
- ☐ 1 Jar Green Verde Salsa
- ☐ 1 Jar Green Enchilada Sauce
- ☐ 1 Jar Sweet Relish
- ☐ 1 Jar Pickle Chips
- ☐ 1 Jar Pizza Sauce
- ☐ Light Balsamic Dressing
- ☐ Bolthouse Ranch Dressing
- ☐ Apple Cider Vinegar
- ☐ White Vinegar
- ☐ Dijon Mustard
- ☐ Reduced Sugar Ketchup
- ☐ Maple Syrup
- ☐ 1 Bag Semi-Sweet Chocolate Chip

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

Tropical Breakfast Bowl
P-17g; C-43g; F-9g

LUNCH

Mediterranean Wrap
P-42g; C-22g; F-11g

SNACK

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

DINNER

Green Chili Chicken Enchiladas
P-31g; C-50g; F-7g

DESSERT

2 Chocolate Chip Donuts
15g Peanut Butter
P-15g; C-33g; F-19g

TUESDAY

BREAKFAST

Tropical Breakfast Bowl
P-17g; C-43g; F-9g

LUNCH

(L) Green Chili Chicken Enchiladas
P-31g; C-50g; F-7g

SNACK

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

DINNER

Burger Bowl Salad
P-32g; C-20g; F-15g

DESSERT

2 Chocolate Chip Donuts
70g Halo Top – Vanilla
P-17g; C-42g; F-13g

WEDNESDAY

BREAKFAST

Tropical Breakfast Bowl
P-17g; C-43g; F-9g

LUNCH

Dill Chicken Salad + 2 Slices Whole Grain Bread + 1 Tbsp. Garden Vegetable Cream Cheese
P-31g; C-31g; F-10.5g

SNACK

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

DINNER

Tropical Chicken Bowl
P-31g; C-38g; F-12g

DESSERT

2 Chocolate Chip Donuts
70g Halo Top – Vanilla
P-17g; C-42g; F-13g

THURSDAY

BREAKFAST

Tropical Breakfast Bowl
P-17g; C-43g; F-9g

LUNCH

Dill Chicken Salad + 2 Slices Whole Grain Bread + 1 Tbsp. Garden Vegetable Cream Cheese
P-31g; C-31g; F-10.5g

SNACK

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

DINNER

French Bread Pizza
P-28g; C-41.5g; F-15g

DESSERT

2 Chocolate Chip Donuts
70g Halo Top – Vanilla
P-17g; C-42g; F-13g

FRIDAY

BREAKFAST

Tropical Breakfast Bowl
P-17g; C-43g; F-9g

LUNCH

Dill Chicken Salad + 2 Slices Whole Grain Bread + 1 Tbsp. Garden Vegetable Cream Cheese
P-31g; C-31g; F-10.5g

SNACK

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

DINNER

Tropical Chicken Bowl
P-31g; C-38g; F-12g

DESSERT

2 Chocolate Chip Donuts
70g Halo Top – Vanilla
P-17g; C-42g; F-13g

SATURDAY

BREAKFAST

Caramelized Banana French Toast
150g Light & Fit Greek Yogurt
P-31g; C-53g; F-11g

LUNCH

Baked Quesadillas
P-41g; C-32g; F-20g

SNACK

1 Chocolate Chip Donut
15g Peanut Butter
P-10g; C-19g; F-14g

DINNER

Sweet Potato Sliders
P-24.5g; C-20g; F-11g

DESSERT

Frozen Hot Chocolate Shake
P-29g; C-17g; F-3g

SUNDAY

BREAKFAST

Caramelized Banana French Toast

150g Light & Fit Greek Yogurt

P-31g; C-53g; F-11g

LUNCH

Mediterranean Wrap

P-43g; C-32g; F-12g

SNACK

Protein Snack Box

P-18g; C-7g; F-12g

DINNER

Burger Bowl Salad

P-32g; C-21g; F-15g

DESSERT

2 Chocolate Chip Donuts

P-12g; C-30g; 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):

- 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 and included several flavor enhancers/sauces to prepare at the beginning of the week to add to meals.
- 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 FLAVOR BOMBS

Prepare any or all of the macro-friendly sauces to enhance and add flavor throughout the week!

Caramelized Onions

Macros Per Serving (50g): P-1g; C-5g; F-2g

Ingredients:

- 2 Medium Yellow Onions
- 2 Tsp. Ghee or Butter
- Small Pinch of Baking Soda (Less than ⅛ tsp.)

Instructions:

1. Melt 2 tbsp. Butter in a large skillet, add onions, cooking for 10-15 minutes on very low heat. Stir occasionally.
 2. After about 15 minutes, add a pinch of baking soda and continue stirring for an additional 5 minutes until onions have taken on a caramelized texture. Store in an air-tight container.
-

Zesty Pickled Onions

Macros Per Serving: Just track these as raw onions, so however many grams you use track as grams in raw onions.

Ingredients:

- 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. Combine everything together and keep in the fridge for up to 2 weeks – you can reuse the liquid once you're out of onions!
-

Lightened Up Animal Sauce – 6 Servings

Macros Per Serving (30g): P-2g; C-2g; F-2

Ingredients:

- . 60g Light Mayo
- . 60g Plain Non-Fat Greek Yogurt
- . 30g Reduced Sugar Ketchup
- . 2 Tsp. Sweet Relish
- . 1 Tbsp. White Vinegar
- . ½ Tsp. Mustard Powder
- . 1 Tsp. Stevia

Instructions:

1. Mix all ingredients together in a small bowl, store in refrigerator for up to 2 weeks.
-

Chipotle Aioli – 5 Servings

Macros Per Serving (30g): P-1g; C-5g; F-4

Ingredients:

- . 60g Light Mayo
- . 60g Light Sour Cream
- . 1 Tsp. Cumin
- . ½ Tsp. Garlic
- . ¼ Cup Chopped Cilantro
- . 2 Chipotle Peppers, Minced + 2 Tbsp. Adobo Sauce
- . 1-2 Tbsp. Lime Juice

Instructions:

1. Place all ingredients in a food processor and blend until well combined (you can also mix by hand, which is what I typically do).

MEAL PREP PROTEINS

Green Chili Chicken – 12 Servings

Macros Per Serving: P-26g; C-2g; F-2g

Ingredients:

- 3 Lbs. Chicken Breast
- 1 Yellow Onion, Quartered
- ½ Cup Green Verde Salsa
- ¼ Cup Cilantro
- 8 Oz. Green Enchilada Sauce (Brand: Frontera)

Instructions:

Instapot

1. Combine all ingredients and turn to manual pressure for 15 minutes.
2. Allow it to naturally release for 10 minutes and then manually release and remove lid.
3. Remove chicken and shred with a stand mixer or two forks.
4. Weigh shredded chicken and divide by 12 to find your individual serving size.
5. Place in a storage container and add in remaining juice from pot.

Crockpot

1. Combine all ingredients and cook on high for 4 hours or low for 6-8 hours.
 2. Remove chicken and shred with stand mixer or two forks.
 3. Weigh shredded chicken and divide by 12 to find your individual serving size.
 4. Place in a storage container and add in remaining juice from pot.
-

Hummus Grilled Chicken – 10 Servings

Macros Per Serving: P-27g; C-1g; F-3g

Ingredients:

- 2.5 Lbs of Chicken Breasts or Tenderloins
- 80g Plain Greek Yogurt – 0% Fat
- 60g Hummus
- 2 Tbsp. Lemon Juice
- 1 Tsp. Parsley
- 1 Tsp. Minced Garlic
- 1 Tsp. Black Pepper
- 1 Tsp. Salt

Instructions:

1. If you have breasts, butterfly them and cut into strips, using a meat tenderizer – pound each strip down until they're all about ¼ inch thick and resemble tenderloins.
 2. In a large bowl, combine hummus, yogurt, lemon juice and spices. Add in chicken and toss in mixture until all covered.
 3. Set chicken aside for at least 30 minutes to marinade, marinate up to 8 hours.
 4. Preheat grill or grill pan to medium/high heat. Lightly spray with cooking oil and cook for about 4-6 minutes each side or until cooked through.
 5. Remove from heat and allow to cool.
 6. Weigh entire batch of chicken and divide by 10 to find your amount for individual serving size.
-

Burger Bites – 32 Bites

Macros Per Serving (1 Bite): P-7g; C-1g; F-3g

Ingredients:

- 2 Lbs. Lean Ground Turkey or Beef
- 80g Caramelized Onions
- 3 Oz. Mushrooms
- 3 Tbsp. Ketchup
- 2 Tbsp. Worcestershire Sauce
- 1 Tsp. Garlic Powder
- ½ Tsp. Pepper
- ½ Tsp. Salt

Instructions:

1. In a large bowl, combine turkey, caramelized onions, ketchup, Worcestershire sauce, garlic powder, salt and pepper.
2. In a food processor, pulse 3 oz. of mushrooms until well minced, almost a paste.
3. Add mushrooms to turkey mixture and combine well with clean hands.
4. Lay out a large sheet of parchment paper for burgers then take 1 oz. of meat out and roll into a small ball, press down lightly and form the ball into a small patty.
5. Repeat with the remaining amount of meat, until all 32 burger bites are formed.
6. Preheat a grill or grill pan to medium/high heat and lightly spray with cooking oil.
7. Grill burgers for 3-4 minutes each side or until fully cooked through.

Tropical breakfast bowl



Ingredients: Almond Butter Granola

- 3 Cups Dry Oats
- ¼ Cup Melted Coconut Oil
- ¼ Cup Almond Butter
- ¼ Cup Maple Syrup
- 1 Large Egg White
- 1 Scoop – PEScience Protein Powder (Vanilla)
- 1 Tsp. Cinnamon

Macros: P-4g; C-19g; F-8g

Servings: 12

Ingredients: Tropical Breakfast Bowl

- 100g Mango, Diced
- 150g Light & Fit Greek Yogurt (Any Flavor)
- 32g Granola

Instructions: Almond Butter Granola

1. Preheat oven to 325° F.
2. In a large bowl, mix together oat, protein powder and cinnamon.
3. In a separate bowl, mix together almond butter, coconut oil, maple syrup and egg white.
4. Slowly combine wet ingredients with dry and stir well.
5. Line a large baking sheet with parchment paper and spread mixture evenly down. Pat down firmly and place in oven for 35-40 minutes or until edges are brown and granola breaks apart.

Instructions: Tropical Breakfast Bowl

1. Top 150g light & fit greek yogurt with 100g diced mango and 32g granola.
2. Add any additional toppings you might like such as shredded coconut, flaxseed peanut butter, chocolate chips, etc. and make sure to add additional macros to the macros' total for this meal!

Mediterranean wrap



Servings: 2

Macros Per Serving (1 Pita): P-43g; C-23g; F-12g

Ingredients:

- 2 Servings – Hummus Grilled Chicken
- 40g Chickpeas
- ½ Cup Crumbled Feta
- ¼ Cup Hummus
- 60g Zesty Red Onions
- 80g Cucumber, Diced
- 2 Joseph's Pitas

Instructions:

1. Cut chicken into thin strips.
2. Bring a large sauté pan to medium heat and lightly spray with cooking oil.
3. Reheat chicken until warmed, about 3-5 minutes and set aside.
4. Warm pitas briefly in oven or microwave until soft.
5. Assemble each pita with 2 Tbsp. hummus, 20g chickpeas, 30g zesty red onions, and 40g diced cucumber.
6. Add any additional toppings such as diced tomatoes, avocados, etc.

Protein snack box



Servings: 6

Macros Per Serving (1 Box): P-18g; C-7g; F-12g

Ingredients:

- 12 Slices – Turkey Bacon or Center-Cut Pork Bacon
- 3 Cucumbers
- 6 Eggs
- 6 Tbsp. Hummus
- 12 Oz. Plain Greek Yogurt

Instructions:

1. Bring a large pot of water to a rolling boil.
2. Carefully add 6 eggs and allow to boil for 12 minutes. Remove from heat and allow to cool.
3. Mix hummus and greek yogurt together, portion into 6 individual servings.
4. When all components are ready, construct snack boxes each with 1 peeled hard-boiled egg, $\frac{1}{2}$ cucumber sliced, 2 pieces bacon and hummus dip.
5. Store in fridge for the week.

Green Chili enchiladas



Ingredients:

- 6 Oz. Green Chili Chicken
- 200g White Navy Beans
- ¼ Cup Light Sour Cream
- ½ Cup Light Shredded Cheese
- 8 Corn Tortillas
- 1 Tsp. Cumin
- ½ Tsp. Garlic Powder
- ¼ Tsp. Salt
- ¼ Tsp. Pepper
- ¼ Cup Chopped Cilantro
- 2 Jalapeños

Instructions:

1. Preheat oven to 400° F.
2. In a large bowl, combine chicken, sour cream, beans, cumin, garlic, salt and pepper.
3. Mix by hand or with a stand mixer.
4. Assemble enchiladas, placing about ¼ chicken mixture inside each. Roll and transfer to baking dish until all 8 tortillas are rolled.
5. Slice jalapeño and remove seeds. Top enchiladas with shredded cheese, cilantro and jalapeño slices.
6. Bake at 400° F for about 20 minutes.

Notes:

- Tortillas – I used white corn tortillas. If you want to use flour tortillas, select the small taco size, not the burrito size to keep macros consistent.
- Spice – If you don't like spicy food, just omit the jalapeños, the enchiladas themselves are not very spicy!
- Chicken – If you didn't prepare the batch chicken but would still like to make the dish, I recommend using 6 oz. rotisserie chicken and 1 can of green enchilada sauce.

Chocolate Chip donuts



Ingredients:

- 1 $\frac{3}{4}$ Cup Kodiak Cakes – Chocolate Chip Pancake Mix
- $\frac{1}{4}$ Cup Coconut Oil, Melted
- $\frac{1}{2}$ Cup Vanilla Greek Yogurt
- 3 Tbsp. Honey
- 1 Egg, Whisked
- 2-3 Tbsp. Unsweetened Cashew Milk

Instructions:

1. Preheat oven to 350° F.
2. In a large bowl, combine all ingredients but do not over mix.
3. Create two 6 cavity donut pans with cooking oil and transfer about 2 heaping tablespoons of batter to each cavity.
4. Bake for 13-16 minutes, remove and allow to cool before adding desired toppings.

Notes:

- Donut Pan – I get mine off Amazon but if you don't have one, you can use a muffin pan!
- Toppings – I like to make a chocolate glaze with 2 Tbsp. Coconut oil and $\frac{1}{2}$ cup chocolate chips, just microwave together until melted. You could also make a traditional glaze with $\frac{1}{2}$ cup confectioners sugar and 2-3 Tbsp. Milk (add more if too thick).
- Other fun toppings are coconut, peanut butter, etc. (but make sure to add these macros to macros' total for this recipe!)

Burger Bowl

salad



Servings: 2

Macros Per Serving: P-32g; C-21g; F-15g

Ingredients:

- 6 Burger Bites
- 2 Heads Romaine Lettuce
- 1 Red Onion, Thinly Sliced
- 2 Oz. (About 8 Slices) Pickle Chips
- ½ Cup Light Shredded Cheese
- 5 Oz. Cherry Tomatoes
- ¼ Cup. Light Animal Sauce

Instructions:

1. Chop romaine lettuce and divide evenly amongst two bowls.
2. To each bowl, add:
 - 3 burger bites,
 - ½ onion, thinly sliced,
 - 2.5 ounces cherry tomatoes, sliced,
 - 1 ounce pickle chips,
 - ¼ cup (28g) light shredded cheese,
 - 2 Tbsp. Light animal sauce

Notes:

- Burger Bites – If you didn't prep the burger bites but still want to use this recipe, you can simply brown 3 ounces (96/4) lean ground beef per burger bowl for the approximate same macros.
- Animal Sauce – If you didn't prepare this sauce or it's not something that appeals to you, feel free to substitute another dressing here. Good options would be honey mustard, thousand island or chipotle ranch. I highly recommend Bolthouse Farms.

Dill Chicken salad



Ingredients: Chicken Salad Only

- 3 Servings – Batch Hummus Grilled Chicken
- 2 Stalks Celery, Diced
- ¼ Cup Light Mayo
- ½ Tbsp. Dijon Mustard
- 1 Tbsp. Fresh Dill
- ¼ Cup Plain Greek Yogurt
- 1 Tsp. Lemon Juice

Ingredients: To Assemble Sandwich

- 2 Slices, Whole Wheat Bread
- ½ Cucumber, Thinly Sliced
- 1 Tbsp. Garden Vegetable Cream Cheese

Instructions:

1. Shred or chop chicken and combine in a large bowl with diced celery, light mayo, greek yogurt, dijon mustard, dill and lemon juice.
2. Weigh and divide into 4 servings.
3. Assemble sandwich, spread cream cheese on bread and layer with sliced cucumber and 1 serving of chicken salad.
4. Store the remaining chicken salad for meal prep.

Tropical Chicken bowl



Ingredients:

- 2 Servings – Green Chili Chicken
- 100g Pineapple, Diced
- 100g Avocado
- 200g Cooked Jasmine Rice
- ¼ Cup Light Sour Cream
- 2 Tbsp. Lime Juice, Divided
- ¼ Tsp. Salt
- ¼ Cup Chopped Cilantro
- 1 Jalapeño

Instructions:

1. Heat a sauté pan on med/high and lightly coat with cooking oil. Add 2 servings of green chili chicken and cook for 5-6 minutes until slightly crispy.
2. Heat grill or grill pan, making sure to oil the grates, and cook pineapple for about 3 minutes each side or until lightly charred, set aside.
3. In a food processor, combine avocado, light sour cream, 1 tbsp. Lime juice and salt. Blend until smooth.
4. Dice grilled pineapple and assemble bowls with 1 serving green chili chicken, 100g jasmine rice, 50g of grilled pineapple and ½ avocado crema.

Notes:

- Pineapple – Be sure to use fresh pineapple for this dish, not canned! You can save time by purchasing it pre-cut.
- Jasmine Rice – I buy bags of frozen jasmine rice, found with the frozen vegetables. You could also purchase rice pouches. You can substitute your preferred rice, brown, white, etc. Just be sure to account for the slight differences in macros.
- Chicken – If you didn't prepare the green chili chicken, you can still enjoy this dish with grilled chicken or rotisserie, use about 3 ounces per serving to match macros.

French Bread pizza



Servings: 4

Macros Per Serving: P-28g; C-42g; F-15g

Ingredients:

- 8 Burger Bites
- 1 16 Oz. Loaf French Bread
- ½ Cup Part Skim Mozzarella (Ricotta)
- 1 Cup Pizza Sauce
- ½ Cup Fresh Spinach
- 8 Turkey Pepperoni Slices
- ½ Cup Light Shredded Mozzarella

Instructions:

1. Preheat oven to 425° F.
2. Slice French bread in half and hollow out, removing inside of bread until you have 8 oz.
3. Place bread on a large baking sheet and bake for 5 minutes until slightly crispy. Remove from oven and set aside.
4. Mix together ricotta and pizza sauce, then spread evenly over French bread.
5. Lay down spinach and then sprinkle on cheese.
6. Cut each burger in half and layer across French bread with pepperoni slice.
7. Place bread back in oven and bake for an additional 10-15 minutes or until crispy and cheese has browned.
8. Remove and cut each bread in half, giving you four pieces.

Notes:

- Reheating – If you have leftover servings, simple wrap in tin foil and reheat in oven at 425° F for 15 minutes.
- French Bread – You can find these in the bakery section, they often have whole wheat or even frozen, you could also use frozen garlic bread.

Baked quesadillas



Ingredients:

- 2 Flour Tortillas (10-Inch)
- 2 Servings – Green Chili Chicken
- ½ Cup Light Shredded Mexican Cheese (Monte Ray or Pepperjack)
- 2 Tbsp. Light Sour Cream
- 100g Avocado

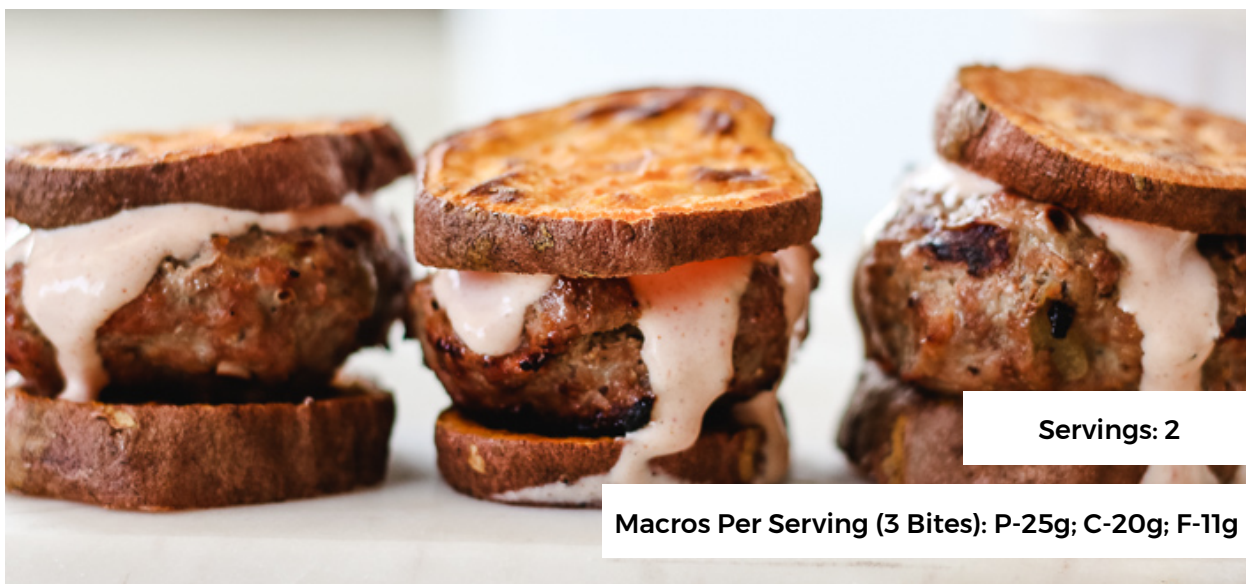
Instructions:

1. Preheat oven to 425° F.
2. In a large bowl, mix together shredded chicken, cheese, and sour cream.
3. Line a large baking sheet with parchment paper and spray tortilla with cooking oil. Place each tortillas on the baking sheet and place ½ mixture on one side of each tortilla and fold them both in half.
4. Bake at 425° F for 15 minutes or until browned and crispy.
5. Serve with 100g Mashed Avocado and any additional toppings.

Notes:

- Tortillas – If you want to make them low-carb, substitute these flour tortillas for Joseph's Lavash Wraps.
- Fat Content – This meal is fairly high in fat, but if you want to eliminate ½ the fat, omit the avocado and reduce the amount of cheese to ¼ cup.

Sweet Potato sliders



Servings: 2

Macros Per Serving (3 Bites): P-25g; C-20g; F-11g

Ingredients:

- 6 Burger Bites
- 2 Medium Thick and Fat Sweet Potatoes (About 150g Each)
- ¼ Cup Light Animal Sauce (2 Tbsp. Per Serving)

Instructions:

1. Preheat oven to 425° F.
2. Slice sweet potato into rounds about ½ inch thick. You should have 12 rounds total. Spray lightly with cooking oil, season with salt and pepper. Place in oven and bake for 12-15 minutes, flip over and cook for an additional 10 minutes or until soft and slightly brown.
3. To assemble, sandwich 1 slider between 2 sweet potato rounds and drizzle with animal sauce. Serve immediately.