

April 2019

THE TRIBE MENU



A 7-DAY MEAL PLAN SAMPLE

GROCERY LIST | TIPS | CALENDAR | RECIPES

THE THRIVE TRIBE

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
- ☐ Ginger
- ☐ Garlic Powder
- ☐ Onion Powder
- ☐ Basil
- ☐ Oregano
- ☐ Cinnamon
- ☐ Chili Powder
- ☐ Paprika
- ☐ Italian Seasoning
- ☐ Blackening Seasoning
- ☐ Baking Powder
- ☐ Baking Soda
- ☐ Brown Sugar
- ☐ Vanilla Extract

PRODUCE

- ☐ 4 Yellow Onions (C)
- ☐ 1 Red Onion (C)
- ☐ 2 Mango (C)
- ☐ 3 Apples (C)
- ☐ 5 Sweet Potatoes (C)
- ☐ 4 Red Bell Peppers (C)
- ☐ 1 Pack Cherry Tomatoes ©
- ☐ 1 Cucumber (C)
- ☐ 1 Pack Baby Bellas (C)
- ☐ 4 Avocados (F)
- ☐ 1 Bunch Bananas (C)
- ☐ 1 Garlic Bulb
- ☐ 1 Bag Coleslaw Mix (Shredded Cabbage & Carrots)
- ☐ 2 Bunches Cilantro
- ☐ 2 Spaghetti Squash
- ☐ 1 Bag Spinach
- ☐ (3) 10 oz. Bag Frozen Riced Cauliflower
- ☐ Hummus

FATS

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

CARBS

- ☐ 1 lb. Baby Red Potatoes
- ☐ 1 Box Pearled Couscous
- ☐ 1 Box Low-Fat Graham Crackers
- ☐ 1 Box Low-Fat Granola
- ☐ 1 Box Kodiak Cakes Mix
- ☐ 8 Whole Wheat Hamburger Buns
- ☐ 5 Sweet Potatoes
- ☐ 1 Pack Lavish Wraps -or- Large Tortillas
- ☐ Breadcrumbs
- ☐ Oatmeal (Plain)
- ☐ Cream of Wheat (Plain)
- ☐ Honey

DAIRY

- ☐ 12 oz. Light Mayo (F)
- ☐ 12 oz. Parmesan Cheese (F)
- ☐ 6 oz. Crumbled Feta Cheese (F)
- ☐ 8 oz. Shredded Mozzarella (F+P)
- ☐ 8 oz. Part Skim Ricotta Cheese
- ☐ 5 Containers Siggis Vanilla Yogurt — 4% Fat (P+C+F)
- ☐ 8 oz. Plain Greek yogurt
- ☐ Tzatziki (P+C)
- ☐ 1/2 Gallon Unsweetened Almond -or- Cashew Milk
- ☐ 2 Pints Halo Top Vanilla Ice Cream
- ☐ Whipped Cream

PROTEIN

- ☐ 2 Dozen Eggs (F+P)
- ☐ (2) 1 lb. Lean Ground Turkey (F+P)
- ☐ 1 lb. Ground Italian Turkey Sausage
- ☐ 1 lb. Ground Chicken
- ☐ (2) 1 lb. Boneless Skinless Chicken Breast (P)
- ☐ 1 Pack Italian Chicken Sausage Links
- ☐ 1 lb. Lean Ground Turkey
- ☐ 1 Pack Turkey Pepperoni

CANS, CONDIMENTS & OTHERS

- ☐ (1) 15 oz. Can Black Beans
- ☐ (1) 15 oz. Can Kidney Beans
- ☐ (1) 8 oz. Can Tomato Puree
- ☐ (1) 15 oz. Can Diced/Crushed Tomatoes
- ☐ (1) 15 oz. Can Chickpeas
- ☐ (1) 15 oz. Can Pumpkin
- ☐ (1) 15 oz. Can Artichokes
- ☐ 1 Jar Specialty Salsa
- ☐ (2) 8 oz. Can Pizza Sauce -or- Marinara
- ☐ Soy Sauce
- ☐ Chili Garlic Sauce
- ☐ Lime Juice & Lemon Juice
- ☐ BBQ Sauce (Recommend Stubbs Brand)
- ☐ Sriracha
- ☐ Cookie Butter
- ☐ 1 Bag Semi-Sweet Chocolate Chips
- ☐ Ground Flaxseed
- ☐ 16 oz. Beef Broth

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 additional rice cakes.
- Add fruit to morning breakfasts and/or snacks.

- **Need less carbs?**

- Substitute with cauliflower rice.
- Swap out buns for lettuce buns.
- Cut sweet potato serving size for shake in 1/2.

- **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

Baked Banana Oat Bar
1 Single – 4% Vanilla Yogurt
P-19g; C-49g; F-10g

LUNCH

Asian Chicken Burger w/ Slaw & Mayo
Whole Wheat Bun
P-33g; C-34g; F-12g

SNACK

2 Hard Boiled Eggs
P-12.5g; C-0g; F-10.5g

DINNER

Spaghetti Squash & Meatball Bake
P-33g; C-33g; F-12g

DESSERT

Sweet Potato Pie Shake
P-34g; C-46g; F-12.5g

TUESDAY

BREAKFAST

Apple Cinnamon Cashew Pancake
P-23g; C-32g; F-15g

LUNCH

(L) Spaghetti Squash & Meatball Bake
P-32g; C-33.5g; F-12.5g

SNACK

2 Hard Boiled Eggs
P-12.5g; C-0g; F-10.5g

DINNER

Mediterranean Power Bowl
P-30g; C-58g; F-11.5g

DESSERT

Pumpkin Mug Cake
1.5g Peanut Butter
P-24g; C-33g; F-13g

WEDNESDAY

BREAKFAST

Morning Glory Pancakes
1 Siggis – 4% Vanilla Yogurt
P-27g; C-31g; F-11g

LUNCH

(L) Asian Chicken Burger w/ Slaw & Mayo
1 Whole Wheat Bun
P-33g; C-34g; F-11g

SNACK

Pumpkin Mug Cake
P-21g; C-30g; F-6g

DINNER

Jambalaya
P-20g; C-23g; F-7g

DESSERT

Sweet Potato Pie Shake
P-34g; C-46g; F-12.5g

THURSDAY

BREAKFAST

Apple Cinnamon Cashew Pancake
P-23g; C-32g; F-15g

LUNCH

(L) Asian Chicken Burger w/ Slaw & Mayo
1 Whole Wheat Bun
P-33g; C-34g; F-11g

SNACK

1 Siggis Vanilla – 4% Yogurt
1.5g Granola
P-13g; C-21g; F-7.5g

DINNER

Caramelized Onion & BBQ Meatloaf Muffin
w/ Roasted Potatoes
P-22g; C-29g; F-9.5g

DESSERT

Sweet Potato Pie Shake
P-34g; C-46g; F-12.5g

FRIDAY

BREAKFAST

Banana Bread Baked Oats
1 Siggis Vanilla Yogurt
1.5g Peanut Butter
P-22g; C-53g; F-17g

LUNCH

(L) Caramelized Onion & BBQ Meatloaf
Muffin w/ Roasted Potatoes
P-22g; C-29g; F-9.5g

SNACK

(L) 3 Meatballs
P-21g; C-6.7g; F-5g

DINNER

Chicken Salad Stuffed Avocados
P-23g; C-11.5g; F-14g

DESSERT

Sweet Potato Pie Shake
P-34g; C-46g; F-12.5g

SATURDAY

BREAKFAST

Apple Cinnamon Cashew Pancake
P-23g; C-32g; F-15g

LUNCH

(L) Caramelized Onion & BBQ Meatloaf
Muffin w/ Roasted Potatoes
P-21g; C-29g; F-9.5g

SNACK

Pumpkin Mug Cake
P-13g; C-21g; F-10g

DINNER

Calzone Crunch Wrap
P-30g; C-26g; F-18g

DESSERT

Peanut Butter Banana Sushi
P-8.5g; C-39g; F-16g

SUNDAY

BREAKFAST

Baked Banana Oat Bar
1.5g Peanut Butter
P-10.3g; C-43g; F-12.5g

LUNCH

Chicken Salad Stuffed Avocados
P-23g; C-11.5g; F-11.5g

SNACK

2 Oatmeal Cookie Butter Bites
1 Siggis Vanilla – 4& Yogurt
P-17g; C-28g; F-11g

DINNER

Lean Beef Chili
P-30g; C-36g; F-11g

DESSERT

Sweet Potato Pie Shake
P-34g; C-46g; F-12.7g

NOTES:

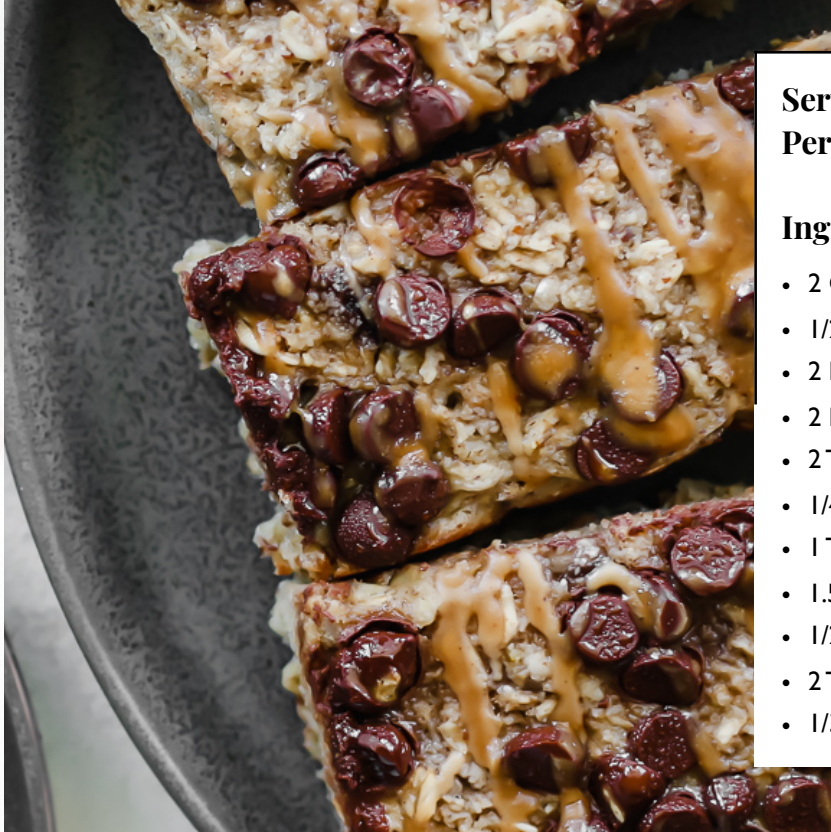
All recipes marked with an (L) in front of them indicates that meal is a leftover from a recipe with multiple servings.

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

- Make Oat bars and package individually.
- Cook chicken ahead of time for chicken salad stuffed avocados.
- Marinate chicken for power bowls.
- Steam, weigh and freeze sweet potatoes for shakes.
- Cook spaghetti squash and store in fridge until ready to use.

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.

BANANA BAKED OAT BARS



Servings: 8

Per Serving: P-7g; C-38g; F-6g

Ingredients:

- 2 Cups Old-Fashioned Oats (Not Instant)
- 1/2 Cup Cream Of Wheat
- 2 Eggs
- 2 Bananas
- 2 Tbsp. Honey
- 1/4 Tsp. Cinnamon
- 1 Tsp. Vanilla Extract
- 1.5 Cups Unsweetened Cashew Milk
- 1/2 Tsp. Baking Powder
- 2 Tbsp. Melted Coconut Oil or Butter
- 1/3 Cup Chocolate Chips

Cooking Instructions:

- Preheat oven to 375° Degrees F and spray an 8x8 inch baking pan with cooking oil.
- In a large bowl, mash bananas until all lumps are removed, add eggs, vanilla extract, milk, honey, and melted coconut oil.
- In another bowl, mix together oatmeal, cream of wheat, cinnamon, and baking powder.
- Combine ingredients by slowly adding wet to dry. Mix well and then pour into greased baking dish.
- Top with chocolate chips.
- Bake for 45-50 minutes or until center is set and firm.
- Allow to cool and then store for meal prep.

If you want to assure your serving sizes are accurate, weigh entire contents and divide by 8. An easy way to accomplish this is by weighing your baking dish *before* you put the contents in, then when done baking you can weigh the entire dish and subtract the weight of the dish to find the total weight, then divide by 8 for your individual serving sizes.

ASIAN CHICKEN BURGERS

WITH SESAME, CILANTRO & SLAW



Servings: 4

Per Serving: P-28g; C-11g; F-10g

Ingredients (For Burgers):

- 1 lb. Ground Chicken
- 1 Egg
- 2 oz. Baby Bella Mushrooms
- 1/4 Cup Panko Breadcrumbs (Can Sub Regular)
- 1 Tsp. Sesame Oil
- 1 Tsp. Garlic Powder
- 1/2 Tsp. Ground Ginger
- 1/4 Tsp. Salt & Pepper

Ingredients (For Slaw):

- 2 Cups Coleslaw (Can Sub 1 Cup Matchstick Carrots & 1 Cup Shredded Cabbage)
- 1/4 Cup Chopped Cilantro
- 1/2 Tsp. Sesame Oil
- 1 Tbsp. Lime Juice
- 1/4 Tsp. Ground Ginger

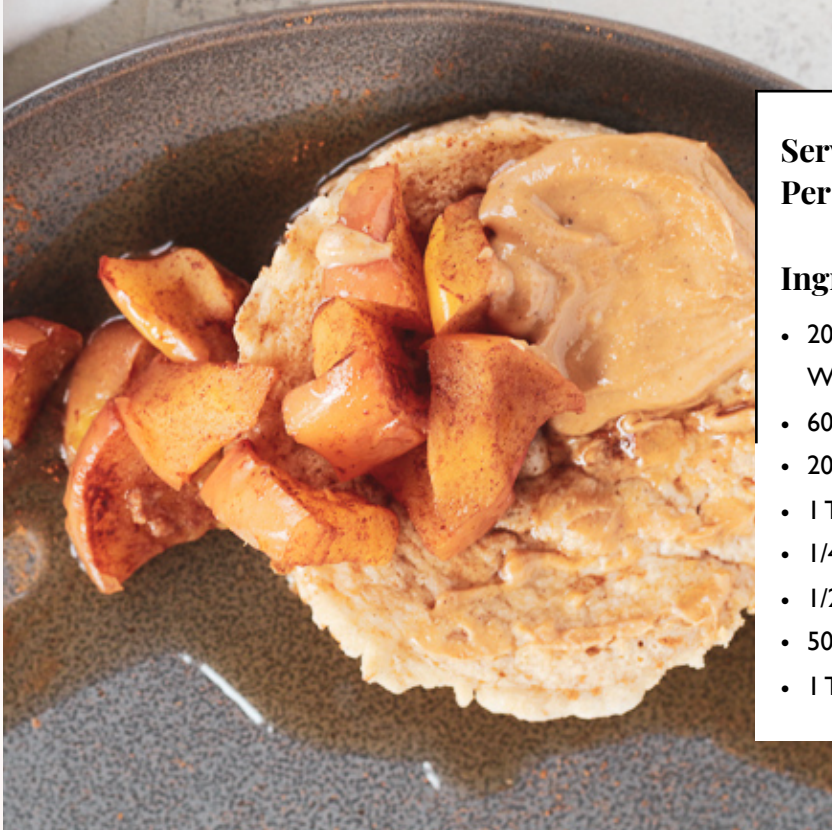
Ingredients (For Sriracha Mayo):

- 1/4 Cup Light Mayo
- 2 Tbsp. Sriracha
- 2 Tsp. Lemon Juice

Cooking Instructions:

- In a food processor, pulse baby Bella mushrooms until well minced, should almost be like a paste.
- Combine mushrooms with ground chicken, egg and panko. Mix well with hands.
- Add in sesame oil, chili garlic sauce, soy sauce, garlic powder, ground ginger, salt and pepper. Mix well with hands (tip: when handling ground chicken and turkey, lightly coat hands with spray oil to prevent meat from sticking).
- Weigh meat mixture and divide by 5 to find grams for each individual burger.
- Measure out burgers and make impression in the middle of each burger with your thumb to ensure even cooking.
- Prepare slaw by combining all ingredients and tossing together. Refrigerate until serving.
- Heat a large grill pan or skillet to medium-high heat.
- Coat with cooking oil and all patties, cooking for about 5 minutes each side, until cooked through.
- Mix together sriracha, mayo and lemon juice.
- Assemble burgers by spreading buns with mayo, top with burger and finish with asian slaw.

APPLE CINNAMON CASHEW CAKE



Servings: 1

Per Serving: P-23g; C-33g; F-15g

Ingredients:

- 20g Kodiak Cakes (Buttermilk Mix But Any Flavor Will Work)
- 60g Unsweetened Applesauce
- 20g PEScience Vanilla Protein
- 1 Tsp. Butter Of Ghee, Melted
- 1/4 Cup Unsweetened Cashew Milk
- 1/2 Tsp. Cinnamon, Divided
- 50g Apple, Chopped
- 1 Tbsp. Cashew Butter (Can Sub Any Nut Butter)

Cooking Instructions:

- In a small microwave safe bowl, combine applesauce, melted butter, and cashew milk.
- Stir to combine.
- Add in pancake mix, protein powder and 1/4 tsp. cinnamon.
- Stir well and microwave for 3 minutes.
- Remove and allow to cool.
- While cake is cooling, sprinkle apple with remaining cinnamon and microwave for 2 minutes.
- Top cake with cinnamon apples and cashew milk.

SWEET POTATO PIE SHAKE



Servings: 1

Per Serving: P-34g; C-46g; F-13g

Ingredients:

- 130g Ice
- 180g Unsweetened Cashew Milk
- 50g Frozen Riced Cauliflower
- 125g Sweet Potato, Cooked Then Frozen
- 31g PEScience Vanilla -or- Snickerdoodle Protein
- 1 Tbsp. Almond Butter
- 30g Halo Top Vanilla Ice Cream
- 1/2 Sheet Honey Graham Cracker
- 2 Tbsp. Whipped Cream
- 1/8 Tsp. Xanthan Gum *

Cooking Instructions:

- Combine all ingredients except graham crackers in high-powered blender.
- Blend on low/medium and then high until well blended.
- Pour into a big bowl or cup and top with cool whip and crushed graham cracker.

* Not necessary but does help give the shake a thick, milkshake-like consistency!

SPAGHETTI SQUASH MEATBALL BAKE



Servings: 4 (With Leftover Meatballs)

Per Serving: P-32g; C-33g; F-14g

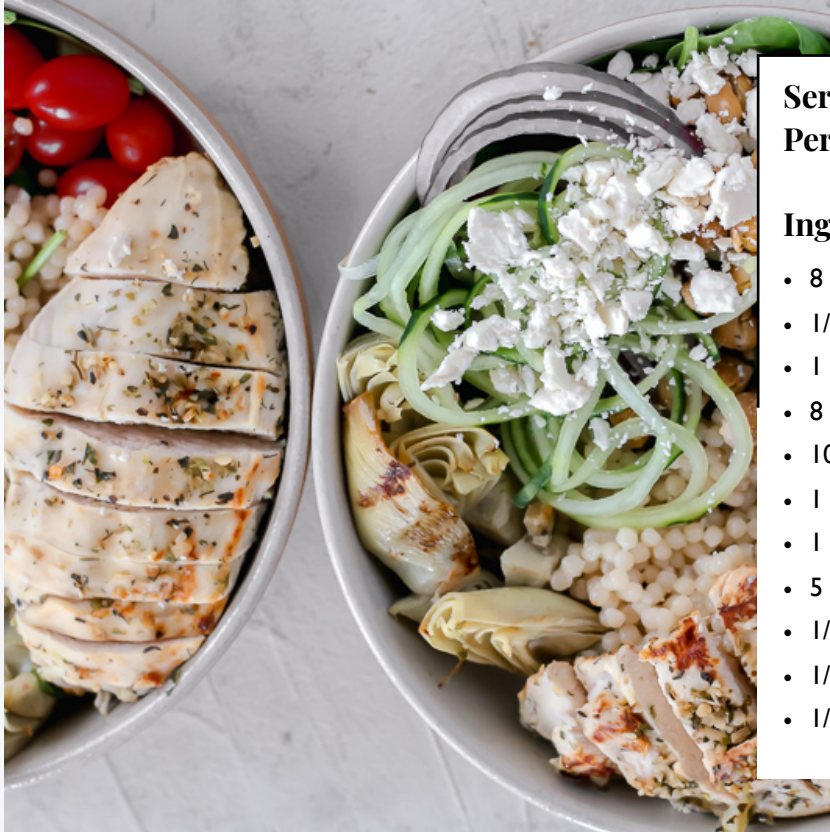
Ingredients:

- 1 lb. Lean Ground Turkey
- 1/4 Cup Parmesan Cheese
- 1/4 Cup Breadcrumbs
- 1/4 Cup Hummus (Any Variety, I Used Roasted Red Peppers)
- 1 Cup Spinach
- 1/2 Tsp. Garlic Powder
- 1 White -or- Yellow Onion
- 2 Tbsp. Basil
- 1 Tsp. Italian Seasoning
- 1 Medium Spaghetti Squash
- 1 Cup Marinara
- 1 Cup Low-Fat Shredded Mozzarella

Cooking Instructions:

- Preheat oven to 425° degrees.
- Microwave spaghetti squash for 3-4 minutes so that it's easier to cut in half. Remove from microwave, carefully cut in half and remove seeds.
- Place scooped out halves on a baking sheet and cook for 45 minutes.
- While squash is baking, prepare meatballs. In a large bowl, combine turkey, egg, breadcrumbs, parmesan cheese, garlic powder and Italian seasoning.
- In a food processor, combine spinach, onion and basil. Pulse until it's almost a paste. Add to meat mixture. Weigh entire mixture and divide by 18 to find weight of each individual meatball. Form meatballs by weight and set aside.
- Heat a cast iron skillet or oven-safe pan to medium/high heat and coat with cooking oil.
- Transfer meatballs to pan and sear for 2-3 minutes each.
- Pour marinara over meatballs and transfer to oven at 425° degrees, cooking for 17-20 minutes or until cooked through.
- To assemble bowls, combine 200 grams of cooked spaghetti squash, 3 meatballs and 1/4 cup shredded mozzarella.

MEDITERRANEAN POWER BOWL



Servings: 2

Per Serving: P-30g; C-59g; F-12g

Ingredients:

- 8 oz. Chicken Breasts (2 Small)
- 1/4 Cup Tzatziki
- 1 Cup Cooked Pearled Couscous
- 8 Quartered Artichokes
- 100g Red Onion, Thinly Sliced
- 1 Medium Cucumber, Diced
- 1 Cup Canned Chickpeas
- 5 oz. Cherry Tomatoes, Sliced
- 1/2 Cup Crumbled Feta
- 1/4 Tsp. Garlic Powder
- 1/4 Tsp. Onion Powder

Cooking Instructions:

- Preheat oven to 425° degrees.
- Combine chicken breasts in a small bag with tzatziki and allow to marinate for at least 30 minutes.
- While chicken is marinating, roast chickpeas by spreading on a foil-lined baking sheet, tossing with garlic and onion powder.
- Lightly spray with cooking oil and roast at 425° degrees for 30 minutes. Leave heat in oven.
- Bring a grill pan to high heat. Remove chicken from bag and sear on one side for 3 minutes, adding artichokes to pan. Flip chicken breasts over after 3 minutes and cover with foil, insert into oven and cook for 7 minutes.
- Remove and allow chicken and artichokes to cool.
- Slice chicken breasts and assemble bowls with 1/2 cup pearled couscous each and half of remaining ingredients.

JAMBALAYA



Servings: 2

Per Serving: P-20g; C-23g; F-7g

Ingredients:

- 2 Italian Chicken Sausage Links
- (1) 10 oz. Bag Frozen Riced Cauliflower
- 1/2 Tbsp. Avocado Oil (Sub Any Oil)
- 1/2 Cup Diced Or Crushed Tomatoes
- 1/2 Cup Tomato Puree (Not Paste)
- 2 Stalks of Celery, Chopped
- 1 Red Pepper, Diced
- 1 Yellow -or- White Onion, Diced
- 1/2 Tbsp. Blackening Seasoning

Cooking Instructions:

- Heat a large pan to medium and add avocado oil.
- Add red pepper, celery and onion, sautéing until onion is translucent, about 7-8 minutes.
- Reduce heat to low/medium and add cauliflower, cooking for an additional 5-6 minutes, or until cauliflower has softened.
- Slice chicken sausage into small bite-sized pieces and add to pan with blackening seasoning, diced tomatoes and tomato puree.
- Reduce heat and cover, allowing to thicken and simmer for about 10-15 minutes. If jambalaya becomes too thick, add a little water or chicken broth.
- Divide into two bowls and serve (for accuracy, you may want to weigh the entire dish and divide weight by 2).

CARAMELIZED ONION BBQ MINI MEATLOAFS

WITH ROASTED POTATOES



Servings: 6 (2 Meatloaf Muffins W/ Potatoes)

Per Serving: P-21g; C-29g; F-10g

Ingredients: Meatloaf Muffins

- 1 lb. Lean Ground Turkey
- 1 Yellow Onion
- 1 Tsp. Ghee -or- Butter
- 1/4 Cup Whole Wheat Bread Crumbs
- 1 Egg
- 1/4 Cup BBQ Sauce (I Recommend Stubbs Brand)
- 1/4 Tsp. Salt & Pepper
- 1/2 Tsp. Garlic Powder
- 1/8 Tsp. Baking Soda

Ingredients: Potatoes

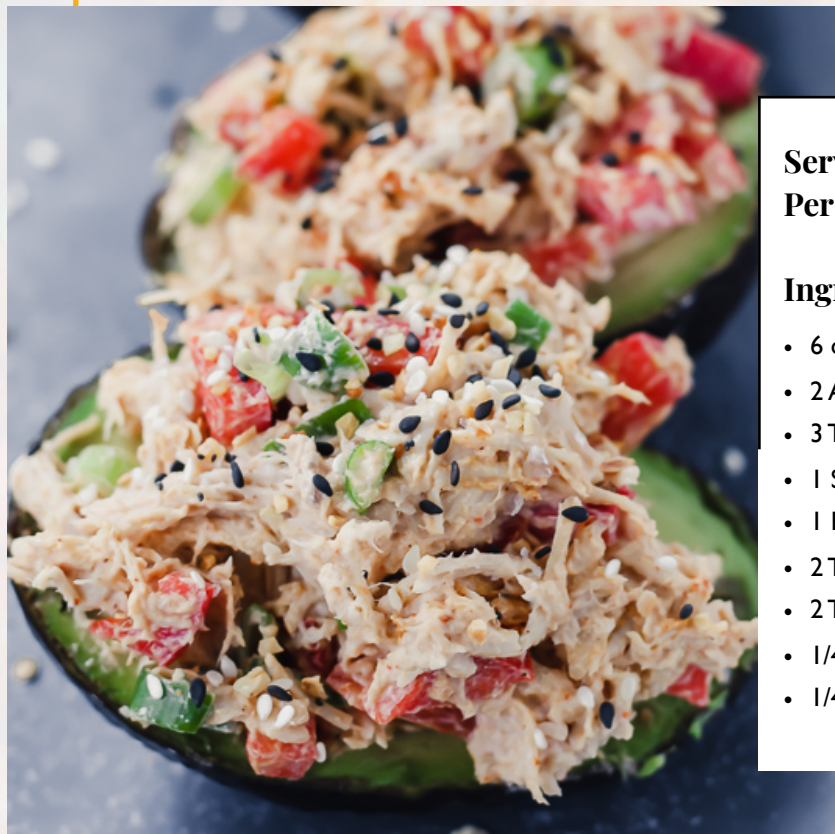
- 800g Red Potatoes, Diced
- 2 Tsp. Avocado Oil
- 1/2 Tsp. Garlic Powder
- Salt & Pepper

Cooking Instructions:

- Preheat oven to 400° degrees.
- Toss potatoes with avocado oil, garlic powder, salt and pepper.
- Spread on a foil-lined baking sheet and cook for 45 minutes, or until potatoes are brown and crispy.*
- Heat ghee in a medium pan on low. Slice onions very thin and add to pan once ghee has melted. Cook onions on low for 15-20 minutes until they begin to turn translucent, stir occasionally.
- Add baking soda to onions, accelerating caramelization process. Cook for an additional 5 minutes, remove from pan and set aside.
- In a large bowl, combine turkey, caramelized onions, bread crumbs, egg, BBQ sauce and spices. Using clean hands, mix well until all combined.
- Grease a muffin tin with cooking oil and divide mixture evenly amongst muffin cups. Insert in oven and bake at 400° degrees for 25 minutes or until cooked through. Remove and top with additional BBQ sauce and cheese if desired (not included in macros).

* Once potatoes are done baking, weigh entire batch and divide by 6, portion out into individual servings and stir whatever isn't consumed for meal prep.

CHICKEN SALAD STUFFED AVOCADOS



Servings: 2 (2 Avocado Halves)

Per Serving: P-23g; C-11g; F-14g

Ingredients:

- 6 oz. Cooked Chicken Breast, Diced or Shredded
- 2 Avocados
- 3 Tbsp. Light Mayo
- 1 Stalk Celery, Diced
- 1 Red Pepper, Diced
- 2 Tbsp. Plain Greek yogurt
- 2 Tsp. Dijon Mustard
- 1/4 Tsp. Garlic Powder
- 1/4 Tsp. Salt & Pepper

Cooking Instructions:

- In a small bowl, mix together chicken, light mayo, greek yogurt, dijon mustard, garlic powder, diced celery and red pepper.
- Slice avocados in half and scoop out most, leaving a thin layer of avocado remaining in each.
- Stuff halves with chicken mixture and serve.

CALZONE CRUNCH WRAP



Servings: 2

Per Serving: P-44g; C-26g; F-18g

Ingredients:

- 6 oz. Ground Italian Turkey Sausage
- 2 Lavash Wraps (I Used Joseph's)
- 1/4 Cup Part Skim Ricotta Cheese
- 1/2 Cup Pizza Sauce
- 1/2 Cup Shredded Mozzarella
- 16 Turkey Pepperoni Slices
- 1 Tbsp. Parmesan Cheese
- 1/2 Tsp. Garlic Powder
- 1 Tsp. Oregano

Cooking Instructions:

- Heat a large skillet over medium/high heat, lightly spray with cooking oil and add Italian sausage, breaking apart as you cook.
- Once cooked through, drain meat of excess fat and transfer to a large bowl.
- Combine meat with ricotta, pizza sauce, and garlic powder. Mix with a large spoon to combine.
- Lay each lavash wrap out flat and place 8 pepperoni slices in the middle of each wrap. Divide meat and cheese mixture into the middle of each.
- Top meat with 1/4 cup shredded mozzarella.
- Before folding in sides of lavash, heat a large skillet and lightly coat with cooking oil. Once hot, fold in the sides of one wrap so all meat stay in the center. Lay the wrap seam side down in the pan and cook for 2-3 minutes or until golden brown, flip over and cook an additional 2-3 minutes until crisp.
- Sprinkle with oregano and repeat process with remaining wrap.

OATMEAL COOKIE BUTTER BITES



Servings: 20 (2 Bites Per Serving)

Per Serving: P-5g; C-17g; F-6g

Ingredients:

- 1/2 Cup Cookie Butter
- 1/2 Cup Cashew Butter
- 1/2 Cup Honey -or- Maple Syrup
- 2 Scoops – PEScience Snickerdoodle Protein
- 2 Cups Rolled Oats
- 1 Tsp. Cinnamon
- 1 Tsp. Vanilla Extract
- 1/4 Tsp. Salt

Cooking Instructions:

- Blend oats in a food processor, pulsing several times until broken down but not into a flour.
- Combine oats and remaining ingredients into a stand mixer and blend until well combined (if you don't have a stand mixer, you can do this by hand).
- Weigh mixture and divide by 20 to find weight of each ball and roll individually.

PEANUT BUTTER BANANA SUSHI



Servings: 2 (5 Pieces)

Per Serving: P-8g; C-40g; F-16g

Ingredients:

- 1 Banana (About 150g)
- 1/2 Lavash Wrap (Joseph's Lavash)
- 2 Tbsp. Smooth Peanut Butter
- 1/4 Cup Low-Fat Granola
- 1 Tbsp. Chocolate Chips
- 1 Tsp. Melted Coconut Oil

Cooking Instructions:

- Preheat oven to 400° degrees.
- Lay out lavash wrap, spread on peanut butter across wrap, sprinkle granola over peanut butter and then place banana on top.
- Roll up lavash and wrap in tin foil tightly, placing in oven for 10 mins.
- While in oven, melt together chocolate chips and coconut oil.
- Remove banana, unwrap and slice, drizzle with melted chocolate and serve.

LEAN BEEF CHILI



Servings: 6

Per Serving: P-26g; C-37g; F-10g

Ingredients:

- 93/7 Ground Beef (Or Turkey)
- 1 Tbsp. Olive Oil
- (1) 15 oz. Can Black Beans
- (1) 15 oz. Can Kidney Beans
- 1 Cup Beef Broth
- 1 Jar Trader Joe's Harissa Salsa * (Can Sub Any But I Recommend A "Specialty" Type of Salsa Instead Of A Traditional Salsa)
- 200g Yellow Onion, Diced
- 150g Red Bell Pepper, Diced
- 2 Garlic Cloves, Minced
- 3 Tbsp. Chili Powder
- 1 Tbsp. Smoked Paprika
- 2 Tsp. Cumin
- 1/2 Tsp. Salt & Pepper

Cooking Instructions:

- Heat oil in a large frying pan over medium heat. Add diced onion, diced red pepper, and minced garlic. Sauté for 5-7 minutes or until onions are translucent. Add ground beef and break apart, cooking until no longer pink.
- Transfer meat mixture to slow cooker and add in all remaining ingredients. Set to low for 8 hours or high for 4 hours.
- Remove from slow cooker, transferring to a different bowl and weigh entire batch. Divide by 6 to find serving size for each bowl of chili. Recommend topping with cheese, sour cream, tortilla chips, cilantro, etc.

* For accurate serving sizes, weigh entire batch of chili in grams and divide by 6 to find weight for each individual serving.

VANILLA PUMPKIN CAKE



Servings: 1

Per Serving: P-17g; C-28g; F-7g

Ingredients:

- 1/4 Cup Canned Pumpkin
- 3 Tbsp. Kodiak Cakes Pancake Mix (Any Variety)
- 1 Tbsp. Chocolate Chips
- 1/2 Scoop PEScience Vanilla Protein
- 1/2 Cup Water

Cooking Instructions:

- In a small bowl, combine all ingredients beside chocolate chips and mix into batter consistency.
- Microwave for 2 1/2 minutes, remove and add chocolate chips, allow to cool 5 minutes.