



Tribe Menu

A 7-DAY MEAL PLAN SAMPLE

Your Grocery List

STAPLES & SEASONINGS

- Spray Cooking Oil
- Salt & Pepper
- Cumin
- Red Pepper Flakes
- Garlic Powder
- Onion Powder
- Old Bay
- Dill
- Cinnamon

PRODUCE

- 2 Yellow Onions (C)
- 3 Red Bell Peppers (C)
- 1 lb. Bag Whole Carrots (C)
- 1 Eggplant (C)
- (2) 10 Oz. Bags Spinach (C)
- (1) 10 Oz. Pack Artichokes (C+F)
- 1 Pack Baby Bellas (C)
- 4 Avocados (F)
- 1 lb. Asparagus (C)
- 1 lb. Green Beans (C)
- 1 Bunch Bananas (C)
- 1 lb. Strawberries (C)
- 1 Garlic Bulb
- 1 Bunch Cilantro

FATS

- Avocado Oil
- Coconut Oil
- Coconut Flour (F+C)
- Peanut / Almond Butter (F+P)
- Ghee / Butter
- 1 Can Coconut Milk

CARBS

- Brown Rice (Can Buy Frozen)
- Kodiak Cakes — Pancake Mix
- 8 Whole Wheat Hamburger Buns
- 1 lb. Red Potatoes
- 1 Box Chickpea Pasta (Recommend Banza)
- 1 Loaf Whole Wheat Bread
- 1 Pack English Muffins
- Oatmeal
- Maple Syrup

DAIRY

- (2) 8 Oz. Light Cream Cheese (F+P)
- 4 Oz. Crumbed Goat Cheese (F+P)
- 1 Tub Light Cool Whip ©
- ½ Gallon Unsweetened Almond or Cashew Milk

PROTEIN

- 1 Dozen Eggs (F+P)
- 16 Oz. Carton Egg Whites (P)
- (2) 1 lb. 93/7 Ground Turkey Or Beef (F+P)
- 1 Can (4 oz.) Albacore Tuna (P)
- 1 Pound or 4 Oz. Filets Salmon (F+P)
- (2) 1 lb. Boneless Skinless Chicken Breast (P)
- 1 lb. Chicken Thighs (F+P)
- 1 Pack Italian Chicken Sausage Links (F+P)
- 32 Oz. Low Fat Vanilla Greek Yogurt (C+F)
- 8 Oz. 2% Cottage Cheese (P+F)

CANS & CONDIMENTS

- (1) 4 Oz. Can Green Chilis
- 1 Jar Jalapeños
- Dijon Mustard
- 1 Jar Sun Dried Tomatoes
- Whole Grain Mustard
- (1) 8 Oz. Jar Pesto
- (1) 15 Oz. Can Diced Tomatoes

* Note: Items noted with a "C" indicate they are primarily a carbohydrate source, "F" as fat source and "P" a protein source. Knowing this information will help you navigate meeting your macronutrient goals. Some foods fall into multiple categories, you will see this noted 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 macros accordingly!

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 a little protein powder to your greek yogurt.

Add more protein to your dish (extra chicken, slice of low fat cheese, extra southwest egg bite, etc.)

- **Need less protein?**

Use regular yogurt instead of greek yogurt, eliminate protein powder from mug cake recipe and double pancake mix, eliminate protein shake.

- **Need more carbs?**

Increase serving size of fruits and vegetables.

Increase serving size of sweet potatoes and brown rice,

Select bread/english muffins with higher carbohydrates or double serving size.

- **Need less carbs?**

Substitute spaghetti squash for pasta dishes, buns for a lettuce bun or 100-calorie bun, substituting higher carb vegetables like Brussel sprouts or carrots for lower carb options such as asparagus or green beans.

- **Need more fat?**

Add olive oil to prepared vegetables, increase peanut butter serving size, use full fat cheese, increase avocado serving size.

- **Need less fat?**

Substitute peanut butter with powdered peanut butter, eliminate avocado, select leaner meats such as 99% lean turkey.

MONDAY

BREAKFAST

2 Southwest Egg Bites
25g Avocado
8 oz. Light Greek Yogurt with 150g
Strawberries
Macros: P-28g - C-28g - F-10g

LUNCH

Spicy Tuna Stuffed Pepper
Macros: P-50g - C-11g - F-15g

SNACK

(L) 2 Southwest Egg Bites
1 English Muffin
Macros: P-14.5g - C-28g - F-6.5g

DINNER

2 Southwest Egg Bites
25g Avocado
8 oz. Light Greek Yogurt with 150g
Strawberries
Macros: P-28g - C-28g - F-10g

DESSERT

Pumpkin Mug Cake
60g Light Vanilla Ice Cream
Macros: P-24g - C-45g - F-9g

TUESDAY

BREAKFAST

(L) 2 Southwest Egg Bites
1 English Muffin
15g Peanut Butter
Macros: P-19g - C-44g - F-13g

LUNCH

(L) Salmon Burger
Whole Wheat Bun
150g Roasted Broccoli
Macros: P-36g - C-42g - F-13g

SNACK

150g Light Greek Yogurt
Macros: P-12g - C-9g - F-0g

DINNER

Farmhouse Greek Salad
Macros: P-35g - C-30g - F-13g

DESSERT

Pumpkin Mug Cake
15g Peanut Butter
Macros: P-24g - C-33g - F-13g

WEDNESDAY

BREAKFAST

Morning Glory Pancakes with Protein Frosting
Macros: P-22g - C-23g - F-9g

LUNCH

(L) Farmhouse Greek Salad
Macros: P-35g - C-30g - F-15g

SNACK

(L) 2 Southwest Egg Bites
100g Banana
Macros: P-12g - C-26g - F-6g

DINNER

Sun Dried Tomato and Bacon
Hasselback Chicken
150g Cooked Long Grain Brown Rice
Macros: P-34g - C-41g - F-14g

DESSERT

1 Maple Shortbread PB Bar
1 Scoop PES Protein Shake
Macros: P-29g - C-15g - F-15g

THURSDAY

BREAKFAST

Morning Glory Pancakes with Protein Frosting
100g Banana
Macros: P-23g - C-44g - F-9g

LUNCH

(L) Farmhouse Greek Salad
Macros: P-35g - C-30g - F-15g

SNACK

100g Light Greek Yogurt
100g Banana
Macros: P-10g - C-29g - F-0g

DINNER

Pesto Burgers with Caramelized Onion, and
Goat Cheese
100g Steamed Green Beans
Whole Wheat Bun
Macros: P-37g - C-36g - F-16g

DESSERT

1 Maple Shortbread PB Bar
1 Scoop PES Protein Shake
Macros: P-29g - C-15g - F-15g

FRIDAY

BREAKFAST

(L) 2 Southwest Egg Bites
180g Light Greek Yogurt
Macros: P-25g - C-14g - F-5.5g

LUNCH

Pesto Burgers with Caramelized Onion, and Goat
Cheese
100g Steamed Green Beans
Macros: P-31g - C-13g - F-15g

SNACK

PES Protein Shake
1 English Muffin
30g Peanut Butter
Macros: P-35g - C-31g - F-17g

DINNER

Macro-Friendly Domino's Pizza Order
Gluten Free Pizza Crust (10")
No Cheese
Robust-Inspired Tomato Sauce
Premium Chicken, Roasted Red Pepper, Diced
Tomato, Feta Cheese, Green Pepper, Pineapple, and
Spinach
Add ¼ reduced fat mozzarella cheese, melt in oven
Macros: P-29g - C-106g - F-16.5g

SATURDAY

BREAKFAST

High Protein French Toast
Macros: P-30g - C-25g - F-6g

LUNCH

(L) Pesto Burger with Goat Cheese
160g Baked Sweet Potato
Macros: P-29g - C-39g - F-15g

SNACK

100g Strawberries
150g Light Vanilla Greek Yogurt
Macros: P-13g - C-17g - F-0g

DINNER

Honey Mustard Chicken Thighs with Smashed
Red Potatoes
Macros: P-24g - C-27g - F-9g

DESSERT

Pumpkin Mug Cake
20g Peanut Butter
60g Light Vanilla Ice Cream
Macros: P-28g - C-49g - F-19g

SUNDAY

BREAKFAST

High Protein French Toast

Macros: P-30g - C-25g - F-6g

LUNCH

(L) Honey Mustard Chicken Thighs With
Smashed Red Potatoes

Macros: P-24g - C-27g - F-9g

SNACK

2 Hard Boiled Eggs

Macros: P-12g - C-0g - F-10g

DINNER

Spicy Penne with Sautéed Asparagus and
Chicken Sausage

Macros: P-41g - C-61g - F-13g

DESSERT

Pumpkin Mug Cake
20g Peanut Butter

Macros: P-25g - C-35g - F-15g

NOTES:

This 7-day meal plan is designed to provide you with delicious recipes that will provide macro-friendly meals throughout the week! Planning your meals ahead of time is one of the best ways to stick to your goals, and it allows for less time in the kitchen and more time to do things you love.

All recipes marked with an (L) in front of them indicate that meal is left over from a recipe with 4-6 servings.

I recommend preparing the following items/sides on Sunday so you have them on hand for the week:

- Southwest Egg Bites
- Roasted Broccoli
- Baked Sweet Potatoes
- Hard Boiled Eggs

Please be aware that some macros were calculated using particular brands (that I have indicated in the following recipes like PEScience) if you can't find these brands or choose to use something different, you will need to account for that and adjust macros.

Southwest egg bites

SERVINGS: 6
SERVING SIZE: 2 BITES

Ingredients

- 1 Tablespoon Avocado Oil
- ½ White or Yellow Onion, Diced
- ½ lb. 93/7 Lean Ground Turkey (Or Beef)
- 5 Large Eggs
- 1 Cup Egg Whites
- ¼ Cup Full Fat Coconut Milk (Can Sub Any Milk Of Choice, Almond, Cashew, 2%, Etc.)
- (1) 4 oz. Can Chopped Green Chilis
- 1 tsp. Cumin
- ¼ tsp. Red Chili Flakes
- Salt and Pepper to taste
- Optional — toppings not included in nutritional info (fresh cilantro, avocado, sour cream, salsa)

Directions

- Preheat oven to 400 degrees
- Heat a large skillet over medium/high heat. Add avocado oil and sauté diced onion for 3-5 minutes or until clear and translucent.
- Add in ground turkey and break up as it cooks, about 5-7 minutes until no longer pink. Add cumin, green chilis and chili flakes. Salt and pepper to taste.
- Spray a large muffin pan with cooking oil or line with silicone baking cups. Evenly distribute meat mixture on the bottom of each.
- In a large bowl, whisk together eggs, egg whites, and coconut milk. Once well-combined, pour mixture evenly over meat, filling up the cups.
- Bake for 15-20 minutes or until the middle of each is firm.
- Store in fridge and reheat for 30-45 seconds when desired.



Spicy Tuna stuffed peppers

SERVINGS: 1

Ingredients

- 1 Can (4 oz.) Albacore Tuna, Drained
- 1 Red Bell Peppers
- 1 Tbsp Light Mayonnaise
- 1 Tbsp Dijon Mustard
- ¼ tsp Cayenne Pepper
- ½ tsp. Garlic Powder
- ¼ tsp. Salt
- ¼ tsp. Pepper
- ¼ Cup Chopped Fresh Cilantro
- 2-3 Pickled Jalapeños
- 2 Tbsp Shredded Light Pepper Jack

Directions

- Preheat oven to 400 degrees
- Spray a foil lined baking sheet with cooking oil.
- Slice bell pepper in half, scoop out seeds and place face down.
- Cook for 10-15 minutes or until tender, remove and set aside.
- In a large bowl mix together tuna, mayo, mustard, cayenne, garlic powder, cilantro salt and pepper.
- Scoop mixture into pepper halves.
- Sprinkle with shredded cheese and top with pickled jalapeños.
- Place back in oven at 400 degrees F for an additional 5 minutes or until cheese is melted.
- Remove and top with additional fresh cilantro.



MACROS PER SERVING
P-22g; C-8g; F-13g

Salmon Burger with old bay aioli

SERVINGS: 4

Ingredients

- (4) 4 oz. Sockeye Salmon Filets, Skin Removed
- ½ Cup Whole Wheat Bread Crumbs
- 2 tsp. Dijon Mustard
- ½ tbsp. Dill
- 1 Egg
- 2 tsp. Old Bay, Divided
- ½ tsp. Salt
- 1 tsp. Pepper
- ¼ Cup Light Mayonnaise
- 1 Tablespoon Lemon Juice
- 4 Whole Wheat Buns* (I used Pepperidge Farm)

** Bun not calculated in nutrition information.*

Directions

- In a food processor, combine 2 of the 4 salmon filets and pulse until finely minced.
- Remove and place in a large bowl.
- Take the remaining 2 salmon filets and with a sharp knife, diced into small pieces.
- Combine all salmon, breadcrumbs, mustard, egg, dill, salt, pepper, and 1 tsp. old bay in a large bowl.
- Mix well with a spoon or hands until combined.
- Form into 4 equal patties.
- Heat a skillet or grill pan to medium/high heat and cook burgers for about 3-4 minutes each side, until nicely browned.
- In a small bowl, combine mayonnaise, lemon juice and remaining old bay, whisk to combine.
- Serve salmon burger with a tablespoon of aioli and whole wheat bun.



MACROS PER SERVING
P-26g; C-6g; F-11g

Pumpkin mug cake

SERVINGS: 1

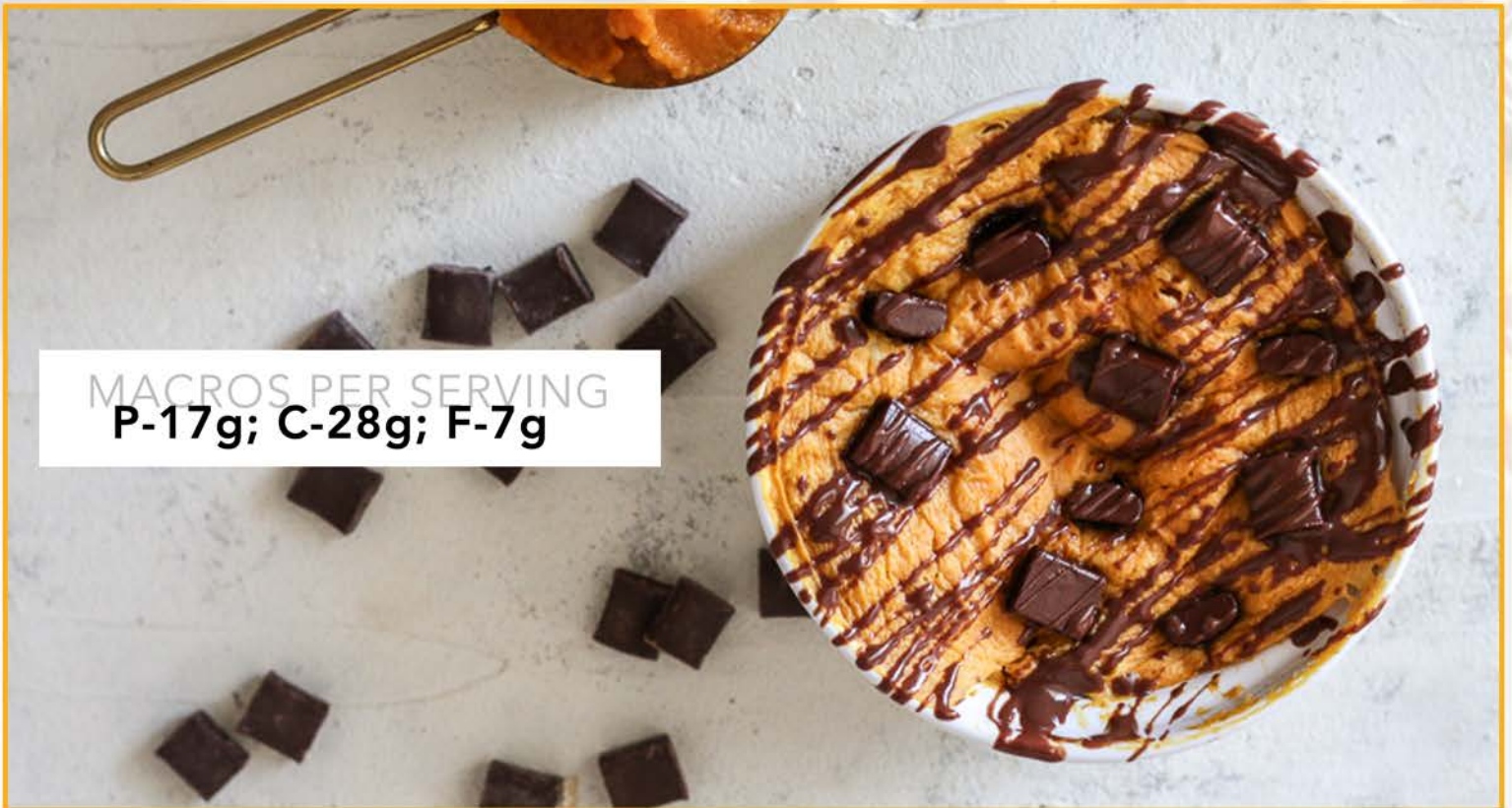
Ingredients

- ¼ Cup Canned Pumpkin
- 3 Tablespoons Kodiak Cakes Pancake Mix (any variety)
- 1 Tablespoon Chocolate Chips
- ½ Scoop PEScience Vanilla Protein
- ½ Cup Water

Directions

- In a small bowl, combine all ingredients beside chocolate chips.
- Mix into batter consistency.
- Microwave for 2 ½ - 3 minutes.
- Remove and add chocolate chips.
- Allow to cool for 5 minutes.

MACROS PER SERVING
P-17g; C-28g; F-7g



Farmhouse salad

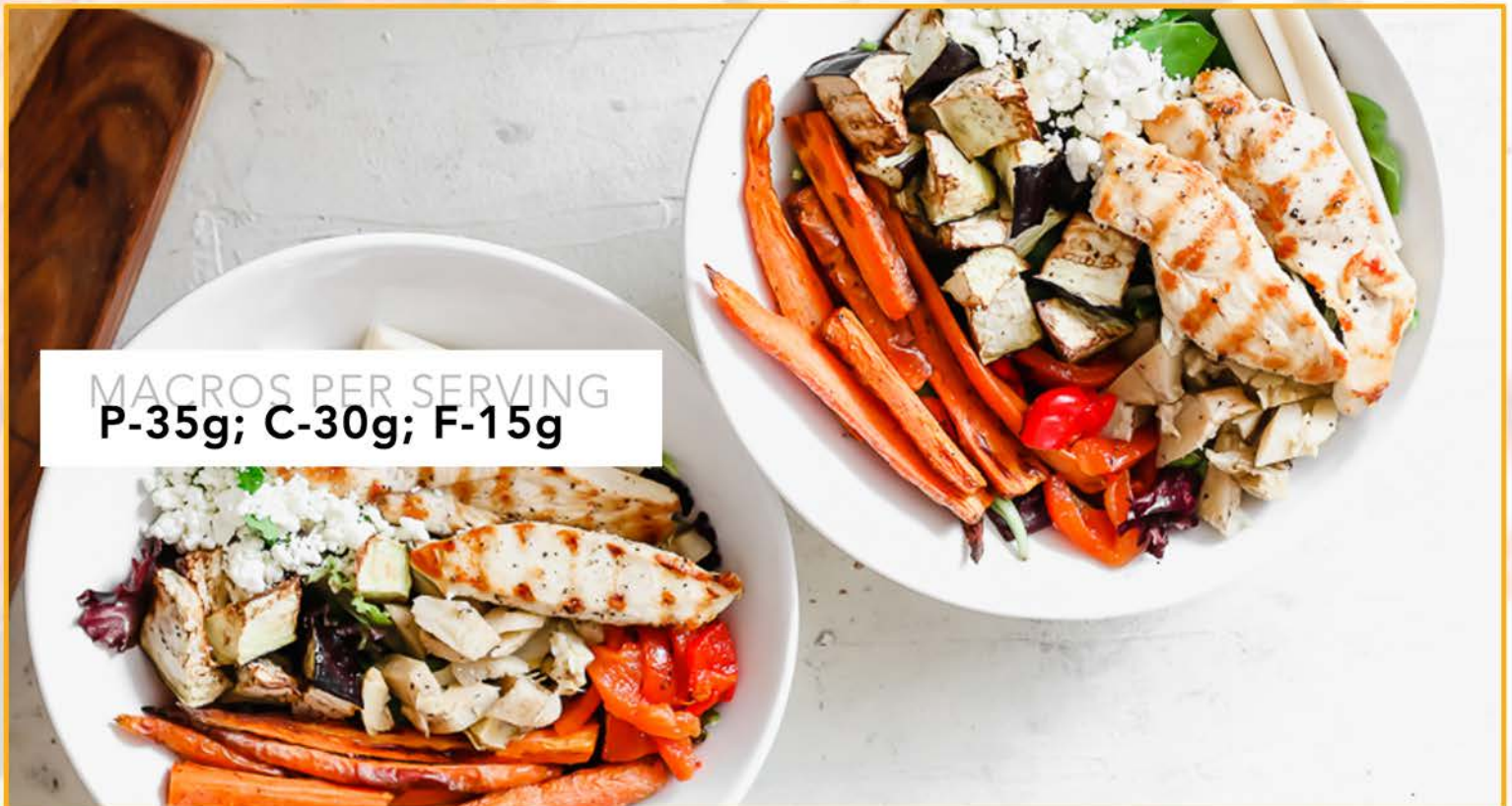
SERVINGS: 4

Ingredients

- 1 lb. Boneless Skinless Chicken Breasts
- 1 Medium Eggplant
- 1 lb. Bag Whole Carrots
- 1 oz. Package Fresh Artichokes
- 2 Red Bell Peppers
- (1) 10 oz. Bag Mixed Greens
- (1) 10 oz. Bag Spinach
- ½ Cup Crumbled Goat Cheese

Directions

- Preheat oven to 425 degrees F.
- Cut carrots in half lengthwise, dice eggplant into 1 inch cubes, and cut each pepper in half, remove seeds.
- On a large baking sheet lined with foil, lightly coat with cooking oil and place prepared vegetables in oven at 425 to roast for 25-30 minutes or until carrots are tender.
- While vegetables are roasting, heat grill pan to medium/high heat.
- Liberally salt and pepper chicken breasts on each side.
- Lightly coat pan with oil and cook chicken for 8-9 minutes, flipping once, until cooked through.
- Once vegetables are done, remove from oven and allow to cool for 5 minutes.
- Roughly chop artichokes and slice roasted red peppers into strips.
- Toss spinach and mixed together, assemble salads by evenly distributing vegetables and mixed greens into 4 bowls. Add 4 oz. chicken and ¼ cup crumbled goat cheese to each salad.



MACROS PER SERVING
P-35g; C-30g; F-15g

Morning Glory pancakes w/protein frosting

SERVINGS: 1

Ingredients

Pancakes

- 16g Coconut Flour
- 130g Egg Whites
- 50g Cottage Cheese
- 10g Oatmeal
- ½ Tbsp. Ground Flax Seed

Protein Frosting (Macros: P-7g; C-3g; F-2.5g)

- 1 tsp. Light Cream Cheese
- 30g Light & Fit Greek Yogurt
- 5g PEScience Protein

Directions

Pancakes

- Combine all ingredients except for flax seed in a food processor or blender.
- Pulse until smooth.
- Stir in flax seed.
- Heat a large skillet to low medium heat while batter thickens (about 5 minutes).
- Spoon desired size pancakes into pan and cook until edge bubble/thicken.
- Flip and cook until browned on both sides.
- Top with desired toppings if macros allow (peanut butter, granola, fresh fruit, etc.).

Protein Frosting

- Mix until thick and combined.



Sun Dried Tomato and bacon hasselback chicken

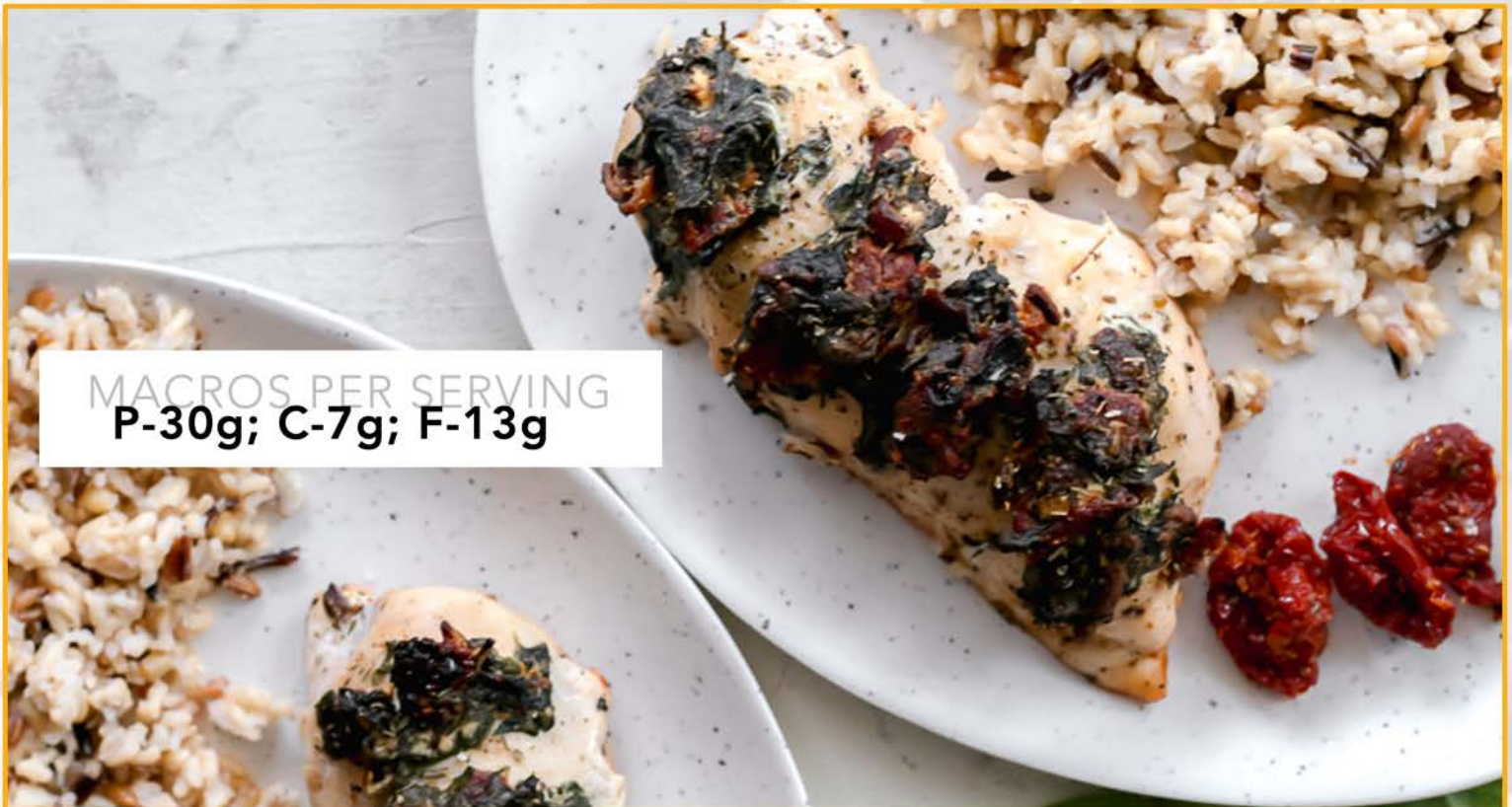
SERVINGS: 2

Ingredients

- (2) 4 oz. Boneless Skinless Chicken Breasts
- 4 Pieces Turkey Bacon or Center Cut Pork Bacon
- ½ 8 oz. Bag Baby Spinach
- ¼ Cup Light Cream Cheese, Soften to Room Temp.
- 4 Sun-dried Tomatoes, Chopped
- 2 tsp. Italian Seasoning
- Salt and Pepper to Taste

Directions

- Preheat oven to 350 degrees F.
- Cook bacon in a large skillet, set aside and drain pan of grease but do not rinse.
- Return pan to stove and heat to low/medium.
- Empty spinach into pan and cook until wilted.
- Remove spinach from pan and roughly chop. Place chopped spinach in a large bowl with crumbled bacon, cream cheese and chopped sun-dried tomato. Mix together until well combined.
- Take each chicken breast and cut horizontal slices across the top being careful not to cut through the chicken.
- Season chicken with Italian Seasoning.
- Take spinach mixture and stuff into slits of chicken breasts.
- Place chicken in a lightly greased baking dish and cook at 350 degrees for 25-30 minutes or until chicken reaches 165 degrees F.
- Serve alongside brown rice.



Maple Shortbread

peanut butter bars

SERVINGS: 16 BARS

Ingredients

Crust

- 1 ½ Cups Almond Flour (Fine Ground)
- 1 ½ Tbsp. Melted Coconut Oil
- 1 tsp. Cinnamon
- 2 Tbsp Maple Syrup

Filing

- ½ Cup Natural Peanut Butter
- 5 oz. Light Cream Cheese
- ¼ Cup Maple Syrup
- (1) 9 oz. Container Light Cool Whip

Directions

- Preheat oven to 350 degrees F.
- Line a 8x8 pan with parchment paper.
- In a large mixing bowl, combine almond flour, 1.5 Tbsp. Melted coconut oil, cinnamon and 2 Tbsp. Maple syrup.
- Mixture have a thick crumbly texture. Press into bottom of pan, firmly packing down with fingers.
- Place in oven and bake for 10-15 minutes. Remove and allow to cool.
- For filling, combine cream cheese, peanut butter, maple syrup and ½ of 9 oz. container of cool whip.
- Using a mixer, whip ingredients together until smooth.
- Spread filling evenly across shortbread crust.
- Refrigerate for at least 8 hours before serving.

MACROS PER SERVING
P-5g; C-15g; F-15g



Pesto Burgers with caramelized onions and goat cheese

SERVINGS: 5

Ingredients

- 1 lb. Lean Ground Turkey
- 3 tbsp. Basil Pesto
- 1 tbsp. Coconut Flour
- 1 Egg
- 5-6 Baby Bella Mushrooms
- 2 Garlic Cloves, Minced
- 1 Whole Yellow Onion, Thinly Sliced
- 1 tbsp. Ghee or Butter
- ¼ tsp. Baking Soda
- 5 Slices Goat Cheese (or ½ Cup Crumbled)
- 4 Whole Wheat Buns*
- Salt and Pepper

* Buns not included in nutrition information

Directions

- In a large skillet, heat 1 tbsp. Ghee and add in thinly sliced onions, cook on low for about 20 minutes, allowing onions to begin caramelizing.
- To accelerate process, add in ¼ tsp of baking soda and cook for an additional 5 minutes. Remove and set aside.
- While onions are caramelizing, combine turkey, pesto, coconut flour, egg, minced garlic, and salt/pepper in a large bowl.
- Place mushrooms in a food processor and pulse until very finely minced, transfer to bowl with meat mixture.
- With clean hands, mix all ingredients together until well combined.
- Once combined, form 5 even patties (to be precise, weight the entire mixture and divide by 5 to find the weight each burger should be).
- Heat a grill pan to medium/high heat and lightly coat with cooking oil.
- Cook burgers 4-5 minutes each side or until cooked through, flipping once.
- Top with caramelized onions and serve on warm toasted bun with goat cheese.

MACROS PER SERVING
P-30g; C-6g; F-14g



High Protein french toast

SERVINGS: 1

Ingredients

- 2 Slices Whole Wheat Bread (I used nature's own double fiber bread)
- 90g Egg Whites
- 1 Large Egg
- 10g PEScience Vanilla Protein
- ¼ tsp. Cinnamon

Directions

- In a bowl, whisk together egg, egg whites, cinnamon and protein powder until frothy.
- Place bread in a large shallow dish suitable for soaking in egg white mixture.
- Soak bread for 5 minutes, flipping over until all moisture is soaked up.
- Heat a large skillet to low/medium heat and lightly coat with cooking oil.
- Place bread in pan and cook until browned on each side.
- Remove and let cool, top with optional fresh fruit, peanut butter, maple syrup, etc.



Honey Mustard chicken thighs with smashed red potatoes

SERVINGS: 4

Ingredients

- 6 Boneless Skinless Chicken Thighs (one package usually totals 1 lb.)
- 2 tbsp. Honey
- 2 tbsp. Dijon Honey
- 1 tbsp. Whole Ground Mustard
- 1 lb. Red Potatoes
- 1 tbsp. Olive Oil
- ¼ Cup Reduced Fat Shredded Cheese
- Sea Salt and Pepper to taste

Directions

- Preheat oven to 450 degrees.
- Bring a large pot of salted water to a rolling boil, add potatoes cook until tender and able to pierce with a fork (about 20 minutes). Remove and set aside.
- Using a dish towel or paper towels, smash each potato until they are flat, carefully transfer to a large baking sheet coated with spray oil. Repeat with each potato. Drizzle with olive oil and season with salt and pepper.
- Bake for 20-25 minutes or until crispy. Top with shredded cheese upon immediately pulling out of oven.
- While potatoes are baking, heat a cast iron or heavy non-stick skillet to medium/high heat.
- Mix together honey, dijon and whole ground mustard together until well combined. Brush both sides of each chicken thigh with sauce and then place in pan (you will likely have sauce left over, save for later).
- Sear each side until golden brown, about 2-3 minutes each side. Cover with tin foil then place in oven at 450 degrees F for 15 minutes alongside potatoes, or until chicken is cooked through.
- Remove and coat chicken with remaining honey mustard sauce. Portion into 4 servings.



MACROS PER SERVING
P-24g; C-27g; F-9g

Spicy Penne with sautéed asparagus and chicken sausage

SERVINGS: 5

Ingredients

- 1 Box Banza Penne
- 1 lb. Asparagus
- 1 tbsp. Olive Oil
- 1 lb. Italian Chicken Sausages
- (1) 14.5 oz. Can Diced Tomatoes
- 1 Medium Yellow Onion, Finely Diced
- 2 Garlic Gloves, Minced
- ½ tsp. Red Pepper Flakes
- 1 tsp. Onion Powder
- ¼ Cup Unsweetened Almond Milk
- ¼ Cup Parmesan Cheese
- Salt and Pepper

Directions

- Cook penne according to package's directions or until al dente, strain and set aside.
- In a large skillet, heat 1 tbsp. Olive oil over medium heat. Add diced onion and garlic, sautéing until onions are soft and translucent, about 5-7 minutes.
- Add in canned tomatoes, red paper flakes, onion powder and unsweetened milk. Salt and pepper to taste.
- Cook for an additional 5 minutes, remove from heat and let cool for 5 minutes.
- While sauce is cooling, heat a pan with raised sides to medium/high heat. Slice chicken sausages into ¼ inch pieces. Cut asparagus spears into quarters. Combine chicken sausage and asparagus into pan and sauté until browned, about 5 minutes.
- Place cooled sauce into high powered blender and puree until smooth.
- Add penne and sauce to pan with chicken sausage and asparagus. Continue to cook on low/medium heat for an additional 5 minutes.
- Add salt and pepper if desired. Sprinkle ¼ cup parmesan cheese on top and divide into 5 even servings (tip: using a kitchen scale and a large bowl weigh the ENTIRE dish, and divide by 4 to figure out what each individual serving should weigh).

MACROS PER SERVING
P-41g; C-62g; F-13g

