



Tribe Menu

A 7-DAY MEAL PLAN SAMPLE

Your Grocery List

STAPLES & SEASONINGS

- Spray Cooking Oil
- Cumin
- Mustard Powder
- Garlic Powder
- Onion Powder
- Rosemary
- Dill
- Cinnamon
- Chili Powder
- Paprika
- Oregano
- Blackening Seasoning
- Cayenne Pepper
- Baking Powder
- Brown Sugar
- Vanilla Extract

PRODUCE

- 2 Yellow Onions (C)
- 2 Red Onions (C)
- 2 Mango (C)
- 4 Apples (C)
- 5 Red Bell Peppers (C)
- 1 Lb. Broccoli (C)
- 1 Cucumber (C)
- 1 Pack Baby Bellas (C)
- 4 Avocados (F)
- 3 Jalapeños
- 1 Bunch Bananas (C)
- 1 Garlic Bulb
- 1 Lb. Cherry Tomatoes
- 2 Bunch Cilantro
- 1 Bunch Parsley
- 8 Oz. Fresh Pico De Gallo

FATS

- Olive Oil
- Coconut Oil
- Peanut / Almond Butter (F+P)
- Ghee / Butter
- Walnuts

CARBS

- [2] 10 Oz. Bags - Brown Rice (recommend birds eye frozen)
- 2 Packs Whole Wheat Pitas
- 1 Pack Rice Cakes
- 8 Whole Wheat Hamburger Buns
- 1 Lb. Sweet Potatoes
- 2 Packs Corn / Flour Soft Taco Size Tortillas
- 1 Pack Lavish Wraps or Large Tortillas
- 1 Loaf Whole Wheat Bread
- Breadcrumbs
- Oatmeal (Plain)
- Maple Syrup

DAIRY

- 12 Oz. Light Mayo (F)
- 16 Oz. Light Sour Cream (F)
- 6 Oz. Crumbled Feta Cheese (F)
- 6 Oz. Crumbled Blue Cheese (F)
- 6 Oz. Cotija Cheese (F+P)
- 8 Oz. Reduced Fat Shredded Cheddar Cheese (F+P)
- 2 Packs Light and Fit Greek Yogurt (P+C)
- Tzatziki (P+C)
- ½ Gallon Unsweetened Almond or Cashew Milk
- 2 Pints Yasso Cookie Dough Ice Cream

PROTEIN

- 1 Dozen Eggs (F+P)
- [2] 16 Oz. Carton Egg Whites (P)
- [3] 1 Lb. Lean Ground Turkey (F+P)
- 1 Lb. Chicken or Turkey Breakfast Sausage
- 6 Oz. Salmon (F+P)
- [3] 1 Lb. Boneless Skinless Chicken Breasts (P)
- 1 Lb. Peeled and Deveined Shrimps
- Bacon Bits
- PEScience Protein

CANS & CONDIMENTS

- [3] 15 Oz. Cans Black Beans
- [1] 15 Oz. Can Refried Beans
- [1] 8 Oz. Can Adobe Peppers
- [1] 8 Oz. Can Pizza Sauce
- Bolthouse Farms Avocado Ranch Dressing
- 1 Pack Sabra Singles Guacamole
- Lime Juice
- BBQ Sauce (recommend Stubbs brand)
- Ketchup
- Red Wine Vinegar
- Worcestershire sauce
- Raw Cacao Powder
- 1 Bag Semi-Sweet Chocolate Chips
- Ground Flax Seed

* 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 in hard boiled eggs, remove yolk if needed. Additional protein to your prepared dish (extra chicken, shrimp, 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, serve Sloppy Jane's on buns.

Add fruit to morning breakfasts and/or snacks.

- **Need less carbs?**

Substitute some or all of rice with cauliflower rice, serve tacos on lettuce wraps.

- **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/dressings

MONDAY

BREAKFAST

Breakfast Burrito

Macros: P-28g - C-28g - F-13g

LUNCH

Stuffed Pepper Sloppy Jane's

Macros: P-26g - C-16g - F-6g

SNACK

100g Sweet Potato Baked

50g Banana

15g Peanut Butter

Macros: P-9g - C-36g - F-8g

DINNER

Black Bean Turkey Burger

1 Whole Wheat Bun

2 Tbsp. Chipotle Crema

Macros: P-37g - C-43g - F-13g

DESSERT

1 Double Chocolate Brownie

(1) 5.3 Oz. Container Light & Fit Greek Yogurt

15g PEScience Protein Powder

Macros: P-31g - C-39g - F-9g

TUESDAY

BREAKFAST

Breakfast Burrito

150g Apple

Macros: P-32g - C-46g - F-13g

LUNCH

(L) Stuffed Pepper Sloppy Jane's

150g Broccoli

Macros: P-30g - C-27g - F-6g

SNACK

(L) Black Bean Burger

1 Sabra Guacamole Single or 60g Avocado

Macros: P-21g - C-14g - F-16g

DINNER

Buffalo Chicken Pizza

Macros: P-47g - C-41g - F-15g

DESSERT

1 Double Chocolate Brownie

Macros: P-7g - C-29g - F-8g

WEDNESDAY

BREAKFAST

Breakfast Burrito

1 Sabra Guacamole Single or 60g Avocado

Macros: P-32g - C-31g - F-22g

LUNCH

4 Oz. Shredded Chicken

2 Tbsp. Bolthouse Farms Avocado Ranch

1 Whole Wheat Pita

150g Broccoli

Macros: P-36g - C-42g - F-10g

SNACK

(L) Stuffed Pepper Sloppy Jane's

Macros: P-27g - C-17g - F-6g

DINNER

(L) Black Bean Turkey Burger

2 Tbsp. Chipotle Crema

150g Baked Sweet Potato

Macros: P-23g - C-46g - F-11g

DESSERT

62g Yasso Cookie Dough

15g Peanut Butter

Macros: P-8g - C-21g - F-10g

THURSDAY

BREAKFAST

Breakfast Burrito

Macros: P-32g - C-25g - F-13g

LUNCH

(L) Stuffed Pepper Sloppy Jane's

90g Cooked Brown Rice

Macros: P-35g - C-30g - F-15g

SNACK

(1) 8 Oz. Container Light & Fit Greek Yogurt

1 Double Chocolate Brownie

Macros: P-19g - C-38g - F-8g

DINNER

Blackened Salmon Tacos w/ Mango Salsa

2 Tbsp. Chipotle Crema

Macros: P-31g - C-51g - F-17g

DESSERT

62g Yasso Cookie Dough

15g Peanut Butter

Macros: P-8g - C-21g - F-10g

FRIDAY

BREAKFAST

Breakfast Burrito

Macros: P-32g - C-25g - F-13g

LUNCH

4 Oz. Shredded Chicken

2 Tbsp. Bolthouse Farm Avocado Ranch

1 Cup Cooked Brown Rice

1 Sabra Guacamole Single or 60g Avocado

Macros: P-31g - C-40g - F-14g

SNACK

2 Rice Cakes

2 Tbsp. Peanut Butter

Macros: P-9g - C-38g - F-17g

DINNER

Black Bean Tostadas

Macros: P-39g - C-43g - F-8g

DESSERT

(1) 5.3 Oz. Container Light & Fit Greek Yogurt

1 Double Chocolate Brownie

Macros: P-19g - C-38g - F-8g

SATURDAY

BREAKFAST

Caramelized Banana French Toast

Macros: P-19g - C-44g - F-11g

LUNCH

Jamaican Jerk Shrimp Bowl

Macros: P-25g - C-51g - F-9g

SNACK

2 Hard Boiled Eggs

(1) 5.3 Oz. Container Light & Fit Greek Yogurt

Macros: P-24g - C-10g - F-10g

DINNER

Greek Gyros with Feta Salsa

Macros: P-30g - C-36g - F-11g

DESSERT

1 Double Chocolate Brownie

1 Scoop PEScience Protein Powder

Macros: P-31g - C-30g - F-9g

SUNDAY

BREAKFAST

Chocolate Banana Bread Oats

Macros: P-29g - C-43g - F-8g

LUNCH

(L) Jamaican Jerk Shrimp Bowl

Macros: P-25g - C-51g - F-9g

SNACK

2 Hard Boiled Eggs

(1) 5.3 Oz. Container Light & Fit Greek Yogurt

Macros: P-24g - C-10g - F-10g

DINNER

(L) Greek Gyros with Feta Salsa

Macros: P-30g - C-36g - F-11g

DESSERT

62g Yasso Cookie Dough

30g Peanut Butter

Macros: P-11g - C-24g - F-17g

NOTES:

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

This meal plan was designed to utilize food prepared ahead of time. Several recipes will call for cooked/shredded chicken. On Sunday (or whichever day you are preparing for the week ahead), you'll need to prepare crock pot chicken as follows.

To Prepare:

Place your 3 lbs. of chicken in a crockpot and cover with 1 cup chicken broth, 1 tsp. onion powder, 1 tsp. salt and pepper. Cook on low for 6-8 hours or high for 3-4 hours. Remove and shred with 2 forks. Store in air-tight Tupperware to be used throughout the week.

Other items I recommend preparing in advance:

- Bake all your sweet potatoes
- Bake double chocolate brownies
- Roast broccoli to pair with meals
- Prepare Stuffed Pepper Sloppy Jane's & Black Bean Burgers for the week

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'll need to account for that and adjust macros.

Breakfast burrito

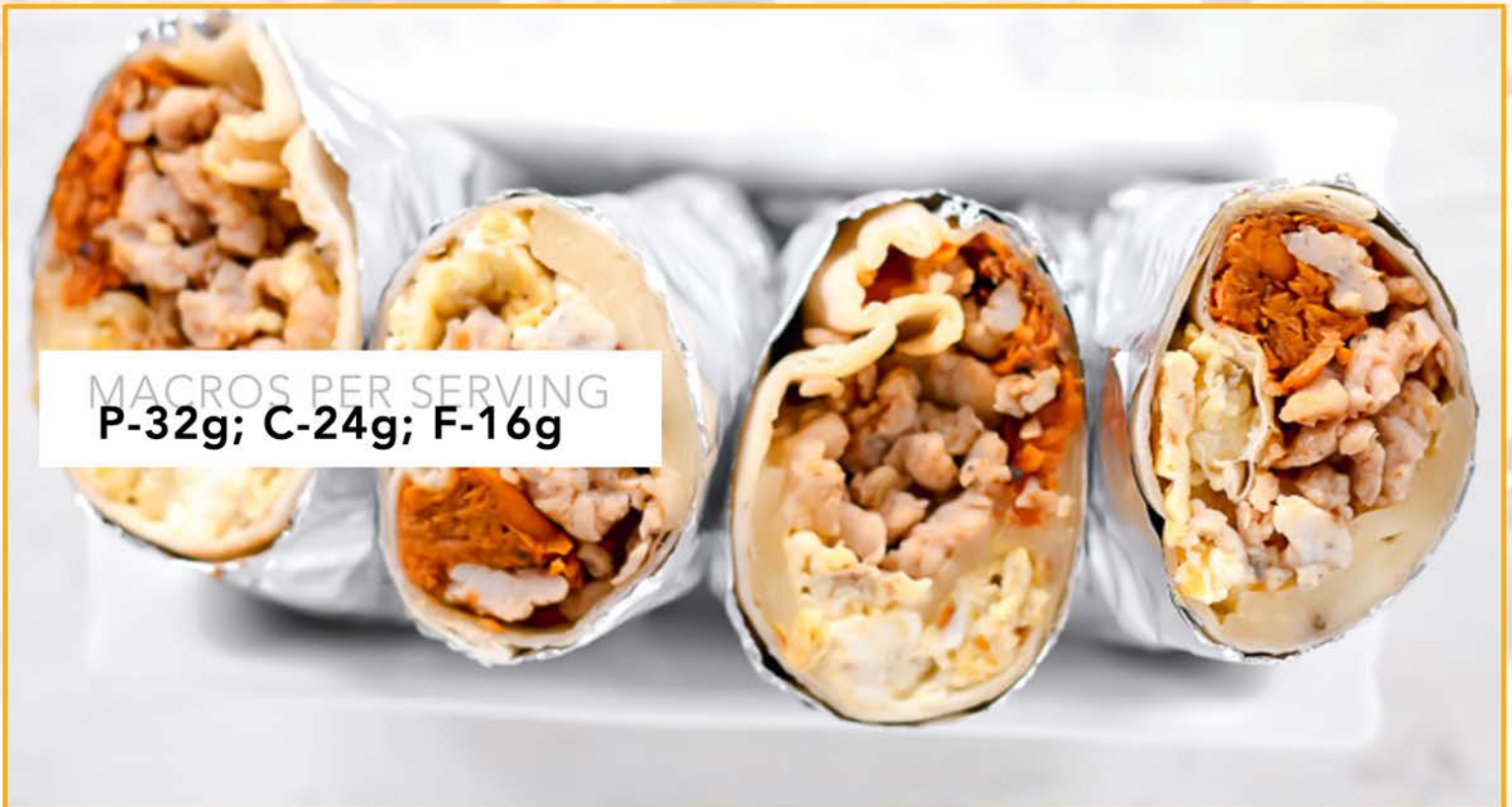
SERVINGS: 5

Ingredients

- 5 Large Lavash Wraps or Tortillas (I used the brand Joseph's)
- 1 Lb. Ground Breakfast Turkey Sausage (I used Shady Brook's Farms)
- 1 Medium Sweet Potato (150g)
- 3 Eggs
- 150g Egg Whites
- ½ Cup (56g) Reduced Fat Shredded Cheddar Cheese
- ¼ Tsp. Smoked Paprika
- ½ Tsp. Garlic Powder
- ¼ Tsp. Salt
- ¼ Tsp. Pepper

Directions

- Heat a large pan over medium/high and lightly spray with cooking oil. Add breakfast sausage breaking apart with spatula and cooking thoroughly. Remove meat and drain excess fat. Return pan to stove and set meat aside.
- Using box grater, grate entire sweet potato. Transfer sweet potato to pan, add garlic powder, salt and pepper. Cook over medium heat until softened, about 4-5 minutes.
- Remove sweet potato and set aside.
- Lastly, add eggs and egg whites to a small bowl, whisk to combine, add paprika and pour into skilled, move around with a spatula until eggs are cooked through. Remove and set aside.
- Gather all components, heat each tortilla for 5-10 seconds before assembling to make more pliable. Lay one tortilla on top of a large piece of tin foil and fill with even distribution of eggs, sweet potato, sausage and cheese (to be precise, feel free to weigh each ingredient individually and divide by 5).
- Fold in sides and tightly roll. Wrap in tin foil and repeat with remaining ingredients. Place in freezer. To reheat, remove from tin foil and microwave for 2 minutes. Allow to cool. Top with light sour cream, salsa, hot sauce, avocado, etc.



MACROS PER SERVING
P-32g; C-24g; F-16g

Stuffed pepper sloppy jane's

SERVINGS: 5

Ingredients

- 1 Lb. Lean Ground Turkey
- 5 Medium Sized Red Bell Peppers
- ½ Tbsp. Olive Oil
- 100g White or Yellow Onion, Diced
- 130g Ketchup
- 130g BBQ Sauce (I used Stubbs Spicy Original)
- 1 Tbsp. Worcestershire
- 1 Tbsp. Brown Sugar
- 1 Tsp. Yellow Mustard Powder
- 1 Tsp. Garlic Powder
- 2-3 Tbsp. Water

Directions

- Heat a large skilled over medium/high heat. Add in olive oil and diced onion. Cook for 6-7 minutes, until onion is translucent.
- Next, add in ground turkey, breaking apart with spatula as the meat cooks.
- Once meat is throughly cooked, reduced heat and add in ketchup, BBQ sauce, Worcestershire sauce, brown sugar, mustard powder, and garlic powder.
- Reduce heat to simmer for about 10 minutes and allow mixture to thicken adding in 2-3 Tbsp water as needed to thin out.
- While sauce is simmering, preheat oven to 425 degrees F. Slice the tops off from peppers, and remove seeds. Place cut side down on a foil lined baking sheet and cook for 12-15 minutes.
- Once peppers are removed, evenly divide meat mixture (weigh entire mixture and divide by 5, I had 750g so each pepper contained 150g meat).
- Place back in oven and cook for an additional 10 minutes. Remove and top with cheese, sliced jalapeños or any other desired toppings.



MACROS PER SERVING
P-27g; C-16g; F-6g

Black Bean turkey burgers with chipotle crema

SERVINGS: 5

Ingredients

Burger

- 1 Pound 93/7 Lean Ground Turkey
- 120g Black Beans
- 1 Tbsp. Chili Powder, Paprika, and Cumin
- ¼ Tsp. Cayenne Pepper, Salt, and Pepper
- 2 Cloves Minced Garlic
- ¼ Cup Cilantro Chopped
- 6 Baby Bella Mushrooms

Chipotle Crema

- ½ Cup Light Mayonnaise, Light Sour Cream
- 2 Tsp. Cumin
- ¼ Cup Chopped Cilantro
- 4 Chipotle Peppers, Finely Minced
- 2 Tbsp. Adobe Sauce (From Chipotle Peppers)
- 1 Tbsp. Lime Juice

Directions

- In a large bowl, combine ground turkey, black beans, chili powder, paprika, cumin, minced garlic, salt and pepper.
- Place mushrooms in a food processor and pulse until very finely minced, almost a paste. Add mushrooms to meat mixture and combine well with clean hands.
- Weigh entire mixture and divide by 5 to find what the weight of each burger should be. Form individual burgers and set aside (tip: to keep meat from sticking to hands, lightly coat hands with cooking oil).
- Heat grill or grill pan to medium heat. Lightly spray with cooking oil and place burgers in pan. Create a small dimple in the middle of each burger so they don't bubble up. Cook for about 5 minutes each side.
- While burgers are cooking, prepare chipotle crema by combining all ingredients in small bowl, whisk until combined and set aside.
- Top each burger with 2 Tbsp. Chipotle cream and any additional desired toppings (cheese, avocado, etc).



MACROS PER SERVING
P-21g; C-5g; F-11g

Double chocolate black bean brownies

SERVINGS: 12

Ingredients

- 1 Can Black Beans, Drained and Rinsed
- ⅓ Cup Cacao Powder (Not Coco Powder)
- 1 Scoop PEScience Protein Powder
- ½ Tbsp. Coconut Oil, Melted and Cooled
- 2 Tbsp. Ground Flax Seeds
- 100g Avocado
- ⅔ Cup Brown Sugar
- 4 Oz. Semi Sweet Chocolate, Melted
- 1 Tsp. Vanilla Extract
- ½ Tsp. Baking Powder
- ¼ Tsp. Baking Soda
- 2 Tbsp. Walnuts, Chopped

Directions

- Preheat oven to 350 degrees F.
- Prepare flax eggs by adding 1.5 tablespoons of water to each tablespoon of flax seed. Allow to sit for 5 minutes and thicken.
- In a high-powered food processor or blender, combine all ingredients except for walnuts.
- Blend until smooth, you may need to add a little of water but batter should remain extremely thick and smooth.
- Spray an 8x8 in. baking pan and pour in batter. Use a rubber spatula to make sure all the batter makes it into the pan. Spread evenly and top with walnuts.
- Cook for 40-45 minutes or until cooked through. Remove and allow to completely cool.
- Store in refrigerator, these are delicious cold!



Buffalo chicken pizza

SERVINGS: 2

Ingredients

- 2 Whole Wheat Pitas
- 6 Oz. Cooked Chicken Breast, Shredded
- ½ Cup Frank's Buffalo Sauce
- ½ Tsp. Garlic Powder
- 1 Tsp. Oregano
- ½ Cup Pizza Sauce
- 100g Red Onions, Diced
- 2 Tbsp. Bacon Bits
- ½ Cup (56g) Shredded Reduced Fat Mozzarella Cheese
- ¼ Cup (28g) Crumbled Blue Cheese

Directions

- Preheat oven to 400 degrees F.
- Place pita bread in oven for 2-3 minutes or until slightly crispy. Remove and keep heat in oven.
- In a large bowl, toss chicken with buffalo sauce, garlic powder and oregano.
- Spread each pita with ¼ cup pizza sauce, 3 oz. buffalo chicken, 50g diced red onion, 28g shredded mozzarella, 1 tsp. bacon bits, and 14g crumbled blue cheese.
- Drizzle with additional buffalo sauce if desired and place in oven at 400 degrees F for about 4-5 minutes or until cheese is melted and crust is crisp.



MACROS PER SERVING
P-47g; C-41g; F-15g

Blackened salmon tacos with mango salsa

SERVINGS: 2 TACOS

Ingredients

- 6 Oz. Sockeye Salmon
- 1 Tbsp. Blackening Seasoning
- 4 Corn Tortillas (Can Sub Flour)
- 8 Oz. Cherry Tomatoes, Diced
- 100g White Onion, Diced
- 100g Mango, Diced
- 2 Jalapeño Peppers, Diced
- ½ Cup Cilantro Chopped
- 1 Tbsp. Lime Juice
- ¼ Tsp. Salt
- 28g Cotija Cheese, Crumbled
- ¼ Cup Chipotle Crema*

Directions

- Preheat oven to broil. Pat salmon filets dry and coat liberally with blackening seasoning.
- Prepare mango salsa by combining tomatoes, onion, mango, jalapeños, cilantro, lime juice and salt in a small bowl. Toss to combine.
- Place salmon filets on a foil lined baking sheet and broil for 5-6 minutes. Flake into small pieces.
- Heat tortillas in a skillet over high heat until crisp. If you have a gas stove, you can place directly on burner, but be careful!
- Assemble each taco with 1 tbsp. chipotle crema, 1.5 oz. salmon, 2 tbsp. mango salsa and 7g crumbled cotija cheese.

* Note for Chipotle Crema: Prepare chipotle crema by combining all ingredients in a small bowl, whisk until combined and set aside (Ingredients: ½ cup light mayonnaise, ½ cup light sour cream, 2 tsp. cumin, ¼ cup chopped cilantro, 4 chipotle peppers — finely minced, 2 tbsp. adobe sauce (from chipotle peppers) and 1 tbsp. lime juice.



Black bean toastadas

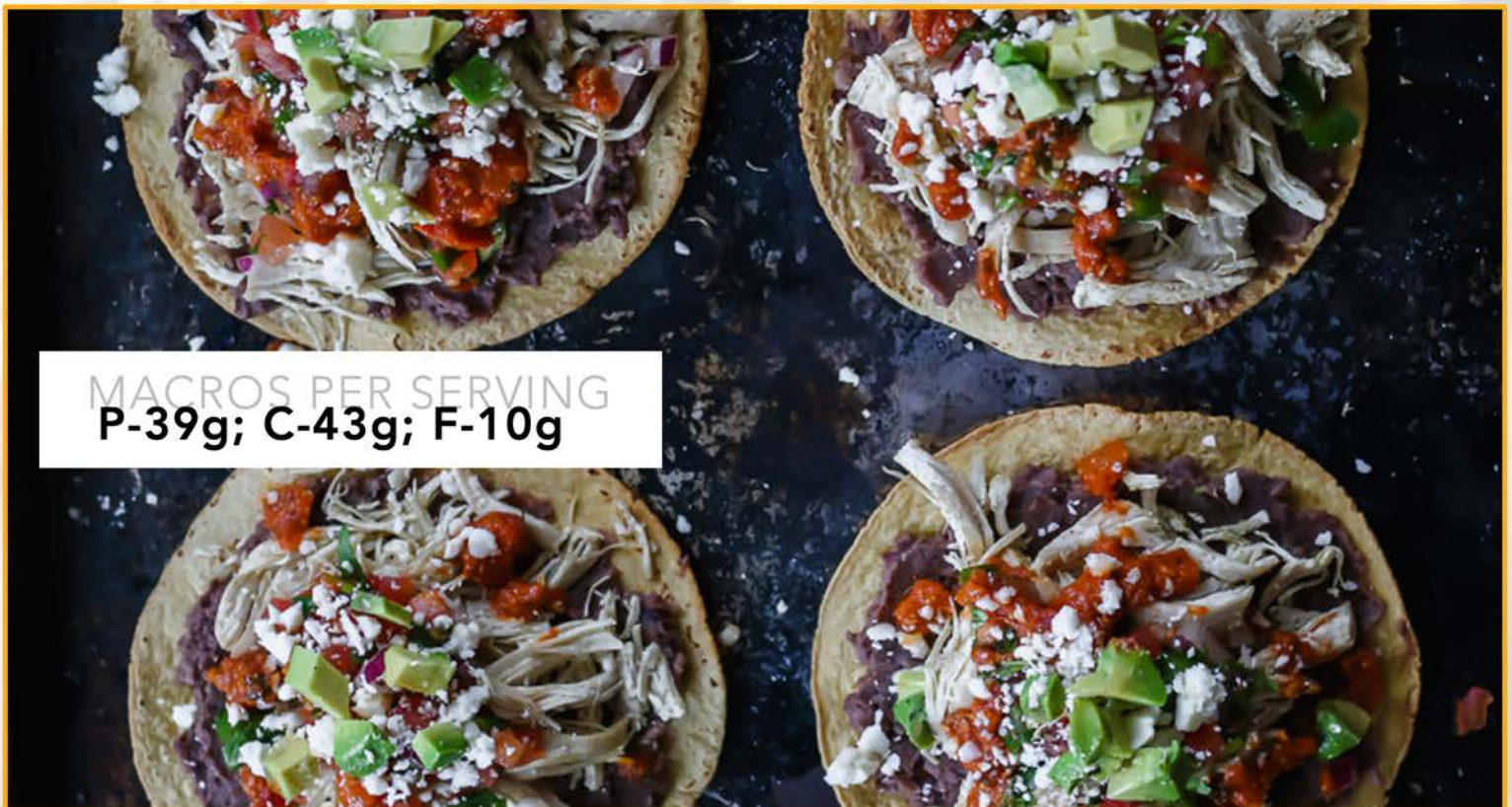
SERVINGS: 2

Ingredients

- 6 Oz. Cooked Chicken Breast, Shredded
- 1 Tbsp. Chili Powder
- 1 Tsp. Cumin
- 1 Tsp. Smoked Paprika
- 1 Tsp. Onion Powder
- ½ Tbsp. Olive Oil
- 100g Vegetarian Refried Black Beans
- 4 Corn Tortillas (Can Sub Flour)
- ½ Cup Pico De Gallo (Homemade or Store-Bought)
- 28g Cotija Cheese
- Any Additional Desired Toppings Such As: Sour Cream, Avocado, Etc.

Directions

- Preheat oven to 400 degrees F.
- Lightly spray tortillas with cooking oil and sprinkle with sea salt, place on a large baking sheet and place in oven for 10-12 minutes, flipping over halfway.
- Remove tortillas and set aside.
- In a large bowl, combine olive oil, shredded chicken, chili powder, smoked paprika, onion powder, salt and olive oil.
- Toss to combine.
- Spread each tostada with 25g refried beans, 1.5 ounces seasoned chicken, 2 tbsp. pico de Gallo and 7g crumbled cotija cheese.
- Add any additional toppings you'd like! (Make sure to add these macros to your total macros for this recipe.)



Caramelized banana french toast

SERVINGS: 1

Ingredients

- 3 Slices Light Whole Wheat Bread (Such As Nature's Own Double Fiber)
- 50g Banana, Sliced
- 1 Egg
- 100g Egg Whites
- 1 Tsp. Butter or Ghee
- 1 Tsp. Maple Syrup
- 1 tsp. Vanilla Extract
- ¼ Tsp. Cinnamon

Suggested Toppings (Not Included In Macros):

- 1 Tbsp. Peanut Butter Powder (PB2) or Peanut Butter
- Sugar-Free Maple Syrup

Directions

- Whisk together eggs, egg whites, vanilla extract and cinnamon. Place mixture in a shallow dish and allow bread slices to soak for 1-2 minutes each side.
- While slices are soaking heat, butter and maple syrup in a pan over medium heat. Add bananas and allow to cook for a few minutes, until soft and plump. Remove and set aside.
- In the same pan, lightly spray with cooking oil if needed and transfer soaked bread slices, cooking on low/medium heat for a couple minutes each side until golden brown.
- Top with caramelized bananas and any additional toppings.

MACROS PER SERVING
P-19g; C-44g; F-11g



Jamaican jerk shrimp bowls

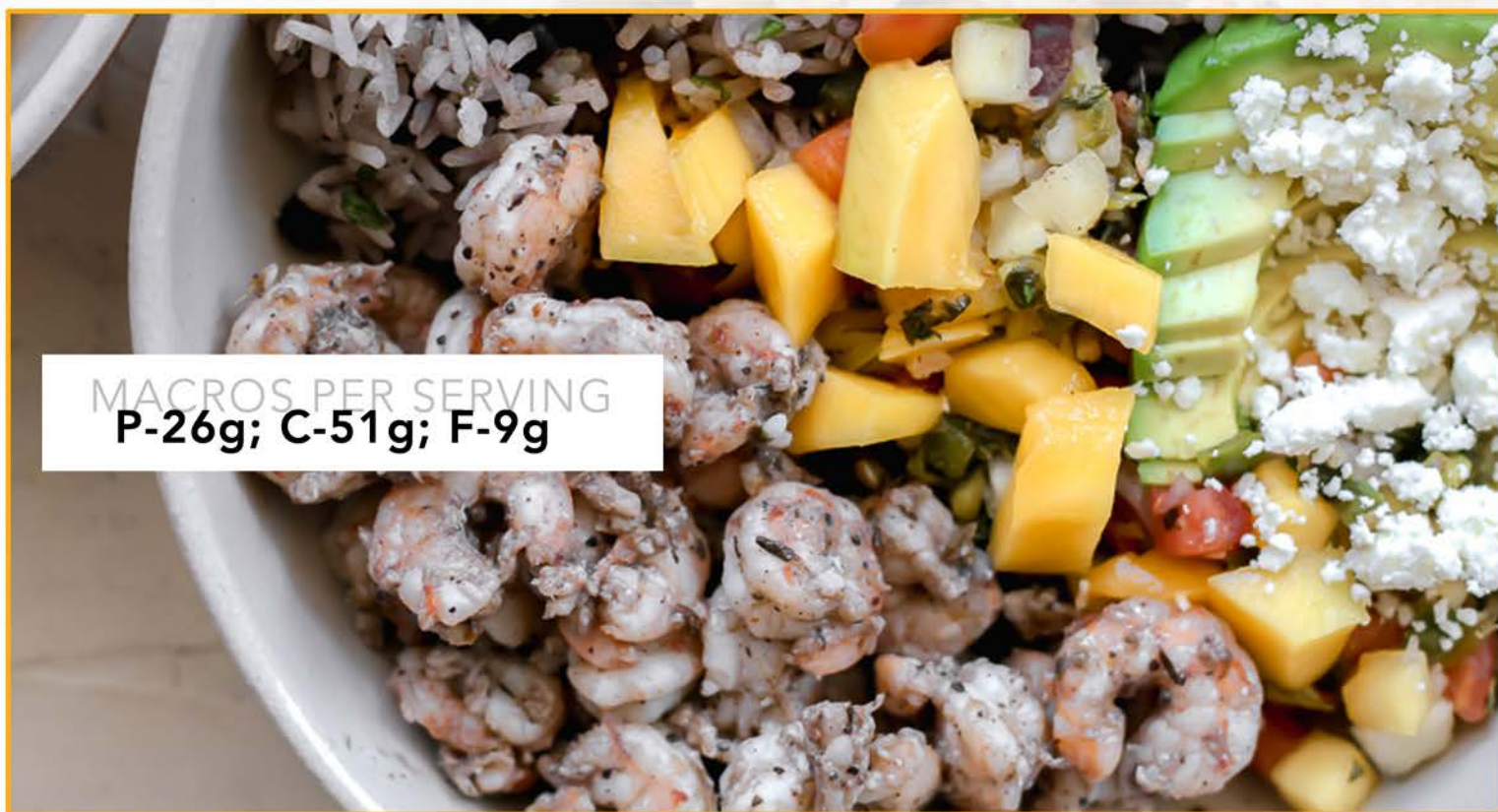
SERVINGS: 4

Ingredients

- 1 Lb. Peeled And Deveined Key West Pink Shrimp
- 2 Tbsp. Wet Jerk Marinade*
- 2 Cups Cooked Brown or White Rice
- 1 Cup Black Beans, Drained and Rinsed
- ½ Cup Cilantro, Chopped and Divided
- 1 Tsp. Cumin
- 200g Mango, Diced
- 100g Red Onion, Diced
- 4 Oz. Cherry Tomatoes, Diced
- 2 Jalapeño Peppers, Seeded and Diced
- 1 Tsp. Lime Juice
- ¼ tsp. Salt and Pepper
- 2 Avocados
- 2 oz. Cotija Cheese

Directions

- Place fresh or thawed shrimp in large zip-loc bag, add jerk marinade and let sit for 30 minutes to 24 hours.
- Heat a large skillet over medium to high heat and lightly coat with cooking oil. Spread shrimp in an even layer across pan, discard any remaining marinade juices. Cook shrimp for 1-2 minutes a side, until lightly pink and white inside.
- Remove and set aside.
- Clean pan and return to burner over low heat. Spray with cooking oil and add rice, black beans, ¼ cup cilantro, cumin and juice of 1 lime. Stir occasionally while preparing mango salsa.
- For salsa, combine mango, red onions, tomatoes, jalapeños, lime juice, salt and papper. Toss with spoon to combine.
- To prepare bowls, evenly distribute rice mixture and mango salsa to 4 bowls, add 4 oz. of shrimp to each bowl and ½ avocado. Garnish with remaining cilantro.



MACROS PER SERVING
P-26g; C-51g; F-9g

Greek Gyros with feta salsa

SERVINGS: 4

Ingredients

Meatballs

- 1 Lb. 94% Lean Ground Turkey
- 1 Tsp. Oregano & Garlic Powder
- ½ Tsp. Rosemary & Dill
- ¼ Cup Chopped Fresh Parsley & Breadcrumbs
- 1 Egg

Feta Sauce

- ½ Cup Diced Cucumber
- ¼ Cup Diced Red Onion
- ½ Cup Crumbled Feta
- 1 Tbsp. Red Wine Vinegar & Lemon Juice
- Salt & Pepper To Taste
- ½ Cup Tzatziki (Cedar's Brand)
- 4 Whole Wheat Pitas

Directions

- To prepare meatballs, combine turkey, oregano, garlic, rosemary, dill, parsley, breadcrumbs, and egg. Mix well with hands until all ingredients are well combined.
- To form meatballs, zero out scale and weigh entire meat mixture, divide by 20 to find the weight for each meatball (mine was 25g).
- Place bowl with meat on scale and tare to zero. Scoop out meatball to match grams of individual meatballs and place on parchment paper. Tare scale to zero and repeat for each meatball until mixture is used up. Set meatballs aside and prepare feta salsa.
- For feta salsa, combine cucumber, red onion, red wine vinegar, lemon juice, salt and pepper. Toss with a spoon and set aside.
- Heat a large grill pan or skillet to medium heat, spray with cooking oil and gently place meatballs in pan. Cook about 4-5 minutes each side until lightly browned, flip and cook an additional 4-5 minutes. Remove from pan.
- Assemble pitas by placing 4 meatballs, 2 tablespoons tzatziki and 2-3 tablespoons feta salsa inside.



MACROS PER SERVING
P-30g; C-35g; F-13g

Chocolate banana bread oats

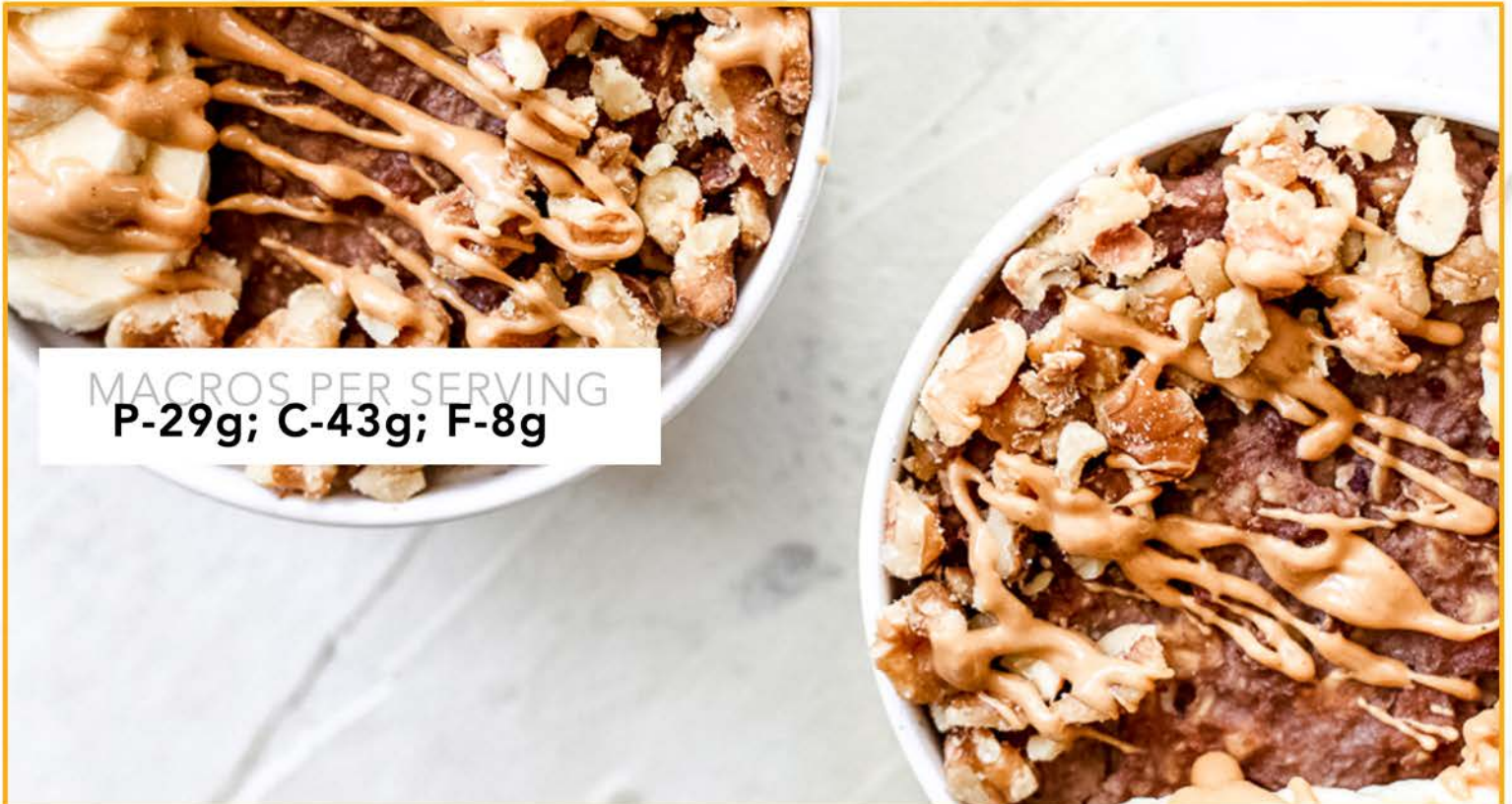
SERVINGS: 1

Ingredients

- 40g Oatmeal
- 100g Egg Whites
- ½ Cup Unsweetened Almond Milk (Can Sub Any Milk)
- ½ Tablespoon Coco Powder
- ½ Scoop PEScience Frosted Cupcake Protein Powder (Sub Any Chocolate Protein)
- 50g Banana
- 14g Crushed Walnuts

Directions

- In a microwave safe bowl, combine oats, almond milk and egg whites.
- Whisk thoroughly.
- Place bowl in microwave and heat for 3 minutes, removing every 30 seconds to stir and combine (don't skip this!).
- Carefully remove and stir in coco powder and protein.
- Add additional almond milk here if needed. Stir well.
- Top with sliced banana and crushed walnuts.
- Add any additional toppings such as shredded coconut, peanut butter, etc.



MACROS PER SERVING
P-29g; C-43g; F-8g