

Weekly Meal Plan

Week of December 3rd, 2023

	Breakfast	Lunch	Dinner
Day 1	Gingerbread Protein Overnight Oats	Apple & Pear Chopped Kale Salad with Juicy Grilled Chicken	White Chicken Chili
Day 2	Gingerbread Protein Overnight Oats	Juicy Grilled Chicken with Steamed Broccoli and Roasted Kabocha Squash with Sesame Ginger Dressing	Apple & Pear Chopped Kale Salad with Juicy Grilled Chicken
Day 3	Gingerbread Protein Overnight Oats	White Chicken Chili	Juicy Grilled Chicken with Steamed Broccoli and Roasted Kabocha Squash with Sesame Ginger Dressing
Day 4	Gingerbread Protein Overnight Oats	Apple & Pear Chopped Kale Salad with Juicy Grilled Chicken	White Chicken Chili
Day 5	Gingerbread Protein Overnight Oats	Juicy Grilled Chicken with Steamed Broccoli and Roasted Kabocha Squash with Sesame Ginger Dressing	Apple & Pear Chopped Kale Salad with Juicy Grilled Chicken
Day 6	Gingerbread Protein Overnight Oats	White Chicken Chili	Juicy Grilled Chicken with Steamed Broccoli and Roasted Kabocha Squash with Sesame Ginger Dressing

Click on the **bold** recipe name to jump to that recipe page or head to **Peanut Butter and Fitness** for more meal prep friendly recipe ideas!

Gingerbread Protein Overnight Oats

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0 from 0 votes

Prep Time	Total Time
5 mins	5 mins

Servings: 2 servings
Calories per serving: 233 kcal

Ingredients

- 2/3 cup rolled oats (64 grams)
- 1/2 cup unsweetened vanilla almond milk (4 fl oz)
- 1/2 cup Dannon Light and Fit Vanilla Greek Yogurt (4 fl oz)
- 2 tbsp Optimum Nutrition Gold Standard Whey Protein Powder, Vanilla Ice Cream (17 grams)
- 1/2 tbsp molasses (10 grams)
- 1/2 tbsp brown sugar (7 grams)
- 1/2 tbsp chia seeds (6 grams)
- 1 tsp vanilla
- 1/4 tsp cinnamon
- 1/8 tsp each: nutmeg, ground cloves, ginger
- pinch salt



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Instructions

1. Add almond milk and whey protein to a bowl and whisk together until smooth. Add yogurt, molasses, brown sugar, and vanilla extract; whisk again until combined.
2. To the wet ingredients, add rolled oats, chia seeds, spices, and salt. Mix until well combined. Divide into two resealable storage containers, then refrigerate until ready to serve. Before serving, top with whipped cream or Greek yogurt, if desired.

Recipe Notes

Click here or scan the barcode below to log this food in My Fitness Pal.

Nutrition Facts	
Gingerbread Protein Overnight Oats	
Amount Per Serving	
Calories 233	Calories from Fat 36
% Daily Value*	
Fat 4g	6%
Cholesterol 13mg	4%
Sodium 91mg	4%
Potassium 317mg	9%
Carbohydrates 34g	11%
Fiber 4g	17%
Sugar 10g	11%
Protein 16g	32%
* Percent Daily Values are based on a 2000 calorie diet.	



Weeknight White Chicken Chili

★★★★★
5 from 5 votes

Servings: 6 servings (2 cups per serving)
Calories per serving: 359 kcal

Ingredients

- 4 cups rotisserie chicken, cleaned and chopped (560 grams)
- 3 15 oz cans great northern beans, drained
- 1 onion, chopped (250 grams)
- 1 1/2 7 oz cans chopped green chilis, drained
- 4 1/2 cups Swanson Chicken Cooking Stock
- 4 cloves garlic, minced
- 1/2 tbsp olive oil
- 2 tsp cumin
- 1 1/2 tsp Mexican oregano
- 1/2 tsp red pepper flakes
- 1/2 tsp each: salt and pepper
- Optional Toppings: sour cream, avocado, cheese, tortilla chips



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Instructions

1. Add 1 cup of chicken stock and 1 1/2 cans of drained beans to a tall jar. Use an immersion blender to blend until smooth. Set aside.
2. Heat olive oil in a medium to large pot over medium-high heat. Add onions and garlic and sauté until fragrant. Add cumin, oregano, red pepper flakes, and pepper. Stir to combine.
3. Add bean and chicken stock mixture and all remaining ingredients. Stir to combine, then lower heat to a simmer for 15-20 minutes.
4. Serve with shredded cheese, sour cream, chopped avocado, and tortilla chips if desired.

Recipe Notes

Click here or scan the barcode blow to log this food in My Fitness Pal.

Nutrition Facts	
Weeknight White Chicken Chili	
Amount Per Serving (2 cups)	
Calories 359	Calories from Fat 36
% Daily Value*	
Fat 4g	6%
Cholesterol 83mg	28%
Sodium 1601mg	70%
Potassium 501mg	14%
Carbohydrates 37g	12%
Fiber 11g	46%
Sugar 6g	7%
Protein 43g	86%
* Percent Daily Values are based on a 2000 calorie diet.	



Juicy Air Fryer (or Grilled) Chicken

★★★★★
4.58 from 14 votes

Prep Time

10 mins

Cook Time

12 mins

Total Time

22 mins

Servings: 4 servings

Calories per serving: 120 kcal

Ingredients

- 1 lb chicken breast, raw
- 3 tbsp homemade brine mix
- 1 tsp olive oil
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/4 tsp chili powder
- salt and pepper to taste
- water

Instructions

1. Bring 2 cups water to a boil. Add brine mix and stir until dissolved. Pour over ice in a flat bottomed resealable container. Add chicken, then add additional water until chicken is submerged. Brine for at least 5 hours or up to 12 hours.



2. Remove chicken from brine and rinse with cold water. Pat dry on a paper towel, then pound down the thicker end of the chicken breast until they are even thickness across.



3. Rub the chicken with 1 tsp olive oil until evenly coated. Season with salt, pepper, chili powder, and Oh My Spice! seasoning.



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4. Air fry the chicken at 380 degrees for 11 minutes, flipping halfway through (sometimes I up the temp to 390 degrees after flipping the chicken for crispier edges). Set aside to cool for about 5 mintes before slicing.



Recipe Notes

Grill instructions: Follow the same instructions above through Step 3. Pre-heat grill to 400°. Grill chicken 6 minutes on first side, then flip and grill 4-5 minutes on other side until chicken barely reaches 165° in the thickest part of the chicken. Allow chicken to rest for 5 minutes before slicing.
Click [here](#) or scan the barcode below to log this food in My Fitness Pal.

Nutrition Facts

Juicy Air Fryer (or Grilled) Chicken

Amount Per Serving	
Calories 120	Calories from Fat 18
% Daily Value*	
Fat 2g	3%
Cholesterol 80mg	27%
Sodium 153mg	7%
Protein 25g	50%

* Percent Daily Values are based on a 2000 calorie diet.



Apple & Pear Chopped Kale Salad

★★★★★
5 from 1 vote

Prep Time	Total Time
20 mins	20 mins

Servings: 8 servings
Calories per serving: 220 kcal

Ingredients

- 1 bunch curly kale, stems removed and torn into 2-3" pieces (200 grams)
- 2 cups brussels sprouts, trimmed (150 grams)
- 1 large green apple, chopped (250 grams)
- 1 large pear, Anjou or Bosc variety, chopped (230 grams)
- 4 oz apple smoked cheddar cheese, chopped into ~3/8" squares
- 1/2 cup rosemary Marcona almonds (60 grams)
- 1/2 cup crispy fried onions (21 grams)

Apple Crisp Dressing

- 1/2 cup Homemade Apple Crisp Syrup (recipe follows) (4 fl oz)
- 1/4 cup olive oil (2 fl oz)
- 1/4 cup dijon mustard (2 fl oz)
- 1 lemon, zested and juiced
- 1 tsp salt
- 1 tsp Oh My Spice! Lemon Pepper Seasoning

Instructions

1. **Prepare dressing.** Add all dressing ingredients to a shaker and shake until well combined. Set aside.
2. **Prepare kale and brussels sprouts.** Add slicing blade to your food processor. Load trimmed brussels sprouts into the feeder tube, then pulse, gently pushing the brussels sprouts down toward the blade using your food processor's pusher. Repeat until all brussels sprouts are shredded. Remove the slicing blade from the food processor and remove the Brussels sprouts to a large bowl; set aside.
3. Add kale to the food processor, being careful not to overload the food processor bowl. Pulse the kale 5-10 times until the leaves are chopped into <1" pieces (many will be smaller). Repeat until all the kale is shredded, then remove to the bowl with the Brussels sprouts.
4. **Assemble the salad.** To the bowl with the kale and brussels sprouts, add chopped apples, pears, and cheese. Top with dressing and toss with tongs. Once the dressing has evenly coated the salad, top with Marcona almonds and crispy fried onions before serving.

Recipe Notes

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Nutrition Facts	
Apple & Pear Chopped Kale Salad	
Amount Per Serving (1.5 cups)	
Calories 220	Calories from Fat 99
% Daily Value*	
Fat 11g	17%
Cholesterol 15mg	5%
Sodium 395mg	17%
Potassium 298mg	9%
Carbohydrates 25g	8%
Fiber 4g	17%
Sugar 16g	18%
Protein 7g	14%
* Percent Daily Values are based on a 2000 calorie diet.	

Apple Crisp Syrup

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0 from 0 votes

Servings: 12 servings (2 tbsp per serving)
Calories per serving: 75 kcal

Ingredients

- 1 cup apple cider
- 1 cup dark brown sugar
- 2 Honeycrisp apples, sliced
- 3 cinnamon sticks
- 1 whole nutmeg, smashed into 3-4 large pieces



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Instructions

1. Add all ingredients to a medium saucepan and bring to a boil over medium-high heat. Stir, then reduce heat medium-low so that the mixture simmers vigorously, uncovered, for 20 minutes.
2. Strain the solids from the syrup, using the back of a spoon to press any liquid from the apple slices. Set syrup aside to cool.

Recipe Notes

Click here or scan the barcode below to log this food in My Fitness Pal.

Nutrition Facts		
Apple Crisp Syrup		
Amount Per Serving (1 fl oz)		
Calories 75		
	% Daily Value*	
Carbohydrates 20g		7%
Sugar 19g		21%
* Percent Daily Values are based on a 2000 calorie diet.		



Roasted Kabocha Squash with Sesame Ginger Dressing

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0 from 0 votes

Prep Time	Cook Time	Total Time
15 mins	30 mins	45 mins

Servings: 7 servings (3 wedges per serving)
Calories per serving: 148 kcal

Ingredients

- 1 Kabocha Squash (1000 grams yield)
- 1 tbsp olive oil (0.5 fl oz)
- 1/2 tsp salt
- 1/4 tsp black pepper
- green onions, sesame seeds, and microgreens for garnish

Sesame Ginger Dressing

- 1/4 cup tahini (2 fl oz)
- 1 lime, juiced and zested
- 2 tbsp freshly grated ginger or ginger paste (1 fl oz)
- 2 tbsp mirin (1 fl oz)
- 1 tbsp low sodium soy sauce (0.5 fl oz)
- 2 tsp sesame oil (9 grams)
- 1 tsp honey (7 grams)

Instructions

1. Pre-heat oven to 400°F. Line a baking sheet with aluminum foil. Set aside.
2. Wash and dry the outside of the squash, then microwave it for 1-2 minutes to make it easier to slice. Then cut the squash in half from stem to base and scoop out the seeds. Cut the halves further into 1-1.5" wide wedges.
3. Arrange the squash wedges in a single layer on the lined baking sheet. Drizzle with olive oil and rub the oil on to each wedge to evenly coat. Season with salt and pepper.
4. Roast the squash at 400°F for 30 minutes, flipping if they begin to get too browned on top.
5. While the squash roasts, whisk or shake all dressing ingredients together until smooth. Set aside.

Recipe Notes

Click here or scan the barcode below to log this food in My Fitness Pal.



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Nutrition Facts

Roasted Kabocha Squash with Sesame
Ginger Dressing

Amount Per Serving (3 wedges)	
Calories 148	Calories from Fat 72
% Daily Value*	
Fat 8g	12%
Sodium 258mg	11%
Potassium 51mg	1%
Carbohydrates 17g	6%
Fiber 3g	13%
Sugar 8g	9%
Protein 3g	6%

* Percent Daily Values are based on a 2000 calorie diet.