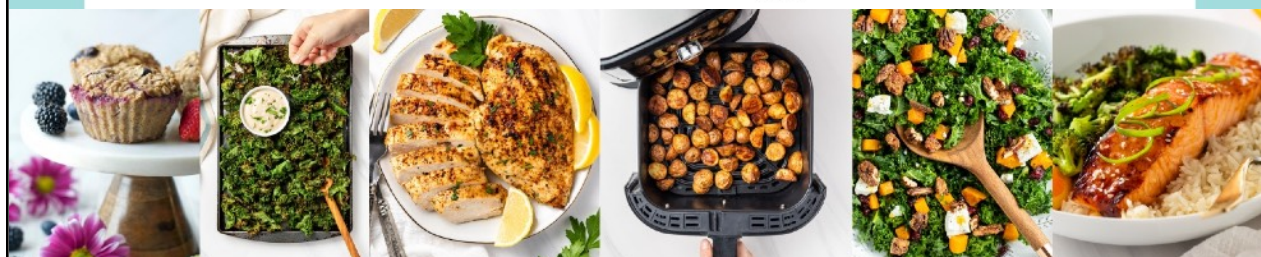


1-WEEK HEALTHY EATING Meal Plan Bundle



Week of January 14th, 2024

	Breakfast	Lunch	Dinner
Day 1	Mixed Berry Oatmeal Muffins	Air Fryer Sesame Orange Salmon with Broccoli & Rice	Juicy Air Fryer Chicken with Roasted Butternut Squash and Kale Salad
Day 2	Mixed Berry Oatmeal Muffins	Air Fryer Sesame Orange Salmon with Broccoli & Rice	Juicy Air Fryer Chicken with Air Fryer Kale Chips and Air Fryer Potatoes with Garlic Herb Butter
Day 3	Mixed Berry Oatmeal Muffins	Air Fryer Sesame Orange Salmon with Broccoli & Rice	Juicy Air Fryer Chicken with Roasted Butternut Squash and Kale Salad
Day 4	Mixed Berry Oatmeal Muffins	Air Fryer Sesame Orange Salmon with Broccoli & Rice	Juicy Air Fryer Chicken with Air Fryer Kale Chips and Air Fryer Potatoes with Garlic Herb Butter
Day 5	Mixed Berry Oatmeal Muffins	Juicy Air Fryer Chicken with Roasted Butternut Squash and Kale Salad	Juicy Air Fryer Chicken with Air Fryer Kale Chips and Air Fryer Potatoes with Garlic Herb Butter
Day 6	Mixed Berry Oatmeal Muffins	Juicy Air Fryer Chicken with Roasted Butternut Squash and Kale Salad	Juicy Air Fryer Chicken with Air Fryer Kale Chips and Air Fryer Potatoes with Garlic Herb Butter

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!

Mixed Berry Oatmeal Muffins

Prep Time
10 mins

Cook Time
35 mins

Total Time
45 mins

Servings: 7 jumbo muffins Calories: 209kcal

Ingredients

- 2 cups rolled oats (192 grams)
- 2 scoops ON Gold Standard Plant Based Protein Powder (72 grams)
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp cinnamon
- 3/4 cup unsweetened applesauce (6 oz)
- 3/4 cup unsweetened vanilla almond milk (6 oz)
- 1/2 cup blueberries (75 grams)
- 1/2 cup strawberries, chopped (75 grams)
- 1/2 cup blackberries (75 grams)
- 1/4 cup maple syrup (2 oz)
- 2 egg whites
- 1 1/2 tbsp Skippy Natural Creamy Peanut Butter (24 grams)
- 1/2 tsp vanilla extract

Instructions

1. Pre-heat oven to 350 degrees. Arrange 7 jumbo silicone baking cups on a baking sheet.
2. Mix all dry ingredients, then add wet ingredients and mix until combined. Divide evenly into 7 baking cups.
3. Bake for 35 minutes or until tops of muffins begin to brown slightly. Allow to cool slightly before removing from silicone cups and serving.

Notes

- Click here or scan the barcode below to log this food in My Fitness Pal.
- I recommend these jumbo silicone baking cups!
- You can replace the plant based protein with whey if you'd prefer - just sub it out with the same amount of powder but decrease the amount of almond milk to 1/2 cup.



4.35 from 32 votes

Nutrition

Calories: 209kcal | Carbohydrates: 32g | Protein: 12g | Fat: 4g | Sodium: 116mg | Potassium: 125mg | Fiber: 5g | Sugar: 12g

Air Fryer Sesame Orange Salmon

Prep Time
10 mins

Cook Time
12 mins

Total Time
22 mins

Servings: 2 servings Calories: 285kcal

Ingredients

- 9 oz Atlantic salmon, skin on, sliced into 2 fillets (approx. 8 oz without skin)
- 2 tbsp orange marmalade
- 1 tsp sesame oil
- 1 tsp rice vinegar
- 1/2 tsp orange zest
- 1 pinch cayenne pepper
- green onion and sesame seeds for garnish



☆☆☆☆☆
No ratings yet

Instructions

1. **Prepare the sesame orange glaze.** In a small bowl, whisk together the orange marmalade, sesame oil, rice vinegar, orange zest, and cayenne pepper. Divide mixture evenly into two bowls. Set aside.
2. **Create a foil sling for your air fryer** to prevent sticking and make cleanup a breeze. Fold a long piece of foil into thirds so it's about 4 inches wide. Place this into the bottom of your air fryer so that the long ends reach up the sides. Fold the edges down if they extend past the top of the air fryer basket. Next, fold a 2nd piece of foil to roughly cover the bottom of the basket and place it on top of the sling.
3. **Air fry the salmon.** Pre-heat the air fryer to 400°F. Once pre-heated, place the salmon fillets on top of the foil, skin side down. Brush with 1/2 of the the orange sesame glaze. Air fry for 10-14 minutes, depending on thickness, or until cooked through to an internal temperature of 125°F. (Mine took 12 mins.)
4. **Serve.** Using the foil sling like handles, remove the salmon from the air fryer basket. Gently slide a knife along the bottom of the salmon flesh, above the skin to remove the skin. Plate the cooked salmon fillets and brush with remaining orange sesame glaze. Garnish with sesame seeds and green onion before serving.

Notes

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



Nutrition

Serving: 1fillet | Calories: 285kcal | Carbohydrates: 13g | Protein: 25g | Fat: 15g | Cholesterol: 67mg | Sodium: 67mg | Potassium: 411mg | Sugar: 12g

Juicy Air Fryer (or Grilled) Chicken

Prep Time
10 mins

Cook Time
12 mins

Total Time
22 mins



4.58 from 14 votes

Servings: 4 servings Calories: 120kcal

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.
4. Pre-heat the air fryer to 400°F.
5. Air fry the chicken at 400°F for 11-12 minutes, or until chicken reaches 160° in the thickest part of the chicken, flipping the chicken halfway through. Set aside to rest for about 3-5 minutes before slicing.

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 reaches 160° in the thickest part of the breast. Allow chicken to rest for 3-5 minutes before slicing.

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



Nutrition

Calories: 120kcal | Protein: 25g | Fat: 2g | Cholesterol: 80mg | Sodium: 153mg

Air Fryer Potatoes with Garlic Herb Butter

Prep Time
10 mins

Cook Time
20 mins

Total Time
30 mins

Servings: 6 servings Calories: 204kcal

Ingredients

- 2 lbs baby gold potatoes
- 2 tbsp olive oil
- 1 tsp Flavor God Garlic Lover's Seasoning
- 1 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp dried oregano

Garlic Herb Butter

- 1 small head of garlic for roasting
- 3 tbsp unsalted butter
- 1 tsp fresh thyme, chopped
- 1 tsp fresh rosemary, chopped
- 1 tsp olive oil

Instructions

1. **Cut potatoes.** Wash potatoes, then halve them. Some of the larger ones may need to be quartered or cut into thirds to get all the pieces about the same size. Place the cut potatoes into a bowl of cold water and set aside.
2. **Prepare garlic for roasting.** Cut the top off the head of garlic to expose the cloves inside. Place on top of a piece of foil and drizzle with 1 tsp olive oil. Wrap the foil around the garlic head loosely. Set aside.
3. **Prepare potatoes.** Drain the potatoes in a colander, and rinse with cold water. Allow excess water to drip off, then pat the potatoes dry with a paper towel. Be sure to get them as dry as possible.

Toss potatoes with 2 tbsp olive oil, salt, pepper, Flavor God seasoning, and oregano. Set aside.

4. **Air fry.** Pre-heat the air fryer to 400°F. Add the foil wrapped garlic head (cut side up) to the corner of the air fryer, then add the potatoes in a single layer. You may need to do this in more than 1 batch so you don't overcrowd the air fryer.

Air fry for 10 minutes, then remove the garlic to toss the potatoes. Return the garlic to the air fryer and continue cooking for another 8-10 minutes, checking around 7 minutes to ensure the potatoes do not burn.

5. **Prepare garlic herb butter.** Add the butter, thyme, and rosemary to a microwave safe bowl. Cover with a paper towel and microwave for 30-45 seconds or until the butter is completely melted.

Carefully remove the garlic head from the foil and squeeze 4-5 cloves into the butter and herb mixture. Using the back of a fork, mash the garlic cloves into the butter and herbs until completely combined.

6. **Serve.** Drizzle the garlic herb butter over the potatoes before serving.



☆☆☆☆☆
No ratings yet

Notes

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



Nutrition

Serving: 1cup | Calories: 204kcal | Carbohydrates: 27g | Protein: 3g | Fat: 10g | Cholesterol: 15mg | Sodium: 8mg | Potassium: 630mg | Fiber: 2g | Sugar: 1g

Air Fryer Kale Chips

Prep Time
15 mins

Cook Time
3 mins

Total Time
18 mins

Servings: 6 servings Calories: 34kcal

Ingredients

- 1 bunch curly kale, stems removed and torn into ~2" pieces (197 grams)
- 1 tbsp olive oil
- 1 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/2 tsp salt
- 1/2 tsp ground mustard

Instructions

1. Wash and totally dry kale pieces. Any remaining water will turn your chips soggy.
2. Spray or toss kale with olive oil, gently massaging the leaves to coat them evenly. Add lemon pepper seasoning, salt, and ground mustard and toss to evenly season the kale.
3. Pre-heat the air fryer to 375°F (or 370° if you don't have a 375° setting). Add kale in a single layer to the air fryer basket. You may need to do this in batches depending on the size of your air fryer. Air fry the kale for 3-4 minutes, tossing halfway through. Be sure to check it frequently towards the end to ensure the kale doesn't burn.
4. Serve with garlic aioli, if desired. Store leftovers in an air tight container or bag at room temperature for 5-7 days.

Notes

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

Nutrition

Serving: 1cup | Calories: 34kcal | Carbohydrates: 1g | Protein: 1g | Fat: 3g | Sodium: 29mg | Potassium: 114mg | Fiber: 1g



☆☆☆☆☆
No ratings yet



Roasted Butternut Squash and Kale Salad (No Chicken)



★★★★☆
4 from 4 votes

Prep Time	Cook Time	Total Time
30 mins	20 mins	50 mins

Servings: 4 servings Calories: 335kcal

Ingredients

- 8 cups kale, stems trimmed and chopped (537 grams)
- 2 cups butternut squash, cubed (325 grams)
- 1/2 cup 50% less sugar dried cranberries (80 grams)
- 1/3 cup crumbled goat cheese (37 grams)
- 1/3 cup Fresh Gourmet Honey Roasted Pecan Pieces (37 grams)
- 1/2 tsp Flavor God Garlic Lover's Seasoning
- 2 tsp olive oil, divided
- Salt and pepper to taste

Honey Mustard Dressing

- 2 1/2 tbsp olive oil
- 2 tbsp Dijon mustard
- 2 tbsp honey
- 1 tbsp apple cider vinegar
- 1 tsp garlic powder

Instructions

1. Pre-heat oven to 400 degrees. Add butternut squash to a foil-lined baking sheet, then drizzle with 1 tsp olive oil and 1/2 tsp Flavor God Seasoning. Toss until evenly coated, then bake for 20 minutes.
2. Whisk together all vinaigrette ingredients and set aside.
3. Gently massage kale with 1 tsp olive oil. Set aside.
4. Divide all ingredients except pecans evenly into 4 serving bowls and toss until evenly coated with dressing. Top with honey roasted pecans before serving.

Notes

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



Nutrition

Calories: 335kcal | Carbohydrates: 43g | Protein: 7g | Fat: 18g | Cholesterol: 7mg | Sodium: 318mg | Potassium: 678mg | Fiber: 10g | Sugar: 21g