

Weekly MEAL PLAN



Week of January 21st, 2024

	Breakfast	Lunch	Dinner
Day 1	Mixed Berry Oatmeal Muffins	Turkey Taco Salad with Avocado Ranch Dressing	Chicken Divine Casserole
Day 2	Mixed Berry Oatmeal Muffins	Juicy Air Fryer Chicken with Roasted Honeynut Squash, Asparagus, and Sesame Ginger Dressing	Turkey Taco Salad with Avocado Ranch Dressing
Day 3	Mixed Berry Oatmeal Muffins	Chicken Divine Casserole	Juicy Air Fryer Chicken with Roasted Honeynut Squash, Asparagus, and Sesame Ginger Dressing
Day 4	Mixed Berry Oatmeal Muffins	Turkey Taco Salad with Avocado Ranch Dressing	Chicken Divine Casserole
Day 5	Mixed Berry Oatmeal Muffins	Juicy Air Fryer Chicken with Roasted Honeynut Squash, Asparagus, and Sesame Ginger Dressing	Turkey Taco Salad with Avocado Ranch Dressing
Day 6	Mixed Berry Oatmeal Muffins	Chicken Divine Casserole	Juicy Air Fryer Chicken with Roasted Honeynut Squash, Asparagus, and 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!			

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

Turkey Taco Salad with Avocado Ranch Dressing

Prep Time
15 mins

Cook Time
10 mins

Total Time
25 mins



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No ratings yet

Servings: 4 servings Calories: 470kcal

Ingredients

- 1 lb 94% lean ground turkey (0.45 kg)
- 7 oz Ortega Taco Skillet Sauce (198 grams)
- 10 cups green leaf lettuce, chopped (360 grams)
- 1 1/3 cup cherry tomatoes, halved (160 grams)
- 1 1/3 cup low sodium black beans, drained and rinsed (173 grams)
- 1 1/3 cup frozen corn kernels, thawed (160 grams)
- 3/4 cup Avocado Ranch Dressing (216 grams)
- 1 cup Fresh Gourmet Santa Fe Style Tortilla Strips (56 grams)
- 1/2 cup red onion, sliced or chopped (64 grams)
- 1/2 tbsp olive oil (7 grams)
- 1 tsp Oh My Spice! Spicy Fajita Seasoning

Instructions

1. Layer lettuce, cherry tomatoes, black beans, red onions, and corn in 4 serving dishes.
2. Heat a large skillet over medium-high heat and add about olive oil. Once the oil is shimmering and hot, add ground turkey and season with fajita seasoning. Continue to cook, breaking apart with a wooden spatula until nearly cooked through, then add skillet sauce and finish cooking.
3. Serve over salad, then top with Avocado Ranch Dressing and tortilla strips before serving.

Notes

Click [here](#) or scan the barcode below to log this food WITH Avocado Ranch Dressing into My Fitness Pal. Click [here](#) or scan the 2nd barcode to log it WITHOUT Avocado Ranch Dressing.

Nutrition

Calories: 470kcal | Carbohydrates: 44g | Protein: 38g | Fat: 19g | Cholesterol: 65mg | Sodium: 966mg | Potassium: 716mg | Fiber: 9g | Sugar: 7g



With Dressing



Without Dressing

Avocado Ranch Dressing

Prep Time
10 mins

Total Time
10 mins

Servings: 8 servings (1/4 cup per serving) Calories: 92kcal

Ingredients

- 1 cup low fat buttermilk (8 fl oz)
- 1/4 cup plain, non-fat Greek yogurt (2 fl oz)
- 1/4 cup Duke's Light Mayonnaise (2 fl oz)
- 1 medium Haas avocado (150 grams)
- 1 lime, zested and juiced
- 2 cloves garlic (8 grams)
- 2 tbsp fresh cilantro, packed
- 2 tbsp fresh parsley, packed
- 1 tbsp fresh chives
- 1 tbsp fresh dill
- 1 tsp salt
- 1/2 tsp black pepper

Instructions

1. Add all ingredients to a food processor and pulse until smooth.

Notes

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

Nutrition

Serving: 72grams | Calories: 92kcal | Carbohydrates: 6g | Protein: 3g | Fat: 7g | Cholesterol: 7mg | Sodium: 357mg | Potassium: 210mg | Fiber: 2g | Sugar: 2g



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No ratings yet



Chicken Divine Casserole

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

Servings: 6 servings Calories: 435kcal

Ingredients

- 1 small to medium rotisserie chicken, skin and bones removed, then chopped (600 grams)
- 1 1/2 lbs frozen broccoli florets (680 grams)
- 1 packet Ben's Original Ready Rice Jasmine Family Size Rice (17.3 oz / 490 grams)
- 1 1/2 cups shredded sharp cheddar cheese (115 grams)
- 1 10.5 oz can Campbell's Condensed Cream of Mushroom Soup (298 grams)
- 1 cup plain non-fat Greek yogurt (8 fl oz)
- 1 cup Swanson Chicken Cooking Stock, Unsalted (8 fl oz)
- 6 tbsp 4C Panko Seasoned Bread Crumbs (21 grams)
- 1/2 tbsp dijon mustard
- 1/2 tsp each: smoked paprika, ground mustard, salt, and pepper
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning

Instructions

1. Pre-heat oven to 375°F. Grease a 9x13" casserole dish with butter or non-stick cooking spray. Set aside.
2. Whisk the cream of mushroom soup, Greek yogurt, chicken stock, dijon mustard, and spices until well combined. Set aside.
3. Add broccoli to the bottom of the casserole dish and top with 1/2 of the rice. Top with 1/2 of the cream mixture and about 1/3 of the shredded cheddar.
4. Continue layering with chicken and rice, then top with the remaining cheddar cheese and toasted breadcrumbs.
5. Bake at 375°F for about 30 minutes, turning the oven to broil for the last 2-3 minutes. Watch it carefully while broiling to avoid burning the toppings.

Notes

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

Nutrition

Serving: 417grams | Calories: 435kcal | Carbohydrates: 40g | Protein: 38g | Fat: 14g | Cholesterol: 68mg | Sodium: 776mg | Potassium: 93mg | Fiber: 6g | Sugar: 3g



No ratings yet



Juicy Air Fryer (or Grilled) Chicken

Prep Time
10 mins

Cook Time
12 mins

Total Time
22 mins

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



4.58 from 14 votes



Easy Roasted Honeynut Squash

Prep Time	Cook Time	Total Time
10 mins	30 mins	40 mins

Servings: 4 servings Calories: 153kcal

Ingredients

- 2 honeynut squash, halved and seeds removed (720 grams)
- 2 tbsp unsalted butter (1 oz)
- 1 1/2 tbsp maple syrup (0.75 fl oz)
- 1/2 tsp salt
- 1/4 tsp cinnamon

Instructions

1. Pre-heat the oven to 425°F. Line a quarter size baking sheet with foil. Set aside.
2. Halve the squashes and scoop out the seeds. Rub a small amount of butter on the exposed flesh of the squash, then season with salt and cinnamon. Divide remaining butter evenly among the hollowed out sections of the squash.
3. Roast at 425°F for 30-35 minutes. The squash should be fork-tender but not mushy. Remove squash halves to a serving dish.
4. Dip a spoon into the butter in the seed bowl and spread the butter over the cut side of the squash. Drizzle squash with maple syrup. Garnish with pecan pieces and fresh thyme before serving, if desired.

Notes

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

Nutrition

Serving: 1squash half | Calories: 153kcal | Carbohydrates: 24g | Protein: 2g | Fat: 6g | Cholesterol: 15mg | Sodium: 4mg | Potassium: 858mg | Fiber: 4g | Sugar: 9g



No ratings yet



Roasted Kabocha Squash with Sesame Ginger Dressing



No ratings yet

Prep Time
15 mins

Cook Time
30 mins

Total Time
45 mins

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

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.

Notes

Click here or scan the 1st barcode below to log the squash with dressing in My Fitness Pal. Click here or scan the 2nd barcode below to log just the dressing.

Nutrition

Serving: 3wedges | Calories: 148kcal | Carbohydrates: 17g | Protein: 3g | Fat: 8g | Sodium: 258mg | Potassium: 51mg | Fiber: 3g | Sugar: 8g



Squash with Dressing



Dressing Only (2 tbsp)