

Weekly MEAL PLAN



Week of January 7th, 2024

	Breakfast	Lunch	Dinner
Day 1	Blueberry Banana Baked Oatmeal	Korean Inspired Ground Beef Bowl	Spaghetti Squash Chow Mein
Day 2	Blueberry Banana Baked Oatmeal	Easy Greek Chicken Salad	Korean Inspired Ground Beef Bowl
Day 3	Blueberry Banana Baked Oatmeal	Spaghetti Squash Chow Mein	Easy Greek Chicken Salad
Day 4	Blueberry Banana Baked Oatmeal	Korean Inspired Ground Beef Bowl	Spaghetti Squash Chow Mein
Day 5	Blueberry Banana Baked Oatmeal	Easy Greek Chicken Salad	Korean Inspired Ground Beef Bowl
Day 6	Blueberry Banana Baked Oatmeal	Spaghetti Squash Chow Mein	Easy Greek Chicken Salad

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!

Blueberry Banana Baked Oatmeal

Prep Time
15 mins

Cook Time
35 mins

Total Time
45 mins

Servings: 6 servings Calories: 329kcal

Ingredients

- 2 cups rolled oats (160 grams)
- 2 scoops PE Science Select Vanilla Plant Based Protein Powder (56 grams)
- 1 tsp baking powder (2 grams)
- 1/2 tsp cinnamon
- 1/4 tsp salt
- 1 1/4 cup unsweetened vanilla almond milk (10 oz)
- 2 medium bananas, mashed (236 grams)
- 2 cups blueberries (297 grams)
- 1/4 cup unsalted butter, melted (2 oz)
- 1/4 cup pure maple syrup (2 oz)
- 2 eggs (100 grams)
- 1 tsp vanilla extract

Instructions

1. Pre-heat oven to 350 degrees. Grease a baking dish with coconut oil and set aside.
2. Combine all dry ingredients, then add wet ingredients and mix until just combined. Pour into prepared casserole dish and spread evenly.
3. Bake at 350 degrees for 40-55 minutes or until the middle is set and the top begins to brown (you can test for doneness by pressing your finger into it gently). If desired, press almond slivers into the top of the mixture about halfway through the baking time.
4. Allow to cool, then cut into 6 pieces for serving.

Notes

- Click here or scan the barcode below to log this food in My Fitness Pal.
- I used a casserole dish like this to make mine.
- Baking time will vary if you use a different type of protein powder. One brand required almost a full 60 minutes in the oven to set. Keep an eye on it and pull it out when it's set in the middle and begins to brown on top.



4.42 from 12 votes

Nutrition

Serving: 220g | Calories: 329kcal | Carbohydrates: 44g | Protein: 13g | Fat: 12g | Cholesterol: 82mg | Sodium: 209mg | Potassium: 333mg | Fiber: 5g | Sugar: 18g

Korean Inspired Ground Beef Bowls

Prep Time
10 mins

Cook Time
10 mins

Total Time
20 mins

Servings: 4 servings Calories: 392kcal

Ingredients

Korean Inspired Ground Beef

- 1 lb 93/7 ground beef
- 1 bunch green onions, chopped and divided (100 grams)
- 1/4 cup low sodium soy sauce (2 fl oz)
- 3 tbsp light or dark brown sugar (45 grams)
- 1 tbsp fresh grated ginger (15 grams)
- 3 cloves garlic, minced (15 grams)
- 1/2 tbsp olive oil (7 grams)
- 2 tsp red pepper powder/Gochugaru (5 grams)
- 1 tsp sesame oil (5 grams)
- 1/2 tsp red pepper flakes
- 1/4 tsp black pepper

Other Ingredients

- 4 cups broccoli florets (370 grams)
- 1 pouch Ben's Original Ready Rice Long Grain White (8.8 oz)
- 1 medium carrot, peeled into ribbons (70 grams)
- Optional sauce: chipotle mayonnaise (not included in nutrition info)

Instructions

1. **Prepare the beef.** Whisk soy sauce, brown sugar, sesame oil, ginger, garlic, red pepper powder, and red pepper flakes together in a small bowl until well combined. Set aside.
2. Heat olive oil over medium-high heat in a large skillet until hot and shimmering. Add ground beef in chunks and cook, breaking apart with a spatula into small pieces until cooked through and no red remains.
3. Add sauce and 1/2 of the green onions. Stir to coat the ground beef and simmer for another 1-2 minutes to let the sauce thicken slightly. Remove from heat and serve.
4. **Prepare the sides and assemble.** Place broccoli florets in a microwave safe dish and cover with a very damp paper towel. Microwave on high for 2 to 2 1/2 minutes or until broccoli is bright green and fork tender. Set aside.
5. Prepare rice according to package instructions. Add to bottom of serving dish. Top with broccoli and beef. Add carrot ribbons and top with remaining green onions and any desired sauces, like chipotle mayonnaise.

Notes

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



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Nutrition

Calories: 392kcal | Carbohydrates: 41g | Protein: 30g | Fat: 13g | Cholesterol: 65mg | Sodium: 691mg | Fiber: 7g | Sugar: 17g



4.25 from 16 votes

Spaghetti Squash Chow Mein

Prep Time
30 mins

Cook Time
40 mins

Total Time
1 hr 10 mins

Servings: 5 servings Calories: 277kcal

Ingredients

- 1.25 lb boneless skinless chicken breasts, sliced into very thin strips
- 1 large spaghetti squash (750 grams flesh)
- 2 tsp olive oil divided
- 1 medium red bell pepper, sliced (170 grams)
- 8 oz shredded cabbage (227 grams)
- 6 oz snow peas, trimmed (170 grams)
- 2/3 cup matchstick carrots (100 grams)
- 1/3 cup green onions (20 grams)
- 1 medium shallot, diced (45 grams)
- 1 tbsp ginger, grated
- 1/2 tsp Flavor God Garlic Lover's Seasoning

Sauce

- 1/3 cup no salt added chicken broth
- 1/4 cup oyster sauce
- 2 tbsp low sodium soy sauce
- 1 tbsp sesame oil
- 1/2 tbsp light brown sugar
- 1 tbsp corn starch

Instructions

1. Whisk sauce ingredients and set aside.
2. Pre-heat oven to 400 degrees. Cut spaghetti squash in half and scoop out seeds. Rub cut sides with 1 tsp olive oil and season with Flavor God seasoning. Bake for 35-40 minutes until flesh flakes away easily with a fork.
3. Heat remaining olive oil in a large pan over medium high heat. Sauté shallot and ginger until fragrant, then add chicken. Sauté until cooked through. Remove from pan and set aside.
4. Add bell pepper, snow peas, carrots, and green onions to pan and saute. After about 1 minute, add 1 tbsp of water and cover the pan. Continue sautéing covered for 2-3 more minutes until veggies are tender crisp. Add cabbage to the pan, cover, and sauté for 1 more minute.
5. Return chicken to the pan, then add noodles and sauce. Mix to combine and coat noodles evenly. After about 2 minutes, remove from heat and divide evenly into 5 serving dishes.

Notes

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

Nutrition

Calories: 277kcal | Carbohydrates: 27g | Protein: 29g | Fat: 7g | Cholesterol: 80mg | Sodium: 807mg | Potassium: 487mg | Fiber: 6g | Sugar: 14g



4.50 from 4 votes



Easy Greek Chicken Salad

Prep Time
20 mins

Cook Time
10 mins

Total Time
30 mins

Servings: 4 servings Calories: 342kcal

Ingredients

Salad Ingredients

- 7 oz green leaf lettuce, chopped (about 8 cups chopped)
- 1 cup cherry tomatoes, halved (170 grams)
- 1 cup English cucumber, chopped (150 grams)
- 1/2 cup Farmer Boy Greek Dressing (4 fl oz)
- 1/2 cup fat free feta cheese (56 grams)
- 1/3 cup red onion, sliced
- 1/3 cup kalamata olives, halved (61 grams)

Juicy Air Fryer Chicken

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

Instructions

Juicy Air Fryer Chicken

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. 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 minutes before slicing.

Assemble

1. Divide lettuce, cucumbers, tomatoes, chicken, olives, and feta cheese (if desired) into 4 serving dishes. Top with Greek Dressing before serving. Serve with pita bread and hummus if desired.

Notes

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



★★★★☆
4 from 10 votes



Nutrition

Calories: 342kcal | Carbohydrates: 23g | Protein: 31g | Fat: 14g | Cholesterol: 2mg | Sodium: 595mg | Potassium: 271mg | Fiber: 3g | Sugar: 8g