

Weekly MEAL PLAN



Week of November 12th, 2023

	Breakfast	Lunch	Dinner
Day 1	Mixed Berry Oatmeal Muffins	Roasted Butternut Squash and Kale Salad with Juicy Air Fryer Chicken	Egg Roll in a Bowl
Day 2	Mixed Berry Oatmeal Muffins	Turkey Chili with Kale	Roasted Butternut Squash and Kale Salad with Juicy Air Fryer Chicken
Day 3	Mixed Berry Oatmeal Muffins	Egg Roll in a Bowl	Turkey Chili with Kale
Day 4	Mixed Berry Oatmeal Muffins	Roasted Butternut Squash and Kale Salad with Juicy Air Fryer Chicken	Egg Roll in a Bowl
Day 5	Mixed Berry Oatmeal Muffins	Turkey Chili with Kale	Roasted Butternut Squash and Kale Salad with Juicy Air Fryer Chicken
Day 6	Mixed Berry Oatmeal Muffins	Egg Roll in a Bowl	Turkey Chili with Kale
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!			

Egg Roll in a Bowl

Prep Time
20 mins

Cook Time
15 mins

Total Time
35 mins

Servings: 6 servings Calories: 312kcal

Ingredients

- 1 lb 99% extra lean ground turkey
- 1 lb ground pork
- 1 13.5 oz bag coleslaw mix (no dressing) (397 grams)
- 1 12 oz bag broccoli slaw (340 grams)
- 1 6 oz bag snow peas, sliced (170 grams)
- 5 cloves garlic, minced (20 grams)
- 1 1/2 tbsp fresh grated ginger
- 1 tbsp sesame oil, divided (1/2 oz)

Sauces

- 6 tbsp low sodium soy sauce (3 oz)
- 2 tbsp rice wine vinegar (1 oz)
- 1 tbsp sriracha sauce (1/2 oz)
- 1 tbsp hoisin sauce (1/2 oz)

Optional Toppings (Not Included in Nutrition Info)

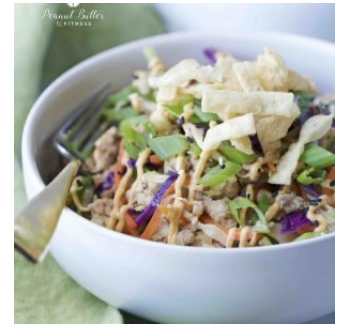
- sriracha mayo
- wonton strips
- green onion, chopped
- sesame seeds

Instructions

1. Heat 1 tsp sesame oil in a large sauté pan over medium high heat. Add broccoli slaw and snow peas, tossing to distribute the oil. Cover and sauté for 3-5 minutes or until broccoli is tender crisp (add 1-2 tbsp of water to help it along if needed). Add to a large bowl and set aside to cool.
2. Heat remaining sesame oil in the same large sauté pan over medium high heat. Add garlic and sauté until it becomes fragrant, about 1 minute.
3. Add ground turkey, ground pork, sriracha, and ginger to the sauté pan. Break meat apart with wooden spatula as it cooks, ensuring sriracha and ginger are distributed throughout the meat chunks.
4. When meat is mostly cooked through but still has spots of pink, add soy sauce, rice wine vinegar, and hoisin sauce. Continue stirring and breaking apart meat until cooked through, about 7-10 minutes total.
5. Once meat is cooked, add coleslaw and mix until combined with meat. Add broccoli slaw and snow peas back into sauté pan and mix until combined.
6. Divide mixture evenly into 6 serving dishes or meal prep containers. Top with and desired optional toppings before serving.

Notes

- If you don't have hoisin sauce on hand or can't find it, use 1/2 tbsp brown sugar instead. It doesn't have the same flavor, but will lend some of the same sweetness.
- For a lower fat version, use only lean ground turkey.
- Click here or scan the barcode below to log this food in My Fitness Pal.



4.50 from 8 votes



Nutrition

Calories: 312kcal | Carbohydrates: 12g | Protein: 33g | Fat: 15g | Cholesterol: 83mg | Sodium: 719mg | Potassium:
632mg | Fiber: 3g | Sugar: 7g

Turkey Chili with Kale

Prep Time
25 mins

Cook Time
45 mins

Total Time
1 hr 10 mins

Servings: 8 servings (1.75 cups per serving) Calories: 274kcal

Ingredients

- 2 lbs extra lean ground turkey (99%)
- 2 15 oz cans diced tomatoes, no salt added
- 1 15 oz can low sodium kidney beans, drained
- 1 15 oz can pinto beans, drained
- 2 8 oz cans tomato sauce, no salt added
- 1 10 oz can Rotel diced tomatoes and green chiles, no salt added
- 3 cups kale, chopped (200 grams)
- 1 medium yellow onion, chopped (110 grams)
- 2 medium orange bell peppers, chopped (260 grams)
- 1 large jalapeño, diced (15 grams)
- 4 cloves garlic (16 grams)
- 1 packet Mrs Dash Chili Seasoning (35 grams)
- 1 tbsp olive oil (0.5 fl oz)
- Salt and pepper to taste

Instructions

1. Heat olive oil in a large pot over medium high heat. Add garlic and onion, then sauté for 2-3 minutes until fragrant and softened.
2. Add ground turkey, 1/2 the seasoning packet, and some salt to the pot. Cook the turkey, breaking apart into chunks with a wooden spoon until cooked through.
3. Add all remaining ingredients except kale and stir. Bring to a boil, then lower heat to a simmer and cover for 30 minutes. Occasionally stir, taste test, and add salt as needed.
4. Add the kale to the pot and stir into the chili. Cover and simmer for another 15 minutes before removing the chili from heat.
5. Optional: top with sour cream, cheese, green onion, and/or avocado before serving.

Notes

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



★★★★★
5 from 6 votes



Nutrition

Serving: 442g | Calories: 274kcal | Carbohydrates: 27g | Protein: 32g | Fat: 4g | Cholesterol: 55mg | Sodium: 192mg | Potassium: 521mg | Fiber: 8g | Sugar: 7g

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

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

Peanut Butter Chocolate Chip Protein Energy Balls

Prep Time
20 mins

Servings: 16 balls (30 g per ball) Calories: 128kcal

Ingredients

Dry Ingredients

- 1 1/4 cup rolled oats (100 grams)
- 1/2 cup unsweetened shredded coconut (60 grams)
- 1 scoop Cellucor Peanut Butter Marshmallow Whey Protein (33 grams)
- 1 scoop Dymatize Elite Vanilla Casein Protein Powder (36 grams)
- 1/4 cup mini semi-sweet chocolate chips (56 grams)
- 2 tsp chia seeds (10 grams)
- 1/4 tsp cinnamon

Wet Ingredients

- 1/3 cup Skippy Natural Creamy Peanut Butter (85 grams)
- 3 tbsp unsweetened vanilla almond milk (1.5 fl oz)
- 2 tbsp honey (42 grams)
- 1 tsp vanilla extract

Instructions

1. Add all dry ingredients except chocolate chips to a bowl and mix until combined.
2. Microwave peanut butter for 20-25 seconds to melt. Add honey and vanilla extract, then stir and pour over oat mixture.
3. Add almond milk to the mixture and using a sturdy spatula, mix and press until all ingredients are combined. All of the protein powder should be absorbed. If the mixture seems dry, add more almond milk 1 tbsp at a time, then fold in chocolate chips.
4. Using a cookie scoop to help, roll the mixture into about 1" to 1 1/2" balls. Place the balls into a resealable container and refrigerate overnight before serving. They will stay fresh in the refrigerator for 7-10 days or in the freezer for up to 3 months.

Notes

- **Make it dairy free:** Swap the whey and casein with a plant based protein powder like this. Add an additional 2-4 tbsp of almond milk.
- Click here or scan the barcode below to log this food in My Fitness Pal.



★★★★★
5 from 4 votes



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Nutrition

Serving: 30g | Calories: 128kcal | Carbohydrates: 11g | Protein: 5g | Fat: 7g | Cholesterol: 3mg | Sodium: 52mg | Potassium: 89mg | Fiber: 2g | Sugar: 5g