

Weekly MEAL PLAN



Week of April 16th, 2023

	Breakfast	Lunch	Dinner
Day 1	Mixed Berry Oatmeal Muffins	California Chicken Club Wrap with Grapes or Carrots	Sweet & Spicy Air Fryer Meatballs with Broccoli and Rice
Day 2	Mixed Berry Oatmeal Muffins	Easy Greek Chicken Salad	California Chicken Club Wrap with Grapes or Carrots
Day 3	Mixed Berry Oatmeal Muffins	Sweet & Spicy Air Fryer Meatballs with Broccoli and Rice	Easy Greek Chicken Salad
Day 4	Mixed Berry Oatmeal Muffins	California Chicken Club Wrap with Grapes or Carrots	Sweet & Spicy Air Fryer Meatballs with Broccoli and Rice
Day 5	Mixed Berry Oatmeal Muffins	Easy Greek Chicken Salad	California Chicken Club Wrap with Grapes or Carrots
Day 6	Mixed Berry Oatmeal Muffins	Sweet & Spicy Air Fryer Meatballs with Broccoli and Rice	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!

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

Chicken Club Wraps

Servings: 4 servings Calories: 580kcal

Ingredients

- 4 Mission Super Soft Burrito Large Flour Tortillas (280 grams)
- 12 slices Wegmans Buffalo Style Deli Chicken Breast (12 oz)
- 12 slices Wegmans Extra Thin Sliced Colby Jack Cheese (128 grams)
- 2 medium avocados, sliced (300 grams)
- 4-8 leaves green leaf lettuce (140 grams)
- 6 tbsp Hidden Valley Light Ranch Dressing
- 1 tbsp Frank's Red Hot Buffalo Sauce



★★★★★
5 from 2 votes

Instructions

1. Mix hot sauce into ranch dressing and set aside.
2. Layer the lettuce, cheese, chicken, and avocado slices on top of the tortillas. Drizzle with buffalo ranch dressing, then roll the wrap tightly and slice in half before serving.

Notes

Click [here](#) or scan the barcode below to log this food in My Fitness Pal.



Nutrition

Calories: 580kcal | Carbohydrates: 47g | Protein: 28g | Fat: 31g | Cholesterol: 34mg | Sodium: 1133mg | Potassium: 528mg | Fiber: 6g | Sugar: 4g

Sweet & Spicy Air Fryer Meatballs

Prep Time
15 mins

Cook Time
20 mins

Total Time
35 mins

Servings: 6 servings Calories: 240kcal

Ingredients

Meatballs

- 1 lb 90/10 lean ground pork
- 1 large egg
- 1/4 cup Italian seasoned breadcrumbs (28 grams)
- 1/4 cup Wegmans Italian cheese blend, grated (Pecorino Romano and Parmigiano Reggiano) (20 grams)
- 1 tbsp O'Food Gochujang Korean Chili Sauce (18 grams)
- 1 tsp Korean red pepper flakes or chili powder
- 1 tsp Flavor God Garlic Lover's Seasoning
- 1/2 tsp salt
- 1/2 tsp black pepper

Sauce

- 3 tbsp apricot and peach preserves (120 grams)
- 2 tbsp O'Food Gochujang Korean Chili Sauce (36 grams)

Optional Toppings

- green onions, chopped
- sesame seeds

Instructions

1. Add all meatball ingredients to a large bowl and combine with your hands until the ingredients are well distributed in the ground pork. Use a cookie scoop to help form meatballs, rolling them in your hands to create smooth, round balls about 1 to 1.5" in diameter. Set the raw meatballs aside on a baking sheet.
2. Pre-heat air fryer to 400°F. After pre-heating, I like to add a parchment paper liner to my air fryer tray to make cleanup easy. Add meatballs to your air fryer tray in a single layer, being careful not to overcrowd. (Depending on the size of your air fryer, you may need to cook these in 2 batches.)
3. Air fry meatballs for 8-10 minutes or until cooked through. Once cooked, remove meatballs from air fryer tray with tongs, allowing excess juices to drip off for a moment before moving the meatballs to a bowl.
4. Whisk apricot preserves and gochujang until well blended, then pour over meatballs and toss until evenly coated. Top meatballs with sesame seeds and green onions before serving, if desired.

Notes

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



★★★★★
5 from 1 vote



Nutrition

Serving: 3meatballs | Calories: 240kcal | Carbohydrates: 20g | Protein: 17g | Fat: 9g | Cholesterol: 84mg | Sodium: 404mg | Potassium: 48mg | Sugar: 15g

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