

# Weekly MEAL PLAN



Week of April 30th, 2023

	Breakfast	Lunch	Dinner
Day 1	Cookie Butter Protein Overnight Oats	Juicy Grilled Chicken with Roasted Delicata Squash & Asparagus	Fish Taco Bowl
Day 2	Cookie Butter Protein Overnight Oats	Asian Inspired Chicken Salad	Fish Taco Bowl
Day 3	Cookie Butter Protein Overnight Oats	Juicy Grilled Chicken with Roasted Delicata Squash & Asparagus	Fish Taco Bowl
Day 4	Cookie Butter Protein Overnight Oats	Asian Inspired Chicken Salad	Fish Taco Bowl
Day 5	Freezer Breakfast Sandwich	Juicy Grilled Chicken with Roasted Delicata Squash & Asparagus	Asian Inspired Chicken Salad
Day 6	Freezer Breakfast Sandwich	Juicy Grilled Chicken with Roasted Delicata Squash & Asparagus	Asian Inspired 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!

# Cookie Butter Protein Overnight Oats

Prep Time  
15 mins

Total Time  
15 mins

Servings: 2 servings    Calories: 313kcal

## Ingredients

- 2/3 cup rolled oats (64 grams)
- 5/8 cup unsweetened vanilla almond milk (5 fl oz)
- 1/2 cup Dannon Light & Fit Vanilla Greek yogurt (4 fl oz)
- 2 1/2 tbsp Biscoff cookie butter, melted and divided (38 grams)
- 2 tbsp vanilla whey protein (17 grams)
- 1/2 tbsp chia seeds (6 grams)
- 1/2 tsp vanilla extract
- 1/4 tsp cinnamon
- 1/8 tsp almond extract
- pinch salt

## Instructions

1. Add almond milk and whey protein to a bowl and whisk together until smooth. Add yogurt, 1/2 tbsp melted cookie butter, and extracts, and whisk again until smooth.
2. Add oats, chia seeds, cinnamon, and salt and mix until well combined. Add to resealable storage container. Set aside.
3. Drizzle remaining melted cookie butter over the top of the prepared oats. Cover and refrigerate overnight.
4. Optional: top with crushed Biscoff cookie before serving.

## Notes

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



## Nutrition

Calories: 313kcal | Carbohydrates: 38g | Protein: 16g | Fat: 11g | Cholesterol: 20mg | Sodium: 125mg | Potassium: 248mg | Fiber: 4g | Sugar: 10g



★★★★★  
4.80 from 5 votes

# Fish Taco Bowls

Prep Time  
25 mins

Cook Time  
12 mins

Total Time  
37 mins

Servings: 4 servings    Calories: 459kcal

## Ingredients

- 24 oz mahi mahi
- 2/3 cup Lundberg Organic Brown Jasmine Rice (121 grams)
- 1/2 tsp chili powder
- 1/2 tsp smoked paprika
- 1/2 tsp cumin
- 1/4 tsp each: salt and pepper
- 1 tsp olive oil
- Optional: pickled jalapeños

## Mango Avocado Salsa

- 1 1/2 medium mangos, peeled and chopped (330 grams)
- 1 small avocado, chopped (150 grams)
- 1/4 cup cilantro, chopped
- 2 tbsp lime juice (1 fl oz)
- 1/4 tsp salt

## Slaw

- 10 oz red cabbage, shredded (283 grams)
- 2 tbsp lime juice (1 fl oz)
- 1/2 tsp sugar (6 grams)
- 1/2 tsp salt

## Avocado Lime Crema

- 1/2 small avocado (75 grams)
- 1/2 cup plain non-fat Greek yogurt (4 fl oz)
- 2 limes, juiced

## Instructions

### Prepare rice, mango avocado salsa, and cabbage slaw.

1. Get the rice started first, cooking according to package directions.
2. Combine all slaw ingredients in a bowl and toss to coat evenly. Set aside.
3. Combine all salsa ingredients in a bowl and toss gently to coat mango and avocado evenly. Set aside.

### Prepare fish.

1. Pat fish filets dry with paper towels. Rub with olive oil, then season with chili powder, smoked paprika, cumin, salt and pepper. Arrange in a single layer on a foil lined baking sheet.
2. Set oven to broil. Once heated, broil fish for 3 minutes. Flip and bake for an additional 8-10 minutes or until internal temperature reaches 130°.

### Prepare avocado lime crema.

1. While the fish cooks, add all avocado lime crema ingredients to a food processor and blend until smooth.

### Assemble bowls.

1. Add rice and cabbage slaw as a base to the bowl, then top with mango avocado salsa, pickled jalapeños (if desired), and cooked mahi mahi. Top with avocado lime crema.



4.84 from 6 votes

## Notes

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



## Nutrition

Calories: 459kcal | Carbohydrates: 50g | Protein: 40g | Fat: 12g | Cholesterol: 128mg | Sodium: 476mg | Potassium: 750mg | Fiber: 8g | Sugar: 18g

# Asian Chicken Salad

Prep Time  
20 mins

Cook Time  
12 mins

Total Time  
32 mins

Servings: 4 servings    Calories: 372kcal



★★★★★  
5 from 1 vote

## Ingredients

- 1 lb chicken breast, raw
- 8 cups green leaf lettuce, chopped (290 grams)
- 2 cups red cabbage, shredded (170 grams)
- 1 1/2 cups English cucumber, julienned (180 grams)
- 1 cup matchstick carrots (125 grams)
- 1/3 cup cilantro, chopped (6 grams)
- 4 4 oz cups mandarin oranges (in water or juice), drained
- 1/2 cup fried wonton strips (28 grams)
- 1/2 cup Wegmans Spicy Citrus Ginger Sauce (4 fl oz)
- 1/2 cup Wegmans Sesame Ginger Dressing (4 fl oz)

## Instructions

1. **Marinate chicken.** Add chicken breasts and 1/2 cup of Wegmans Spicy Citrus Ginger Sauce to a resealable bag. Seal the bag and massage the chicken and sauce around to distribute the sauce and coat the chicken evenly. Set aside in the refrigerator to marinate for at least 2 hours or up to overnight.
2. **Prepare salad ingredients.** If meal prepping, add a piece of paper towel to the bottom of your 4 salad containers, then divide lettuce among the containers. Top with shredded cabbage, matchstick carrots, and cilantro.
3. In the salad tray or divided section of the container, add mandarin oranges and cucumbers. Divide the dressing among the dressing containers and seal. Set salad ingredients aside in the refrigerator.
4. **Grill the chicken.** Pre-heat grill to 400° and spray grill grates with non-stick grill spray or rub the grates with vegetable oil. Allow excess marinade to drip off of chicken, then add to hot grill. Grill 6 minutes on first side, then flip and continue grilling for 4-6 minutes or until internal temperature just reaches 165°.
5. **Finish assembling salad.** Allow chicken to rest for 5 minutes before slicing and adding to the dedicated/divided section in your salad container, so that it does not touch any other ingredients.
6. **Serve.** When ready to eat, heat chicken for 30 seconds, then mix all ingredients and top with fried wonton strips.

## Notes

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



## Nutrition

Calories: 372kcal | Carbohydrates: 34g | Protein: 39g | Fat: 13g | Cholesterol: 66mg | Sodium: 526mg | Potassium: 889mg | Fiber: 3g | Sugar: 19g

# 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 Delicata Squash with Cheese

Prep Time  
15 mins

Cook Time  
25 mins

Total Time  
40 mins

Servings: 4 servings    Calories: 131kcal

## Ingredients

- 2 medium delicata squash, ends trimmed and seeds removed (900 grams)
- 1/4 cup Parmigiano Reggiano and Pecorino Romano cheese blend (26 grams)
- 1 tbsp olive oil
- 1/2 tsp sea salt
- 1/2 tsp black pepper
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- Optional: fresh parsley for serving



★★★★★  
5 from 2 votes

## Instructions

1. Preheat oven to 425°. Line a large baking sheet with foil or parchment paper. Set aside.
2. Slice the squash in half lengthwise and scoop out the seeds. Slice the squash halves into 1/4 to 1/2-inch thick slices (half moon shape).
3. Add squash to a large bowl, then add olive oil, cheese, and seasoning, tossing to coat the squash evenly. You may need to press the squash into the cheese to help it stick.
4. Arrange sliced squash in a single layer on prepared baking sheet. Bake for 20-25 minutes until squash is golden brown. Top with fresh chopped parsley before serving, if desired.

## Notes

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



## Nutrition

Calories: 131kcal | Carbohydrates: 19g | Protein: 3g | Fat: 5g | Cholesterol: 7mg | Sodium: 417mg | Fiber: 4g | Sugar: 6g