

# Weekly MEAL PLAN



Week of July 23rd, 2023

	Breakfast	Lunch	Dinner
Day 1	<b>Mixed Berry Oatmeal Muffins</b>	<b>Summer Chicken Salad</b> with Pretzel Crisps and Grapes	<b>Gochujang Glazed Air Fryer Salmon Bowls</b>
Day 2	<b>Mixed Berry Oatmeal Muffins</b>	<b>Turkey Taco Salad</b>	<b>Gochujang Glazed Air Fryer Salmon Bowls</b>
Day 3	<b>Mixed Berry Oatmeal Muffins</b>	<b>Summer Chicken Salad</b> with Pretzel Crisps and Grapes	<b>Gochujang Glazed Air Fryer Salmon Bowls</b>
Day 4	<b>Mixed Berry Oatmeal Muffins</b>	<b>Turkey Taco Salad</b>	<b>Gochujang Glazed Air Fryer Salmon Bowls</b>
Day 5	<b>Mixed Berry Oatmeal Muffins</b>	<b>Summer Chicken Salad</b> with Pretzel Crisps and Grapes	<b>Turkey Taco Salad</b>
Day 6	<b>Mixed Berry Oatmeal Muffins</b>	<b>Summer Chicken Salad</b> with Pretzel Crisps and Grapes	<b>Turkey Taco Salad</b>
Click on the <b>bold</b> recipe name to jump to that recipe page or head to <b>Peanut Butter and Fitness</b> 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.



## Nutrition

Calories: 209kcal | Carbohydrates: 32g | Protein: 12g | Fat: 4g | Sodium: 116mg | Potassium: 125mg | Fiber: 5g | Sugar: 12g



4.35 from 32 votes

# Gochujang Glazed Air Fryer Salmon Bowl

Prep Time  
30 mins

Cook Time  
12 mins

Total Time  
42 mins

Servings: 4 servings    Calories: 624kcal

## Ingredients

- 1 lb Atlantic salmon, skin removed and cut into 1 1/2" chunks
- 10 oz frozen edamame, thawed (283 grams)
- 2 small Haas avocados, sliced (200 grams)
- 1 cup English cucumber, sliced thinly (120 grams)
- 1 small Fresno pepper, sliced thinly (14 grams)
- 2/3 cup jasmine rice, prepared according to package directions (121 grams)
- 1/3 cup green onions, sliced
- 1 tbsp sesame seeds (8 grams)
- 1 tsp sesame oil (5 grams)

## Gochuchang Mayo

- 3 tbsp Kewpie mayonnaise (45 grams)
- 1 tbsp lime juice (0.5 fl oz)
- 1 tsp O'Food Gochujang Korean Chili Sauce (6 grams)

## Marinade and Sauce

- 6 tbsp low sodium soy sauce (3 fl oz)
- 1/4 cup O'Food Gochujang Korean Chili Sauce (72 grams)
- 1/4 cup honey (2 fl oz)
- 2 tbsp fresh grated ginger (12 grams)
- 2 tsp sesame oil (10 grams)
- Optional: 1/4 tsp red pepper flakes for extra spice

## Instructions

### Make the marinade/sauce.

1. Whisk together all marinade ingredients until combined, then divide in half. Pour half of the marinade over the salmon chunks, tossing until the salmon is evenly coated. Cover and refrigerate for 1-2 hours.
2. Heat a small skillet or pan over medium-high heat. Add sesame oil and once hot, add sliced Fresno peppers. Sauté for 1-2 minutes, then add remaining marinade. Bring to a boil, then lower heat to a simmer. Simmer for 5-10 minutes or until sauce begins to thicken and has reduced by about half. Remove sauce to a bowl or jar and set aside to cool.

### Air fry the salmon.

1. Pre-heat air fryer to 400°, then spray the bottom with non-stick cooking spray. Add salmon chunks to the air fryer in a single layer, ensuring the pieces are not touching one another. You may need to do this in batches depending on the size of your air fryer. Air fry at 400° for 6-7 minutes, watching to ensure the edges do not burn.
2. Carefully remove the salmon chunks from the air fryer to a shallow bowl. I like to use a spatula instead of tongs for this to keep the salmon from flaking apart. Drizzle the salmon with the reduced sauce and toss very gently to coat the salmon evenly.

### Assemble the bowls.

1. Whisk together the gochujang mayo ingredients until well combined.
2. Add cooked rice to the bottom of your bowl, then layer with edamame, sliced cucumbers, sliced avocados,



4.75 from 12 votes

and salmon. Top with gochujang mayo, sesame seeds, and green onions before serving.

### Notes

Click [here](#) or scan the barcode below to log this food WITH RICE in My Fitness Pal. Click [here](#) or scan the other barcode to log it WITHOUT RICE.

### Nutrition

Calories: 624kcal | Carbohydrates: 51g | Protein: 33g | Fat: 30g | Cholesterol: 75mg | Sodium: 834mg | Potassium: 299mg | Fiber: 9g | Sugar: 14g



With Rice



No Rice

# Summer Chicken Salad

Servings: 5 servings (1 cup per serving)    Calories: 238kcal

## Ingredients

- 1 small rotisserie chicken, bones and skin removed (500 grams)
- 1 cup red seedless grapes, halved (165 grams)
- 1/2 cup Duke's Light Mayonaisse (120 grams)
- 3 stalks celery, chopped (70 grams)
- 1/2 lemon, juiced and zested
- 1/4 cup green onion, chopped
- 3 tbsp sweet relish (45 grams)
- 1 1/3 tbsp course ground dijon mustard (20 grams)
- 1 tbsp fresh dill, chopped
- 1 tsp Oh My Spice! Lemon Pepper Dill Seasoning
- 1/2 tsp salt
- 1/4 tsp black pepper

## Instructions

1. Mix all ingredients together in a large bowl until evenly coated.

## Notes

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

## Nutrition

Serving: 1cup | Calories: 238kcal | Carbohydrates: 8g | Protein: 19g | Fat: 10g | Cholesterol: 72mg | Sodium: 380mg | Potassium: 89mg | Sugar: 5g



4.43 from 7 votes



# Ground Turkey Taco Salad

Prep Time  
15 mins

Cook Time  
10 mins

Total Time  
25 mins

Servings: 4 servings    Calories: 256kcal

## Ingredients

- 1 lb 99% extra lean ground turkey
- 1/2 cup Frontera New Mexico Taco Skillet Sauce (120 grams)
- 8 cups romaine lettuce, chopped (260 grams)
- 1 cup cherry tomatoes, halved (120 grams)
- 1 cup low sodium black beans, drained and rinsed (260 grams)
- 1 cup frozen corn kernels, thawed (120 grams)
- 1 tsp olive oil

## Recommended Toppings (Not Included in Nutrition Info)

- salsa (I like avocado salsa)
- guacamole
- tortilla strips (find them in the salad toppings aisle)
- plain Greek yogurt or sour cream

## Instructions

1. Layer lettuce, cherry tomatoes, black beans, and corn in 4 serving dishes.
2. Heat a large skillet over medium-high heat, then add about 1 tsp of olive oil. Add ground turkey and break apart with a wooden spatula until nearly cooked through, then add skillet sauce and finish cooking.
3. Serve over veggies, then add desired toppings before serving.

## Notes

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



## Nutrition

Calories: 256kcal | Carbohydrates: 23g | Protein: 31g | Fat: 3g | Cholesterol: 55mg | Sodium: 342mg | Potassium: 487mg | Fiber: 4g | Sugar: 6g



4.38 from 8 votes