

# Weekly MEAL PLAN



Week of September 10th, 2023

	Breakfast	Lunch	Dinner
Day 1	<b>Chocolate Covered Strawberry Oatmeal Muffins</b>	<b>Summer Chicken Salad</b> with Grapes and Crackers	<b>Easy Greek Chicken Salad</b>
Day 2	<b>Chocolate Covered Strawberry Oatmeal Muffins</b>	<b>Korean Inspired Ground Beef Bowl</b>	<b>Summer Chicken Salad</b> with Grapes and Crackers
Day 3	<b>Chocolate Covered Strawberry Oatmeal Muffins</b>	<b>Easy Greek Chicken Salad</b>	<b>Korean Inspired Ground Beef Bowl</b>
Day 4	<b>Chocolate Covered Strawberry Oatmeal Muffins</b>	<b>Summer Chicken Salad</b> with Grapes and Crackers	<b>Easy Greek Chicken Salad</b>
Day 5	<b>Chocolate Covered Strawberry Oatmeal Muffins</b>	<b>Korean Inspired Ground Beef Bowl</b>	<b>Summer Chicken Salad</b> with Grapes and Crackers
Day 6	<b>Chocolate Covered Strawberry Oatmeal Muffins</b>	<b>Easy Greek Chicken Salad</b>	<b>Korean Inspired Ground Beef Bowl</b>

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!

# Chocolate Covered Strawberry Oatmeal Muffins

Prep Time  
15 mins

Cook Time  
30 mins

Total Time  
45 mins

Servings: 6 jumbo muffins    Calories: 272kcal

## Ingredients

- 2 cups rolled oats (160 grams)
- 2 scoops Optimum Nutrition Gold Standard Plant-Based Chocolate Protein Powder (64 grams)
- 1/2 cup Scharffen Berger Dark Chocolate (62% Cocoa), cut into chunks (70 grams)
- 3 tbsp dutch cocoa powder (17 grams)
- 1 tsp instant espresso
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1 1/2 cup strawberries, chopped (220 grams)
- 1 cup unsweetened applesauce (244 grams)
- 2/3 cup unsweetened vanilla almond milk (5.33 fl oz)
- 2 egg whites
- 2 tbsp maple syrup (1 fl oz)
- 2 tbsp Skippy Natural Creamy Peanut Butter, melted (32 grams)
- 1 tsp vanilla extract
- pinch salt

## Instructions

1. Pre-heat oven to 350 degrees. Arrange jumbo parchment muffin liners inside jumbo muffin tin. Set aside.
2. Mix all dry ingredients except chocolate chunks, then add wet ingredients and mix until combined. Fold in chocolate chunks. Scoop batter evenly into baking cups.
3. Bake for 35 minutes or until a toothpick inserted into the center of a muffin comes out mostly clean.

## Notes

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



★★★★★  
4.86 from 7 votes



## Nutrition

Serving: 180grams | Calories: 272kcal | Carbohydrates: 37g | Protein: 15g | Fat: 9g | Sodium: 283mg | Potassium: 154mg | Fiber: 6g | Sugar: 13g

# 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.



0 72304 10723 5

## Nutrition

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



4.25 from 16 votes

# 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



# 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