

Weekly MEAL PLAN



Week of February 18th, 2024

	Breakfast	Lunch	Dinner
Day 1	Mixed Berry Oatmeal Muffin with Fruit and Scrambled Egg Whites	Turkey Taco Salad with Avocado Ranch Dressing	Italian Sausage, White Bean, and Kale Soup
Day 2	Mixed Berry Oatmeal Muffin with Fruit and Scrambled Egg Whites	Instant Pot Thai Peanut Chicken	Turkey Taco Salad with Avocado Ranch Dressing
Day 3	Mixed Berry Oatmeal Muffin with Fruit and Scrambled Egg Whites	Italian Sausage, White Bean, and Kale Soup	Instant Pot Thai Peanut Chicken
Day 4	Mixed Berry Oatmeal Muffin with Fruit and Scrambled Egg Whites	Turkey Taco Salad with Avocado Ranch Dressing	Italian Sausage, White Bean, and Kale Soup
Day 5	Mixed Berry Oatmeal Muffin with Fruit and Scrambled Egg Whites	Instant Pot Thai Peanut Chicken	Turkey Taco Salad with Avocado Ranch Dressing
Day 6	Mixed Berry Oatmeal Muffin with Fruit and Scrambled Egg Whites	Italian Sausage, White Bean, and Kale Soup	Instant Pot Thai Peanut Chicken

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.



Nutrition

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



4.35 from 32 votes

Instant-Pot Thai Peanut Chicken

Prep Time
30 mins

Cook Time
20 mins

Total Time
50 mins

Servings: 5 servings Calories: 390kcal

Ingredients

- 1 1/4 lb raw chicken breast
- 1 medium red bell pepper, sliced (130 grams)
- 4 cups HEB broccoli slaw (340 grams)
- 1 cup Lundberg Organic Brown Jasmine Rice, cooked according to package directions (180 grams dry measure)
- 1/3 cup green onions, chopped
- 2 tbsp fresh cilantro, chopped
- Optional: 1/4 cup crushed peanuts

Sauce

- 1 cup light coconut milk (8 fl oz)
- 1/3 cup PB2 powdered peanut butter (32 grams)
- 3 cloves garlic, minced (12 grams)
- 2 tbsp Skippy Natural Creamy Peanut Butter (32 grams)
- 2 tbsp low sodium soy sauce (1 fl oz)
- 1 tbsp rice vinegar (1/2 fl oz)
- 1 tbsp Thai Kitchen red curry paste (15 grams)
- 1 tbsp ginger paste (9 grams)
- 1 lime, juiced

Instructions

1. In a small bowl, whisk all sauce ingredients except PB2 and peanut butter (they will burn if you put them in before cooking). Pour 1/2 of the sauce into the bottom of the Instant Pot. Add chicken, then add remaining sauce.
2. Set Instant Pot to high pressure for 12-14 minutes (do 14 mins for thicker pieces of chicken), followed by manual release. Remove chicken, shred, and set aside. Pour the sauce into a bowl and whisk in PB2 and peanut butter.
3. Set Instant Pot to sauté and add bell pepper and broccoli slaw. Sauté for 5 minutes or until pepper begins to soften slightly. Return sauce to the Instant Pot and mix.
4. Return chicken to mixture and stir to coat. Add a little chicken stock if the sauce is too thick.
5. Serve chicken mixture over a bed of rice and top with fresh cilantro, green onions, and peanuts (if desired).

Notes

Click here to log this meal in My Fitness Pal WITH RICE. Click here to log it WITHOUT RICE.

Nutrition

Calories: 390kcal | Carbohydrates: 41g | Protein: 36g | Fat: 9g | Cholesterol: 66mg | Sodium: 473mg | Potassium: 451mg | Fiber: 4g | Sugar: 6g



4.57 from 23 votes



With Rice



Without Rice

Turkey Taco Salad with Avocado Ranch Dressing

Prep Time
15 mins

Cook Time
10 mins

Total Time
25 mins



☆☆☆☆☆
No ratings yet

Servings: 4 servings Calories: 470kcal

Ingredients

- 1 lb 94% lean ground turkey (0.45 kg)
- 7 oz Ortega Taco Skillet Sauce (198 grams)
- 10 cups green leaf lettuce, chopped (360 grams)
- 1 1/3 cup cherry tomatoes, halved (160 grams)
- 1 1/3 cup low sodium black beans, drained and rinsed (173 grams)
- 1 1/3 cup frozen corn kernels, thawed (160 grams)
- 3/4 cup Avocado Ranch Dressing (216 grams)
- 1 cup Fresh Gourmet Santa Fe Style Tortilla Strips (56 grams)
- 1/2 cup red onion, sliced or chopped (64 grams)
- 1/2 tbsp olive oil (7 grams)
- 1 tsp Oh My Spice! Spicy Fajita Seasoning

Instructions

1. Layer lettuce, cherry tomatoes, black beans, red onions, and corn in 4 serving dishes.
2. Heat a large skillet over medium-high heat and add about olive oil. Once the oil is shimmering and hot, add ground turkey and season with fajita seasoning. Continue to cook, breaking apart with a wooden spatula until nearly cooked through, then add skillet sauce and finish cooking.
3. Serve over salad, then top with Avocado Ranch Dressing and tortilla strips before serving.

Notes

Click here or scan the barcode below to log this food WITH Avocado Ranch Dressing into My Fitness Pal. Click here or scan the 2nd barcode to log it WITHOUT Avocado Ranch Dressing.

Nutrition

Calories: 470kcal | Carbohydrates: 44g | Protein: 38g | Fat: 19g | Cholesterol: 65mg | Sodium: 966mg | Potassium: 716mg | Fiber: 9g | Sugar: 7g



With Dressing



Without Dressing

Avocado Ranch Dressing

Prep Time
10 mins

Total Time
10 mins

Servings: 8 servings (1/4 cup per serving) Calories: 92kcal

Ingredients

- 1 cup low fat buttermilk (8 fl oz)
- 1/4 cup plain, non-fat Greek yogurt (2 fl oz)
- 1/4 cup Duke's Light Mayonnaise (2 fl oz)
- 1 medium Haas avocado (150 grams)
- 1 lime, zested and juiced
- 2 cloves garlic (8 grams)
- 2 tbsp fresh cilantro, packed
- 2 tbsp fresh parsley, packed
- 1 tbsp fresh chives
- 1 tbsp fresh dill
- 1 tsp salt
- 1/2 tsp black pepper

Instructions

1. Add all ingredients to a food processor and pulse until smooth.

Notes

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

Nutrition

Serving: 72grams | Calories: 92kcal | Carbohydrates: 6g | Protein: 3g | Fat: 7g | Cholesterol: 7mg | Sodium: 357mg | Potassium: 210mg | Fiber: 2g | Sugar: 2g



☆☆☆☆☆
No ratings yet



0 72305 23723 8

Italian Sausage, White Bean, and Kale Soup

Prep Time
20 mins

Cook Time
30 mins

Total Time
50 mins

Servings: 8 servings (2 cups per serving) Calories: 359kcal



3.80 from 5 votes

Ingredients

- 1 lb 98% lean ground chicken
- 1 lb Wegmans Italian Classics Mild Poultry Italian Sausage, casings removed
- 10 cups chopped kale (140 grams)
- 8 cups Swanson Chicken Cooking Stock, Unsalted (64 fl oz)
- 2 14.5 oz cans cannellini beans, drained
- 1 1/2 cups half and half (12 fl oz)
- 1 large onion, chopped (315 grams)
- 2 medium carrots, chopped (100 grams)
- 2 ribs celery, chopped (70 grams)
- 4 cloves garlic, minced (16 grams)
- 1/2 tbsp olive oil (7 grams)
- 1 stalk fresh rosemary
- 2 bay leaves
- 1 tsp salt (or to taste)
- 1/2 tsp red pepper flakes
- 1/4 tsp black pepper

Instructions

1. In a large pot like this, heat olive oil over medium high heat. Once oil is shimmering, add ground chicken and sausage. Cook, breaking apart with a spatula for 5-7 minutes or until cooked through. Drain any excess fat from the pot, or blot it up with a paper towel.
2. Add carrots, celery, onion, garlic, and half the salt. Continue to cook for another 2-3 minutes, stirring frequently, until onions and garlic are tender.
3. Add chicken stock, cannellini beans, red pepper flakes, black pepper, and remaining salt. Stir, scraping up any browned bits from the bottom of the pot, then add rosemary stalk and bay leaves.
4. Lower heat to a simmer, then cover and simmer for 15-20 minutes. The carrots should be fork tender at this point. If they're not, simmer for a bit longer.
5. Remove pot from heat and allow to cool for about 5 minutes. During this time, remove the rosemary stalk and bay leaves from the broth. Add half and half and kale to the pot, then stir to combine.
6. Serve with fresh grated parmesan cheese, lemon zest, and bread, if desired (not included in nutrition info).

Notes

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



Nutrition

Serving: 536grams | Calories: 359kcal | Carbohydrates: 26g | Protein: 39g | Fat: 11g | Cholesterol: 83mg | Sodium: 794mg | Potassium: 719mg | Fiber: 5g | Sugar: 6g