

# Weekly MEAL PLAN



Week of February 25th, 2024

	Breakfast	Lunch	Dinner
Day 1	<b>Mixed Berry Oatmeal Muffin</b> with Fruit and Scrambled Egg Whites	<b>Easy Greek Chicken Salad</b>	<b>Buffalo Chicken Meatball Bowls</b>
Day 2	<b>Mixed Berry Oatmeal Muffin</b> with Fruit and Scrambled Egg Whites	<b>Juicy Air Fryer Chicken</b> with <b>Air Fryer Veggies</b> and Pesto	<b>Easy Greek Chicken Salad</b>
Day 3	<b>Mixed Berry Oatmeal Muffin</b> with Fruit and Scrambled Egg Whites	<b>Buffalo Chicken Meatball Bowls</b>	<b>Juicy Air Fryer Chicken</b> with <b>Air Fryer Veggies</b> and Pesto
Day 4	<b>Mixed Berry Oatmeal Muffin</b> with Fruit and Scrambled Egg Whites	<b>Easy Greek Chicken Salad</b>	<b>Buffalo Chicken Meatball Bowls</b>
Day 5	<b>Mixed Berry Oatmeal Muffin</b> with Fruit and Scrambled Egg Whites	<b>Juicy Air Fryer Chicken</b> with <b>Air Fryer Veggies</b> and Pesto	<b>Easy Greek Chicken Salad</b>
Day 6	<b>Mixed Berry Oatmeal Muffin</b> with Fruit and Scrambled Egg Whites	<b>Buffalo Chicken Meatball Bowls</b>	<b>Juicy Air Fryer Chicken</b> with <b>Air Fryer Veggies</b> and Pesto

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

# Buffalo Chicken Meatball Bowls

Prep Time	Cook Time	Total Time
20 mins	15 mins	35 mins

Servings: 4 servings    Calories: 573kcal

## Ingredients

### Meatballs

- 1 lbs ground chicken (0.45 kg)
- 1/2 cup panko breadcrumbs (28 grams)
- 2 tbsp whole milk (1 fl oz)
- 1 large egg
- 2 cloves garlic, minced (8 grams)
- 1 tbsp Frank's Red Hot Buffalo Sauce (1/2 fl oz)
- 1/2 tbsp Hidden Valley Original Ranch Salad Dressing & Seasoning Mix (5 grams)
- 1/4 tsp salt (1.25 mL)

### Buffalo Sauce

- 1/3 cup Frank's Red Hot Buffalo Sauce (2.67 fl oz)
- 1/4 cup unsalted butter (2 oz)
- 2 tsp honey (10 mL)

### Ranch Slaw

- 5 cups coleslaw mix, no dressing (213 grams)
- 1/3 cup Hidden Valley Light Ranch Dressing (80 mL)
- 1 1/2 tbsp apple cider vinegar (22 mL)
- 1/2 tbsp sugar (12 grams)

### Other Bowl Ingredients

- 1 8.5 oz pouch Ben's Original Ready Rice Jasmine (240 grams)
- 2 medium carrots, shaved (122 grams)
- 4 stalks celery, chopped (155 grams)
- 1 medium Haas avocado, sliced (150 grams)
- 1/3 cup green onions
- Optional: gorgonzola cheese

## Instructions

### Make the meatballs.

1. Add panko breadcrumbs to a small bowl and mix in milk and 2 tbsp hot sauce. Stir to combine and set aside for 5-10 minutes.
2. Pre-heat oven to 425°F. Line a baking sheet with foil and set aside.
3. Add all meatball ingredients to a large bowl, including the panko breadcrumbs soaked in milk and hot sauce. Use your hands to mix until just combined, then use a cookie scoop for form 30-32 meatballs on the lined baking sheet.
4. Optional: once all meatballs are formed on the baking sheet, spray with a little bit of cooking spray to help encourage browning.
5. Bake at 425°F for 15 minutes or until lightly browned and cooked through so that no pink remains inside the meatballs.
6. While the meatballs bake, make the sauce. Add hot sauce, butter, and honey to a small pan and bring to a simmer over medium heat until all the butter is melted. Whisk vigorously to incorporate the butter and hot



No ratings yet

sauce, then pour the sauce over the cooked meatballs and gently toss to coat evenly.

#### **Prepare the ranch slaw.**

1. Mix all slaw ingredients until evenly coated and allow to rest for at least 10 minutes before serving.

#### **Assemble the bowls.**

1. Layer rice, meatballs, ranch slaw, shredded carrots, and celery in a bowl. Add sliced avocado and green onions. Top with additional ranch dressing and gorgonzola cheese, if desired.

#### **Notes**

- The meatball mixture will be very sticky - a 1.5 tbsp cookie scoop will help you avoid frustration in forming the meatballs. If you don't have a cookie scoop, wet your hands with water to help prevent sticking.
- [Click here](#) or scan the barcode below to log this food in My Fitness Pal.



#### **Nutrition**

Calories: 573kcal | Carbohydrates: 45g | Protein: 29g | Fat: 31g | Cholesterol: 176mg | Sodium: 1224mg | Potassium: 525mg | Fiber: 7g | Sugar: 10g

# Juicy Air Fryer (or Grilled) Chicken

Prep Time  
10 mins

Cook Time  
12 mins

Total Time  
22 mins

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



4.58 from 14 votes



# Air Fryer Veggies

Prep Time	Cook Time	Total Time
10 mins	8 mins	18 mins

Servings: 4 servings (1.75 cups per serving)    Calories: 104kcal

## Ingredients

- 4 cups broccoli florets (365 g)
- 1 medium zucchini, sliced (196 g)
- 1 medium orange bell pepper (136 g)
- 1/2 medium red onion, chopped into 1" chunks (100 g)
- 1 tbsp olive oil (0.5 fl oz)
- 3/4 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/4 tsp chili powder
- salt and pepper to taste

## Instructions

1. Pre-heat air fryer to 370°. In a large bowl, toss all ingredients until evenly coated with oil.
2. Spread the veggies evenly in the air fryer basket. For the crispiest results, do this in 2 batches (or more for a smaller air fryer). Air fry for 8 minutes, shaking the basket halfway through.

## Notes

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

## Nutrition

Serving: 1.75cups | Calories: 104kcal | Carbohydrates: 13g | Protein: 4g | Fat: 4g | Fiber: 4g | Sugar: 6g



★★★★★  
5 from 1 vote



# 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