

# Weekly MEAL PLAN



Week of February 4th, 2024

	Breakfast	Lunch	Dinner
Day 1	Raspberry Cheesecake Overnight Oats	Juicy Air Fryer Chicken with Roasted Butternut Squash and Kale Salad	Tuscan White Bean & Spaghetti Squash Skillet
Day 2	Raspberry Cheesecake Overnight Oats	Korean Inspired Ground Beef Bowl	Juicy Air Fryer Chicken with Roasted Butternut Squash and Kale Salad
Day 3	Raspberry Cheesecake Overnight Oats	Tuscan White Bean & Spaghetti Squash Skillet	Korean Inspired Ground Beef Bowl
Day 4	Raspberry Cheesecake Overnight Oats	Juicy Air Fryer Chicken with Roasted Butternut Squash and Kale Salad	Tuscan White Bean & Spaghetti Squash Skillet
Day 5	Air Fryer Breakfast Crunch Wraps	Korean Inspired Ground Beef Bowl	Juicy Air Fryer Chicken with Roasted Butternut Squash and Kale Salad
Day 6	Air Fryer Breakfast Crunch Wraps	Tuscan White Bean & Spaghetti Squash Skillet	Korean Inspired Ground Beef Bowl
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!			

# Raspberry Cheesecake Overnight Oats

Prep Time  
15 mins

Total Time  
15 mins

Servings: 2 servings    Calories: 299kcal

## Ingredients

- 2/3 cup rolled oats (64 grams)
- 1/2 cup freeze dried raspberries, blended (10 grams)
- 1/2 cup unsweetened vanilla almond milk (4 fl oz)
- 1/4 cup 1/3 fat cream cheese, softened (62 grams)
- 1/4 cup Dannon Light and Fit Vanilla Greek Yogurt (70 grams)
- 2 tbsp maple syrup (1 fl oz)
- 1 tsp chia seeds (4 grams)
- 1 tsp vanilla extract
- pinch salt

## Optional Cheesecake Layer (Not Included in Nutrition Info)

- 1/3 cup Dannon Light and Fit Vanilla Greek Yogurt (93 grams)
- 1/4 cup 1/3 fat cream cheese, softened (62 grams)
- 2 tbsp white chocolate, melted (28 grams)

## Instructions

1. Add cream cheese, Greek yogurt, maple syrup, raspberry powder, and vanilla extract to a medium bowl and whisk together until smooth. Add almond milk and salt, and whisk again until smooth.
2. Add oats and chia seeds and mix until well combined. Divide evenly into two air tight containers like mason jars.
3. In a separate bowl, add all cheesecake layer ingredients and whisk until smooth. Top the oats before refrigerating or reserve the cheesecake topping until just before serving.

## Notes

- The first time you make this recipe, I recommend holding off on adding the cheesecake topping until you've stirred the oats after sitting overnight. You may want to add more milk to loosen up the oats based on your own preferences.
- Click [here](#) or scan the barcode below to log this food WITH CHEESECAKE TOPPING in My Fitness Pal. Click [here](#) or scan the 2nd barcode below to log it WITHOUT CHEESECAKE TOPPING.

## Nutrition

Serving: 181grams | Calories: 299kcal | Carbohydrates: 45g | Protein: 10g | Fat: 9g | Cholesterol: 22mg | Sodium: 200mg | Potassium: 250mg | Fiber: 5g | Sugar: 19g



☆☆☆☆☆  
No ratings yet



With Cheesecake Topping



Without Cheesecake Topping

# Tuscan White Bean & Spaghetti Squash Skillet

Prep Time  
20 mins

Cook Time  
50 mins

Total Time  
1 hr 10 mins

Servings: 5 servings    Calories: 386kcal

## Ingredients

- 1 1/4 lb raw chicken breast, thinly sliced
- 1 medium spaghetti squash (500 grams flesh)
- 1 15.5 oz can cannellini beans, drained
- 4 cups kale, trimmed and roughly chopped (270 grams)
- 2 oz sun dried tomatoes, sliced
- 1 1/4 cup light coconut milk
- 1 cup low sodium chicken broth
- 1/2 cup dry white wine (I like Sauvignon Blanc)
- 1/2 medium onion, chopped (55 grams)
- 2 tbsp white whole wheat flour (6 grams)
- 3 tbsp unsalted butter (1 1/2 oz)
- 2 tsp olive oil (0.33 oz)
- 4 cloves garlic, minced (16 grams)
- 2 tsp Oh My Spice! Lemon Pepper Dill Seasoning
- 1/2 tsp ground mustard
- 1/4 tsp red pepper flakes

## Instructions

1. Optional (but recommended): Brine chicken breasts for 5-12 hours. [Get recipe/instructions here.](#)
2. Pre-heat oven to 400 degrees. Cut spaghetti squash in half and scoop out seeds. Rub cut sides with 1 tsp olive oil and season with 1/2 tsp lemon pepper seasoning. Bake for 35-40 minutes until flesh flakes away easily with a fork.
3. Heat remaining olive oil in a large skillet over medium-high heat. Season chicken breast on both sides with salt, pepper, and 1/2 tsp lemon pepper seasoning, then add to skillet and brown on each side for 1-2 minutes, then set chicken aside.
4. Add butter to skillet until melted and hot, then add onion and garlic and sauté until tender. Stir in flour until it is absorbed, then gradually whisk in wine, chicken broth, and coconut milk.
5. Add sun dried tomatoes and remaining spices to skillet. Stir well, then add cannellini beans to the skillet and stir to combine. Return chicken to skillet and spoon sauce over chicken. Lower heat to a simmer for 10-15 minutes until chicken is cooked through. Stir the kale in during the last 5-10 minutes of cooking, then remove from heat.
6. Remove chicken from skillet and allow to rest for a few minutes before slicing. While the chicken rests, add spaghetti squash to skillet and stir until well combined and heated through.
7. Divide into 5 servings and add sliced chicken on top. Top with parmesan cheese before serving, if desired.

## Notes

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

## Nutrition

Calories: 386kcal | Carbohydrates: 27g | Protein: 35g | Fat: 15g | Cholesterol: 85mg | Sodium: 323mg | Potassium: 1189mg | Fiber: 8g | Sugar: 5g



4.24 from 13 votes



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# 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.



## Nutrition

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



4.25 from 16 votes

# 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 Butternut Squash and Kale Salad (No Chicken)



★★★★☆  
4 from 4 votes

Prep Time	Cook Time	Total Time
30 mins	20 mins	50 mins

Servings: 4 servings    Calories: 335kcal

## Ingredients

- 8 cups kale, stems trimmed and chopped (537 grams)
- 2 cups butternut squash, cubed (325 grams)
- 1/2 cup 50% less sugar dried cranberries (80 grams)
- 1/3 cup crumbled goat cheese (37 grams)
- 1/3 cup Fresh Gourmet Honey Roasted Pecan Pieces (37 grams)
- 1/2 tsp Flavor God Garlic Lover's Seasoning
- 2 tsp olive oil, divided
- Salt and pepper to taste

## Honey Mustard Dressing

- 2 1/2 tbsp olive oil
- 2 tbsp Dijon mustard
- 2 tbsp honey
- 1 tbsp apple cider vinegar
- 1 tsp garlic powder

## Instructions

1. Pre-heat oven to 400 degrees. Add butternut squash to a foil-lined baking sheet, then drizzle with 1 tsp olive oil and 1/2 tsp Flavor God Seasoning. Toss until evenly coated, then bake for 20 minutes.
2. Whisk together all vinaigrette ingredients and set aside.
3. Gently massage kale with 1 tsp olive oil. Set aside.
4. Divide all ingredients except pecans evenly into 4 serving bowls and toss until evenly coated with dressing. Top with honey roasted pecans before serving.

## Notes

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



## Nutrition

Calories: 335kcal | Carbohydrates: 43g | Protein: 7g | Fat: 18g | Cholesterol: 7mg | Sodium: 318mg | Potassium: 678mg | Fiber: 10g | Sugar: 21g