

Weekly MEAL PLAN



Week of March 3rd, 2024

	Breakfast	Lunch	Dinner
Day 1	Chocolate Covered Strawberry Oatmeal Muffins with Fruit and Scrambled Egg Whites	Juicy Air Fryer Chicken with Roasted Sweet Potatoes, Air Fryer Broccoli , and Chick-fil-A Sauce	Spaghetti Squash Chow Mein
Day 2	Chocolate Covered Strawberry Oatmeal Muffins with Fruit and Scrambled Egg Whites	Turkey Taco Salad with Avocado Ranch Dressing	Juicy Air Fryer Chicken with Roasted Sweet Potatoes, Air Fryer Broccoli , and Chick-fil-A Sauce
Day 3	Chocolate Covered Strawberry Oatmeal Muffins with Fruit and Scrambled Egg Whites	Spaghetti Squash Chow Mein	Turkey Taco Salad with Avocado Ranch Dressing
Day 4	Chocolate Covered Strawberry Oatmeal Muffins with Fruit and Scrambled Egg Whites	Juicy Air Fryer Chicken with Roasted Sweet Potatoes, Air Fryer Broccoli , and Chick-fil-A Sauce	Spaghetti Squash Chow Mein
Day 5	Chocolate Covered Strawberry Oatmeal Muffins with Fruit and Scrambled Egg Whites	Turkey Taco Salad with Avocado Ranch Dressing	Juicy Air Fryer Chicken with Roasted Sweet Potatoes, Air Fryer Broccoli , and Chick-fil-A Sauce
Day 6	Chocolate Covered Strawberry Oatmeal Muffins with Fruit and Scrambled Egg Whites	Spaghetti Squash Chow Mein	Turkey Taco Salad with Avocado Ranch Dressing

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



4.86 from 7 votes

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.



Nutrition

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

Spaghetti Squash Chow Mein

Prep Time
30 mins

Cook Time
40 mins

Total Time
1 hr 10 mins

Servings: 5 servings Calories: 277kcal

Ingredients

- 1.25 lb boneless skinless chicken breasts, sliced into very thin strips
- 1 large spaghetti squash (750 grams flesh)
- 2 tsp olive oil divided
- 1 medium red bell pepper, sliced (170 grams)
- 8 oz shredded cabbage (227 grams)
- 6 oz snow peas, trimmed (170 grams)
- 2/3 cup matchstick carrots (100 grams)
- 1/3 cup green onions (20 grams)
- 1 medium shallot, diced (45 grams)
- 1 tbsp ginger, grated
- 1/2 tsp Flavor God Garlic Lover's Seasoning

Sauce

- 1/3 cup no salt added chicken broth
- 1/4 cup oyster sauce
- 2 tbsp low sodium soy sauce
- 1 tbsp sesame oil
- 1/2 tbsp light brown sugar
- 1 tbsp corn starch

Instructions

1. Whisk sauce ingredients and set aside.
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 Flavor God seasoning. Bake for 35-40 minutes until flesh flakes away easily with a fork.
3. Heat remaining olive oil in a large pan over medium high heat. Sauté shallot and ginger until fragrant, then add chicken. Sauté until cooked through. Remove from pan and set aside.
4. Add bell pepper, snow peas, carrots, and green onions to pan and saute. After about 1 minute, add 1 tbsp of water and cover the pan. Continue sautéing covered for 2-3 more minutes until veggies are tender crisp. Add cabbage to the pan, cover, and sauté for 1 more minute.
5. Return chicken to the pan, then add noodles and sauce. Mix to combine and coat noodles evenly. After about 2 minutes, remove from heat and divide evenly into 5 serving dishes.

Notes

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

Nutrition

Calories: 277kcal | Carbohydrates: 27g | Protein: 29g | Fat: 7g | Cholesterol: 80mg | Sodium: 807mg | Potassium: 487mg | Fiber: 6g | Sugar: 14g



4.50 from 4 votes



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



Roasted Sweet Potatoes

Prep Time	Cook Time	Total Time
5 mins	35 mins	40 mins

Servings: 4 servings Calories: 151kcal

Ingredients

- 2 sweet potatoes, halved lengthwise (500 grams)
- 1/2 tbsp olive oil
- 1/2 tsp Flavor God Garlic Lover's Seasoning
- 1/2 tsp salt

Instructions

1. Pre-heat oven to 400°F. Line a baking sheet with aluminum foil and set aside.
2. Rub sweet potato halves with olive oil, then season on all sides with salt and garlic seasoning.
3. Bake at 400° for 35 minutes or until the sweet potatoes are tender and bubbling with caramelization.

Notes

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



Nutrition

Calories: 151kcal | Carbohydrates: 21g | Protein: 2g | Fat: 7g | Cholesterol: 4mg | Sodium: 245mg | Potassium: 274mg | Fiber: 3g | Sugar: 7g



No ratings yet

Air Fryer Broccoli

Prep Time	Cook Time	Total Time
10 mins	10 mins	20 mins

Servings: 4 servings Calories: 65kcal

Ingredients

- 6 cups broccoli florets (528 grams)
- 2 tsp olive oil (9 grams)
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/2 tsp salt

Instructions

1. Pre-heat air fryer to 380°F.
2. Toss broccoli florets in olive oil and seasonings until evenly distributed. Once air fryer is pre-heated, add broccoli into the air fryer basket in a single layer (you may need to do more than 1 batch).
3. Air fry for 8-10 minutes or until the broccoli reaches desired browning levels, shaking the basket to toss the broccoli halfway through cooking.

Notes

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



Nutrition

Calories: 65kcal | Carbohydrates: 9g | Protein: 4g | Fat: 3g | Sodium: 342mg | Potassium: 417mg | Fiber: 3g | Sugar: 2g



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No ratings yet

Turkey Taco Salad with Avocado Ranch Dressing

Prep Time
15 mins

Cook Time
10 mins

Total Time
25 mins

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



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No ratings yet



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



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No ratings yet

