

Weekly MEAL PLAN



Week of March 24th, 2024

	Breakfast	Lunch	Dinner
Day 1	Mixed Berry Oatmeal Muffin with Instant Pot Egg Bites and fruit	Turkey Taco Salad with Avocado Ranch Dressing	Juicy Air Fryer Chicken with Air Fryer Veggies and Pesto
Day 2	Mixed Berry Oatmeal Muffin with Instant Pot Egg Bites and fruit	Easy Mushroom & Spinach Chicken Pasta	Turkey Taco Salad with Avocado Ranch Dressing
Day 3	Mixed Berry Oatmeal Muffin with Instant Pot Egg Bites and fruit	Juicy Air Fryer Chicken with Air Fryer Veggies and Pesto	Easy Mushroom & Spinach Chicken Pasta
Day 4	Mixed Berry Oatmeal Muffin with Instant Pot Egg Bites and fruit	Turkey Taco Salad with Avocado Ranch Dressing	Juicy Air Fryer Chicken with Air Fryer Veggies and Pesto
Day 5	Mixed Berry Oatmeal Muffin with Instant Pot Egg Bites and fruit	Easy Mushroom & Spinach Chicken Pasta	Turkey Taco Salad with Avocado Ranch Dressing
Day 6	Mixed Berry Oatmeal Muffin with Instant Pot Egg Bites and fruit	Juicy Air Fryer Chicken with Air Fryer Veggies and Pesto	Easy Mushroom & Spinach Chicken Pasta

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!

Instant Pot Egg Bites

Prep Time
10 mins

Cook Time
10 mins

Total Time
20 mins

Servings: 7 servings Calories: 102kcal



No ratings yet

Ingredients

Base Recipe

- 4 large eggs (200 grams)
- 1/2 cup fat free cottage cheese (4 fl oz)
- 1 tbsp heavy cream (1/2 fl oz)
- salt and pepper to taste

Gruyere & Bacon Add-Ins

- 1/3 cup gruyere cheese, shredded (30 grams)
- 5 slices crispy cooked 25% less sodium bacon, finely chopped (33 grams, cooked weight)

Roasted Red Pepper Add-Ins

- 1/2 cup Monterey jack cheese, shredded (40 grams)
- 1/4 cup roasted red pepper, finely chopped (34 grams)
- 1/4 cup baby spinach, chopped

Sausage & Cheddar Add-Ins

- 1/2 cup Jennie-O turkey sausage, cooked and finely crumbled (58 grams)
- 1/3 cup cheddar cheese, shredded (30 grams)
- 1 tbsp chives, chopped

Instructions

1. Choose 1 of the 3 flavors, then divide associated add-ins evenly between egg bite molds. Set aside.
2. Add eggs, cottage cheese, heavy cream, salt and pepper to a blender. Blend until smooth, about 30 seconds depending on the blender.
3. Pour egg mixture into egg bite molds, filling until each mold is about 3/4 full. Gently tap the egg bite mold on the counter to release any larger air bubbles. Stack the egg bite molds onto the Instant Pot handled trivet and carefully lower them into the Instant Pot.
4. Set Instant Pot to steam for 11 minutes (or high pressure) for 9 minutes, followed by 10 minutes of natural release. Vent any remaining pressure and flip egg bites onto a plate for serving.

Notes

Steam vs High Pressure: I found that the egg bites are less likely to spill out of the molds

using steam on the high setting vs manual high pressure, but both work fine.

Baking Instructions: If you don't have an Instant Pot or the right egg bite molds, you can bake them in a silicone muffin pan at 350°F for 18-20 minutes instead.

Nutrition Info: Info displayed below is for the Gruyere & Bacon flavor. Click the links or scan the barcodes below to log each flavor in My Fitness Pal:

- Gruyere & Bacon Egg Bites
- Roasted Red Pepper Egg Bites
- Sausage & Cheddar Egg Bites

Nutrition

Serving: 2egg bites | Calories: 102kcal | Carbohydrates: 1g | Protein: 8g | Fat: 7g | Cholesterol: 120mg | Sodium: 177mg | Potassium: 110mg | Sugar: 1g



Gruyere & Bacon



Sausage & Cheddar



Roasted Red Pepper

Chocolate Macadamia Nut Granola

Prep Time	Cook Time	Total Time
10 mins	25 mins	35 mins

Servings: 16 servings (1/2 cup per serving) Calories: 222kcal

Ingredients

- 3 cups rolled oats (285 grams)
- 2/3 cup raw macadamia nuts, chopped (92 grams)
- 1/2 cup full size semi-sweet chocolate chips (120 grams)
- 1/3 cup Dutch process cocoa powder (32 grams)
- 1 tsp espresso powder
- 1/3 cup maple syrup (104 grams)
- 1/4 cup unrefined coconut oil, melted (56 grams)
- 3 tbsp Barney Butter Smooth Almond Butter, melted (48 grams)
- 2 tbsp light brown sugar (24 grams)
- 1 tsp vanilla extract
- 3/4 tsp flakey sea salt

Instructions

1. Pre-heat oven to 300°F. Line a baking sheet with SILPAT, set aside.
2. Add rolled oats and chopped macadamia nuts to a large bowl. Set aside.
3. Whisk melted coconut oil, almond butter, maple syrup, brown sugar, vanilla extract, espresso powder, and cocoa powder until smooth. Pour over rolled oats and macadamia nuts, then mix until evenly coated.
4. Spread granola mixture in an even layer on the SILPAT lined baking sheet. Bake for 20-25 minutes. The mixture should begin to have a matte appearance and the nuts will smell toasted.
5. Remove the baking sheet from the oven and allow to cool for 2-3 minutes before sprinkling chocolate chips over the hot granola. Don't mix the granola! Once the chocolate looks melty and soft, add flakey salt.
6. Let the granola cool until the chocolate chips have hardened again, about 2 hours, then break into chunks and store in an air tight container until ready to serve.

Notes

- I recommend using full size chocolate chips rather than mini chips.
- This recipe yields sixteen 1/2 cup (46 gram) servings.
- Store in an airtight container at room temperature for up to 6 weeks.
- Click here or scan the barcode below to log this food in My Fitness Pal.



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No ratings yet

Nutrition

Serving: 46grams | Calories: 222kcal | Carbohydrates: 24g | Protein: 4g | Fat: 13g | Sodium: 121mg | Potassium: 121mg
| Fiber: 3g | Sugar: 10g



Easy Mushroom and Spinach Chicken Pasta

Prep Time
15 mins

Cook Time
30 mins

Total Time
45 mins

Servings: 6 servings Calories: 460kcal

Ingredients

- 1 small to medium rotisserie chicken, skin and bones removed (600 grams)
- 3 cups baby spinach, roughly chopped (90 grams)
- 2 cups small pasta like *orecchiette* (210 grams)
- 12 oz rainbow cherry tomatoes, halved (340 grams)
- 8 oz sliced Baby Bella mushrooms
- 1/2 medium onion, chopped (160 gram)
- 1 lemon, juiced and zested
- 1/3 cup fresh basil, chopped
- 5 cloves garlic, minced and divided (20 grams)
- 1 13.5 fl oz can light coconut milk
- 1 3/4 cup Swanson Chicken Cooking Stock (14 fl oz)
- 3/4 cup dry white wine like Sauvignon Blanc (6 fl oz)
- 3/4 cup grated parmesan cheese (75 grams)
- 1 tbsp butter (14 grams)
- 1/2 tbsp olive oil (8 grams)
- 1 tsp Oh My Spice! Lemon Pepper Seasoning
- Salt and pepper to taste

Instructions

1. Pre-heat oven to 450 degrees. Line a small baking sheet with aluminum foil.
2. Toss halved tomatoes with olive oil and half of the garlic. Arrange in a single layer on lined baking sheet. Bake for 20 minutes and set aside.
3. Heat a large pot over medium-high heat. Add butter and melt, then add onion and garlic. Sauté for 1-2 minutes, then add mushrooms and continue to sauté for another 3 minutes.
4. Add coconut milk, chicken stock, wine, and Oh My Spice seasoning. Cover and bring to a boil, then add pasta, salt and pepper. Stir until pasta is covered, then lower heat to a simmer for 10-12 minutes. *Note: cooking time will vary depending on the size/shape of your pasta. Remove it from the heat when it is **very al dente** since it will continue cooking in the sauce after.*
5. Remove pot from heat and stir in chicken, spinach, roasted tomatoes, basil, lemon juice, lemon zest, and parmesan cheese. Cover and allow to rest for about 5 minutes or until chicken is heated through, pasta is cooked al dente, and spinach is wilted.
6. Serve with fresh lemon zest, basil, and more parmesan cheese, if desired.

Notes

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

Nutrition

Calories: 460kcal | Carbohydrates: 37g | Protein: 36g | Fat: 18g | Cholesterol: 86mg | Sodium: 465mg | Potassium: 570mg | Fiber: 3g | Sugar: 7g



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



Air Fryer Veggies

Prep Time
10 mins

Cook Time
8 mins

Total Time
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



Turkey Taco Salad with Avocado Ranch Dressing

Prep Time
15 mins

Cook Time
10 mins

Total Time
25 mins



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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

