

Weekly MEAL PLAN



Week of April 21st, 2024

	Breakfast	Lunch	Dinner
Day 1	Blueberry Lemon Poppyseed Baked Oatmeal	Turkey Taco Salad with Avocado Ranch Dressing	Spring Chicken Sausage and Orzo Skillet
Day 2	Blueberry Lemon Poppyseed Baked Oatmeal	Juicy Air Fryer Chicken with Air Fryer Veggies	Turkey Taco Salad with Avocado Ranch Dressing
Day 3	Blueberry Lemon Poppyseed Baked Oatmeal	Spring Chicken Sausage and Orzo Skillet	Juicy Air Fryer Chicken with Air Fryer Veggies
Day 4	Blueberry Lemon Poppyseed Baked Oatmeal	Turkey Taco Salad with Avocado Ranch Dressing	Spring Chicken Sausage and Orzo Skillet
Day 5	Blueberry Lemon Poppyseed Baked Oatmeal	Juicy Air Fryer Chicken with Air Fryer Veggies	Turkey Taco Salad with Avocado Ranch Dressing
Day 6	Blueberry Lemon Poppyseed Baked Oatmeal	Spring Chicken Sausage and Orzo Skillet	Juicy Air Fryer Chicken with Air Fryer Veggies

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!

Blueberry Lemon Poppyseed Baked Oatmeal

Prep Time
15 mins

Cook Time
40 mins

Total Time
55 mins

Servings: 6 servings Calories: 342kcal

Ingredients

- 2 1/4 cups rolled oats (216 grams)
- 2 scoops PEScience Select Vegan Vanilla Indulgence Protein Powder (76 grams)
- 1 tbsp poppy seeds
- 1 tsp baking powder (2 grams)
- 1/4 tsp salt
- 1 1/2 cups blueberries (220 grams)
- 1 lemon, juiced and zested
- 3/4 cup unsweetened vanilla almond milk (6 fl oz)
- 3/4 cup unsweetened applesauce (183 grams)
- 1/4 cup pure maple syrup (2 fl oz)
- 3 tbsp unsalted butter, melted
- 2 large eggs
- 1 tsp vanilla extract
- 1/4 tsp almond extract

Lemon Yogurt Drizzle

- 3 tbsp Dannon Light and Fit Vanilla Greek Yogurt
- 3 tbsp powdered sugar (23 grams)
- 1 tsp fresh squeezed lemon juice
- 1/2 tsp lemon zest

Instructions

1. Pre-heat oven to 350 degrees. Grease a baking dish with non-stick cooking spray and set aside.
2. In a large bowl, combine all dry ingredients. Set aside.
3. In a medium bowl, whisk together all wet ingredients, being careful to continuously whisk while adding the melted butter so it doesn't cook the eggs.
4. Add wet ingredients to the dry ingredients and mix until just combined. Pour into prepared casserole dish and spread evenly.
5. Bake at 350 degrees for 40-45 minutes or until a toothpick inserted into the center comes out clean.
6. As oatmeal bakes, make the lemon yogurt drizzle by whisking together all ingredients until smooth. Set aside.
7. Allow to cool slightly, then cut into 6 pieces for serving. Drizzle with lemon yogurt mixture before serving.

Notes

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

Nutrition

Calories: 342kcal | Carbohydrates: 47g | Protein: 15g | Fat: 10g | Cholesterol: 77mg | Sodium: 337mg | Potassium: 255mg | Fiber: 6g | Sugar: 18g



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No ratings yet



Spring Chicken Sausage & Orzo Skillet

Prep Time
20 mins

Cook Time
25 mins

Total Time
45 mins

Servings: 4 servings (1.75 cups per serving) Calories: 423kcal

Ingredients

- 10 oz Greenridge Naturals Kale & Asiago Cheese Chicken Sausage sliced
- 1 cup orzo (220 grams)
- 1 cup frozen peas (150 grams)
- 3 cups lacinato kale or baby spinach, chopped (200 grams)
- 1 small bunch asparagus, trimmed (280 grams)
- ½ small onion, diced (54 grams)
- 2 cups unsalted chicken stock (16 fl oz)
- 1 cup dry white wine (8 fl oz)
- ½ cup asiago cheese, grated (40 grams)
- ⅓ cup heavy cream (2.67 fl oz)
- 3 cloves garlic, minced (12 grams)
- Zest of 1 lemon
- 2 tsp olive oil, divided
- 1 tsp lemon pepper seasoning, divided
- ¾ tsp sea salt, divided
- ¼ tsp black pepper

Instructions

1. In a large skillet, heat 1 tsp olive oil over medium high heat. Once hot, add asparagus and season with ¼ tsp each of sea salt and lemon pepper seasoning. Sauté, turning frequently, for 2-3 minutes or until the asparagus begins to turn bright green and tender crisp, being careful not to overcook it. Remove to a cutting board and chop into 1-2" pieces. Set aside.
2. Add remaining olive oil to the skillet. Once hot, add the sliced Greenridge Naturals Kale & Asiago Cheese Chicken Sausage. Cook for 1-2 minutes per side or until golden brown, then push the sausage to the outside of the skillet and add the onion and garlic in the middle.
3. Sauté the onion and garlic, mixing it in with the sausage, for 1-2 minutes, then add orzo to toast for 30 seconds. Add chicken stock, white wine, remaining lemon pepper seasoning, sea salt, and black pepper. Bring to a boil, then simmer for about 10 minutes or until the orzo is cooked very al dente.
4. In the final 1-2 minutes of simmering, add chopped kale, stirring to cover in the pasta mixture until slightly wilted. Remove from heat and mix in asiago cheese, heavy cream, frozen peas, chopped asparagus, and lemon zest.
5. Top with additional grated asiago cheese before serving, if desired.

Notes

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



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No ratings yet



Nutrition

Serving: 1.75cups | Calories: 423kcal | Carbohydrates: 40g | Protein: 26g | Fat: 15g | Cholesterol: 77mg | Sodium: 743mg | Potassium: 354mg | Fiber: 5g | Sugar: 6g

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



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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



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No ratings yet

