

Weekly MEAL PLAN



Week of April 7th, 2024

	Breakfast	Lunch	Dinner
Day 1	Mixed Berry Oatmeal Muffin with fruit	Asian Inspired Chicken Salad	Juicy Air Fryer Chicken with Spring Veggie Couscous Salad
Day 2	Bagel Bento Box	Teriyaki Chicken Power Bowls	Asian Inspired Chicken Salad
Day 3	Mixed Berry Oatmeal Muffin with fruit	Juicy Air Fryer Chicken with Spring Veggie Couscous Salad	Teriyaki Chicken Power Bowls
Day 4	Bagel Bento Box	Asian Inspired Chicken Salad	Juicy Air Fryer Chicken with Spring Veggie Couscous Salad
Day 5	Mixed Berry Oatmeal Muffin with fruit	Teriyaki Chicken Power Bowls	Asian Inspired Chicken Salad
Day 6	Mixed Berry Oatmeal Muffin with fruit	Juicy Air Fryer Chicken with Spring Veggie Couscous Salad	Teriyaki Chicken Power Bowls
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!			

Bento Bagel Breakfast Box

Prep Time
10 mins

Total Time
10 mins

Servings: 1 servings Calories: 306kcal



4.17 from 12 votes

Ingredients

- 1 Pepperidge Farm 100% Whole Wheat Mini Bagel
- 2 oz H-E-B Select Ingredients Alaskan Wild Smoked Sockeye Salmon (50 grams)
- 1 1/2 tbsp 1/3 less fat cream cheese (23 grams)
- 1/2 cup sliced cucumber (50 grams)
- 1 hard boiled egg, sliced in half
- 1/4 tsp Trader Joe's Everything But the Bagel Seasoning

Notes

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



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Nutrition

Calories: 306kcal | Carbohydrates: 24g | Protein: 26g | Fat: 11g | Cholesterol: 218mg | Sodium: 1037mg | Potassium: 382mg | Fiber: 3g | Sugar: 6g

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

Teriyaki Chicken Power Bowls

Servings: 6 servings Calories: 347kcal

Ingredients

- 2 lb chicken breast, raw
- 2 cups shelled edamame (340 grams)
- 1 large red bell pepper, chopped (165 grams)
- 3 cups broccoli florets (234 grams)
- 3 medium carrots, julienned (250 grams)
- 1 small red onion, roughly chopped (100 grams)
- 1 1/4 cup Wegmans Organic Teriyaki Sauce, divided (10 fl oz)
- 3 tbsp low sodium soy sauce
- 2 tbsp rice vinegar
- 2 tsp sesame oil
- Optional: rice for serving



4.55 from 11 votes

Instructions

1. **Marinate chicken.** Add chicken to a resealable container or zip top bag. Pour 1/2 cup of the teriyaki sauce, soy sauce, and rice vinegar over the chicken and mix around with your hands until well incorporated and evenly coated. Set aside to marinate in the refrigerator for at least 2 hours or up to 6 hours.
2. Set aside 2-3 tbsp teriyaki sauce in a small bowl with a brush for grilling.
3. **Grill chicken.** After chicken has marinated, pre-heat grill to 400°. Spray grill grates with grill-safe non-stick spray. Allow excess marinade to drip off of chicken, then place on sprayed or oiled grill grates. Close grill and cook for 6 minutes, then flip chicken, brush with additional teriyaki sauce, and continue cooking for 5-6 more minutes or until internal temperature barely reaches 165°. Set aside to rest for at least 5 minutes before slicing.
4. **Prepare veggies.** As the chicken cools, heat a large skillet over medium high (7-8 out of 10) heat. Add 1 tsp sesame oil. Once hot, add julienned carrots and cook, flipping and stirring frequently for 2-3 minutes or until carrots begin to soften. Add pepper and onion and continue cooking for another 1-2 minutes. Remove to a large bowl and set aside.
5. In the same hot skillet, add remaining sesame oil. Once hot, add broccoli florets and toss to coat evenly. Cover with a lid to trap the steam and continue cooking and flipping broccoli until it's tender crisp, about 3 minutes. Add a tablespoon or 2 of water if needed to help it steam and cook. Remove to the bowl with the cooked carrots, pepper, and onion.
6. Add shelled edamame to bowl with veggies and pour remaining teriyaki sauce over top. Mix to coat evenly.
7. **Assemble.** Serve over rice and add sliced chicken on top. Garnish with sesame seeds, if desired.

Notes

Note: The nutrition info listed for this recipe does NOT include rice so you can add as much or little as you like (or serve over something else), but I included barcodes for both with and without rice.

[Click here to log this food WITHOUT rice in My Fitness Pal.](#)

[Click here or scan the barcode below to log this food WITH 1 cup \(180 grams\) uncooked Lundberg Organic Brown Jasmine Rice - cooked and divided among 6 servings - in My Fitness Pal.](#)

Nutrition

Calories: 347kcal | Carbohydrates: 28g | Protein: 42g | Fat: 7g | Cholesterol: 209mg | Sodium: 795mg | Potassium: 1577mg | Fiber: 5g | Sugar: 16g

With Rice



Without Rice



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



Spring Veggie Couscous Salad

Prep Time
30 mins

Cook Time
20 mins

Total Time
50 mins

Servings: 10 servings (generous 3/4 cup per serving) Calories: 169kcal

Ingredients

- 2 cups pearl couscous (300 grams)
- 2 cups asparagus (1 bunch / 200 grams)
- 1 cup corn, roasted on the cob and cob removed (150 grams)
- 1 cup cucumber, chopped (135 grams)
- 10 oz baby heirloom tomatoes, halved (284 grams)
- 3 tbsp parsley, chopped
- 3 garlic cloves, minced
- 1 tsp olive oil

Dressing

- 2 tbsp olive oil
- 2 tbsp champagne or sweet white wine vinegar
- 1 lemon, juiced and zested
- 1 tsp Flavor God Lemon and Garlic Seasoning

Instructions

1. Pre-heat oven to 400 degrees. Line a baking sheet with aluminum foil. Toss tomatoes with 1 tsp olive oil and minced garlic. Season with salt and pepper. Roast for 20 minutes, then set aside to cool.
2. Whisk dressing ingredients in a small bowl.
3. Cook couscous according to package directions, then rinse with cold water and toss with dressing in a large bowl.
4. Place trimmed asparagus in a microwave safe dish and cover with a very damp paper towel. Microwave for 2 1/2 minutes until asparagus is bright green. Add asparagus to an ice bath to stop the cooking. Drain and pat dry, then chop into 1-2" chunks.
5. Add all remaining ingredients to the couscous and toss until evenly coated with dressing.

Nutrition

Calories: 169kcal | Carbohydrates: 29g | Protein: 5g | Fat: 4g | Sodium: 16mg | Potassium: 155mg | Fiber: 1g | Sugar: 2g



4.86 from 7 votes



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Asian Chicken Salad

Prep Time
20 mins

Cook Time
12 mins

Total Time
32 mins

Servings: 4 servings Calories: 372kcal

Ingredients

- 1 lb chicken breast, raw
- 8 cups green leaf lettuce, chopped (290 grams)
- 2 cups red cabbage, shredded (170 grams)
- 1 1/2 cups English cucumber, julienned (180 grams)
- 1 cup matchstick carrots (125 grams)
- 1/3 cup cilantro, chopped (6 grams)
- 4 4 oz cups mandarin oranges (in water or juice), drained
- 1/2 cup fried wonton strips (28 grams)
- 1/2 cup Wegmans Spicy Citrus Ginger Sauce (4 fl oz)
- 1/2 cup Wegmans Sesame Ginger Dressing (4 fl oz)



★★★★★
5 from 1 vote

Instructions

1. **Marinate chicken.** Add chicken breasts and 1/2 cup of Wegmans Spicy Citrus Ginger Sauce to a resealable bag. Seal the bag and massage the chicken and sauce around to distribute the sauce and coat the chicken evenly. Set aside in the refrigerator to marinate for at least 2 hours or up to overnight.
2. **Prepare salad ingredients.** If meal prepping, add a piece of paper towel to the bottom of your 4 salad containers, then divide lettuce among the containers. Top with shredded cabbage, matchstick carrots, and cilantro.
3. In the salad tray or divided section of the container, add mandarin oranges and cucumbers. Divide the dressing among the dressing containers and seal. Set salad ingredients aside in the refrigerator.
4. **Grill the chicken.** Pre-heat grill to 400° and spray grill grates with non-stick grill spray or rub the grates with vegetable oil. Allow excess marinade to drip off of chicken, then add to hot grill. Grill 6 minutes on first side, then flip and continue grilling for 4-6 minutes or until internal temperature just reaches 165°.
5. **Finish assembling salad.** Allow chicken to rest for 5 minutes before slicing and adding to the dedicated/divided section in your salad container, so that it does not touch any other ingredients.
6. **Serve.** When ready to eat, heat chicken for 30 seconds, then mix all ingredients and top with fried wonton strips.

Notes

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



Nutrition

Calories: 372kcal | Carbohydrates: 34g | Protein: 39g | Fat: 13g | Cholesterol: 66mg | Sodium: 526mg | Potassium: 889mg | Fiber: 3g | Sugar: 19g

Peanut Butter Chocolate Chip Protein Energy Balls

Prep Time
20 mins

Servings: 16 balls (30 g per ball) Calories: 128kcal

Ingredients

Dry Ingredients

- 1 1/4 cup rolled oats (100 grams)
- 1/2 cup unsweetened shredded coconut (60 grams)
- 1 scoop Cellucor Peanut Butter Marshmallow Whey Protein (33 grams)
- 1 scoop Dymatize Elite Vanilla Casein Protein Powder (36 grams)
- 1/4 cup mini semi-sweet chocolate chips (56 grams)
- 2 tsp chia seeds (10 grams)
- 1/4 tsp cinnamon

Wet Ingredients

- 1/3 cup Skippy Natural Creamy Peanut Butter (85 grams)
- 3 tbsp unsweetened vanilla almond milk (1.5 fl oz)
- 2 tbsp honey (42 grams)
- 1 tsp vanilla extract

Instructions

1. Add all dry ingredients except chocolate chips to a bowl and mix until combined.
2. Microwave peanut butter for 20-25 seconds to melt. Add honey and vanilla extract, then stir and pour over oat mixture.
3. Add almond milk to the mixture and using a sturdy spatula, mix and press until all ingredients are combined. All of the protein powder should be absorbed. If the mixture seems dry, add more almond milk 1 tbsp at a time, then fold in chocolate chips.
4. Using a cookie scoop to help, roll the mixture into about 1" to 1 1/2" balls. Place the balls into a resealable container and refrigerate overnight before serving. They will stay fresh in the refrigerator for 7-10 days or in the freezer for up to 3 months.

Notes

- **Make it dairy free:** Swap the whey and casein with a plant based protein powder like this. Add an additional 2-4 tbsp of almond milk.
- Click here or scan the barcode below to log this food in My Fitness Pal.



★★★★★
5 from 4 votes



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Nutrition

Serving: 30g | Calories: 128kcal | Carbohydrates: 11g | Protein: 5g | Fat: 7g | Cholesterol: 3mg | Sodium: 52mg | Potassium: 89mg | Fiber: 2g | Sugar: 5g