

Weekly MEAL PLAN



Week of May 19th, 2024

	Breakfast	Lunch	Dinner
Day 1	Blueberry Lemon Poppyseed Baked Oatmeal	Strawberry Fields Chicken Salad	Egg Roll in a Bowl
Day 2	Blueberry Lemon Poppyseed Baked Oatmeal	Juicy Air Fryer Chicken with Spring Veggie Couscous Salad	Strawberry Fields Chicken Salad
Day 3	Blueberry Lemon Poppyseed Baked Oatmeal	Egg Roll in a Bowl	Juicy Air Fryer Chicken with Spring Veggie Couscous Salad
Day 4	Blueberry Lemon Poppyseed Baked Oatmeal	Strawberry Fields Chicken Salad	Egg Roll in a Bowl
Day 5	Blueberry Lemon Poppyseed Baked Oatmeal	Juicy Air Fryer Chicken with Spring Veggie Couscous Salad	Strawberry Fields Chicken Salad
Day 6	Blueberry Lemon Poppyseed Baked Oatmeal	Egg Roll in a Bowl	Juicy Air Fryer Chicken with Spring Veggie Couscous Salad

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.



☆☆☆☆☆
No ratings yet



Nutrition

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

Egg Roll in a Bowl

Prep Time
20 mins

Cook Time
15 mins

Total Time
35 mins

Servings: 6 servings Calories: 312kcal

Ingredients

- 1 lb 99% extra lean ground turkey
- 1 lb ground pork
- 1 13.5 oz bag coleslaw mix (no dressing) (397 grams)
- 1 12 oz bag broccoli slaw (340 grams)
- 1 6 oz bag snow peas, sliced (170 grams)
- 5 cloves garlic, minced (20 grams)
- 1 1/2 tbsp fresh grated ginger
- 1 tbsp sesame oil, divided (1/2 oz)

Sauces

- 6 tbsp low sodium soy sauce (3 oz)
- 2 tbsp rice wine vinegar (1 oz)
- 1 tbsp sriracha sauce (1/2 oz)
- 1 tbsp hoisin sauce (1/2 oz)

Optional Toppings (Not Included in Nutrition Info)

- sriracha mayo
- wonton strips
- green onion, chopped
- sesame seeds

Instructions

1. Heat 1 tsp sesame oil in a large sauté pan over medium high heat. Add broccoli slaw and snow peas, tossing to distribute the oil. Cover and sauté for 3-5 minutes or until broccoli is tender crisp (add 1-2 tbsp of water to help it along if needed). Add to a large bowl and set aside to cool.
2. Heat remaining sesame oil in the same large sauté pan over medium high heat. Add garlic and sauté until it becomes fragrant, about 1 minute.
3. Add ground turkey, ground pork, sriracha, and ginger to the sauté pan. Break meat apart with wooden spatula as it cooks, ensuring sriracha and ginger are distributed throughout the meat chunks.
4. When meat is mostly cooked through but still has spots of pink, add soy sauce, rice wine vinegar, and hoisin sauce. Continue stirring and breaking apart meat until cooked through, about 7-10 minutes total.
5. Once meat is cooked, add coleslaw and mix until combined with meat. Add broccoli slaw and snow peas back into sauté pan and mix until combined.
6. Divide mixture evenly into 6 serving dishes or meal prep containers. Top with and desired optional toppings before serving.

Notes

- If you don't have hoisin sauce on hand or can't find it, use 1/2 tbsp brown sugar instead. It doesn't have the same flavor, but will lend some of the same sweetness.
- For a lower fat version, use only lean ground turkey.
- Click here or scan the barcode below to log this food in My Fitness Pal.



4.50 from 8 votes

Nutrition

Calories: 312kcal | Carbohydrates: 12g | Protein: 33g | Fat: 15g | Cholesterol: 83mg | Sodium: 719mg | Potassium: 632mg | Fiber: 3g | Sugar: 7g



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

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



4.86 from 7 votes

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



Strawberry Fields Chicken Salad

Prep Time
20 mins

Cook Time
10 mins

Total Time
30 mins

Servings: 4 servings Calories: 301kcal



5 from 3 votes

Ingredients

Juicy Air Fryer Chicken

- 1 lb raw chicken breast
- 3 tbsp homemade brine mix
- 1 tsp olive oil
- 1 tsp Oh My Spice! Lemon Pepper Seasoning

Salad

- 10 cups mixed baby greens (170 grams)
- 2 cups strawberries, sliced (330 grams)
- 1 medium avocado, sliced (150 grams)
- 1/3 cup pecans, roughly chopped (36 grams)
- Optional: 1/3 cup goat cheese crumbles

Lemon Poppyseed Dressing

- 1/4 cup lemon juice
- 2 tbsp olive oil
- 1 tbsp honey
- 1 tbsp Dijon mustard
- 1/2 tbsp white wine vinegar
- 1 tsp poppyseeds

Instructions

Dressing

1. Add all dressing ingredients except olive oil and poppyseeds to a wide mouth jar. Blend with an immersion blender (or whisk vigorously) while slowly pouring in the olive oil. Stir in poppyseeds and set aside.

Juicy Air Fryer Chicken

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. Air fry the chicken at 380 degrees for 11 minutes, flipping halfway through (sometimes I up the temp to 390 degrees after flipping the chicken for crispier edges). Set aside to cool for about 5 minutes before slicing.

Assemble

1. Divide mixed baby greens, strawberries, pecans, chicken, and goat cheese (if desired) into 4 serving dishes. Top with Lemon Poppyseed Dressing before serving.

Notes

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



Nutrition

Calories: 301kcal | Carbohydrates: 15g | Protein: 28g | Fat: 15g | Cholesterol: 80mg | Sodium: 202mg | Potassium: 237mg | Fiber: 4g | Sugar: 9g