

Weekly MEAL PLAN



Week of May 5th, 2024

	Breakfast	Lunch	Dinner
Day 1	Chocolate Macadamia Nut Granola with yogurt & fruit	Fish Taco Bowl	Spring Chicken Sausage and Orzo Skillet
Day 2	Chocolate Macadamia Nut Granola with yogurt & fruit	Fish Taco Bowl	Easy Greek Chicken Salad
Day 3	Chocolate Macadamia Nut Granola with yogurt & fruit	Fish Taco Bowl	Spring Chicken Sausage and Orzo Skillet
Day 4	Chocolate Macadamia Nut Granola with yogurt & fruit	Fish Taco Bowl	Easy Greek Chicken Salad
Day 5	Chocolate Macadamia Nut Granola with yogurt & fruit	Spring Chicken Sausage and Orzo Skillet	Easy Greek Chicken Salad
Day 6	Chocolate Macadamia Nut Granola with yogurt & fruit	Spring Chicken Sausage and Orzo Skillet	Easy Greek Chicken 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!

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.



☆☆☆☆☆

No ratings yet



Nutrition

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

Spring Chicken Sausage & Orzo Skillet

Prep Time
20 mins

Cook Time
25 mins

Total Time
45 mins



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No ratings yet

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.



Nutrition

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

Fish Taco Bowls

Prep Time	Cook Time	Total Time
25 mins	12 mins	37 mins

Servings: 4 servings Calories: 459kcal

Ingredients

- 24 oz mahi mahi
- 2/3 cup Lundberg Organic Brown Jasmine Rice (121 grams)
- 1/2 tsp chili powder
- 1/2 tsp smoked paprika
- 1/2 tsp cumin
- 1/4 tsp each: salt and pepper
- 1 tsp olive oil
- Optional: pickled jalapeños

Mango Avocado Salsa

- 1 1/2 medium mangos, peeled and chopped (330 grams)
- 1 small avocado, chopped (150 grams)
- 1/4 cup cilantro, chopped
- 2 tbsp lime juice (1 fl oz)
- 1/4 tsp salt

Slaw

- 10 oz red cabbage, shredded (283 grams)
- 2 tbsp lime juice (1 fl oz)
- 1/2 tbsp sugar (6 grams)
- 1/2 tsp salt

Avocado Lime Crema

- 1/2 small avocado (75 grams)
- 1/2 cup plain non-fat Greek yogurt (4 fl oz)
- 2 limes, juiced

Instructions

Prepare rice, mango avocado salsa, and cabbage slaw.

1. Get the rice started first, cooking according to package directions.
2. Combine all slaw ingredients in a bowl and toss to coat evenly. Set aside.
3. Combine all salsa ingredients in a bowl and toss gently to coat mango and avocado evenly. Set aside.

Prepare fish.

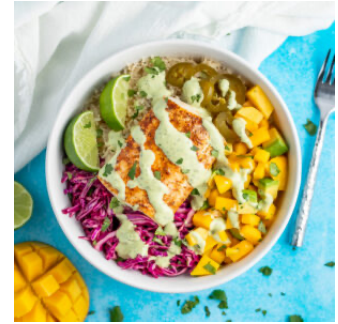
1. Pat fish filets dry with paper towels. Rub with olive oil, then season with chili powder, smoked paprika, cumin, salt and pepper. Arrange in a single layer on a foil lined baking sheet.
2. Set oven to broil. Once heated, broil fish for 3 minutes. Flip and bake for an additional 8-10 minutes or until internal temperature reaches 130°.

Prepare avocado lime crema.

1. While the fish cooks, add all avocado lime crema ingredients to a food processor and blend until smooth.

Assemble bowls.

1. Add rice and cabbage slaw as a base to the bowl, then top with mango avocado salsa, pickled jalapeños (if desired), and cooked mahi mahi. Top with avocado lime crema.



4.84 from 6 votes

Notes

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Nutrition

Calories: 459kcal | Carbohydrates: 50g | Protein: 40g | Fat: 12g | Cholesterol: 128mg | Sodium: 476mg | Potassium: 750mg | Fiber: 8g | Sugar: 18g

Easy Greek Chicken Salad

Prep Time
20 mins

Cook Time
10 mins

Total Time
30 mins

Servings: 4 servings Calories: 342kcal

Ingredients

Salad Ingredients

- 7 oz green leaf lettuce, chopped (about 8 cups chopped)
- 1 cup cherry tomatoes, halved (170 grams)
- 1 cup English cucumber, chopped (150 grams)
- 1/2 cup Farmer Boy Greek Dressing (4 fl oz)
- 1/2 cup fat free feta cheese (56 grams)
- 1/3 cup red onion, sliced
- 1/3 cup kalamata olives, halved (61 grams)

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 Dill Seasoning
- 1/2 tsp chili powder
- salt and pepper to taste

Instructions

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 lettuce, cucumbers, tomatoes, chicken, olives, and feta cheese (if desired) into 4 serving dishes. Top with Greek Dressing before serving. Serve with pita bread and hummus if desired.

Notes

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



★★★★☆
4 from 10 votes



Nutrition

Calories: 342kcal | Carbohydrates: 23g | Protein: 31g | Fat: 14g | Cholesterol: 2mg | Sodium: 595mg | Potassium: 271mg | Fiber: 3g | Sugar: 8g