

Weekly MEAL PLAN



Week of June 2nd, 2024

	Breakfast	Lunch	Dinner
Day 1	Mixed Berry Baked Oatmeal	Juicy Air Fryer Chicken with Grilled Asparagus & Zucchini	Pesto Chicken & Bacon Summer Pasta
Day 2	Mixed Berry Baked Oatmeal	Big Mac Salad	Juicy Air Fryer Chicken with Grilled Asparagus & Zucchini
Day 3	Mixed Berry Baked Oatmeal	Pesto Chicken & Bacon Summer Pasta	Big Mac Salad
Day 4	Mixed Berry Baked Oatmeal	Juicy Air Fryer Chicken with Grilled Asparagus & Zucchini	Pesto Chicken & Bacon Summer Pasta
Day 5	Mixed Berry Baked Oatmeal	Big Mac Salad	Juicy Air Fryer Chicken with Grilled Asparagus & Zucchini
Day 6	Mixed Berry Baked Oatmeal	Pesto Chicken & Bacon Summer Pasta	Big Mac 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!			

Mixed Berry Oatmeal Bake

Prep Time
15 mins

Cook Time
35 mins

Total Time
45 mins

Servings: 6 servings Calories: 284kcal

Ingredients

- 2 cups rolled oats (192 grams)
- 2 scoops Optimum Nutrition Vanilla Plant Based Protein Powder (76 grams)
- 1/2 tsp baking powder (2 grams)
- 1/2 tsp cinnamon
- 1/4 tsp salt
- 1 cup unsweetened vanilla almond milk (8 oz)
- 2/3 cup unsweetened applesauce (163 grams)
- 2/3 cup strawberries, chopped (100 grams)
- 2/3 cup blueberries (100 grams)
- 2/3 cup raspberries (85 grams)
- 3 tbsp pure maple syrup (1.5 oz)
- 2 tbsp Skippy Natural Peanut Butter (32 grams)
- 1 egg
- 1 egg white
- 1 tsp vanilla extract
- Optional: almond slivers for topping

Instructions

1. Pre-heat oven to 350 degrees. Grease an 8x11" baking dish with coconut oil and set aside.
2. Combine all dry ingredients, then add wet ingredients and mix until just combined. Pour into prepared casserole dish and spread evenly.
3. Bake at 350 degrees for 40-45 minutes or until a toothpick inserted into the center comes out clean. If desired, press almond slivers into the top of the mixture about halfway through the baking time.
4. Allow to cool, then cut into 6 pieces for serving.

Notes

- I used a casserole dish like this to make mine.
- Click here or scan the barcode below to log this food in My Fitness Pal.



Nutrition

Calories: 284kcal | Carbohydrates: 40g | Protein: 15g | Fat: 7g | Cholesterol: 31mg | Sodium: 139mg | Potassium: 285mg | Fiber: 5g | Sugar: 12g



4.80 from 5 votes

Pesto Chicken & Bacon Summer Pasta

Prep Time
30 mins

Cook Time
15 mins

Total Time
45 mins

Servings: 8 servings Calories: 482kcal

Ingredients

- 1 lb short curly pasta like girelle or rotini (500 grams)
- 6 slices Wegmans Center Cut Uncured Bacon 25% Less Sodium, chopped (150 grams)
- 2/3 cup Buitoni Reduced Fat Basil Pesto (166 grams)
- 2/3 cup dry white wine like Sauvignon Blanc (5.36 fl oz)
- 1/4 cup half and half (2 fl oz)
- 1/4 cup reserved pasta water (keep at least one cup just in case you need more)
- 2 small zucchini, trimmed and seeds removed, then chopped (305 grams)
- 3 small corn on the cob (203 grams corn yield)
- 3 cloves garlic, sliced (12 grams)
- 1 lemon, zested
- 1 tsp Oh My Spice! Lemon Pepper Seasoning
- 1 tsp salt
- 1/2 tsp pepper
- 1/4 tsp red pepper flakes

Pesto Chicken

- 2 lbs chicken tenderloins
- 1/3 cup pesto
- 2 tbsp balsamic vinegar
- 1 tbsp olive oil
- 1/2 tsp salt

Instructions

1. Mix all chicken marinade ingredients, then massage into chicken until evenly coated. Set aside in the refrigerator for at least 1 hour or up to 4 hours.
2. Pre-heat grill to 400°. Spray grill grates with non-stick grill spray or brush grates with vegetable oil. Allow excess marinade to drip from the chicken before adding to grill. Grill one side for 5 minutes, then flip and grill for an additional 4-5 minutes. The internal temperature should just barely reach 165° as you remove the chicken from the grill. Rest for 5 minutes before slicing.
3. Add corn to the hot grill grates and grill for 5-6 minutes, turning 2-3 times. Set aside to cool, then cut corn from the cob and set aside.
4. Heat a large heavy bottomed pot over medium-high heat (I used a 7 qt enameled cast iron pot). Once hot, add chopped bacon and cook while stirring for 2-3 minutes or until bacon begins to turn golden brown and is cooked through. Remove bacon to a paper towel lined plate using a slotted spoon.
5. Add 1 tsp olive oil to the pot. Add chopped zucchini, sliced garlic, and red pepper flakes, then sauté, stirring frequently. Some of the browned bits left at the bottom of the pot from cooking the bacon should come up and coat the zucchini and garlic. Continue sautéing the zucchini and garlic for 3-4 minutes - the zucchini should turn bright green but still be firm. Remove zucchini to a bowl and set aside, removing garlic slices.
6. Add wine to the pot to deglaze. The wine should quickly come to a boil and burn off the alcohol. Scrape up the remaining browned bits and pour wine out into a bowl. Set aside.
7. Fill the pot with enough water to cook the pasta (mine was filled about half way to the top). Bring water to a



4.67 from 3 votes

boil, add kosher salt, then add pasta and stir. Cover and boil pasta to very al dente, about 13 minutes.

8. Reserve about 1 cup of pasta water and drain the rest. Return pasta to the pot, then add pesto, half and half, cooked wine, zucchini, corn, bacon, seasoning, and 1/4 to 1/2 cup of reserved pasta water. Stir and set aside to cool.
9. Serve pasta with chicken on top or mixed in. Top with fresh ricotta cheese, lemon zest, and parmesan before serving, if desired.

Notes

The nutrition info for this recipe will vary widely depending on the pesto you use. I usually like to buy the fresh made Wegmans basil pesto for maximum flavor, but calculated the nutrition using the Buitoni Reduced Fat Pesto since it's widely available.

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



Nutrition

Serving: 346grams | Calories: 482kcal | Carbohydrates: 56g | Protein: 38g | Fat: 11g | Cholesterol: 67mg | Sodium: 674mg | Potassium: 363mg | Fiber: 3g | Sugar: 6g

Big Mac Salad

Servings: 4 servings Calories: 398kcal

Ingredients

Burger Mixture

- 1 lb 93/7 ground beef
- 2 tbsp ketchup (1 fl oz)
- 1 tbsp low sodium soy sauce (0.5 fl oz)
- 1 tbsp house burger seasoning (recipe in notes)
- 1/2 tbsp olive oil (0.25 fl oz)

Salad Ingredients

- 8 cups green leaf lettuce, chopped (300 grams)
- 2 large Roma tomatoes, chopped (300 grams)
- 1 cup pickles, chopped (I like Bread & Butter) (170 grams)
- 1/2 cup red onion, chopped (80 grams)
- 1/2 cup extra sharp cheddar cheese, shredded (56 grams)
- 1/2 cup low fat Thousand Island dressing (4 fl oz)

Instructions

1. Heat olive oil in a large skillet over medium-high heat. Once oil is shimmery and hot, add ground beef and season with burger seasoning. Break ground beef apart with a wooden spatula as it cooks.
2. Once ground beef is almost completely cooked, drain excess fat from the skillet. Return to heat and add soy sauce and ketchup, mixing to coat the beef evenly. Continue cooking until beef is cooked through. Set aside.
3. Assemble salad to serve. If meal prepping in a mason jar, add salad dressing to the bottom of the jar first, then add: beef, onions, tomatoes, pickles, cheese, and lettuce.

Notes

House Burger Seasoning

- 1 tbsp Flavor God Garlic Lover's Seasoning
- 1/2 tbsp smoked paprika
- 1/2 tbsp chili powder
- 1/2 tbsp Mexican oregano
- 1/2 tbsp ground mustard
- 3/4 tsp salt
- 3/4 tsp black pepper

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

Nutrition

Calories: 398kcal | Carbohydrates: 24g | Protein: 30g | Fat: 21g | Cholesterol: 93mg | Sodium: 1059mg | Potassium: 521mg | Fiber: 3g | Sugar: 13g



★★★★★
5 from 5 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



Grilled Zucchini

Prep Time
5 mins

Total Time
5 mins

Servings: 4 servings Calories: 36kcal

Ingredients

- 4 small zucchini (475 grams)
- 1/2 tbsp olive oil
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/2 tsp salt, divided
- 1/8 tsp black pepper



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No ratings yet

Instructions

1. Cut zucchini in half lengthwise. Season cut halves with 1/4 tsp of sea salt, then place face down on a paper towel lined plate and set aside for 5-10 minutes.
2. Pre-heat grill to 400°F.
3. Once zucchini has rested, rub with olive oil, then season with lemon pepper seasoning, remaining salt, and black pepper.
4. Place the zucchini halves, cut side down, directly on the grill grates. Grill for 2 minutes, then flip and grill for 1-2 minutes, then flip again and grill for another 1-2 minutes, or until the zucchini is tender but still has some bite.
5. Serve as halves or chop into half-moon shapes.

Notes

- Resting the salted zucchini halves face-down on paper towel draws out moisture, which helps allow the zucchini to get char marks. This step is totally optional if you're in a time crunch!
- Be sure not to over-grill the zucchini or it will become mushy.
- Click here or scan the barcode below to log this food in My Fitness Pal.



Nutrition

Serving: 1zucchini | Calories: 36kcal | Carbohydrates: 4g | Protein: 1g | Fat: 2g | Sodium: 208mg | Potassium: 310mg | Fiber: 1g | Sugar: 3g

Grilled Asparagus

Prep Time
5 mins

Cook Time
7 mins

Total Time
12 mins

Servings: 4 servings Calories: 36kcal

Ingredients

- 1 bunch asparagus, trimmed (400 grams)
- 1/2 tbsp olive oil
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/4 tsp salt
- 1/8 tsp black pepper

Instructions

1. Add a grill topper to the grill, then pre-heat grill to 400°F.
2. Drizzle the trimmed asparagus with olive oil, then season with lemon pepper seasoning, salt, and black pepper. Toss to coat evenly.
3. Grill the asparagus for 5-7 minutes atop the grill topper, flipping every 1-2 minutes. The asparagus is done when it turns bright green and has some charring and is tender, but still crisp. Be careful not to over-grill!

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: 0.25bunch | Calories: 36kcal | Carbohydrates: 4g | Protein: 2g | Fat: 1.5g | Sodium: 155mg | Potassium: 202mg | Fiber: 2g | Sugar: 2g