

Weekly MEAL PLAN



Week of June 23rd, 2024

| | Breakfast | Lunch | Dinner |
|-------|--|---|---|
| Day 1 | Mixed Berry Baked Oatmeal with Greek Yogurt and Fruit | Turkey Taco Salad with Avocado Ranch Dressing | Juicy Air Fryer Chicken with Chimichurri, Grilled Corn & Zucchini |
| Day 2 | Mixed Berry Baked Oatmeal with Greek Yogurt and Fruit | Juicy Air Fryer Chicken with Pesto, Grilled Sweet Potatoes & Asparagus | Turkey Taco Salad with Avocado Ranch Dressing |
| Day 3 | Mixed Berry Baked Oatmeal with Greek Yogurt and Fruit | Juicy Air Fryer Chicken with Chimichurri, Grilled Corn & Zucchini | Juicy Air Fryer Chicken with Pesto, Grilled Sweet Potatoes & Asparagus |
| Day 4 | Mixed Berry Baked Oatmeal with Greek Yogurt and Fruit | Turkey Taco Salad with Avocado Ranch Dressing | Juicy Air Fryer Chicken with Chimichurri, Grilled Corn & Zucchini |
| Day 5 | Mixed Berry Baked Oatmeal with Greek Yogurt and Fruit | Juicy Air Fryer Chicken with Pesto, Grilled Sweet Potatoes & Asparagus | Turkey Taco Salad with Avocado Ranch Dressing |
| Day 6 | Mixed Berry Baked Oatmeal with Greek Yogurt and Fruit | Juicy Air Fryer Chicken with Chimichurri, Grilled Corn & Zucchini | Juicy Air Fryer Chicken with Pesto, Grilled Sweet Potatoes & Asparagus |

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

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

Chimichurri Sauce

Prep Time
10 mins

Total Time
10 mins



Servings: 7 servings (2/3 cup) Calories: 56kcal

Ingredients

- 1/2 cup parsley, packed (20 grams / approx. 1 bunch, stems removed)
- 1/2 cup cilantro, packed (15 grams / approx. 1 bunch, stems removed)
- 3 tbsp olive oil (1 1/2 oz)
- 2 tbsp red wine vinegar (1 oz)
- 3 cloves garlic, chopped (12 grams)
- 1 tsp red pepper flakes, generous
- 1/2 tsp salt, generous
- 1/2 tsp black pepper, generous
- 1/2 tsp Mexican oregano, generous



No ratings yet

Instructions

1. Add parsley, cilantro, garlic, and spices to a food processor and blend until herbs are chopped into about 1/8-1/4" pieces (or desired size).
2. Remove to a bowl and stir in olive oil and vinegar.

Notes

- For best results, check out my tips in the "Method" section above.
- The flavors are best after the sauce has sat in the refrigerator overnight.
- Click here or scan the barcode below to log this food in My Fitness Pal.

Nutrition

Serving: 1.5tbsp | Calories: 56kcal | Carbohydrates: 1g | Fat: 6g | Sodium: 181mg | Potassium: 38mg



Grilled Corn on the Cob

Prep Time
5 mins

Cook Time
7 mins

Total Time
12 mins



Servings: 4 servings Calories: 104kcal

Ingredients

- 4 ears corn on the cob, husks and stems removed (410 grams)
- 1/2 tbsp olive oil (7 grams)
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/4 tsp salt
- 1/8 tsp black pepper



No ratings yet

Instructions

1. Pre-heat grill to 400°F.
2. Drizzle the corn with olive oil, then season with lemon pepper seasoning, salt, and black pepper. Toss to coat evenly.
3. Grill directly on grates at 400°F for 6-8 mins or the corn is tender and lightly charred, turning frequently to cook evenly and avoid burning.

Notes

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



Nutrition

Serving: 1 ear | Calories: 104kcal | Carbohydrates: 19g | Protein: 3g | Fat: 3g | Sodium: 168mg | Potassium: 277mg | Fiber: 2g | Sugar: 6g

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

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



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No ratings yet

Basil Pesto

Servings: 9 servings Calories: 174kcal

Ingredients

- 1/2 cup pine nuts (60 grams)
- 4 oz basil leaves with stems, stems removed (approx. 4 cup/3 oz yield)
- 4 fl oz olive oil
- 1 1/4 oz parmesan cheese, chopped into 1/2" chunks
- 2 cloves garlic
- 1 lemon, zested
- 3/4 tsp salt
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning



No ratings yet

Instructions

1. Add parmesan cheese to the food processor and blend for 15-30 seconds or until finely ground.
2. Add all remaining ingredients to the food processor and blend until pesto reaches desired consistency.

Notes

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



Nutrition

Serving: 2tbsp | Calories: 174kcal | Carbohydrates: 2g | Protein: 3g | Fat: 17g | Cholesterol: 3mg | Sodium: 267mg | Potassium: 76mg | Fiber: 1g

Grilled Sweet Potatoes



Prep Time
5 mins

Cook Time
10 mins

Total Time
15 mins

Servings: 4 servings Calories: 113kcal

Ingredients

- 2 medium sweet potatoes, ends trimmed and cut into 1/4-1/2" slices (450 grams)
- 1/2 tbsp olive oil (7 grams)
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/4 tsp salt
- 1/8 tsp black pepper



No ratings yet

Instructions

1. Pre-heat grill to 400°F.
2. Drizzle the sweet potatoes with olive oil, then season with lemon pepper seasoning, salt, and black pepper. Toss to coat evenly.
3. Grill directly on grates at 400°F for 5 mins, then flip and repeat until the potatoes are lightly charred and tender. The natural sugars should begin to bubble from them and the skin will pull away when very tender.

Notes

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



Nutrition

Calories: 113kcal | Carbohydrates: 23g | Protein: 2g | Fat: 2g | Sodium: 207mg | Potassium: 379mg | Fiber: 3g | Sugar: 5g

Grilled Asparagus

Prep Time
5 mins

Cook Time
7 mins

Total Time
12 mins

Servings: 4 servings Calories: 36kcal



No ratings yet

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.



Nutrition

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

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



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