

Weekly MEAL PLAN



Week of June 9th, 2024

	Breakfast	Lunch	Dinner
Day 1	Mixed Berry Oatmeal Muffins with Greek Yogurt and Fruit	Juicy Air Fryer Chicken with Chimichurri , Grilled Corn & Zucchini	Easy Greek Chicken Salad
Day 2	Mixed Berry Oatmeal Muffins with Greek Yogurt and Fruit	Classic Bento Snack Box	Juicy Air Fryer Chicken with Chimichurri , Grilled Corn & Zucchini
Day 3	Mixed Berry Oatmeal Muffins with Greek Yogurt and Fruit	Easy Greek Chicken Salad	Classic Bento Snack Box
Day 4	Mixed Berry Oatmeal Muffins with Greek Yogurt and Fruit	Juicy Air Fryer Chicken with Chimichurri , Grilled Corn & Zucchini	Easy Greek Chicken Salad
Day 5	Mixed Berry Oatmeal Muffins with Greek Yogurt and Fruit	Classic Bento Snack Box	Juicy Air Fryer Chicken with Chimichurri , Grilled Corn & Zucchini
Day 6	Mixed Berry Oatmeal Muffins with Greek Yogurt and Fruit	Easy Greek Chicken Salad	Classic Bento Snack Box

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 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.



4.35 from 32 votes

Nutrition

Calories: 209kcal | Carbohydrates: 32g | Protein: 12g | Fat: 4g | Sodium: 116mg | Potassium: 125mg | Fiber: 5g | Sugar: 12g

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



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



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Grilled Corn on the Cob

Prep Time
5 mins

Cook Time
7 mins

Total Time
12 mins

Servings: 4 servings Calories: 104kcal



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No ratings yet

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

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



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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

Classic Snack Box

Prep Time
5 mins

Total Time
5 mins

Servings: 1 servings Calories: 337kcal

Ingredients

- 1 cup red seedless grapes (100 grams)
- 11 Snack Factory Pretzel Crisps (28 grams)
- 1 oz Colby Jack cheese cubes
- 2 oz low sodium deli turkey

Instructions

1. Add a small silicone baking cup to the large compartment of the snack box. Fill with cheese, then add deli turkey to the same compartment. Add grapes and pretzel crisps to smaller compartments.

Nutrition

Calories: 337kcal | Carbohydrates: 41g | Protein: 21g | Fat: 9g | Fiber: 2g | Sugar: 18g



4.34 from 15 votes



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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