

Weekly MEAL PLAN



Week of July 14th, 2024

	Breakfast	Lunch	Dinner
Day 1	Mixed Berry Oatmeal Muffins with Egg White Muffins	Turkey Taco Salad with Avocado Ranch Dressing	Grilled Adobo Chicken with Corn Relish and Grilled Zucchini
Day 2	Mixed Berry Oatmeal Muffins with Egg White Muffins	Juicy Grilled Chicken with Grilled Asparagus, Sweet Potatoes, & Chimichurri	Turkey Taco Salad with Avocado Ranch Dressing
Day 3	Mixed Berry Oatmeal Muffins with Egg White Muffins	Grilled Adobo Chicken with Corn Relish and Grilled Zucchini	Juicy Grilled Chicken with Grilled Asparagus, Sweet Potatoes, & Chimichurri
Day 4	Mixed Berry Oatmeal Muffins with Egg White Muffins	Turkey Taco Salad with Avocado Ranch Dressing	Grilled Adobo Chicken with Corn Relish and Grilled Zucchini
Day 5	Mixed Berry Oatmeal Muffins with Egg White Muffins	Juicy Grilled Chicken with Grilled Asparagus, Sweet Potatoes, & Chimichurri	Turkey Taco Salad with Avocado Ranch Dressing
Day 6	Mixed Berry Oatmeal Muffins with Egg White Muffins	Grilled Adobo Chicken with Corn Relish and Grilled Zucchini	Juicy Grilled Chicken with Grilled Asparagus, Sweet Potatoes, & Chimichurri

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.



Nutrition

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



4.35 from 32 votes

Bacon Cheddar Egg White Muffins

Prep Time
10 mins

Cook Time
30 mins

Total Time
40 mins

Servings: 12 egg muffins Calories: 73kcal



4.75 from 4 votes

Ingredients

- 24 fl oz egg whites
- 2 fl oz half and half
- 2 slices center cut bacon, chopped and cooked (18 grams)
- 3/4 cup sharp cheddar cheese, grated (84 grams)
- 3 tbsp green onions, chopped
- Salt and pepper to taste

Instructions

1. Pre-heat oven to 400°. Spray a muffin tin with non-stick cooking oil and set aside.
2. Divide bacon, green onions, and cheese evenly into 12 muffin tin molds on top of the bacon.
3. Add about 1 tsp half and half to each muffin, then pour egg whites into muffin tin molds until they are about 3/4 full. Season with salt and pepper to taste.
4. Bake at 400° for 20 minutes or until the tops of the egg muffins are set and cooked through.

Notes

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



Nutrition

Serving: 1muffin | Calories: 73kcal | Carbohydrates: 1g | Protein: 9g | Fat: 4g | Cholesterol: 9mg | Sodium: 149mg | Potassium: 144mg

Grilled Adobo Chicken with Corn Relish

Prep Time
30 mins

Cook Time
10 mins

Marinating Time
1 hr

Servings: 4 servings Calories: 246kcal

Ingredients

- 1 lb chicken breast, thinly sliced
- 3.5 oz can chipotle peppers in adobo sauce
- 2 cups corn kernels (270 grams)
- 1/2 cup red onion, sliced (57 grams)
- 1/2 medium red bell pepper, diced (58 grams)
- 1/4 cup cilantro, chopped
- 1 jalapeno pepper, seeded and diced (15 grams)
- 2 cloves garlic, minced (8 grams)
- 3/4 cup water (6 oz)
- 1/2 cup apple cider vinegar
- 2 tbsp sugar (25 grams)
- 1 tsp salt (6 grams)
- 1/2 tsp Flavor God Garlic Lovers Seasoning
- 1/4 tsp black pepper

Instructions

1. Add chicken breast and chipotles in adobo to a resealable container and massage until the chicken is coated in the sauce. Marinate for at least one hour, but preferably overnight.
2. Add corn, red onion, bell pepper, jalapeno, and garlic to a bowl. Set aside.
3. Bring water almost to a boil, then add sugar and salt and stir until dissolved. Add apple cider vinegar, Flavor God Garlic Lovers Seasoning, and black pepper and stir.
4. Pour pickling liquid over corn mixture and mix, then push the corn mixture under the liquid as much as possible. Cover and marinate for at least 1 hour.
5. Before serving corn relish, drain most of the pickling liquid out and stir in cilantro.
6. Grill chicken, slice, and serve with corn relish and other sides, as desired.

Notes

The corn relish recipe makes about twice what you see on top of the chicken in the pictures here, so you could easily stretch it to 6 or more servings instead of the 4 servings listed here. The nutrition info is for the entire corn relish recipe to be eaten in 4 servings.

Nutrition

Calories: 246kcal | Carbohydrates: 24g | Protein: 26g | Fat: 4g | Cholesterol: 72mg | Sodium: 247mg | Potassium: 214mg | Fiber: 2g | Sugar: 10g



4.50 from 8 votes



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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

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 Sweet Potatoes

Prep Time
5 mins

Cook Time
10 mins

Total Time
15 mins

Servings: 4 servings Calories: 113kcal



No ratings yet

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

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

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

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



No ratings yet

