

# Weekly MEAL PLAN



Week of July 28th, 2024

	Breakfast	Lunch	Dinner
Day 1	Mixed Berry Oatmeal Muffin	Tuna Salad Bento Box	Pickle Brined Chicken Thighs with Broccoli and Grilled Sweet Potatoes
Day 2	Mixed Berry Oatmeal Muffin	Easy Greek Chicken Salad	Tuna Salad Bento Box
Day 3	Mixed Berry Oatmeal Muffin	Pickle Brined Chicken Thighs with Broccoli and Grilled Sweet Potatoes	Easy Greek Chicken Salad
Day 4	Mixed Berry Oatmeal Muffin	Tuna Salad Bento Box	Pickle Brined Chicken Thighs with Broccoli and Grilled Sweet Potatoes
Day 5	Mixed Berry Oatmeal Muffin	Easy Greek Chicken Salad	Tuna Salad Bento Box
Day 6	Mixed Berry Oatmeal Muffin	Pickle Brined Chicken Thighs with Broccoli and Grilled Sweet Potatoes	Easy Greek Chicken Salad
Click on the <b>bold</b> recipe name to jump to that recipe page or head to <b>Peanut Butter and Fitness</b> 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

# Pickle Brined Chicken Thighs

Prep Time  
10 mins

Cook Time  
12 mins

Brine Time  
2 hrs

Total Time  
2 hrs 22 mins

Servings: 4 servings    Calories: 227kcal



## Ingredients

- 1 1/2 lbs boneless skinless chicken thighs, excess fat trimmed
- 1 24 oz jar Claussen Dill Pickles, pickle juice only
- 1 tbsp olive oil
- 1/2 tsp Oh My Spice! Lemon Pepper Dill Seasoning
- 1/2 tsp sea salt
- 1/4 tsp black pepper



No ratings yet

## Instructions

1. Add chicken thighs to an airtight container or resealable bag. Pour pickle juice over the chicken, then move the chicken around to ensure the juice has gotten to all the chicken. Set aside in the refrigerator to brine for at least 1 hour, but preferably about 2 hours.
2. Preheat grill to 450°F.
3. Remove chicken from pickle brine onto a paper towel lined baking sheet. Pat dry with more paper towels, then discard the paper towels. Drizzle with olive oil and rub it in to ensure all sides are evenly coated (use more oil if needed). Season chicken with lemon pepper dill seasoning, salt, and pepper.
4. Place seasoned chicken thighs, smoother side down, onto preheated grill grates. Grill for 7 minutes on first side, then flip and continue grilling for 4-6 more minutes or until internal temperature of thickest part of chicken thigh reaches 165°F.

## Notes

- Turn this into bite sized appetizers - instructions here!
- The sodium content displayed in the nutrition info is estimated, but will vary depending on the brine time and sodium content in your pickle juice.
- Click here or scan the barcode below to log this food in My Fitness Pal.

## Nutrition

Calories: 227kcal | Protein: 33g | Fat: 10g | Cholesterol: 158mg | Sodium: 739mg | Potassium: 405mg



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# Grilled Sweet Potatoes

Prep Time  
5 mins

Cook Time  
10 mins

Total Time  
15 mins

Servings: 4 servings    Calories: 113kcal



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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



# Air Fryer Broccoli

Prep Time	Cook Time	Total Time
10 mins	10 mins	20 mins

Servings: 4 servings    Calories: 65kcal

## Ingredients

- 6 cups broccoli florets (528 grams)
- 2 tsp olive oil (9 grams)
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/2 tsp salt

## Instructions

1. Pre-heat air fryer to 380°F.
2. Toss broccoli florets in olive oil and seasonings until evenly distributed. Once air fryer is pre-heated, add broccoli into the air fryer basket in a single layer (you may need to do more than 1 batch).
3. Air fry for 8-10 minutes or until the broccoli reaches desired browning levels, shaking the basket to toss the broccoli halfway through cooking.

## Notes

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



## Nutrition

Calories: 65kcal | Carbohydrates: 9g | Protein: 4g | Fat: 3g | Sodium: 342mg | Potassium: 417mg | Fiber: 3g | Sugar: 2g



☆☆☆☆☆  
No ratings yet

# Copycat Chick-fil-A Sauce

Prep Time  
5 mins

Total Time  
5 mins

Servings: 8 servings (2 tbsp per serving)    Calories: 70kcal

## Ingredients

- 1/2 cup Duke's Light Mayonnaise
- 1/4 cup Stubb's Original Barbecue Sauce
- 1 1/2 tbsp honey
- 1 tbsp Dijon mustard
- 2 tsp yellow mustard
- 2 tsp apple cider vinegar
- 1/4 tsp salt
- 1/8 tsp smoked paprika
- 1/8 tsp garlic powder

## Instructions

1. Whisk all ingredients together until smooth.

## Notes

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



## Nutrition

Serving: 2tbsp | Calories: 70kcal | Carbohydrates: 6g | Fat: 5g | Cholesterol: 10mg | Sodium: 272mg | Potassium: 8mg | Sugar: 4g



No ratings yet

# Tuna Salad Meal Prep Box

Prep Time  
15 mins

Total Time  
15 mins

Servings: 5 servings (212 g tuna salad per serving)      Calories: 264kcal



5 from 1 vote

## Ingredients

### Tuna Salad

- 15 oz chunk white albacore tuna, drained
- 11 oz chunk light tuna, drained
- 0.625 cups Duke's Light Mayonnaise (1/2 cup plus 2 tbsp)
- 1/4 cup celery, chopped (35 grams)
- 1/4 cup red onion, chopped (35 grams)
- 2 tbsp sweet relish (1 oz)
- 1 tbsp Dijon mustard (0.5 oz)
- 1 tsp lemon zest
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/2 tsp salt

## Instructions

1. Add all tuna salad ingredients to a bowl and mix until well combined. Serve with crackers and grapes, if desired.

## Notes

- The tuna salad recipe yields about 4 cups or 1060 grams total.
- Click here or scan the barcode below to log this food in My Fitness Pal.



## Nutrition

Serving: 212grams | Calories: 264kcal | Carbohydrates: 4g | Protein: 35g | Fat: 12g | Cholesterol: 66mg | Sodium: 790mg | Potassium: 29mg | Sugar: 2g

# 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