

# Weekly MEAL PLAN



Week of July 7th, 2024

	Breakfast	Lunch	Dinner
Day 1	<b>PB&amp;J Baked Oatmeal</b> with Greek Yogurt and Fruit	<b>Salmon Sushi Bowl</b>	<b>Juicy Air Fryer Chicken</b> with <b>Pesto, Grilled Corn &amp; Zucchini</b>
Day 2	<b>PB&amp;J Baked Oatmeal</b> with Greek Yogurt and Fruit	<b>Salmon Sushi Bowl</b>	<b>Easy Greek Chicken Salad</b>
Day 3	<b>PB&amp;J Baked Oatmeal</b> with Greek Yogurt and Fruit	<b>Salmon Sushi Bowl</b>	<b>Juicy Air Fryer Chicken</b> with <b>Pesto, Grilled Corn &amp; Zucchini</b>
Day 4	<b>PB&amp;J Baked Oatmeal</b> with Greek Yogurt and Fruit	<b>Salmon Sushi Bowl</b>	<b>Easy Greek Chicken Salad</b>
Day 5	<b>PB&amp;J Baked Oatmeal</b> with Greek Yogurt and Fruit	<b>Juicy Air Fryer Chicken</b> with <b>Pesto, Grilled Corn &amp; Zucchini</b>	<b>Easy Greek Chicken Salad</b>
Day 6	<b>PB&amp;J Baked Oatmeal</b> with Greek Yogurt and Fruit	<b>Juicy Air Fryer Chicken</b> with <b>Pesto, Grilled Corn &amp; Zucchini</b>	<b>Easy Greek Chicken Salad</b>

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!

# PB&J Baked Oatmeal

Prep Time  
15 mins

Cook Time  
45 mins

Total Time  
45 mins

Servings: 8 servings    Calories: 321kcal

## Ingredients

- 3 cups rolled oats (288 grams)
- 3 scoops PEScience Select Vegan Vanilla Indulgence Protein Powder (90 grams)
- 3 tbsp PB2 powdered peanut butter (20 grams)
- 1 tsp baking powder
- 1/2 tsp cinnamon
- 1 1/2 cups strawberries, chopped (225 grams)
- 1 1/2 cups unsweetened applesauce (366 grams)
- 1 cup unsweetened vanilla almond milk (8 fl oz)
- 1/3 cup Skippy Natural Creamy Peanut Butter, melted (85 grams)
- 1/3 cup maple syrup (2.67 fl oz)
- 3 large egg whites
- 1/2 tbsp vanilla extract

## Optional Strawberry Drizzle (Not included in nutrition info)

- 3/4 cup strawberries, chopped (112 grams)
- 2 tbsp maple syrup (1 fl oz)

## Instructions

1. Make strawberry drizzle if desired. Add strawberries and maple syrup to a small pan and bring to a boil over medium heat, then lower heat to a simmer for 10-15 minutes. Allow to cool slightly, then puree in a food processor or blender. Set aside to cool.
2. Pre-heat oven to 350°. Grease a 9x13" baking dish with coconut oil and set aside.
3. Combine all dry ingredients, then add wet ingredients and mix until just combined. Pour into prepared casserole dish and spread evenly.
4. Top with additional sliced strawberries and/or some of the optional strawberry drizzle if desired.
5. Bake at 350° for 40-45 minutes or until a toothpick inserted into the center comes out clean.
6. Cut into 8 pieces and drizzle with remaining strawberry drizzle and additional melted peanut butter if desired.

## Notes

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

## Nutrition

Serving: 180g | Calories: 321kcal | Carbohydrates: 44g | Protein: 17g | Fat: 8g | Sodium: 299mg | Potassium: 301mg | Fiber: 6g | Sugar: 14g



★★★★★  
5 from 5 votes



# Salmon Sushi Bowl

Servings: 4 servings    Calories: 565kcal

## Ingredients

- 1 lb salmon, cut into 3/4" chunks
- 1 7.4 oz cup Nishiki Medium Grain Rice, heated according to package directions
- 1 medium avocado, sliced (150 grams)
- 2 tbsp sriracha mayo (1 fl oz)
- 1 1/2 tbsp eel sauce / unagi sushi sauce (0.75 fl oz)
- Furikake rice seasoning to taste

## Salmon Marinade

- 1/4 cup low sodium soy sauce (2 fl oz)
- 3 tbsp mirin (1.5 fl oz)
- 1 tbsp light brown sugar (12 grams)
- 1 tbsp fresh grated ginger (15 grams)
- 2 tsp sesame oil (9 grams)
- 1/2 tsp wasabi paste

## Quick Mango and Cucumber Salad

- 1 medium mango, peeled and diced (260 grams)
- 2 mini cucumbers, thinly sliced (130 grams)
- 1 lime, juiced
- 1 tbsp mirin (0.5 fl oz)
- 1/2 tsp salt

## Instructions

1. **Marinate salmon.** In a medium bowl, whisk salmon marinade ingredients until well combined. Add salmon chunks and gently toss to coat and cover salmon in marinade. Cover and refrigerate for 30 minutes to 2 hours.
2. **Make mango and cucumber salad.** In a small to medium bowl, toss diced mango and sliced cucumbers in lime juice, mirin, and salt. Cover and set aside in the refrigerator.
3. **Cook salmon.** Heat a shallow but large skillet over medium-high heat. Once the pan is hot, add salmon chunks in a single layer (you may need to do this in more than one batch to avoid overcrowding), allowing any excess marinade to drip in the bowl before adding to the skillet. Cook on one side for about 2 minutes, then carefully flip and cook the other side for 2-3 minutes or until you can no longer see a strip of raw salmon at the center. Remove salmon to a plate.
4. Once salmon is removed from the skillet, add any remaining marinade to the hot skillet and bring to a boil. Lower heat to a medium and stir continuously until the marinade has



5 from 1 vote

reduced by about half. Pour over the salmon and set aside.

5. **Assemble the bowls.** In 4 serving bowls, layer the rice, salmon, mango cucumber salad, and avocado. Top with sriracha mayo, eel sauce, furikake seasoning, and any additional desired toppings like fried onions or green onions.

## Notes

[Click here](#) or scan the barcode below to log this food in My Fitness Pal.

[Click here](#) for tips to meal prep this recipe!

## Nutrition

Calories: 565kcal | Carbohydrates: 51g | Protein: 27g | Fat: 27g | Cholesterol: 65mg | Sodium: 977mg | Potassium: 762mg | Fiber: 4g | Sugar: 23g



# 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 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

## 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



☆☆☆☆☆  
No ratings yet

# 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

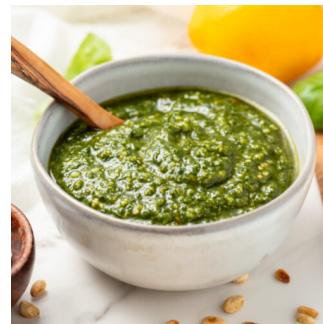
Serving: 1zucchini | Calories: 36kcal | Carbohydrates: 4g | Protein: 1g | Fat: 2g | Sodium: 208mg | Potassium: 310mg | Fiber: 1g | Sugar: 3g

# 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



# 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