

Weekly MEAL PLAN



Week of October 15th, 2023

	Breakfast	Lunch	Dinner
Day 1	Pumpkin Chocolate Chunk Oatmeal Muffins with Egg White Muffins	Egg Roll in a Bowl	Honey Dijon Harvest Bowl
Day 2	Pumpkin Chocolate Chunk Oatmeal Muffins with Egg White Muffins	Roasted Butternut Squash & Kale Salad with Juicy Air Fryer Chicken	Egg Roll in a Bowl
Day 3	Pumpkin Chocolate Chunk Oatmeal Muffins with Egg White Muffins	Honey Dijon Harvest Bowl	Roasted Butternut Squash & Kale Salad with Juicy Air Fryer Chicken
Day 4	Pumpkin Chocolate Chunk Oatmeal Muffins with Egg White Muffins	Egg Roll in a Bowl	Honey Dijon Harvest Bowl
Day 5	Pumpkin Chocolate Chunk Oatmeal Muffins with Egg White Muffins	Roasted Butternut Squash & Kale Salad with Juicy Air Fryer Chicken	Egg Roll in a Bowl
Day 6	Pumpkin Chocolate Chunk Oatmeal Muffins with Egg White Muffins	Honey Dijon Harvest Bowl	Roasted Butternut Squash & Kale Salad with Juicy Air Fryer Chicken

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!

Pumpkin Chocolate Chunk Oatmeal Muffins



4.89 from 9 votes

Prep Time
15 mins

Cook Time
30 mins

Total Time
45 mins

Servings: 6 jumbo muffins Calories: 247kcal

Ingredients

- 2 cups rolled oats (160 grams)
- 2 scoops PE Science Select Vanilla Plant Based Protein Powder (56 grams)
- 1/3 cup Guittard 64% Cacao Semi-Sweet Baking Bar, chopped (50 grams)
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp pumpkin pie spice
- 3/4 cup pumpkin puree (180 grams)
- 3/4 cup unsweetened applesauce (183 grams)
- 1 egg
- 2 egg whites
- 1/2 cup unsweetened vanilla almond milk (4 fl oz)
- 3 tbsp maple syrup (1 1/2 fl oz)
- 1 tsp vanilla extract

Instructions

1. Pre-heat oven to 350°. Arrange 6 jumbo non-stick, parchment muffin liners in a jumbo muffin baking tin. Set aside.
2. Combine all dry ingredients except chocolate chunks. Add wet ingredients and mix until just combined, then fold in chocolate chunks. Scoop batter into baking cups.
3. Bake at 350 degrees for 35 minutes or until tops just begin to brown.

Notes

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



Nutrition

Serving: 130g | Calories: 247kcal | Carbohydrates: 36g | Protein: 13g | Fat: 6g | Cholesterol: 31mg
| Sodium: 262mg | Potassium: 139mg | Fiber: 5g | Sugar: 13g

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

Honey Dijon Harvest Bowl

Prep Time	Cook Time	Total Time
20 mins	40 mins	1 hr

Servings: 4 servings Calories: 620kcal



★★★★★
5 from 1 vote

Ingredients

- 1 lb chicken tenderloins, raw
- 6 cups lacinato kale, stems removed and chopped (510 grams)
- 4 cups butternut squash, cut into 1/2" cubes (650 grams)
- 3/4 cup farro (135 grams)
- 1 large Honeycrisp apple, sliced (245 grams)
- 1/2 cup Ocean Spray 50% Reduced Sugar Dried Cranberries (80 grams)
- 1/2 cup feta cheese, crumbled
- 1/3 cup raw pumpkin seeds (40 grams)
- 2 tbsp olive oil, divided (1 fl oz)
- 1 tsp salt, divided
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/2 tsp smoked paprika, divided

Honey Dijon Marinade and Dressing

- 1/3 cup dijon mustard
- 1/3 cup honey
- 1/3 cup Duke's Light Mayonnaise
- 1 tsp lemon juice
- 1/4 tsp smoked paprika
- 1/4 tsp salt

Instructions

1. **Marinate the chicken.** Whisk together the honey dijon marinade and dressing ingredients, then pour half over the chicken tenderloins in a resealable container. Massage the marinade into the chicken, then refrigerate for 2-4 hours.
2. **Cook the farro.** Cook the farro according to package directions, then set aside.
3. **Roast the pumpkin seeds.** Pre-heat the oven to 350°F. Toss the pumpkin seeds with 1 tsp olive oil, 1/4 tsp salt, and 1/4 tsp smoked paprika. Spread into single layer on a baking sheet and bake for 10-12 minutes or until seeds begin to puff up and turn golden brown. Remove from hot baking sheet and set aside.
4. **Roast the kale.** Increase the oven temperature to 400°F. Add the kale to a rimmed baking sheet, then drizzle with 2 tsp olive oil and season with 1/4 tsp salt. Toss until evenly coated. Bake for 8-10 minutes, then remove to a bowl and set aside.

5. **Roast the butternut squash.** Increase the oven temperature to 425°F. Add the cubed squash to a rimmed baking sheet, then drizzle with 1 tbsp olive oil and season with 1/2 tsp salt and 1/2 tsp Oh My Spice seasoning. Toss until evenly coated. Bake for 20 minutes (flipping once during baking if desired), then set aside.
6. **Cook the chicken.**

To grill: Pre-heat your grill to about 400-425°F, then generously oil the grill grates using grill tongs and a paper towel dipped in vegetable oil. Let any excess marinade drip off the chicken before adding the tenders to the grill to avoid flare ups. Grill for about 3-4 minutes per side or until cooked through. Remove to a plate or baking sheet to rest.

To bake: Add the chicken to a rimmed baking sheet and bake on an upper oven rack at 425°F for 15-20 minutes while the butternut squash roasts on a lower rack.
7. **Assemble the bowls.** Layer the farro, roasted kale and butternut squash, sliced apples, and chopped chicken in a bowl. Top with feta cheese, dried cranberries, and dressing. Finish with roasted pumpkin seeds.

Notes

Click [here](#) or scan the barcode below to log this meal WITH DRESSING in My Fitness Pal. Click [here](#) to log it WITHOUT DRESSING.

Nutrition

Calories: 620kcal | Carbohydrates: 83g | Protein: 37g | Fat: 17g | Cholesterol: 103mg | Sodium: 1204mg | Potassium: 948mg | Fiber: 12g | Sugar: 31g



WITH DRESSING



NO DRESSING

Egg Roll in a Bowl

Prep Time	Cook Time	Total Time
20 mins	15 mins	35 mins

Servings: 6 servings Calories: 312kcal

Ingredients

- 1 lb 99% extra lean ground turkey
- 1 lb ground pork
- 1 13.5 oz bag coleslaw mix (no dressing) (397 grams)
- 1 12 oz bag broccoli slaw (340 grams)
- 1 6 oz bag snow peas, sliced (170 grams)
- 5 cloves garlic, minced (20 grams)
- 1 1/2 tbsp fresh grated ginger
- 1 tbsp sesame oil, divided (1/2 oz)

Sauces

- 6 tbsp low sodium soy sauce (3 oz)
- 2 tbsp rice wine vinegar (1 oz)
- 1 tbsp sriracha sauce (1/2 oz)
- 1 tbsp hoisin sauce (1/2 oz)

Optional Toppings (Not Included in Nutrition Info)

- sriracha mayo
- wonton strips
- green onion, chopped
- sesame seeds

Instructions

1. Heat 1 tsp sesame oil in a large sauté pan over medium high heat. Add broccoli slaw and snow peas, tossing to distribute the oil. Cover and sauté for 3-5 minutes or until broccoli is tender crisp (add 1-2 tbsp of water to help it along if needed). Add to a large bowl and set aside to cool.
2. Heat remaining sesame oil in the same large sauté pan over medium high heat. Add garlic and sauté until it becomes fragrant, about 1 minute.
3. Add ground turkey, ground pork, sriracha, and ginger to the sauté pan. Break meat apart with wooden spatula as it cooks, ensuring sriracha and ginger are distributed throughout the meat chunks.
4. When meat is mostly cooked through but still has spots of pink, add soy sauce, rice wine vinegar, and hoisin sauce. Continue stirring and breaking apart meat until cooked through, about 7-10 minutes total.
5. Once meat is cooked, add coleslaw and mix until combined with meat. Add broccoli slaw and snow peas back into sauté pan and mix until combined.
6. Divide mixture evenly into 6 serving dishes or meal prep containers. Top with and desired optional toppings before serving.

Notes

- If you don't have hoisin sauce on hand or can't find it, use 1/2 tbsp brown sugar instead. It doesn't have the same flavor, but will lend some of the same sweetness.
- For a lower fat version, use only lean ground turkey.
- Click here or scan the barcode below to log this food in My Fitness Pal.



★★★★★
4.50 from 8 votes

Nutrition

Calories: 312kcal | Carbohydrates: 12g | Protein: 33g | Fat: 15g | Cholesterol: 83mg | Sodium: 719mg | Potassium: 632mg | Fiber: 3g | Sugar: 7g



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



Roasted Butternut Squash and Kale Salad (No Chicken)



★★★★☆
4 from 4 votes

Prep Time	Cook Time	Total Time
30 mins	20 mins	50 mins

Servings: 4 servings Calories: 335kcal

Ingredients

- 8 cups kale, stems trimmed and chopped (537 grams)
- 2 cups butternut squash, cubed (325 grams)
- 1/2 cup 50% less sugar dried cranberries (80 grams)
- 1/3 cup crumbled goat cheese (37 grams)
- 1/3 cup Fresh Gourmet Honey Roasted Pecan Pieces (37 grams)
- 1/2 tsp Flavor God Garlic Lover's Seasoning
- 2 tsp olive oil, divided
- Salt and pepper to taste

Honey Mustard Dressing

- 2 1/2 tbsp olive oil
- 2 tbsp Dijon mustard
- 2 tbsp honey
- 1 tbsp apple cider vinegar
- 1 tsp garlic powder

Instructions

1. Pre-heat oven to 400 degrees. Add butternut squash to a foil-lined baking sheet, then drizzle with 1 tsp olive oil and 1/2 tsp Flavor God Seasoning. Toss until evenly coated, then bake for 20 minutes.
2. Whisk together all vinaigrette ingredients and set aside.
3. Gently massage kale with 1 tsp olive oil. Set aside.
4. Divide all ingredients except pecans evenly into 4 serving bowls and toss until evenly coated with dressing. Top with honey roasted pecans before serving.

Notes

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



Nutrition

Calories: 335kcal | Carbohydrates: 43g | Protein: 7g | Fat: 18g | Cholesterol: 7mg | Sodium: 318mg | Potassium: 678mg | Fiber: 10g | Sugar: 21g