

Weekly MEAL PLAN



Week of August 11th, 2024

	Breakfast	Lunch	Dinner
Day 1	Mixed Berry Oatmeal Muffins	Big Mac Salad	Chicken Bulgogi Bowl
Day 2	Mixed Berry Oatmeal Muffins	Pickle Brined Chicken Thighs with Air Fryer Butternut Squash & Broccoli	Big Mac Salad
Day 3	Mixed Berry Oatmeal Muffins	Chicken Bulgogi Bowl	Pickle Brined Chicken Thighs with Air Fryer Butternut Squash & Broccoli
Day 4	Mixed Berry Oatmeal Muffins	Big Mac Salad	Chicken Bulgogi Bowl
Day 5	Mixed Berry Oatmeal Muffins	Pickle Brined Chicken Thighs with Air Fryer Butternut Squash & Broccoli	Big Mac Salad
Day 6	Mixed Berry Oatmeal Muffins	Chicken Bulgogi Bowl	Pickle Brined Chicken Thighs with Air Fryer Butternut Squash & Broccoli
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

Chicken Bulgogi Bowls

Prep Time	Cook Time	Marinade Time	Total Time
20 mins	12 mins	2 hrs	2 hrs 32 mins

Servings: 4 servings Calories: 481kcal

Ingredients

- 1 lb boneless, skinless chicken thighs, excess fat trimmed
- 2/3 cup dry jasmine rice, cooked according to package directions (124 grams)
- 2 cups Mother-in-Law's House Kimchi (448 grams)
- 1 medium cucumber, sliced thinly (200 grams)
- 1 large avocado, diced (150 grams)
- 1/4 cup green onions, chopped
- 1/2 cup Creamy Gochujang Sauce (4 fl oz)

Bulgogi Marinade

- 1/4 cup low sodium soy sauce (2 fl oz)
- 2 tbsp brown sugar (27 grams)
- 2 tbsp mirin (1 fl oz)
- 1 tbsp sesame oil (0.5 fl oz)
- 1 tbsp gochujang (0.5 fl oz)
- 1 tbsp fresh grated ginger (0.5 fl oz)
- 2 cloves garlic, sliced (8 grams)

Instructions

1. Add all marinade ingredients to a jar and shake until oil has emulsified. Pour over chicken thighs in a resealable airtight container and toss until chicken is evenly coated. Cover and set aside in refrigerator for at least 30 mins or up to overnight.
2. Pre-heat grill to 400°F. Generously oil the grill grates to prevent sticking, then add marinated chicken thighs, allowing excess marinade to drip off before placing on the grill. Grill for approx. 6 minutes per side or until internal temperature of thickest part of chicken thigh reaches 165°F.
3. Assemble the bowls by layering rice, kimchi, cucumbers, avocado, and sliced chicken in the bowl. Top with Creamy Gochujang Sauce, green onions, and sesame seeds, if desired.

Notes

The overall spice level of this dish is mild as written, but can be made spicier depending on the kimchi you use.

Nutrition

Calories: 481kcal | Carbohydrates: 48g | Protein: 26g | Fat: 22g | Cholesterol: 103mg | Sodium: 1277mg | Potassium: 331mg | Fiber: 5g | Sugar: 10g



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No ratings yet



With Rice

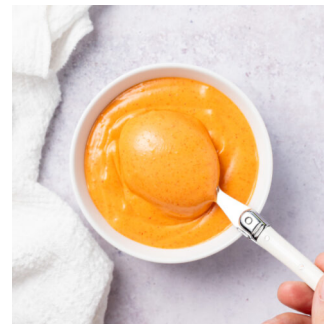


No Rice

Creamy Gochujang Sauce

Prep Time
5 mins

Total Time
5 mins



Servings: 6 servings Calories: 82kcal

Ingredients

- 1/2 cup Duke's Light Mayonnaise (118 mL)
- 1 1/2 tbsp O'Food Gochujang Korean Chili Sauce (22 mL)
- 1 tbsp low sodium soy sauce (15 mL)
- 2 tsp mirin (10 mL)
- 1/2 tsp granulated sugar (2 grams)



No ratings yet

Instructions

1. Whisk all ingredients together until smooth. Store leftovers in an airtight container in the refrigerator for up to 2 weeks.

Notes

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

Nutrition

Serving: 2tbsp | Calories: 82kcal | Carbohydrates: 5g | Fat: 7g | Cholesterol: 13mg | Sodium: 342mg | Potassium: 15mg | Sugar: 3g



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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



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No ratings yet

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

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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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



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No ratings yet

Air Fryer Butternut Squash

Prep Time
10 mins

Cook Time
20 mins

Total Time
30 mins

Calories: 76kcal



No ratings yet

Ingredients

- 5 cups butternut squash, chopped into 1/4-1/2" cubes (700 grams)
- 1 tbsp olive oil (0.5 fl oz)
- 1/2 tsp Flavor God Garlic Lover's Seasoning
- 1/2 tsp sea salt
- 1/4 tsp pepper

Instructions

1. Pre-heat air fryer to 400°F.
2. Toss butternut squash with olive oil, garlic seasoning, salt, and pepper until evenly coated. Add in a single layer to the air fryer basket (you may need to do more than 1 batch).
3. Air fry for 10 minutes, then shake the basket, and air fry for an additional 5-10 minutes or until edges are golden brown and squash is fork tender.

Notes

Oven directions: Bake at 425°F for 20 minutes, flipping once halfway through baking (optional).

Nutrition: Scan the barcode below or search MFP for "Peanut Butter and Fitness Air Fryer Butternut Squash" to log this food in My Fitness Pal.

Nutrition

Serving: 1cup | Calories: 76kcal | Carbohydrates: 10g | Protein: 1g | Fat: 4g | Sodium: 167mg | Potassium: 476mg | Fiber: 2g | Sugar: 4g



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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



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No ratings yet

Big Mac Salad

Servings: 4 servings Calories: 398kcal

Ingredients

Burger Mixture

- 1 lb 93/7 ground beef
- 2 tbsp ketchup (1 fl oz)
- 1 tbsp low sodium soy sauce (0.5 fl oz)
- 1 tbsp house burger seasoning (recipe in notes)
- 1/2 tbsp olive oil (0.25 fl oz)

Salad Ingredients

- 8 cups green leaf lettuce, chopped (300 grams)
- 2 large Roma tomatoes, chopped (300 grams)
- 1 cup pickles, chopped (I like Bread & Butter) (170 grams)
- 1/2 cup red onion, chopped (80 grams)
- 1/2 cup extra sharp cheddar cheese, shredded (56 grams)
- 1/2 cup low fat Thousand Island dressing (4 fl oz)

Instructions

1. Heat olive oil in a large skillet over medium-high heat. Once oil is shimmery and hot, add ground beef and season with burger seasoning. Break ground beef apart with a wooden spatula as it cooks.
2. Once ground beef is almost completely cooked, drain excess fat from the skillet. Return to heat and add soy sauce and ketchup, mixing to coat the beef evenly. Continue cooking until beef is cooked through. Set aside.
3. Assemble salad to serve. If meal prepping in a mason jar, add salad dressing to the bottom of the jar first, then add: beef, onions, tomatoes, pickles, cheese, and lettuce.

Notes

House Burger Seasoning

- 1 tbsp Flavor God Garlic Lover's Seasoning
- 1/2 tbsp smoked paprika
- 1/2 tbsp chili powder
- 1/2 tbsp Mexican oregano
- 1/2 tbsp ground mustard
- 3/4 tsp salt
- 3/4 tsp black pepper

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

Nutrition

Calories: 398kcal | Carbohydrates: 24g | Protein: 30g | Fat: 21g | Cholesterol: 93mg | Sodium: 1059mg | Potassium: 521mg | Fiber: 3g | Sugar: 13g



★★★★★
5 from 4 votes



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