

Weekly MEAL PLAN



Week of August 25th, 2024

	Breakfast	Lunch	Dinner
Day 1	Mixed Berry Oatmeal Muffins	Copypcat Olive Garden Salad with Juicy Grilled Chicken and Homemade Croutons	Thai Tofu Bowl with Spicy Peanut Sauce
Day 2	Mixed Berry Oatmeal Muffins	Juicy Grilled Chicken with Grilled Asparagus and Sweet Potatoes and Copypcat Chick-fil-A Sauce	Copypcat Olive Garden Salad with Juicy Grilled Chicken and Homemade Croutons
Day 3	Mixed Berry Oatmeal Muffins	Thai Tofu Bowl with Spicy Peanut Sauce	Juicy Grilled Chicken with Grilled Asparagus and Sweet Potatoes and Copypcat Chick-fil-A Sauce
Day 4	Mixed Berry Oatmeal Muffins	Copypcat Olive Garden Salad with Juicy Grilled Chicken and Homemade Croutons	Thai Tofu Bowl with Spicy Peanut Sauce
Day 5	Mixed Berry Oatmeal Muffins	Juicy Grilled Chicken with Grilled Asparagus and Sweet Potatoes and Copypcat Chick-fil-A Sauce	Copypcat Olive Garden Salad with Juicy Grilled Chicken and Homemade Croutons
Day 6	Mixed Berry Oatmeal Muffins	Thai Tofu Bowl with Spicy Peanut Sauce	Juicy Grilled Chicken with Grilled Asparagus and Sweet Potatoes and Copypcat Chick-fil-A Sauce

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

Thai Tofu Bowls with Spicy Peanut Sauce

Prep Time
20 mins

Cook Time
40 mins

Total Time
1 hr

Servings: 4 servings Calories: 679kcal

Ingredients

- 28 oz extra firm tofu, cut into 1/2" cubes
- 10 oz frozen edamame, thawed
- 3/4 cup Spicy Thai Peanut Sauce (6 fl oz)
- 2 cups red cabbage, shaved (140 grams)
- 2 large carrots, cleaned and shaved into ribbons (120 grams)
- 2/3 jasmine rice, prepared according to package directions (124 grams dry)
- 2 small avocados, peeled and sliced (220 grams)
- 1 lime, juiced
- 1/3 cup cilantro, chopped
- 1 tsp sugar
- 1/2 tsp salt

Tofu Sauce

- 3 tbsp low sodium soy sauce (1.5 fl oz)
- 3 tbsp chili garlic paste (1.5 fl oz)
- 1 1/2 tbsp fresh grated ginger (0.75 fl oz)
- 1 tbsp honey (0.5 fl oz)
- 1/2 tbsp sesame oil
- 1/2 tsp fish sauce

Instructions

1. **Press tofu.** Place tofu on a paper towel lined plate, then cover with another paper towel, and place another plate on top to press the excess liquid out of the tofu. Set aside in the refrigerator for 20 mins.
2. **Prepare tofu sauce.** Whisk together all sauce ingredients until smooth. Set aside.
3. **Bake tofu.** After the tofu has been pressed, remove from refrigerator and cut into bite size chunks (about 1/2" square). Pre-heat oven to 425°F and line a baking sheet with SILPAT (if desired). Toss tofu chunks with tofu sauce and bake for 20 minutes at 425°F. Flip tofu, then reduce heat to 350°F and bake another 15-20 minutes or until crisp and edges of tofu are browned.
4. **Prep cabbage.** While the tofu bakes, toss shaved cabbage with juice of 1 lime, 1 tsp sugar, and 1/2 tsp salt. Set aside.
5. **Assemble bowls.** Layer rice, edamame, cabbage, carrots, and avocado in a serving dish. Top with tofu, Spicy Thai Peanut Sauce, cilantro, and crushed peanuts (optional) before serving.

Notes

Click here or scan the barcode below to log this food WITH RICE in My Fitness Pal. Click here to log it WITHOUT RICE.

Nutrition

Calories: 679kcal | Carbohydrates: 59g | Protein: 38g | Fat: 33g | Sodium: 904mg | Potassium: 842mg | Fiber: 17g | Sugar: 13g



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No ratings yet

With Rice



Without Rice

Spicy Thai Peanut Sauce

Prep Time
5 mins

Total Time
5 mins

Servings: 9 servings Calories: 95kcal



No ratings yet

Ingredients

- 1/2 cup Skippy Natural Creamy Peanut Butter, melted (128 grams)
- 2 tbsp low sodium soy sauce (1 fl oz)
- 2 tbsp lime juice (1 fl oz)
- 2 tbsp water (1 fl oz)
- 1 tbsp chili garlic paste or sambal (15 grams)
- 1 tbsp freshly grated ginger
- 1 tbsp honey
- 1 clove garlic, grated
- 1 tsp seasoned rice vinegar
- 1/2 tsp fish sauce

Instructions

1. Whisk all ingredients together until well combined. Store in an airtight container in the refrigerator for up to 10 days.

Notes

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



Nutrition

Serving: 2tbsp | Calories: 95kcal | Carbohydrates: 5g | Protein: 3g | Fat: 7g | Sodium: 262mg | Potassium: 51mg | 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



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



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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.



Nutrition

Serving: 0.25bunch | Calories: 36kcal | Carbohydrates: 4g | Protein: 2g | Fat: 1.5g | Sodium: 155mg | Potassium: 202mg | Fiber: 2g | 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



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No ratings yet

Olive Garden Salad

Prep Time
15 mins

Total Time
15 mins

Servings: 4 servings Calories: 225kcal



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No ratings yet

Ingredients

- 8 cups romaine lettuce, sliced (340 grams)
- 1 cup Homemade Croutons
- 1/2 cup Light Olive Garden Italian salad dressing (4 oz)
- 1/2 cup red onion, sliced (73 grams)
- 1/3 cup shredded Parmesan cheese (27 grams)
- 24 low sodium pitted black olives (72 grams)
- 9 Pepperoncini peppers, sliced (90 grams)
- 2 Roma tomatoes, chopped (124 grams)

Instructions

1. Layer salad ingredients in serving dishes or meal prep containers, setting aside croutons, cheese, and dressing until ready to serve.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Copycat Olive Garden Salad" to log this food in My Fitness Pal.

Nutrition

Calories: 225kcal | Carbohydrates: 22g | Protein: 6g | Fat: 11g | Saturated Fat: 3g |
Monounsaturated Fat: 4g | Cholesterol: 10mg | Sodium: 978mg | Potassium: 107mg | Fiber: 3g |
Sugar: 5g



Homemade Croutons

Prep Time
10 mins

Cook Time
15 mins

Total Time
25 mins

Servings: 16 servings Calories: 96kcal



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No ratings yet

Ingredients

- 4 cups San Francisco style sourdough bread, cut into 3/4" pieces (1 lb)
- 1/4 cup olive oil (2 fl oz)
- 3 cloves garlic, sliced (12 grams)
- 3 sprigs fresh thyme
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/2 tsp sea salt
- 1/4 tsp black pepper

Instructions

1. In a small pan, heat olive oil over medium high heat. Once the oil is hot (small bubbles should begin to form and rise), add sliced garlic and thyme sprigs. Allow them to cook for 1-2 minutes, then turn off the heat and rest until the oil is no longer sizzling and bubbling. Strain out and discard the garlic and thyme, reserving the olive oil; set aside.
2. Pre-heat oven to 375°F.
3. Toss the bread chunks with olive oil, lemon pepper seasoning, salt, and pepper. Arrange in a single layer on a baking sheet.
4. Bake for 14-18 minutes or until golden, flipping once halfway through.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Homemade Croutons" to log this food in My Fitness Pal.

Nutrition

Serving: 0.25cup | Calories: 96kcal | Carbohydrates: 12g | Protein: 2g | Fat: 4g | Sodium: 113mg



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