

Weekly MEAL PLAN



Week of September 8th, 2024

	Breakfast	Lunch	Dinner
Day 1	Stovetop Caramel Apple Oatmeal	Turkey Taco Salad with Avocado Ranch Dressing	Spaghetti Squash Chow Mein
Day 2	Stovetop Caramel Apple Oatmeal	Pickle Brined Chicken Thighs with Air Fryer Butternut Squash, Grilled Asparagus, & Copycat Chick-fil-A Sauce	Turkey Taco Salad with Avocado Ranch Dressing
Day 3	Stovetop Caramel Apple Oatmeal	Spaghetti Squash Chow Mein	Pickle Brined Chicken Thighs with Air Fryer Butternut Squash, Grilled Asparagus, & Copycat Chick-fil-A Sauce
Day 4	Stovetop Caramel Apple Oatmeal	Turkey Taco Salad with Avocado Ranch Dressing	Spaghetti Squash Chow Mein
Day 5	Air Fryer Breakfast Crunch Wrap	Pickle Brined Chicken Thighs with Air Fryer Butternut Squash, Grilled Asparagus, & Copycat Chick-fil-A Sauce	Turkey Taco Salad with Avocado Ranch Dressing
Day 6	Air Fryer Breakfast Crunch Wrap	Spaghetti Squash Chow Mein	Pickle Brined Chicken Thighs with Air Fryer Butternut Squash, Grilled Asparagus, & Copycat 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!

Caramel Apple Oatmeal

Prep Time
10 mins

Cook Time
25 mins

Total Time
35 mins

Servings: 6 servings Calories: 256kcal



No ratings yet

Ingredients

Oatmeal

- 2 cups rolled oats (162 grams)
- 4 cups water (32 fl oz)
- 1 1/2 cups Fairlife Lactose Free Fat Free Ultra Filtered Milk (12 fl oz)
- 1/2 cup apple butter (4 fl oz)
- 2 tsp maple extract
- 1 tsp apple pie spice
- 1 cinnamon stick
- 1/2 tsp salt
- Optional: caramel for drizzling and flakey sea salt

Caramelized Apples

- 3 small Honeycrisp apples (386 grams yield)
- 3 tbsp brown sugar (41 grams)
- 2 tbsp butter (29 grams)
- 1 tbsp lemon juice (0.5 fl oz)
- 1/4 tsp apple pie spice

Instructions

Caramelize the Apples.

1. Core the apples and slice them into thin slices. Toss apple slices with lemon juice to prevent browning and set aside.
2. Heat a large skillet or sauté pan over medium-high heat. Add butter, stirring until melted and bubbly, then add apple slices and distribute evenly in the skillet, in a single layer if possible. Sprinkle with apple pie spice and brown sugar.
3. Cook apples for 3-5 minutes without stirring, then toss to coat apples evenly with sauce. Continue cooking for another 3-5 minutes or until apples are tender and sauce has reduced and thickened slightly. Set aside.

Make the Oatmeal.

1. In a large pot, bring the water and salt to a boil over medium-high heat, then lower heat to a simmer and add the oats and cinnamon stick. Cook for 10-12 minutes, stirring occasionally.

2. Remove oatmeal from heat and stir in milk, apple butter, maple extract, and apple pie spice. The oats will thicken and absorb the milk as they rest and cool.
3. Serve oatmeal with caramelized apples. If desired, top with a drizzle of caramel, a dollop of whipped cream, chopped pecans, and flakey sea salt.

Notes

- **Yield:** The oatmeal recipe yields 6 cups, so there is 1 cup oatmeal per serving, plus about 1/2 cup of apples with sauce.
- **Nutrition:** Scan the barcode below or search for "Peanut Butter and Fitness Caramel Apple Oatmeal" to log this food in My Fitness Pal.

Nutrition

Serving: 1.5cups | Calories: 256kcal | Carbohydrates: 46g | Protein: 7g | Fat: 6g | Saturated Fat: 3g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Cholesterol: 12mg | Sodium: 228mg | Potassium: 208mg | Fiber: 5g | Sugar: 24g



Denver Air Fryer Breakfast Crunch Wrap



5 from 5 votes

Prep Time
15 mins

Cook Time
20 mins

Total Time
35 mins

Servings: 6 servings Calories: 480kcal

Ingredients

Eggs

- 6 large eggs
- 6 egg whites
- 2 tbsp butter
- salt and pepper to taste

Wraps

- 6 Mission Super Soft Flour Burrito Tortillas (70 grams per tortilla)
- 6 oz Wegman's Brown Sugar Boneless Ham Steak (170 grams)
- 6 slices Wegman's Thin Sliced Provolone Cheese (23 grams per slice)
- 1/2 medium green bell pepper, chopped (60 grams)
- 1/2 medium sweet onion, sliced (80 grams)
- 1 tsp olive oil
- 2-3 tbsp water

Instructions

Prep the fillings.

1. **Sauté the onions and peppers.** Heat olive oil in a skillet over medium heat (6 out of 10). Once the oil is hot and shimmery, add onions and sauté, moving the onions around to coat them in oil. Continue moving the onions around as they begin to caramelize, adding water 1 tbsp at a time as needed to keep them from burning. Add peppers and continue to sauté until they begin to soften and develop golden brown spots. Set aside in a bowl.
2. **Heat up the ham.** Pat the ham steak dry with a paper towel, then cut it into cubes. Heat the skillet over medium-high heat and add ham cubes. Sauté the ham, moving it around the skillet occasionally, for 3-4 minutes or until the ham begins to brown and caramelize. Set aside in a bowl.

Make soft scrambled eggs.

1. Add eggs and egg whites into a cold skillet. Add butter, place on stove burner, and turn heat to medium-low.
2. Using a soft spatula (rubber or silicone works best), break the yolks and ensure the eggs are mixed together.

3. Keep the eggs moving continuously using broad sweeping motions, pushing eggs all the way around the circumference of the skillet, then across the bottom. Continue to push eggs around and across skillet until fluffy and barely set, about 4-5 minutes; they should still look soft and a little runny. Season with salt and pepper in the last minute of cooking.
4. Remove from heat and add to a wide, shallow dish (you want the eggs to have plenty of space to cool and not continue to cook like they would in a tall bowl).

Assemble and air fry crunch wraps.

1. Line up the tortillas on your counter or a flat surface. Add ham cubes in the middle of each tortilla, then add sautéed pepper and onions. Top with cheese, then carefully add soft scrambled eggs on top.
2. Wrap by folding the tortillas over the toppings so that they have 5 sides and completely cover the fillings. Optional: Lightly spray the top of the tortilla with a bit of cooking spray to help it brown.
3. Pre-heat air fryer to 370°. Place one crunch wrap, seam side down, in the air fryer basket. (Note: I like to use one of the accessories that has a solid bottom to catch any cheese or juices that drip out.) Air fry for 5-7 minutes or until the wrap is golden brown and crisp. Repeat with remaining wraps.

Notes

- **If you don't have an air fryer or want to cook all 6 quickly,** you can also make these crunch wraps on top of the stove in a skillet or on a griddle(though the tortilla won't be as crispy). Just add the crunch wrap to a pan, seam side down, over medium-high heat. Once the bottom is golden brown, flip it and repeat on the other side until golden brown on both sides and heated through.
- Scan the barcode below or search for "Peanut Butter and Fitness Denver Air Fryer Crunch Wraps" to log this food in My Fitness Pal.

Nutrition

Serving: 1crunch wrap | Calories: 480kcal | Carbohydrates: 41g | Protein: 26g | Fat: 22g | Cholesterol: 228mg | Sodium: 1204mg | Potassium: 191mg | Fiber: 2g | Sugar: 5g



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Spaghetti Squash Chow Mein

Prep Time
30 mins

Cook Time
40 mins

Total Time
1 hr 10 mins

Servings: 5 servings Calories: 277kcal

Ingredients

- 1.25 lb boneless skinless chicken breasts, sliced into very thin strips
- 1 large spaghetti squash (750 grams flesh)
- 2 tsp olive oil divided
- 1 medium red bell pepper, sliced (170 grams)
- 8 oz shredded cabbage (227 grams)
- 6 oz snow peas, trimmed (170 grams)
- 2/3 cup matchstick carrots (100 grams)
- 1/3 cup green onions (20 grams)
- 1 medium shallot, diced (45 grams)
- 1 tbsp ginger, grated
- 1/2 tsp Flavor God Garlic Lover's Seasoning

Sauce

- 1/3 cup no salt added chicken broth
- 1/4 cup oyster sauce
- 2 tbsp low sodium soy sauce
- 1 tbsp sesame oil
- 1/2 tbsp light brown sugar
- 1 tbsp corn starch

Instructions

1. Whisk sauce ingredients and set aside.
2. Pre-heat oven to 400 degrees. Cut spaghetti squash in half and scoop out seeds. Rub cut sides with 1 tsp olive oil and season with Flavor God seasoning. Bake for 35-40 minutes until flesh flakes away easily with a fork.
3. Heat remaining olive oil in a large pan over medium high heat. Sauté shallot and ginger until fragrant, then add chicken. Sauté until cooked through. Remove from pan and set aside.
4. Add bell pepper, snow peas, carrots, and green onions to pan and saute. After about 1 minute, add 1 tbsp of water and cover the pan. Continue sautéing covered for 2-3 more minutes until veggies are tender crisp. Add cabbage to the pan, cover, and sauté for 1 more minute.
5. Return chicken to the pan, then add noodles and sauce. Mix to combine and coat noodles evenly. After about 2 minutes, remove from heat and divide evenly into 5 serving dishes.

Notes

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

Nutrition

Calories: 277kcal | Carbohydrates: 27g | Protein: 29g | Fat: 7g | Cholesterol: 80mg | Sodium: 807mg | Potassium: 487mg | Fiber: 6g | Sugar: 14g



4.50 from 4 votes



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 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



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



No ratings yet

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

Turkey Taco Salad with Avocado Ranch Dressing

Prep Time
15 mins

Cook Time
10 mins

Total Time
25 mins



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No ratings yet

Servings: 4 servings Calories: 470kcal

Ingredients

- 1 lb 94% lean ground turkey (0.45 kg)
- 7 oz Ortega Taco Skillet Sauce (198 grams)
- 10 cups green leaf lettuce, chopped (360 grams)
- 1 1/3 cup cherry tomatoes, halved (160 grams)
- 1 1/3 cup low sodium black beans, drained and rinsed (173 grams)
- 1 1/3 cup frozen corn kernels, thawed (160 grams)
- 3/4 cup Avocado Ranch Dressing (216 grams)
- 1 cup Fresh Gourmet Santa Fe Style Tortilla Strips (56 grams)
- 1/2 cup red onion, sliced or chopped (64 grams)
- 1/2 tbsp olive oil (7 grams)
- 1 tsp Oh My Spice! Spicy Fajita Seasoning

Instructions

1. Layer lettuce, cherry tomatoes, black beans, red onions, and corn in 4 serving dishes.
2. Heat a large skillet over medium-high heat and add about olive oil. Once the oil is shimmering and hot, add ground turkey and season with fajita seasoning. Continue to cook, breaking apart with a wooden spatula until nearly cooked through, then add skillet sauce and finish cooking.
3. Serve over salad, then top with Avocado Ranch Dressing and tortilla strips before serving.

Notes

Click [here](#) or scan the barcode below to log this food WITH Avocado Ranch Dressing into My Fitness Pal. Click [here](#) or scan the 2nd barcode to log it WITHOUT Avocado Ranch Dressing.

Nutrition

Calories: 470kcal | Carbohydrates: 44g | Protein: 38g | Fat: 19g | Cholesterol: 65mg | Sodium: 966mg | Potassium: 716mg | Fiber: 9g | Sugar: 7g



With Dressing



Without Dressing

Avocado Ranch Dressing

Prep Time
10 mins

Total Time
10 mins

Servings: 8 servings (1/4 cup per serving) Calories: 92kcal

Ingredients

- 1 cup low fat buttermilk (8 fl oz)
- 1/4 cup plain, non-fat Greek yogurt (2 fl oz)
- 1/4 cup Duke's Light Mayonnaise (2 fl oz)
- 1 medium Haas avocado (150 grams)
- 1 lime, zested and juiced
- 2 cloves garlic (8 grams)
- 2 tbsp fresh cilantro, packed
- 2 tbsp fresh parsley, packed
- 1 tbsp fresh chives
- 1 tbsp fresh dill
- 1 tsp salt
- 1/2 tsp black pepper

Instructions

1. Add all ingredients to a food processor and pulse until smooth.

Notes

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

Nutrition

Serving: 72grams | Calories: 92kcal | Carbohydrates: 6g | Protein: 3g | Fat: 7g | Cholesterol: 7mg | Sodium: 357mg | Potassium: 210mg | Fiber: 2g | Sugar: 2g



No ratings yet

