

Weekly MEAL PLAN



Week of September 22nd, 2024

	Breakfast	Lunch	Dinner
Day 1	Chocolate Covered Strawberry Oatmeal Muffins with fruit and egg whites	Big Mac Salad	One-Pot Creamy Pumpkin Bacon Pasta
Day 2	Chocolate Covered Strawberry Oatmeal Muffins with fruit and egg whites	Juicy Grilled Chicken with Roasted Acorn Squash and Grilled Asparagus	Big Mac Salad
Day 3	Chocolate Covered Strawberry Oatmeal Muffins with fruit and egg whites	One-Pot Creamy Pumpkin Bacon Pasta	Juicy Grilled Chicken with Roasted Acorn Squash and Grilled Asparagus
Day 4	Chocolate Covered Strawberry Oatmeal Muffins with fruit and egg whites	Big Mac Salad	One-Pot Creamy Pumpkin Bacon Pasta
Day 5	Chocolate Covered Strawberry Oatmeal Muffins with fruit and egg whites	Juicy Grilled Chicken with Roasted Acorn Squash and Grilled Asparagus	Big Mac Salad
Day 6	Chocolate Covered Strawberry Oatmeal Muffins with fruit and egg whites	One-Pot Creamy Pumpkin Bacon Pasta	Juicy Grilled Chicken with Roasted Acorn Squash and Grilled Asparagus

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!

Chocolate Covered Strawberry Oatmeal Muffins

Prep Time
15 mins

Cook Time
30 mins

Total Time
45 mins

Servings: 6 jumbo muffins Calories: 272kcal

Ingredients

- 2 cups rolled oats (160 grams)
- 2 scoops Optimum Nutrition Gold Standard Plant-Based Chocolate Protein Powder (64 grams)
- 1/2 cup Scharffen Berger Dark Chocolate (62% Cocoa), cut into chunks (70 grams)
- 3 tbsp dutch cocoa powder (17 grams)
- 1 tsp instant espresso
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1 1/2 cup strawberries, chopped (220 grams)
- 1 cup unsweetened applesauce (244 grams)
- 2/3 cup unsweetened vanilla almond milk (5.33 fl oz)
- 2 egg whites
- 2 tbsp maple syrup (1 fl oz)
- 2 tbsp Skippy Natural Creamy Peanut Butter, melted (32 grams)
- 1 tsp vanilla extract
- pinch salt



4.86 from 7 votes

Instructions

1. Pre-heat oven to 350 degrees. Arrange jumbo parchment muffin liners inside jumbo muffin tin. Set aside.
2. Mix all dry ingredients except chocolate chunks, then add wet ingredients and mix until combined. Fold in chocolate chunks. Scoop batter evenly into baking cups.
3. Bake for 35 minutes or until a toothpick inserted into the center of a muffin comes out mostly clean.

Notes

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



Nutrition

Serving: 180grams | Calories: 272kcal | Carbohydrates: 37g | Protein: 15g | Fat: 9g | Sodium: 283mg | Potassium: 154mg | Fiber: 6g | Sugar: 13g

One-Pot Creamy Pumpkin & Bacon Pasta

Servings: 8 servings (yields 12 cups total) Calories: 456kcal

Ingredients

- 1 lb lean ground chicken
- 4 slices bacon, chopped
- 1.1 lb Wegmans Amore Pasta, Riccioli (500 grams)
- 25 oz Cucina Antica Tuscan Pumpkin Pasta Sauce
- 1 shallot, diced (36 grams)
- 4 cloves garlic, minced (16 grams)
- 6 oz baby spinach, roughly chopped
- 1 tbsp fresh sage, chopped
- 1 1/2 cups low sodium chicken broth (12 fl oz)
- 1 cup fat free half and half (8 fl oz)
- 3/4 cup dry white wine, like Sauvignon Blanc (6 fl oz)
- 4 oz Sartori Cheese Tuscan Reserve Parmesan/Fontina Blend (113 grams)
- 1/2 tsp red chili pepper flakes
- 1/4 tsp nutmeg



4.63 from 8 votes

Instructions

1. Heat a large pot like this over medium-high heat. Once hot, add chopped bacon. Stir the bacon around the pot with a wooden spoon or spatula, cooking until crispy, then remove to a paper towel lined plate. Add garlic, shallot, and sage to the hot bacon grease and sauté for about 1 minute, then add ground chicken. Season the chicken with salt and pepper, then break apart with a wooden spoon as the chicken cooks through.
2. Once chicken is cooked, add wine, broth, half and half, spices, and pumpkin sauce. Stir to combine, then add the pasta and stir again until combined, trying to cover all pasta completely with sauce.
3. Bring the mixture to a boil for about 9-12 minutes. You want the pasta to be very al dente since it will continue to cook in the heat of the sauce. Remove pot from heat, then stir in spinach, bacon, and about 2/3 of the cheese.
4. Serve with remaining cheese on top.

Notes

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

Nutrition

Serving: 1.5cups | Calories: 456kcal | Carbohydrates: 52g | Protein: 28g | Fat: 13g | Cholesterol: 61mg | Sodium: 546mg | Potassium: 273mg | Fiber: 4g | Sugar: 5g



Juicy Air Fryer (or Grilled) Chicken

Prep Time
10 mins

Cook Time
12 mins

Total Time
22 mins



4.58 from 14 votes

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.

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Nutrition

Calories: 120kcal | Protein: 25g | Fat: 2g | Cholesterol: 80mg | Sodium: 153mg

Roasted Acorn Squash with Sage Brown Butter

Prep Time
20 mins

Cook Time
35 mins

Total Time
55 mins

Servings: 4 servings Calories: 245kcal

Ingredients

- 2 acorn squash (431 grams yield per squash)
- 1/4 cup pine nuts (30 grams)
- 2 tbsp light brown sugar (24 grams)
- 1 tsp olive oil
- salt and pepper to taste

Sage Brown Butter

- 3 tbsp unsalted butter (1.5 oz)
- 6-8 fresh sage leaves

Instructions

1. Pre-heat oven to 375°F. Line a baking sheet with foil and set aside.
2. **Prepare acorn squash.** Cut the stems off the top and the bottom of each acorn squash to create a flat base, making sure not to cut too deep into the base of the squash. Then, slice each squash in half and scoop out the seeds.
3. Rub the flesh side of the squash with olive oil, then season with salt and pepper. Place the squash halves on the lined baking sheet, large cut side down. Roast at 375°F for 30 minutes. While the squash roasts, toast the pine nuts and prepare the sage brown butter.
4. **Toast pine nuts.** Add the pine nuts to a small skillet over medium heat. Heat them until they begin to toast, stirring or flipping continuously to avoid burning. Once most of the nuts are golden brown, remove to a plate to cool. Set aside.
5. **Make sage brown butter.** Add butter to a small, light colored skillet or pan over medium heat. Once chunks of butter have melted and butter begins to sizzle, add sage leaves. Swirl the pan constantly until the butter turns dark golden brown and has nutty aroma, about 4-6 minutes. Remove from heat, and pour into a bowl or jar, then remove the sage leaves to a paper towel lined plate. Set aside.
6. **Flip the squash and broil.** Once the squash has roasted at 375°F for 30 minutes, flip the squash so that the bowl of the squash is facing up. Set oven to broil and broil the squash for about 5 minutes to brown the edges, watching closely to remove them before they burn.
7. Remove the squash to a serving platter and immediately sprinkle with brown sugar. Drizzle the squash halves with the brown butter and crumble the fried sage over top. Sprinkle with pine nuts and flakey sea salt before serving.

Notes

Scan the barcode below to search for "Peanut Butter and Fitness Roasted Acorn Squash with Sage Brown Butter" to log this food in My Fitness Pal.

Nutrition

Calories: 245kcal | Carbohydrates: 30g | Protein: 3g | Fat: 14g | Saturated Fat: 7g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Cholesterol: 23mg | Sodium: 8mg | Potassium: 793mg | Fiber: 4g | Sugar: 6g



☆☆☆☆☆
No ratings yet



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

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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