

Weekly MEAL PLAN



Week of October 20th, 2024

	Breakfast	Lunch	Dinner
Day 1	Chai & Pear Baked Oatmeal	Juicy Air Fryer Chicken with Apple & Pear Kale Salad	Roasted Pumpkin Curry Soup with Chicken Sausage
Day 2	Chai & Pear Baked Oatmeal	Juicy Air Fryer Chicken with Air Fryer Broccoli & Roasted Butternut Squash	Juicy Air Fryer Chicken with Apple & Pear Kale Salad
Day 3	Chai & Pear Baked Oatmeal	Roasted Pumpkin Curry Soup with Chicken Sausage	Juicy Air Fryer Chicken with Air Fryer Broccoli & Roasted Butternut Squash
Day 4	Chai & Pear Baked Oatmeal	Juicy Air Fryer Chicken with Apple & Pear Kale Salad	Roasted Pumpkin Curry Soup with Chicken Sausage
Day 5	Chai & Pear Baked Oatmeal	Juicy Air Fryer Chicken with Air Fryer Broccoli & Roasted Butternut Squash	Juicy Air Fryer Chicken with Apple & Pear Kale Salad
Day 6	Chai & Pear Baked Oatmeal	Roasted Pumpkin Curry Soup with Chicken Sausage	Juicy Air Fryer Chicken with Air Fryer Broccoli & Roasted Butternut Squash

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!

Chai and Pear Baked Oatmeal

Prep Time
15 mins

Cook Time
40 mins

Total Time
55 mins

Servings: 6 servings Calories: 320kcal

Ingredients

- 2 1/4 cups rolled oats (216 grams)
- 2 scoops PE Science Select Vegan Vanilla Protein Powder (59 grams)
- 3 chai tea bags
- 1/2 tsp each: baking powder, cinnamon, ground ginger
- 1/4 tsp each: cardamom, nutmeg, all spice
- 1 1/2 cups Bosc pear, chopped (220 grams)
- 1 cup unsweetened vanilla almond milk (8 fl oz)
- 3/4 cup unsweetened applesauce (183 grams)
- 1/4 cup maple syrup (2 fl oz)
- 3 tbsp unsalted butter (42 grams)
- 2 large eggs
- 1 tsp maple extract

Instructions

1. Pre-heat oven to 350°F. Grease an 8x11" casserole dish with butter or coconut oil and set aside.
2. Heat almond milk to the point of almost boiling, then add tea bags and steep for 5 minutes. Remove bags and allow almond milk to cool.
3. Combine dry ingredients in a bowl, then mix in chopped pears. In another bowl, whisk wet ingredients until combined, being careful to whisk in the hot milk slowly to avoid cooking the eggs. Add wet ingredients to dry and mix until combined. Pour into greased casserole dish and spread evenly. If desired, press a few pecans into the top of the mixture.
4. Bake at 350°F for 40-45 minutes or until no longer very soft to the touch in the center. Serve with maple syrup and whipped cream, if desired.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Chai and Pear Baked Oatmeal" to log this food in My Fitness Pal.

Nutrition

Serving: 1 slice | Calories: 320kcal | Carbohydrates: 43g | Protein: 14g | Fat: 10g | Saturated Fat: 4g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Cholesterol: 84mg | Sodium: 166mg | Potassium: 210mg | Fiber: 6g | Sugar: 15g



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No ratings yet



Roasted Pumpkin Curry Soup

Prep Time
20 mins

Cook Time
1 hr

Total Time
1 hr 20 mins

Servings: 6 servings Calories: 225kcal

Ingredients

- 2 medium sugar pumpkins, halved and seeds removed (5 cups / 1177 grams cooked yield)
- 4 cups vegetable broth (960 mL)
- 14 fl oz coconut milk (400 mL)
- 3 tbsp Thai red curry paste (60 grams)
- 1 medium yellow onion (111 grams)
- 1/4 cup light brown sugar (48 grams)
- 1 1/2 tbsp olive oil (22 mL)
- 1 tbsp fresh grated ginger
- 1/2 tsp salt

Optional garnishes

- coconut milk
- roasted pumpkin seeds
- chili crisp
- cilantro

Instructions

1. Pre-heat oven to 400°F. Line a baking sheet with foil and set aside.
2. Rub the flesh side of the pumpkin halves with olive oil, then season with salt and pepper. Place on the prepared baking sheet, cut side up. Roast for 40-50 minutes or until the flesh is very tender when poked with a fork. Set aside to cool slightly.
3. Once the pumpkin halves have cooled slightly, use a spoon to scoop the flesh from the skin and set aside. You'll need 5 packed cups of pumpkin.
4. In a large pot, heat olive oil over medium high heat. Add onions and sauté until soft, about 3-4 minutes. Move the onions to the sides of the pot and add the red curry paste and ginger, sautéing for about a minute then mixing in with the onions until evenly coated.
5. Add vegetable broth, coconut milk, roasted pumpkin flesh, brown sugar, and salt to the pot and stir to combine. Lower heat to medium low and simmer for 20 minutes.
6. Use an immersion blender to puree the soup until smooth, or carefully transfer the soup to a high speed blender to puree. Top with desired garnishes before serving.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Roasted Pumpkin Curry Soup" on My Fitness Pal.

Nutrition

Serving: 1.8cups | Calories: 225kcal | Carbohydrates: 24g | Protein: 2g | Fat: 13g | Saturated Fat: 8g | Monounsaturated Fat: 2g | Sodium: 1003mg | Potassium: 44mg | Fiber: 3g | Sugar: 14g



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No ratings yet



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.

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

Roasted Butternut Squash

Prep Time	Cook Time	Total Time
10 mins	35 mins	45 mins

Servings: 4 servings Calories: 77kcal

Ingredients

- 1 medium to large butternut squash (700 grams yield)
- 1 tbsp olive oil (0.5 fl oz)
- 1/2 tsp salt
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/4 tsp black pepper

Instructions

1. Pre-heat oven to 400°F. Line a baking sheet with foil, if desired. Set aside.
2. Cut the butternut squash in half lengthwise and scoop out the seeds, then peel the skin off the butternut squash. Chop into 1/2-3/4" cubes.
3. Toss butternut squash with olive oil and seasonings, then spread onto baking sheet in a single layer, keeping the squash cubes separated if possible for maximum browning.
4. Roast at 400°F for 30-35 minutes, flipping halfway through. The roasted squash should be golden and fork-tender when done.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Roasted Butternut Squash (September 2024)" in My Fitness Pal.

Nutrition

Serving: 1cup | Calories: 77kcal | Carbohydrates: 11g | Protein: 2g | Fat: 3g | Saturated Fat: 1g | Monounsaturated Fat: 2g | Sodium: 313mg | Potassium: 595mg | Fiber: 1g | Sugar: 5g



No ratings yet



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

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



No ratings yet

Apple & Pear Chopped Kale Salad

Prep Time
20 mins

Total Time
20 mins



★★★★★
5 from 1 vote

Servings: 8 servings Calories: 220kcal

Ingredients

- 1 bunch curly kale, stems removed and torn into 2-3" pieces (200 grams)
- 2 cups brussels sprouts, trimmed (150 grams)
- 1 large green apple, chopped (250 grams)
- 1 large pear, Anjou or Bosc variety, chopped (230 grams)
- 4 oz apple smoked cheddar cheese, chopped into ~3/8" squares
- 1/2 cup rosemary Marcona almonds (60 grams)
- 1/2 cup crispy fried onions (21 grams)

Apple Crisp Dressing

- 1/2 cup Homemade Apple Crisp Syrup (4 fl oz)
- 1/4 cup olive oil (2 fl oz)
- 1/4 cup dijon mustard (2 fl oz)
- 1 lemon, zested and juiced
- 1 tsp salt
- 1 tsp Oh My Spice! Lemon Pepper Seasoning

Instructions

1. **Prepare dressing.** Add all dressing ingredients to a shaker and shake until well combined. Set aside.
2. **Prepare kale and brussels sprouts.** Add slicing blade to your food processor. Load trimmed brussels sprouts into the feeder tube, then pulse, gently pushing the brussels sprouts down toward the blade using your food processor's pusher. Repeat until all brussels sprouts are shredded. Remove the slicing blade from the food processor and remove the Brussels sprouts to a large bowl; set aside.
3. Add kale to the food processor, being careful not to overload the food processor bowl. Pulse the kale 5-10 times until the leaves are chopped into <1" pieces (many will be smaller). Repeat until all the kale is shredded, then remove to the bowl with the Brussels sprouts.
4. **Assemble the salad.** To the bowl with the kale and brussels sprouts, add chopped apples, pears, and cheese. Top with dressing and toss with tongs. Once the dressing has evenly coated the salad, top with Marcona almonds and crispy fried onions before serving.

Notes

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

Nutrition

Serving: 1.5cups | Calories: 220kcal | Carbohydrates: 25g | Protein: 7g | Fat: 11g | Cholesterol: 15mg | Sodium: 395mg | Potassium: 298mg | Fiber: 4g | Sugar: 16g



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