

Weekly MEAL PLAN



Week of October 6th, 2024

	Breakfast	Lunch	Dinner
Day 1	Pumpkin Apple Baked Oatmeal with Greek yogurt	Air Fryer Sesame Orange Salmon with Air Fryer Broccoli and Rice	Easy Greek Chicken Salad
Day 2	Pumpkin Apple Baked Oatmeal with Greek yogurt	Air Fryer Sesame Orange Salmon with Air Fryer Broccoli and Rice	Honey Dijon Harvest Bowl
Day 3	Pumpkin Apple Baked Oatmeal with Greek yogurt	Air Fryer Sesame Orange Salmon with Air Fryer Broccoli and Rice	Easy Greek Chicken Salad
Day 4	Pumpkin Apple Baked Oatmeal with Greek yogurt	Air Fryer Sesame Orange Salmon with Air Fryer Broccoli and Rice	Honey Dijon Harvest Bowl
Day 5	Pumpkin Apple Baked Oatmeal with Greek yogurt	Easy Greek Chicken Salad	Honey Dijon Harvest Bowl
Day 6	Pumpkin Apple Baked Oatmeal with Greek yogurt	Easy Greek Chicken Salad	Honey Dijon Harvest Bowl

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!

Pumpkin Apple Baked Oatmeal

Prep Time
15 mins

Cook Time
40 mins

Total Time
55 mins

Servings: 6 servings Calories: 353kcal

Ingredients

- 2 1/4 cups rolled oats (216 grams)
- 2 scoops PE Science Select Vegan Vanilla Protein Powder (76 grams)
- 2 tsp pumpkin pie spice
- 1/2 tsp baking powder (2 grams)
- 1/4 tsp salt
- 1 cup unsweetened vanilla almond milk (8 fl oz)
- 1 cup pumpkin puree (244 grams)
- 1 large Honeycrisp apple, chopped (180 grams)
- 1/4 cup pure maple syrup (2 fl oz)
- 3 tbsp unsalted butter, melted (42 grams)
- 2 large eggs (100 grams)
- 1 tsp maple extract

Maple Cream Cheese Drizzle

- 3 tbsp whipped cream cheese (1.5 fl oz)
- 2 tbsp powdered sugar (15 grams)
- 1/2 tsp maple extract
- 1-2 tsp unsweetened vanilla almond milk

Instructions

1. Pre-heat oven to 350°F. Grease an 8x11" baking dish with butter or coconut oil and set aside.
2. In a medium bowl, combine all wet ingredients except the apple, slowly whisking in the melted butter last so it doesn't cook the eggs. Set aside.
3. In a large bowl, combine all dry ingredients and chopped apple. Add the wet ingredients and mix until just combined. Pour into prepared casserole dish and spread evenly. If desired, add apple slices on top.
4. Bake at 350°F for 40-45 minutes or until the top of the baked oatmeal is lightly golden and has some give but does not collapse easily when gently poked with a finger.
5. Allow to cool, then cut into 6 pieces for serving.

Notes

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

Nutrition

Serving: 1 slice | Calories: 353kcal | Carbohydrates: 45g | Protein: 17g | Fat: 12g | Saturated Fat: 5g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Cholesterol: 88mg | Sodium: 359mg | Potassium: 331mg | Fiber: 6g | Sugar: 16g



☆☆☆☆☆
No ratings yet



With Maple Cream Cheese Drizzle



Without Maple Cream Cheese Drizzle

Honey Dijon Harvest Bowl

Prep Time	Cook Time	Total Time
20 mins	40 mins	1 hr

Servings: 4 servings Calories: 620kcal



★★★★★
5 from 1 vote

Ingredients

- 1 lb chicken tenderloins, raw
- 6 cups lacinato kale, stems removed and chopped (510 grams)
- 4 cups butternut squash, cut into 1/2" cubes (650 grams)
- 3/4 cup farro (135 grams)
- 1 large Honeycrisp apple, sliced (245 grams)
- 1/2 cup Ocean Spray 50% Reduced Sugar Dried Cranberries (80 grams)
- 1/2 cup feta cheese, crumbled
- 1/3 cup raw pumpkin seeds (40 grams)
- 2 tbsp olive oil, divided (1 fl oz)
- 1 tsp salt, divided
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/2 tsp smoked paprika, divided

Honey Dijon Marinade and Dressing

- 1/3 cup dijon mustard
- 1/3 cup honey
- 1/3 cup Duke's Light Mayonnaise
- 1 tsp lemon juice
- 1/4 tsp smoked paprika
- 1/4 tsp salt

Instructions

1. **Marinate the chicken.** Whisk together the honey dijon marinade and dressing ingredients, then pour half over the chicken tenderloins in a resealable container. Massage the marinade into the chicken, then refrigerate for 2-4 hours.
2. **Cook the farro.** Cook the farro according to package directions, then set aside.
3. **Roast the pumpkin seeds.** Pre-heat the oven to 350°F. Toss the pumpkin seeds with 1 tsp olive oil, 1/4 tsp salt, and 1/4 tsp smoked paprika. Spread into single layer on a baking sheet and bake for 10-12 minutes or until seeds begin to puff up and turn golden brown. Remove from hot baking sheet and set aside.
4. **Roast the kale.** Increase the oven temperature to 400°F. Add the kale to a rimmed baking sheet, then drizzle with 2 tsp olive oil and season with 1/4 tsp salt. Toss until evenly coated. Bake for 8-10 minutes, then remove to a bowl and set aside.

5. **Roast the butternut squash.** Increase the oven temperature to 425°F. Add the cubed squash to a rimmed baking sheet, then drizzle with 1 tbsp olive oil and season with 1/2 tsp salt and 1/2 tsp Oh My Spice seasoning. Toss until evenly coated. Bake for 20 minutes (flipping once during baking if desired), then set aside.
6. **Cook the chicken.**

To grill: Pre-heat your grill to about 400-425°F, then generously oil the grill grates using grill tongs and a paper towel dipped in vegetable oil. Let any excess marinade drip off the chicken before adding the tenders to the grill to avoid flare ups. Grill for about 3-4 minutes per side or until cooked through. Remove to a plate or baking sheet to rest.

To bake: Add the chicken to a rimmed baking sheet and bake on an upper oven rack at 425°F for 15-20 minutes while the butternut squash roasts on a lower rack.
7. **Assemble the bowls.** Layer the farro, roasted kale and butternut squash, sliced apples, and chopped chicken in a bowl. Top with feta cheese, dried cranberries, and dressing. Finish with roasted pumpkin seeds.

Notes

Click [here](#) or scan the barcode below to log this meal WITH DRESSING in My Fitness Pal. Click [here](#) to log it WITHOUT DRESSING.

Nutrition

Calories: 620kcal | Carbohydrates: 83g | Protein: 37g | Fat: 17g | Cholesterol: 103mg | Sodium: 1204mg | Potassium: 948mg | Fiber: 12g | Sugar: 31g



WITH DRESSING



NO DRESSING

Air Fryer Sesame Orange Salmon

Prep Time
10 mins

Cook Time
12 mins

Total Time
22 mins

Servings: 2 servings Calories: 285kcal

Ingredients

- 9 oz Atlantic salmon, skin on, sliced into 2 fillets (approx. 8 oz without skin)
- 2 tbsp orange marmalade
- 1 tsp sesame oil
- 1 tsp rice vinegar
- 1/2 tsp orange zest
- 1 pinch cayenne pepper
- green onion and sesame seeds for garnish

Instructions

1. **Prepare the sesame orange glaze.** In a small bowl, whisk together the orange marmalade, sesame oil, rice vinegar, orange zest, and cayenne pepper. Divide mixture evenly into two bowls. Set aside.
2. **Create a foil sling for your air fryer** to prevent sticking and make cleanup a breeze. Fold a long piece of foil into thirds so it's about 4 inches wide. Place this into the bottom of your air fryer so that the long ends reach up the sides. Fold the edges down if they extend past the top of the air fryer basket. Next, fold a 2nd piece of foil to roughly cover the bottom of the basket and place it on top of the sling.
3. **Air fry the salmon.** Pre-heat the air fryer to 400°F. Once pre-heated, place the salmon fillets on top of the foil, skin side down. Brush with 1/2 of the the orange sesame glaze. Air fry for 10-14 minutes, depending on thickness, or until cooked through to an internal temperature of 125°F. (Mine took 12 mins.)
4. **Serve.** Using the foil sling like handles, remove the salmon from the air fryer basket. Gently slide a knife along the bottom of the salmon flesh, above the skin to remove the skin. Plate the cooked salmon fillets and brush with remaining orange sesame glaze. Garnish with sesame seeds and green onion before serving.

Notes

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



Nutrition

Serving: 1fillet | Calories: 285kcal | Carbohydrates: 13g | Protein: 25g | Fat: 15g | Cholesterol: 67mg | Sodium: 67mg | Potassium: 411mg | Sugar: 12g



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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

Easy Greek Chicken Salad

Prep Time
20 mins

Cook Time
10 mins

Total Time
30 mins

Servings: 4 servings Calories: 342kcal

Ingredients

Salad Ingredients

- 7 oz green leaf lettuce, chopped (about 8 cups chopped)
- 1 cup cherry tomatoes, halved (170 grams)
- 1 cup English cucumber, chopped (150 grams)
- 1/2 cup Farmer Boy Greek Dressing (4 fl oz)
- 1/2 cup fat free feta cheese (56 grams)
- 1/3 cup red onion, sliced
- 1/3 cup kalamata olives, halved (61 grams)

Juicy Air Fryer Chicken

- 1 lb raw chicken breast
- 3 tbsp homemade brine mix
- 1 tsp olive oil
- 1 tsp Oh My Spice! Lemon Pepper Dill Seasoning
- 1/2 tsp chili powder
- salt and pepper to taste

Instructions

Juicy Air Fryer Chicken

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. Air fry the chicken at 380 degrees for 11 minutes, flipping halfway through (sometimes I up the temp to 390 degrees after flipping the chicken for crispier edges). Set aside to cool for about 5 minutes before slicing.

Assemble

1. Divide lettuce, cucumbers, tomatoes, chicken, olives, and feta cheese (if desired) into 4 serving dishes. Top with Greek Dressing before serving. Serve with pita bread and hummus if desired.

Notes

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



★★★★☆
4 from 10 votes



Nutrition

Calories: 342kcal | Carbohydrates: 23g | Protein: 31g | Fat: 14g | Cholesterol: 2mg | Sodium: 595mg | Potassium: 271mg | Fiber: 3g | Sugar: 8g