

Weekly MEAL PLAN



Week of November 3rd, 2024

	Breakfast	Lunch	Dinner
Day 1	Mixed Berry Oatmeal Muffins with Egg White Muffins	Easy Greek Chicken Salad	Turkey Chili with Kale
Day 2	Mixed Berry Oatmeal Muffins with Egg White Muffins	Juicy Air Fryer Chicken with Air Fryer Broccoli & Roasted Butternut Squash	Easy Greek Chicken Salad
Day 3	Mixed Berry Oatmeal Muffins with Egg White Muffins	Turkey Chili with Kale	Juicy Air Fryer Chicken with Air Fryer Broccoli & Roasted Butternut Squash
Day 4	Mixed Berry Oatmeal Muffins with Egg White Muffins	Easy Greek Chicken Salad	Turkey Chili with Kale
Day 5	Mixed Berry Oatmeal Muffins with Egg White Muffins	Juicy Air Fryer Chicken with Air Fryer Broccoli & Roasted Butternut Squash	Easy Greek Chicken Salad
Day 6	Mixed Berry Oatmeal Muffins with Egg White Muffins	Turkey Chili with Kale	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!

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

Bacon Cheddar Egg White Muffins

Prep Time
10 mins

Cook Time
30 mins

Total Time
40 mins

Servings: 12 egg muffins Calories: 73kcal



4.75 from 4 votes

Ingredients

- 24 fl oz egg whites
- 2 fl oz half and half
- 2 slices center cut bacon, chopped and cooked (18 grams)
- 3/4 cup sharp cheddar cheese, grated (84 grams)
- 3 tbsp green onions, chopped
- Salt and pepper to taste

Instructions

1. Pre-heat oven to 400°. Spray a muffin tin with non-stick cooking oil and set aside.
2. Divide bacon, green onions, and cheese evenly into 12 muffin tin molds on top of the bacon.
3. Add about 1 tsp half and half to each muffin, then pour egg whites into muffin tin molds until they are about 3/4 full. Season with salt and pepper to taste.
4. Bake at 400° for 20 minutes or until the tops of the egg muffins are set and cooked through.

Notes

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



Nutrition

Serving: 1muffin | Calories: 73kcal | Carbohydrates: 1g | Protein: 9g | Fat: 4g | Cholesterol: 9mg | Sodium: 149mg | Potassium: 144mg

Turkey Chili with Kale

Prep Time
25 mins

Cook Time
45 mins

Total Time
1 hr 10 mins

Servings: 8 servings (1.75 cups per serving) Calories: 274kcal

Ingredients

- 2 lbs extra lean ground turkey (99%)
- 2 15 oz cans diced tomatoes, no salt added
- 1 15 oz can low sodium kidney beans, drained
- 1 15 oz can pinto beans, drained
- 2 8 oz cans tomato sauce, no salt added
- 1 10 oz can Rotel diced tomatoes and green chiles, no salt added
- 3 cups kale, chopped (200 grams)
- 1 medium yellow onion, chopped (110 grams)
- 2 medium orange bell peppers, chopped (260 grams)
- 1 large jalapeño, diced (15 grams)
- 4 cloves garlic (16 grams)
- 1 packet Mrs Dash Chili Seasoning (35 grams)
- 1 tbsp olive oil (0.5 fl oz)
- Salt and pepper to taste

Instructions

1. Heat olive oil in a large pot over medium high heat. Add garlic and onion, then sauté for 2-3 minutes until fragrant and softened.
2. Add ground turkey, 1/2 the seasoning packet, and some salt to the pot. Cook the turkey, breaking apart into chunks with a wooden spoon until cooked through.
3. Add all remaining ingredients except kale and stir. Bring to a boil, then lower heat to a simmer and cover for 30 minutes. Occasionally stir, taste test, and add salt as needed.
4. Add the kale to the pot and stir into the chili. Cover and simmer for another 15 minutes before removing the chili from heat.
5. Optional: top with sour cream, cheese, green onion, and/or avocado before serving.

Notes

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



★★★★★
5 from 6 votes



Nutrition

Serving: 442g | Calories: 274kcal | Carbohydrates: 27g | Protein: 32g | Fat: 4g | Cholesterol: 55mg | Sodium: 192mg | Potassium: 521mg | Fiber: 8g | Sugar: 7g

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



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



☆☆☆☆☆
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

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 mintes 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



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Nutrition

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