

Weekly MEAL PLAN



Week of November 17th, 2024

	Breakfast	Lunch	Dinner
Day 1	Pumpkin Chocolate Chunk Oatmeal Muffins	Roasted Butternut Squash & Kale Salad with Juicy Grilled Chicken	Miso Pork and Green Beans with Miso Maple Glazed Red Kuri Squash
Day 2	Pumpkin Chocolate Chunk Oatmeal Muffins	Spaghetti Squash Chow Mein	Roasted Butternut Squash & Kale Salad with Juicy Grilled Chicken
Day 3	Pumpkin Chocolate Chunk Oatmeal Muffins	Miso Pork and Green Beans with Miso Maple Glazed Red Kuri Squash	Spaghetti Squash Chow Mein
Day 4	Pumpkin Chocolate Chunk Oatmeal Muffins	Roasted Butternut Squash & Kale Salad with Juicy Grilled Chicken	Miso Pork and Green Beans with Miso Maple Glazed Red Kuri Squash
Day 5	Pumpkin Chocolate Chunk Oatmeal Muffins	Spaghetti Squash Chow Mein	Roasted Butternut Squash & Kale Salad with Juicy Grilled Chicken
Day 6	Pumpkin Chocolate Chunk Oatmeal Muffins	Miso Pork and Green Beans with Miso Maple Glazed Red Kuri Squash	Spaghetti Squash Chow Mein

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 Chocolate Chunk Oatmeal Muffins

Prep Time
15 mins

Cook Time
30 mins

Total Time
45 mins

Servings: 6 jumbo muffins Calories: 247kcal



4.89 from 9 votes

Ingredients

- 2 cups rolled oats (160 grams)
- 2 scoops PE Science Select Vanilla Plant Based Protein Powder (56 grams)
- 1/3 cup Guittard 64% Cacao Semi-Sweet Baking Bar, chopped (50 grams)
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp pumpkin pie spice
- 3/4 cup pumpkin puree (180 grams)
- 3/4 cup unsweetened applesauce (183 grams)
- 1 egg
- 2 egg whites
- 1/2 cup unsweetened vanilla almond milk (4 fl oz)
- 3 tbsp maple syrup (1 1/2 fl oz)
- 1 tsp vanilla extract

Instructions

1. Pre-heat oven to 350°. Arrange 6 jumbo non-stick, parchment muffin liners in a jumbo muffin baking tin. Set aside.
2. Combine all dry ingredients except chocolate chunks. Add wet ingredients and mix until just combined, then fold in chocolate chunks. Scoop batter into baking cups.
3. Bake at 350 degrees for 35 minutes or until tops just begin to brown.

Notes

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



Nutrition

Serving: 130g | Calories: 247kcal | Carbohydrates: 36g | Protein: 13g | Fat: 6g | Cholesterol: 31mg
| Sodium: 262mg | Potassium: 139mg | Fiber: 5g | Sugar: 13g

Miso Pork and Green Beans

Prep Time
10 mins

Cook Time
15 mins

Total Time
25 mins

Servings: 4 servings Calories: 362kcal

Ingredients

- 1 lb 90% lean ground pork
- 12 oz green beans, trimmed and halved (340 grams)
- 1 bunch green onions, chopped and divided
- 1 1/2 tbsp vegetable oil

Miso Sauce

- 3 tbsp low sodium soy sauce
- 3 tbsp brown sugar
- 2 tbsp white miso paste
- 2 tbsp fresh grated ginger
- 2 tbsp water
- 1 tbsp rice vinegar
- 1 tsp sesame oil
- 1 tsp chili garlic sauce
- 1 tsp cornstarch
- 1/4 tsp black pepper

Instructions

1. Add all sauce ingredients except cornstarch and water to a jar and shake until combined. Whisk cornstarch into 2 tbsp of water, then add to jar with other sauce ingredients and shake again. Set aside.
2. Heat half of the vegetable oil in a large skillet over high heat. Once the oil is shimmery and hot, add green beans, tossing to coat in the oil. Continue to cook, stirring occasionally for about 3 minutes until the green beans have turned bright green and have some blister marks. Remove the green beans from the hot skillet and set aside.
3. Return skillet to heat and lower to medium-high heat. Add remaining oil to the skillet. Once hot and shimmery, add ground pork, breaking apart with a spatula. Continue to cook and break the pork apart until very little pink remains in the pork.
4. Add the sauce to the pork, allowing it to come to a boil and stirring it in to coat the pork evenly. Add 3/4 of the green onions, stirring to distribute and continuing to cook until the pork is cooked through.
5. Serve with remaining green onions over a bed of rice, if desired (not included in nutrition info).

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Miso Pork and Green Beans" to log this food in My Fitness Pal.

Nutrition

Calories: 362kcal | Carbohydrates: 23g | Protein: 26g | Fat: 18g | Saturated Fat: 1g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 3g | Sodium: 613mg | Potassium: 257mg | Fiber: 3g | Sugar: 17g



☆☆☆☆☆
No ratings yet



Miso Maple Glazed Red Kuri Squash

Prep Time
10 mins

Cook Time
30 mins

Total Time
40 mins

Servings: 4 servings Calories: 161kcal



No ratings yet

Ingredients

- 1 medium red kuri squash (760 gram yield)
- 2 1/2 tbsp maple syrup
- 1 1/2 tbsp white miso paste
- 1 tbsp sesame oil
- 1 tbsp rice vinegar
- 1/4 tsp black pepper
- Optional garnishes: sesame seeds, green onions

Instructions

1. Pre-heat oven to 400°F. Line a baking sheet with aluminum foil or spray it with non-stick cooking spray. Set aside.
2. Trim the ends of the red kuri squash, then cut it in half from stem to stem. Scoop out the seeds and slice the squash into approx. 1" wide wedges. Set aside in a large bowl.
3. Whisk maple syrup, white miso paste, sesame oil, rice vinegar, and black pepper until combined. Reserve 2 tbsp of the glaze and pour the remainder over squash wedges and toss with your hands to coat evenly.
4. Arrange squash wedges in a single layer on the prepared baking sheet. Roast at 400°F for 30-35 minutes, flipping halfway through the bake time. After flipping the squash wedges, brush with the reserved glaze before returning to the oven.
5. Garnish with sesame seeds and green onions before serving.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Miso Maple Glazed Red Kuri Squash" in My Fitness Pal.

Nutrition

Serving: 4wedges | Calories: 161kcal | Carbohydrates: 32g | Protein: 2g | Fat: 4g |

Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Sodium: 128mg | Potassium: 28mg | Fiber: 3g | Sugar: 28g



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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 and Kale Salad (No Chicken)



★★★★☆
4 from 4 votes

Prep Time	Cook Time	Total Time
30 mins	20 mins	50 mins

Servings: 4 servings Calories: 335kcal

Ingredients

- 8 cups kale, stems trimmed and chopped (537 grams)
- 2 cups butternut squash, cubed (325 grams)
- 1/2 cup 50% less sugar dried cranberries (80 grams)
- 1/3 cup crumbled goat cheese (37 grams)
- 1/3 cup Fresh Gourmet Honey Roasted Pecan Pieces (37 grams)
- 1/2 tsp Flavor God Garlic Lover's Seasoning
- 2 tsp olive oil, divided
- Salt and pepper to taste

Honey Mustard Dressing

- 2 1/2 tbsp olive oil
- 2 tbsp Dijon mustard
- 2 tbsp honey
- 1 tbsp apple cider vinegar
- 1 tsp garlic powder

Instructions

1. Pre-heat oven to 400 degrees. Add butternut squash to a foil-lined baking sheet, then drizzle with 1 tsp olive oil and 1/2 tsp Flavor God Seasoning. Toss until evenly coated, then bake for 20 minutes.
2. Whisk together all vinaigrette ingredients and set aside.
3. Gently massage kale with 1 tsp olive oil. Set aside.
4. Divide all ingredients except pecans evenly into 4 serving bowls and toss until evenly coated with dressing. Top with honey roasted pecans before serving.

Notes

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



Nutrition

Calories: 335kcal | Carbohydrates: 43g | Protein: 7g | Fat: 18g | Cholesterol: 7mg | Sodium: 318mg | Potassium: 678mg | Fiber: 10g | Sugar: 21g

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

