

Weekly MEAL PLAN



Week of December 29th, 2024

	Breakfast	Lunch	Dinner
Day 1	Pear & Chai Baked Oatmeal	Easy Greek Chicken Salad	Tuscan White Bean and Spaghetti Squash Skillet
Day 2	Pear & Chai Baked Oatmeal	Miso Pork & Green Beans with rice	Easy Greek Chicken Salad
Day 3	Pear & Chai Baked Oatmeal	Tuscan White Bean and Spaghetti Squash Skillet	Miso Pork & Green Beans with rice
Day 4	Pear & Chai Baked Oatmeal	Easy Greek Chicken Salad	Tuscan White Bean and Spaghetti Squash Skillet
Day 5	Pear & Chai Baked Oatmeal	Miso Pork & Green Beans with rice	Easy Greek Chicken Salad
Day 6	Pear & Chai Baked Oatmeal	Tuscan White Bean and Spaghetti Squash Skillet	Miso Pork & Green Beans with rice

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



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



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No ratings yet



Tuscan White Bean & Spaghetti Squash Skillet

Prep Time
20 mins

Cook Time
50 mins

Total Time
1 hr 10 mins

Servings: 5 servings Calories: 386kcal

Ingredients

- 1 1/4 lb raw chicken breast, thinly sliced
- 1 medium spaghetti squash (500 grams flesh)
- 1 15.5 oz can cannellini beans, drained
- 4 cups kale, trimmed and roughly chopped (270 grams)
- 2 oz sun dried tomatoes, sliced
- 1 1/4 cup light coconut milk
- 1 cup low sodium chicken broth
- 1/2 cup dry white wine (I like Sauvignon Blanc)
- 1/2 medium onion, chopped (55 grams)
- 2 tbsp white whole wheat flour (6 grams)
- 3 tbsp unsalted butter (1 1/2 oz)
- 2 tsp olive oil (0.33 oz)
- 4 cloves garlic, minced (16 grams)
- 2 tsp Oh My Spice! Lemon Pepper Dill Seasoning
- 1/2 tsp ground mustard
- 1/4 tsp red pepper flakes

Instructions

1. Optional (but recommended): Brine chicken breasts for 5-12 hours. [Get recipe/instructions here.](#)
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 1/2 tsp lemon pepper seasoning. Bake for 35-40 minutes until flesh flakes away easily with a fork.
3. Heat remaining olive oil in a large skillet over medium-high heat. Season chicken breast on both sides with salt, pepper, and 1/2 tsp lemon pepper seasoning, then add to skillet and brown on each side for 1-2 minutes, then set chicken aside.
4. Add butter to skillet until melted and hot, then add onion and garlic and sauté until tender. Stir in flour until it is absorbed, then gradually whisk in wine, chicken broth, and coconut milk.
5. Add sun dried tomatoes and remaining spices to skillet. Stir well, then add cannellini beans to the skillet and stir to combine. Return chicken to skillet and spoon sauce over chicken. Lower heat to a simmer for 10-15 minutes until chicken is cooked through. Stir the kale in during the last 5-10 minutes of cooking, then remove from heat.
6. Remove chicken from skillet and allow to rest for a few minutes before slicing. While the chicken rests, add spaghetti squash to skillet and stir until well combined and heated through.
7. Divide into 5 servings and add sliced chicken on top. Top with parmesan cheese before serving, if desired.

Notes

Click here or scan the barcode below to log this meal into My Fitness Pal.



Nutrition

Calories: 386kcal | Carbohydrates: 27g | Protein: 35g | Fat: 15g | Cholesterol: 85mg | Sodium: 323mg | Potassium: 1189mg | Fiber: 8g | Sugar: 5g



4.24 from 13 votes

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.



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4 from 10 votes



Nutrition

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