

Weekly MEAL PLAN



Week of December 8th, 2024

	Breakfast	Lunch	Dinner
Day 1	Cranberry Orange Baked Oatmeal	Easy Greek Chicken Salad	Italian Wedding Soup
Day 2	Cranberry Orange Baked Oatmeal	Juicy Air Fryer Chicken with Grilled Asparagus and Roasted Delicata Squash	Easy Greek Chicken Salad
Day 3	Cranberry Orange Baked Oatmeal	Italian Wedding Soup	Juicy Air Fryer Chicken with Grilled Asparagus and Roasted Delicata Squash
Day 4	Cranberry Orange Baked Oatmeal	Easy Greek Chicken Salad	Italian Wedding Soup
Day 5	Cranberry Orange Baked Oatmeal	Juicy Air Fryer Chicken with Grilled Asparagus and Roasted Delicata Squash	Easy Greek Chicken Salad
Day 6	Cranberry Orange Baked Oatmeal	Italian Wedding Soup	Juicy Air Fryer Chicken with Grilled Asparagus and Roasted Delicata 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!

Cranberry Orange Baked Oatmeal

Prep Time
15 mins

Cook Time
40 mins

Total Time
55 mins

Servings: 6 servings Calories: 315kcal

Ingredients

- 2 1/4 cups rolled oats (216 grams)
- 2 scoops PEScience Select Vegan Vanilla Indulgence Protein Powder (76 grams)
- 1 tsp baking powder (2 grams)
- 1/4 tsp salt
- 1 1/2 cups roughly chopped cranberries (135 grams)
- 1 orange, zested and 1/2 the orange juiced
- 3/4 cup unsweetened vanilla almond milk (6 fl oz)
- 3/4 cup unsweetened applesauce (183 grams)
- 1/4 cup pure maple syrup (2 fl oz)
- 3 tbsp unsalted butter, melted
- 2 large eggs
- 1 egg white
- 1 tsp vanilla extract

Optional Orange Icing (Not included in nutrition info)

- 3/4 cup powdered sugar (90 grams)
- 1 1/2 tsp orange juice
- 1 1/2 tsp almond milk

Instructions

1. Pre-heat oven to 350 degrees. Grease an 8x11" baking dish with non-stick cooking spray and set aside.
2. In a large bowl, combine all dry ingredients and chopped cranberries. Set aside.
3. In a medium bowl, whisk together all wet ingredients, being careful to continuously whisk while adding the melted butter so it doesn't cook the eggs.
4. Add wet ingredients to the dry ingredients and mix until just combined. Pour into prepared casserole dish and spread evenly.
5. Bake at 350 degrees for 40-45 minutes or until a toothpick inserted into the center comes out clean.
6. As oatmeal bakes, make the orange icing by whisking together all ingredients until smooth. Add more almond milk if needed to reach desired consistency. Set aside.
7. Allow to cool slightly, then cut into 6 pieces for serving. Drizzle with orange icing before serving.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Cranberry Orange Baked Oatmeal" to log this food in My Fitness Pal. There you'll find options to log it with or without the Orange Icing.

Nutrition

Serving: 1slice | Calories: 315kcal | Carbohydrates: 42g | Protein: 14g | Fat: 10g | Saturated Fat: 5g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Cholesterol: 84mg | Sodium: 281mg | Potassium: 242mg | Fiber: 5g | Sugar: 13g



☆☆☆☆☆
No ratings yet



With Icing



No Icing

Italian Wedding Soup

Prep Time
30 mins

Cook Time
18 mins

Total Time
48 mins

Servings: 6 servings Calories: 384kcal



☆☆☆☆☆

No ratings yet

Ingredients

Meatball Ingredients:

- 1 lb 90/10 lean ground pork
- 1/2 lb 93/7 grass fed ground beef
- 1/4 cup chopped fresh parsley
- 1/3 cup Italian bread crumbs (44 grams)
- 1/3 cup grated parmesan cheese (11 grams)
- 2 garlic cloves, minced (8 grams)
- 1 egg
- 1 lemon, zested
- 1/2 tsp salt
- 1/4 tsp pepper

Soup Ingredients:

- 1/2 cup acini de pepe (112 grams)
- 2 quarts Swanson Chicken Stock (64 fl oz)
- 1/2 cup dry white wine (4 fl oz)
- 1 medium Vidalia onion, chopped (140 grams)
- 1 1/2 cups carrots, chopped (200 grams)
- 1 cup celery, chopped (125 grams)
- 2 cups baby spinach (50 grams)
- 2 cloves garlic, minced (8 grams)
- 1/2 tbsp olive oil
- 1 tbsp butter
- 1/2 tbsp olive oil
- 1 tsp dried oregano
- 1 herb bunch (I used fresh rosemary, thyme, and oregano)
- Salt and pepper to taste

Instructions

1. Combine all meatball ingredients, then roll into 1/2 to 3/4-inch meatballs. Set aside.
2. In a deep pot, heat olive oil over medium high heat. Add meatballs in a single layer (do multiple batches if needed), searing until browned on all sides. The meatballs will not completely cook through during this step, you're just browning the outside for maximum

flavor. Set meatballs aside.

3. Add butter until melted and bubbly, then add carrots, onion, and celery. Sauté until carrots begin to soften, about 5 minutes, adding garlic about 3 minutes in.
4. Deglaze the pot with white wine, scraping the bottom of the pot to remove any browned bits. Return the meatballs to the pot, then add chicken stock, oregano, and the herb bunch. Cover and bring the soup to a boil, then lower heat to a simmer for 20-25 minutes or until carrots are fork tender. Add the baby spinach during the last 5 minutes of cooking.
5. While the soup is cooking, cook the acini de pepe according to package directions. Drain and drizzle/toss with olive oil to keep it from clumping up.
6. Remove the herb bunch from the soup and remove from heat. Serve with cooked acini de pepe and top with parmesan cheese before serving, if desired.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Italian Wedding Soup" to log this food in My Fitness Pal.

Nutrition

Serving: 2cups | Calories: 384kcal | Carbohydrates: 26g | Protein: 33g | Fat: 15g | Saturated Fat: 6g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Cholesterol: 111mg | Sodium: 1150mg | Potassium: 728mg | Fiber: 3g | Sugar: 4g



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 Delicata Squash with Cheese

Prep Time
15 mins

Cook Time
25 mins

Total Time
40 mins

Servings: 4 servings Calories: 131kcal

Ingredients

- 2 medium delicata squash, ends trimmed and seeds removed (900 grams)
- 1/4 cup Parmigiano Reggiano and Pecorino Romano cheese blend (26 grams)
- 1 tbsp olive oil
- 1/2 tsp sea salt
- 1/2 tsp black pepper
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- Optional: fresh parsley for serving

Instructions

1. Preheat oven to 425°. Line a large baking sheet with foil or parchment paper. Set aside.
2. Slice the squash in half lengthwise and scoop out the seeds. Slice the squash halves into 1/4 to 1/2-inch thick slices (half moon shape).
3. Add squash to a large bowl, then add olive oil, cheese, and seasoning, tossing to coat the squash evenly. You may need to press the squash into the cheese to help it stick.
4. Arrange sliced squash in a single layer on prepared baking sheet. Bake for 20-25 minutes until squash is golden brown. Top with fresh chopped parsley before serving, if desired.

Notes

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



Nutrition

Calories: 131kcal | Carbohydrates: 19g | Protein: 3g | Fat: 5g | Cholesterol: 7mg | Sodium: 417mg | Fiber: 4g | Sugar: 6g



★★★★★
5 from 2 votes

Grilled Asparagus

Prep Time
5 mins

Cook Time
7 mins

Total Time
12 mins

Servings: 4 servings Calories: 36kcal

Ingredients

- 1 bunch asparagus, trimmed (400 grams)
- 1/2 tbsp olive oil
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/4 tsp salt
- 1/8 tsp black pepper

Instructions

1. Add a grill topper to the grill, then pre-heat grill to 400°F.
2. Drizzle the trimmed asparagus with olive oil, then season with lemon pepper seasoning, salt, and black pepper. Toss to coat evenly.
3. Grill the asparagus for 5-7 minutes atop the grill topper, flipping every 1-2 minutes. The asparagus is done when it turns bright green and has some charring and is tender, but still crisp. Be careful not to over-grill!

Notes

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



Nutrition

Serving: 0.25bunch | Calories: 36kcal | Carbohydrates: 4g | Protein: 2g | Fat: 1.5g | Sodium: 155mg | Potassium: 202mg | Fiber: 2g | Sugar: 2g



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