

# Weekly MEAL PLAN



Week of January 12th, 2025

	Breakfast	Lunch	Dinner
Day 1	Mixed Berry Oatmeal Muffins	Turkey Taco Salad with Avocado Ranch Dressing	Sheet Pan Honey Dijon Chicken
Day 2	Mixed Berry Oatmeal Muffins	Weeknight White Chicken Chili	Turkey Taco Salad with Avocado Ranch Dressing
Day 3	Mixed Berry Oatmeal Muffins	Sheet Pan Honey Dijon Chicken	Weeknight White Chicken Chili
Day 4	Mixed Berry Oatmeal Muffins	Turkey Taco Salad with Avocado Ranch Dressing	Sheet Pan Honey Dijon Chicken
Day 5	Mixed Berry Oatmeal Muffins	Weeknight White Chicken Chili	Turkey Taco Salad with Avocado Ranch Dressing
Day 6	Mixed Berry Oatmeal Muffins	Sheet Pan Honey Dijon Chicken	Weeknight White Chicken Chili

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.



## Nutrition

Calories: 209kcal | Carbohydrates: 32g | Protein: 12g | Fat: 4g | Sodium: 116mg | Potassium: 125mg | Fiber: 5g | Sugar: 12g



4.35 from 32 votes

# Sheet Pan Honey Dijon Chicken

Prep Time  
20 mins

Cook Time  
30 mins

Total Time  
50 mins

Servings: 4 servings    Calories: 428kcal

## Ingredients

- 1 1/4 lb chicken breast
- 1 medium to large butternut squash, cut into 1/2-3/4" cubes (700 grams yield)
- 4 cups broccoli florets (360 grams)
- 4 tbsp olive oil, divided (2 fl oz)
- 3 tbsp honey (1.5 fl oz)
- 3 tbsp coarse or stone ground dijon mustard (1.5 fl oz)
- 1 tbsp balsamic vinegar (0.5 fl oz)
- 1 tsp Flavor God Garlic Lover's Seasoning
- 1/2 tsp sea salt



☆☆☆☆☆  
No ratings yet

## Instructions

1. Optional but recommended: Brine the chicken in my homemade brine for 3-5 hours.
2. Pre-heat oven to 425°F. Line a baking sheet with foil or spray it with non-stick cooking spray. Set aside.
3. Whisk 3 tbsp of olive oil, honey, dijon mustard, balsamic vinegar, 1/4 tsp salt, and garlic seasoning until emulsified. Toss the butternut squash and broccoli in remaining olive oil and 1-2 tbsp of the honey dijon sauce. Set aside.
4. While the oven pre-heats, pat the chicken breasts dry with a paper towel and pound to an even thickness. Slather the chicken with 2-3 tbsp of the honey dijon sauce and season with 1/4 tsp salt. Set aside.
5. Once the oven is pre-heated, add the chicken and butternut squash to the baking sheet in a single layer. Bake at 425°F for 10 minutes, then brush the chicken with more honey dijon sauce. Add the broccoli and continue baking for 13-18 minutes or until the chicken reaches an internal temperature of 165°F in the thickest part of the chicken.
6. Brush the chicken with more honey dijon sauce before serving.

## Notes

- **Brining vs marinating:** If you skip the brine, be sure to marinate the chicken in the honey dijon sauce for at least 30 mins to 2 hours. You may want to make extra sauce to fully coat the chicken while marinating.
- **Mustard types:** I used a combination of 1 1/2 tbsp Dijon Mustard, 1 tbsp Grey Poupon (stoneground mustard), and 1/2 tbsp whole grain mustard to achieve the sauce you see pictured here.
- **For deeper browning** on the butternut squash, bake the squash alone for 10 minutes before adding the chicken to the sheet pan, or bake it on a separate sheet pan to reduce crowding.
- **Nutrition:** Scan the barcode below or search for "Peanut Butter and Fitness Sheet Pan Honey Dijon Chicken" to log this food in My Fitness Pal.

## Nutrition

Calories: 428kcal | Carbohydrates: 31g | Protein: 36g | Fat: 18g | Saturated Fat: 3g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 11g | Cholesterol: 103mg | Sodium: 428mg | Potassium: 1557mg | Fiber: 3g | Sugar: 20g



# Weeknight White Chicken Chili

Servings: 6 servings (2 cups per serving)    Calories: 359kcal

## Ingredients

- 4 cups rotisserie chicken, cleaned and chopped (560 grams)
- 3 15 oz cans great northern beans, drained
- 1 onion, chopped (250 grams)
- 1 1/2 7 oz cans chopped green chilis, drained
- 4 1/2 cups Swanson Chicken Cooking Stock
- 4 cloves garlic, minced
- 1/2 tbsp olive oil
- 2 tsp cumin
- 1 1/2 tsp Mexican oregano
- 1/2 tsp red pepper flakes
- 1/2 tsp each: salt and pepper
- Optional Toppings: sour cream, avocado, cheese, tortilla chips



5 from 5 votes

## Instructions

1. Add 1 cup of chicken stock and 1 1/2 cans of drained beans to a tall jar. Use an immersion blender to blend until smooth. Set aside.
2. Heat olive oil in a medium to large pot over medium-high heat. Add onions and garlic and sauté until fragrant. Add cumin, oregano, red pepper flakes, and pepper. Stir to combine.
3. Add bean and chicken stock mixture and all remaining ingredients. Stir to combine, then lower heat to a simmer for 15-20 minutes.
4. Serve with shredded cheese, sour cream, chopped avocado, and tortilla chips if desired.

## Notes

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

## Nutrition

Serving: 2 cups | Calories: 359kcal | Carbohydrates: 37g | Protein: 43g | Fat: 4g | Cholesterol: 83mg | Sodium: 1601mg | Potassium: 501mg | Fiber: 11g | Sugar: 6g



0 72304 58723 5

# Turkey Taco Salad with Avocado Ranch Dressing

Prep Time  
15 mins

Cook Time  
10 mins

Total Time  
25 mins

Servings: 4 servings    Calories: 470kcal

## Ingredients

- 1 lb 94% lean ground turkey (0.45 kg)
- 7 oz Ortega Taco Skillet Sauce (198 grams)
- 10 cups green leaf lettuce, chopped (360 grams)
- 1 1/3 cup cherry tomatoes, halved (160 grams)
- 1 1/3 cup low sodium black beans, drained and rinsed (173 grams)
- 1 1/3 cup frozen corn kernels, thawed (160 grams)
- 3/4 cup Avocado Ranch Dressing (216 grams)
- 1 cup Fresh Gourmet Santa Fe Style Tortilla Strips (56 grams)
- 1/2 cup red onion, sliced or chopped (64 grams)
- 1/2 tbsp olive oil (7 grams)
- 1 tsp Oh My Spice! Spicy Fajita Seasoning

## Instructions

1. Layer lettuce, cherry tomatoes, black beans, red onions, and corn in 4 serving dishes.
2. Heat a large skillet over medium-high heat and add about olive oil. Once the oil is shimmering and hot, add ground turkey and season with fajita seasoning. Continue to cook, breaking apart with a wooden spatula until nearly cooked through, then add skillet sauce and finish cooking.
3. Serve over salad, then top with Avocado Ranch Dressing and tortilla strips before serving.

## Notes

Click [here](#) or scan the barcode below to log this food WITH Avocado Ranch Dressing into My Fitness Pal. Click [here](#) or scan the 2nd barcode to log it WITHOUT Avocado Ranch Dressing.

## Nutrition

Calories: 470kcal | Carbohydrates: 44g | Protein: 38g | Fat: 19g | Cholesterol: 65mg | Sodium: 966mg | Potassium: 716mg | Fiber: 9g | Sugar: 7g



☆☆☆☆☆  
No ratings yet



With Dressing



Without Dressing

# Avocado Ranch Dressing

Prep Time  
10 mins

Total Time  
10 mins

Servings: 8 servings (1/4 cup per serving)    Calories: 92kcal

## Ingredients

- 1 cup low fat buttermilk (8 fl oz)
- 1/4 cup plain, non-fat Greek yogurt (2 fl oz)
- 1/4 cup Duke's Light Mayonnaise (2 fl oz)
- 1 medium Haas avocado (150 grams)
- 1 lime, zested and juiced
- 2 cloves garlic (8 grams)
- 2 tbsp fresh cilantro, packed
- 2 tbsp fresh parsley, packed
- 1 tbsp fresh chives
- 1 tbsp fresh dill
- 1 tsp salt
- 1/2 tsp black pepper

## Instructions

1. Add all ingredients to a food processor and pulse until smooth.

## Notes

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

## Nutrition

Serving: 72grams | Calories: 92kcal | Carbohydrates: 6g | Protein: 3g | Fat: 7g | Cholesterol: 7mg | Sodium: 357mg | Potassium: 210mg | Fiber: 2g | Sugar: 2g



☆☆☆☆☆  
No ratings yet



# Weekly **GROCERY LIST** | *Peanut Butter* & FITNESS

Week of January 12th, 2025

---

## Produce

- ☐ Butternut squash: medium to large (700 grams yield)
  - ☐ Broccoli florets: 4 cups
  - ☐ Blueberries: ½ cup
  - ☐ Strawberries: ½ cup
  - ☐ Blackberries: ½ cup
  - ☐ Avocado: 1 (plus more for chili garnish, if desired)
  - ☐ Green leaf lettuce: 10 cups
  - ☐ Cherry tomatoes: 1 1/3 cups
  - ☐ Green onions: 3 stalks
  - ☐ Yellow or sweet onion: 1 medium
  - ☐ Red onion: ½ cup sliced
  - ☐ Fresh cilantro: 2 tbsp
  - ☐ Parsley: 2 tbsp
  - ☐ Chives: 1 tbsp
  - ☐ Dill: 1 tbsp
  - ☐ Limes: 1
  - ☐ Garlic: 6 cloves
- 

## Proteins

- ☐ 94% lean ground turkey: 1 lb (for taco salad)
  - ☐ Chicken breasts: 1 ¼ lbs
  - ☐ Rotisserie chicken: 4 cups chopped
- 

## Dairy

- ☐ Low fat buttermilk: 1 cup
- ☐ Plain, non-fat Greek yogurt: 1/4 cup
- ☐ Egg whites: 2
- ☐ Optional: shredded cheese

## Grains & Dry Goods

- ☐ Great northern beans: 3 (15 oz) cans
  - ☐ Low sodium black beans: 1 ⅓ cups
  - ☐ Chopped green chilis: 1 ½ (7 oz) cans
  - ☐ Ortega Taco Skillet Sauce: 7 oz
  - ☐ Swanson Chicken Cooking Stock: 4 ½ cups
  - ☐ Old-fashioned oats: 2 cups
  - ☐ Unsweetened applesauce: ¾ cup
  - ☐ Duke's Light Mayonnaise: ¼ cup
  - ☐ ON Gold Standard Plant Based Protein Powder: 2 scoops
  - ☐ Baking powder: 1/2 tsp
  - ☐ Baking soda: 1/2 tsp
  - ☐ Maple syrup: ¼ cup
  - ☐ Honey: 3 tbsp
  - ☐ Skippy Natural Creamy Peanut Butter: 1 ½ tbsp
  - ☐ Stone ground dijon mustard: 3 tbsp
  - ☐ Balsamic vinegar: 1 tbsp
  - ☐ White vinegar: 1 tsp (for avocado ranch dressing)
  - ☐ Tortilla strips: 1 cup
  - ☐ Vanilla extract: ½ tsp
- 

## Spices & Seasonings

- ☐ Flavor God Garlic Lover's Seasoning: 1 tsp
- ☐ Oh My Spice! Fajita Seasoning: 1 tsp
- ☐ Cinnamon: ½ tsp Chili powder: 2 tsp
- ☐ Cumin: 2 tsp
- ☐ Smoked paprika: 1/2 tsp
- ☐ Mexican oregano: 1 ½ tsp
- ☐ Red pepper flakes: ½ tsp
- ☐ Salt
- ☐ Pepper

# Weekly GROCERY LIST



Week of January 12th, 2025

---

## Oils

- ☐ Olive oil: 3 tbsp
- 

## Refrigerated & Frozen

- ☐ Unsweetened vanilla almond milk:  $\frac{3}{4}$  cup
- ☐ Frozen corn: 1  $\frac{1}{3}$  cup