

Weekly MEAL PLAN



Week of January 26th, 2025

	Breakfast	Lunch	Dinner
Day 1	Sheet Pan Protein Pancakes with yogurt and fruit	Turkey Taco Salad with Avocado Ranch Dressing	Chicken Divine Casserole
Day 2	Sheet Pan Protein Pancakes with yogurt and fruit	Juicy Air Fryer Chicken with Grilled Asparagus and Roasted Koginut Squash	Turkey Taco Salad with Avocado Ranch Dressing
Day 3	Sheet Pan Protein Pancakes with yogurt and fruit	Chicken Divine Casserole	Juicy Air Fryer Chicken with Grilled Asparagus and Roasted Koginut Squash
Day 4	Sheet Pan Protein Pancakes with yogurt and fruit	Turkey Taco Salad with Avocado Ranch Dressing	Chicken Divine Casserole
Day 5	Sheet Pan Protein Pancakes with yogurt and fruit	Juicy Air Fryer Chicken with Grilled Asparagus and Roasted Koginut Squash	Turkey Taco Salad with Avocado Ranch Dressing
Day 6	Sheet Pan Protein Pancakes with yogurt and fruit	Chicken Divine Casserole	Juicy Air Fryer Chicken with Grilled Asparagus and Roasted Koginut 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!

Sheet Pan Protein Pancakes

Prep Time
10 mins

Cook Time
15 mins

Total Time
25 mins

Servings: 12 servings Calories: 205kcal



No ratings yet

Ingredients

Dry Ingredients

- 1 3/4 cup all purpose flour, generous (291 g)
- 1 1/2 scoops Dymatize Elite Vanilla Casein Protein Powder (50 g)
- 1 1/2 scoops Optimum Nutrition Gold Standard Whey Protein Powder, Vanilla Ice Cream (47 g)
- 1 tbsp baking powder
- 1/2 tbsp cinnamon
- 3/4 tsp baking soda
- 1/4 tsp salt

Wet Ingredients

- 2 cup 1% lowfat buttermilk - be sure to shake it well! (16 fl oz)
- 3/4 cup liquid egg whites (6 fl oz)
- 1/2 cup unsweetened applesauce (4 fl oz)
- 3 large eggs
- 3 tbsp unsalted butter, melted (1.5 oz)
- 3 tbsp light brown sugar (36 grams)
- 1/2 tbsp vanilla extract

Instructions

1. Pre-heat oven to 425°F. Spray a 1/2 sheet pan with non-stick cooking spray or rub with butter. Set aside.
2. Add dry ingredients to a large bowl and mix until evenly combined. Set aside.
3. To a smaller bowl, add eggs and egg whites and whisk until yolks are evenly incorporated. Add buttermilk, applesauce, brown sugar, and vanilla extract and whisk together. While continuing to whisk, slowly drizzle in the hot melted butter.
4. Add wet mixture into the dry mixture and whisk until *just* combined. It's okay if the mixture has lumps, so long as you can't see spots of powdery flour. Don't overmix it! This should be thicker than your average pancake batter.
5. Pour the batter into the prepared baking sheet and allow it to rest for about 5 minutes before putting it in the oven. Add desired toppings on top of the batter. Bake for 13-15 minutes or until top of pancakes are golden brown and a toothpick inserted into the center comes out clean.

6. Store leftovers covered in an airtight container in the refrigerator for up to 1 week or freeze for up to 3 months.

Notes

Reheating from frozen: For best results, toast on medium-low until heated through (this may take more than one toast cycle). You can also microwave them for 30 seconds to 1 minute.

Nutrition: The nutrition info does not include toppings. Scan the barcode below or search for "Peanut Butter and Fitness Sheet Pan Protein Pancakes" to log this food in My Fitness Pal.

Nutrition

Serving: 1slice | Calories: 205kcal | Carbohydrates: 26g | Protein: 13g | Fat: 5g | Saturated Fat: 3g
| Monounsaturated Fat: 1g | Cholesterol: 71mg | Sodium: 277mg | Potassium: 108mg | Fiber: 1g |
Sugar: 6g



Chicken Divine Casserole

Prep Time
15 mins

Cook Time
30 mins

Total Time
45 mins

Servings: 6 servings Calories: 435kcal

Ingredients

- 1 small to medium rotisserie chicken, skin and bones removed, then chopped (600 grams)
- 1 1/2 lbs frozen broccoli florets (680 grams)
- 1 packet Ben's Original Ready Rice Jasmine Family Size Rice (17.3 oz / 490 grams)
- 1 1/2 cups shredded sharp cheddar cheese (115 grams)
- 1 10.5 oz can Campbell's Condensed Cream of Mushroom Soup (298 grams)
- 1 cup plain non-fat Greek yogurt (8 fl oz)
- 1 cup Swanson Chicken Cooking Stock, Unsalted (8 fl oz)
- 6 tbsp 4C Panko Seasoned Bread Crumbs (21 grams)
- 1/2 tbsp dijon mustard
- 1/2 tsp each: smoked paprika, ground mustard, salt, and pepper
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning

Instructions

1. Pre-heat oven to 375°F. Grease a 9x13" casserole dish with butter or non-stick cooking spray. Set aside.
2. Whisk the cream of mushroom soup, Greek yogurt, chicken stock, dijon mustard, and spices until well combined. Set aside.
3. Add broccoli to the bottom of the casserole dish and top with 1/2 of the rice. Top with 1/2 of the cream mixture and about 1/3 of the shredded cheddar.
4. Continue layering with chicken and rice, then top with the remaining cheddar cheese and toasted breadcrumbs.
5. Bake at 375°F for about 30 minutes, turning the oven to broil for the last 2-3 minutes. Watch it carefully while broiling to avoid burning the toppings.

Notes

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



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No ratings yet



Nutrition

Serving: 417grams | Calories: 435kcal | Carbohydrates: 40g | Protein: 38g | Fat: 14g | Cholesterol: 68mg | Sodium: 776mg | Potassium: 93mg | Fiber: 6g | Sugar: 3g

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.

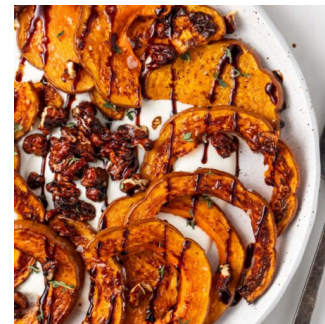
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Nutrition

Calories: 120kcal | Protein: 25g | Fat: 2g | Cholesterol: 80mg | Sodium: 153mg

Roasted Koginut Squash with Whipped Ricotta



Prep Time
10 mins

Cook Time
30 mins

Total Time
40 mins

Servings: 4 servings



5 from 1 vote

Ingredients

- 1 koginut squash (640 grams yield)
- 1 tbsp olive oil
- 1/4 tsp each: salt and pepper
- 1/4 tsp cinnamon
- 1/8 tsp nutmeg
- 1 cup part skim ricotta cheese
- 1/2 cup Diamond of California Glazed Walnuts (56 grams)
- 3 tbsp balsamic glaze
- Optional: fresh thyme and flakey sea salt for serving

Instructions

1. Pre-heat oven to 425°F.
2. Cut the koginut squash in half from stem to bottom, then scoop out seeds. Slice the squash into 1/4-1/2" half moon shapes.
3. Arrange squash in a single layer on a baking sheet, then drizzle with olive oil and season with salt, pepper, cinnamon, and nutmeg, tossing to coat evenly. Rearrange squash into a single layer, then roast for 30-35 minutes or until fork tender, flipping halfway through.
4. While the squash roasts, prepare the whipped ricotta. Add the ricotta cheese to a small food processor and pulse until smooth and creamy. Spread the whipped ricotta evenly onto a serving plate. Set aside.
5. Once the squash is roasted, arrange on and around the whipped ricotta. Drizzle with balsamic glaze and top with caramelized walnuts. Add flakey sea salt and fresh thyme before serving, if desired.



Grilled Asparagus

Prep Time
5 mins

Cook Time
7 mins

Total Time
12 mins

Servings: 4 servings Calories: 36kcal



No ratings yet

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

Turkey Taco Salad with Avocado Ranch Dressing

Prep Time
15 mins

Cook Time
10 mins

Total Time
25 mins



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No ratings yet

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



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



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No ratings yet



Weekly GROCERY LIST



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Produce

- Green leaf lettuce: 10 cups
 - Cherry tomatoes: 1 1/3 cups
 - Red onion: 1/2 cup
 - Haas avocado: 1 medium
 - Lime: 1
 - Garlic: 2 cloves
 - Fresh cilantro: 2 tbsp
 - Fresh parsley: 2 tbsp
 - Fresh chives: 1 tbsp
 - Fresh dill: 1 tbsp
 - Koginut squash: 1
 - Asparagus: 1 bunch
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Proteins

- Chicken breast: 1 lb
 - Rotisserie chicken: 1 small to medium
 - Ground turkey (94% lean): 1 lb
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Dairy

- Low-fat buttermilk: 3 cups
 - Plain, non-fat Greek yogurt: 1 1/4 cups
 - Shredded sharp cheddar cheese: 1 1/2 cups
 - Ricotta cheese (part-skim): 1 cup
 - Liquid egg whites: 3/4 cup
 - Large eggs: 3
 - Unsalted butter: 3 tbsp
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Frozen

- Frozen broccoli florets: 1 1/2 lbs
- Frozen corn kernels: 1 1/3 cups

Pantry & Dry Goods

- All-purpose flour: 1 3/4 cups
 - Vanilla casein protein powder: 50g
 - Vanilla whey protein powder: 47 g
 - Baking powder: 1 tbsp
 - Baking soda: 3/4 tsp
 - Light brown sugar: 3 tbsp
 - Vanilla extract: 1/2 tbsp
 - Panko seasoned breadcrumbs: 6 tbsp
 - Ben's Original Ready Rice Jasmine (Family Size): 1 packet (17.3 oz)
 - Unsweetened applesauce: 1/2 cup
 - Swanson Chicken Cooking Stock: 1 cup
 - Cream of mushroom soup (condensed): 1 (10.5 oz) can
 - Low sodium black beans: 1 1/3 cups
 - Tortilla strips (Santa Fe Style): 1 cup
 - Glazed walnuts: 1/2 cup
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Oils, Sauces & Condiments

- Olive oil: 2 tbsp
 - Dijon mustard: 1/2 tbsp
 - Duke's Light Mayonnaise: 1/4 cup
 - Balsamic glaze: 3 tbsp
 - Ortega Taco Skillet Sauce: 7 oz
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Spices & Seasonings

- Salt and pepper
- Homemade brine mix: 3 tbsp
- Cinnamon: 1/2 tbsp
- Oh My Spice! Lemon Pepper Seasoning: 1 tsp
- Oh My Spice! Spicy Fajita Seasoning: 1 tsp
- Chili powder: 1/4 tsp

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- Ground mustard: 1/2 tsp
 - Smoked paprika: 1/2 tsp
 - Nutmeg: 1/8 tsp
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Optional Garnishes

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- Flaky sea salt
- Fresh thyme