

Weekly MEAL PLAN



Week of January 5th, 2025

	Breakfast	Lunch	Dinner
Day 1	Sheet Pan Protein Pancakes with yogurt and fruit	Air Fryer Sesame Orange Salmon with Air Fryer Broccoli and rice	Juicy Air Fryer Chicken with Copycat Olive Garden Salad
Day 2	Sheet Pan Protein Pancakes with yogurt and fruit	Air Fryer Sesame Orange Salmon with Air Fryer Broccoli and rice	Egg Roll in a Bowl
Day 3	Sheet Pan Protein Pancakes with yogurt and fruit	Air Fryer Sesame Orange Salmon with Air Fryer Broccoli and rice	Juicy Air Fryer Chicken with Copycat Olive Garden Salad
Day 4	Sheet Pan Protein Pancakes with yogurt and fruit	Air Fryer Sesame Orange Salmon with Air Fryer Broccoli and rice	Egg Roll in a Bowl
Day 5	Sheet Pan Protein Pancakes with yogurt and fruit	Juicy Air Fryer Chicken with Copycat Olive Garden Salad	Egg Roll in a Bowl
Day 6	Sheet Pan Protein Pancakes with yogurt and fruit	Juicy Air Fryer Chicken with Copycat Olive Garden Salad	Egg Roll in a Bowl

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



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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



Air Fryer Sesame Orange Salmon

Prep Time
10 mins

Cook Time
12 mins

Total Time
22 mins

Servings: 2 servings Calories: 285kcal

Ingredients

- 9 oz Atlantic salmon, skin on, sliced into 2 fillets (approx. 8 oz without skin)
- 2 tbsp orange marmalade
- 1 tsp sesame oil
- 1 tsp rice vinegar
- 1/2 tsp orange zest
- 1 pinch cayenne pepper
- green onion and sesame seeds for garnish



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No ratings yet

Instructions

1. **Prepare the sesame orange glaze.** In a small bowl, whisk together the orange marmalade, sesame oil, rice vinegar, orange zest, and cayenne pepper. Divide mixture evenly into two bowls. Set aside.
2. **Create a foil sling for your air fryer** to prevent sticking and make cleanup a breeze. Fold a long piece of foil into thirds so it's about 4 inches wide. Place this into the bottom of your air fryer so that the long ends reach up the sides. Fold the edges down if they extend past the top of the air fryer basket. Next, fold a 2nd piece of foil to roughly cover the bottom of the basket and place it on top of the sling.
3. **Air fry the salmon.** Pre-heat the air fryer to 400°F. Once pre-heated, place the salmon fillets on top of the foil, skin side down. Brush with 1/2 of the the orange sesame glaze. Air fry for 10-14 minutes, depending on thickness, or until cooked through to an internal temperature of 125°F. (Mine took 12 mins.)
4. **Serve.** Using the foil sling like handles, remove the salmon from the air fryer basket. Gently slide a knife along the bottom of the salmon flesh, above the skin to remove the skin. Plate the cooked salmon fillets and brush with remaining orange sesame glaze. Garnish with sesame seeds and green onion before serving.

Notes

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



Nutrition

Serving: 1fillet | Calories: 285kcal | Carbohydrates: 13g | Protein: 25g | Fat: 15g | Cholesterol: 67mg | Sodium: 67mg | Potassium: 411mg | Sugar: 12g

Air Fryer Broccoli

Prep Time	Cook Time	Total Time
10 mins	10 mins	20 mins

Servings: 4 servings Calories: 65kcal

Ingredients

- 6 cups broccoli florets (528 grams)
- 2 tsp olive oil (9 grams)
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/2 tsp salt

Instructions

1. Pre-heat air fryer to 380°F.
2. Toss broccoli florets in olive oil and seasonings until evenly distributed. Once air fryer is pre-heated, add broccoli into the air fryer basket in a single layer (you may need to do more than 1 batch).
3. Air fry for 8-10 minutes or until the broccoli reaches desired browning levels, shaking the basket to toss the broccoli halfway through cooking.

Notes

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



Nutrition

Calories: 65kcal | Carbohydrates: 9g | Protein: 4g | Fat: 3g | Sodium: 342mg | Potassium: 417mg | Fiber: 3g | Sugar: 2g



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No ratings yet

Egg Roll in a Bowl

Prep Time	Cook Time	Total Time
20 mins	15 mins	35 mins

Servings: 6 servings Calories: 312kcal

Ingredients

- 1 lb 99% extra lean ground turkey
- 1 lb ground pork
- 1 13.5 oz bag coleslaw mix (no dressing) (397 grams)
- 1 12 oz bag broccoli slaw (340 grams)
- 1 6 oz bag snow peas, sliced (170 grams)
- 5 cloves garlic, minced (20 grams)
- 1 1/2 tbsp fresh grated ginger
- 1 tbsp sesame oil, divided (1/2 oz)

Sauces

- 6 tbsp low sodium soy sauce (3 oz)
- 2 tbsp rice wine vinegar (1 oz)
- 1 tbsp sriracha sauce (1/2 oz)
- 1 tbsp hoisin sauce (1/2 oz)

Optional Toppings (Not Included in Nutrition Info)

- sriracha mayo
- wonton strips
- green onion, chopped
- sesame seeds

Instructions

1. Heat 1 tsp sesame oil in a large sauté pan over medium high heat. Add broccoli slaw and snow peas, tossing to distribute the oil. Cover and sauté for 3-5 minutes or until broccoli is tender crisp (add 1-2 tbsp of water to help it along if needed). Add to a large bowl and set aside to cool.
2. Heat remaining sesame oil in the same large sauté pan over medium high heat. Add garlic and sauté until it becomes fragrant, about 1 minute.
3. Add ground turkey, ground pork, sriracha, and ginger to the sauté pan. Break meat apart with wooden spatula as it cooks, ensuring sriracha and ginger are distributed throughout the meat chunks.
4. When meat is mostly cooked through but still has spots of pink, add soy sauce, rice wine vinegar, and hoisin sauce. Continue stirring and breaking apart meat until cooked through, about 7-10 minutes total.
5. Once meat is cooked, add coleslaw and mix until combined with meat. Add broccoli slaw and snow peas back into sauté pan and mix until combined.
6. Divide mixture evenly into 6 serving dishes or meal prep containers. Top with and desired optional toppings before serving.

Notes

- If you don't have hoisin sauce on hand or can't find it, use 1/2 tbsp brown sugar instead. It doesn't have the same flavor, but will lend some of the same sweetness.
- For a lower fat version, use only lean ground turkey.
- Click here or scan the barcode below to log this food in My Fitness Pal.



★★★★★
4.50 from 8 votes

Nutrition

Calories: 312kcal | Carbohydrates: 12g | Protein: 33g | Fat: 15g | Cholesterol: 83mg | Sodium: 719mg | Potassium: 632mg | Fiber: 3g | Sugar: 7g



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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



Olive Garden Salad

Prep Time
15 mins

Total Time
15 mins

Servings: 4 servings Calories: 225kcal



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No ratings yet

Ingredients

- 8 cups romaine lettuce, sliced (340 grams)
- 1 cup Homemade Croutons
- 1/2 cup Light Olive Garden Italian salad dressing (4 oz)
- 1/2 cup red onion, sliced (73 grams)
- 1/3 cup shredded Parmesan cheese (27 grams)
- 24 low sodium pitted black olives (72 grams)
- 9 Pepperoncini peppers, sliced (90 grams)
- 2 Roma tomatoes, chopped (124 grams)

Instructions

1. Layer salad ingredients in serving dishes or meal prep containers, setting aside croutons, cheese, and dressing until ready to serve.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Copycat Olive Garden Salad" to log this food in My Fitness Pal.

Nutrition

Calories: 225kcal | Carbohydrates: 22g | Protein: 6g | Fat: 11g | Saturated Fat: 3g |
Monounsaturated Fat: 4g | Cholesterol: 10mg | Sodium: 978mg | Potassium: 107mg | Fiber: 3g |
Sugar: 5g



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

Week of January 5th, 2025

Produce

- ☐ Broccoli florets: 6 cups
 - ☐ Orange zest: 1/2 tsp
 - ☐ Green onion: 3 stalks
 - ☐ Garlic: 7 cloves
 - ☐ Fresh ginger: 1 1/2 tbsp
 - ☐ Romaine lettuce: 8 cups
 - ☐ Red onion: 1/2 cup sliced
 - ☐ Roma tomatoes: 2 medium
 - ☐ Coleslaw mix: 13.5 oz
 - ☐ Broccoli slaw: 12 oz
 - ☐ Snow peas: 6 oz
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Proteins

- ☐ Chicken breast: 1 lb
 - ☐ Ground turkey (99% lean): 1 lb
 - ☐ Ground pork: 1 lb
 - ☐ Atlantic salmon: 9 oz
 - ☐ Eggs: 3 large
 - ☐ Liquid egg whites: 3/4 cup
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Dairy

- ☐ Buttermilk (low-fat): 2 cups
 - ☐ Unsalted butter: 3 tbsp
 - ☐ Parmesan cheese: 1/3 cup shredded
 - ☐ Liquid egg whites: 3/4 cup
 - ☐ Eggs: 3 large
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Pantry & Dry Goods

- ☐ All-purpose flour: 1 3/4 cups
- ☐ Vanilla whey protein powder: 1 1/2 scoops
- ☐ Vanilla casein protein powder: 1 1/2 scoops

- ☐ Baking powder: 1 tbsp
 - ☐ Baking soda: 3/4 tsp
 - ☐ Light brown sugar: 3 tbsp
 - ☐ Vanilla extract: 1/2 tbsp
 - ☐ Croutons (or homemade croutons)
 - ☐ Light Olive Garden Italian salad dressing (1/2 cup)
 - ☐ Black olives: 24
 - ☐ Pepperoncini peppers: 9
 - ☐ Rice vinegar: ~3 tbsp
 - ☐ Orange marmalade: 2 tbsp
 - ☐ Hoisin sauce: 1 tbsp
 - ☐ Soy sauce (low sodium): 6 tbsp
 - ☐ Sriracha sauce: 1 tbsp
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Spices & Seasonings

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

- ☐ Olive oil: 1 tbsp
 - ☐ Sesame oil: 1 tbsp + 2 tsp
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Optional Garnishes

- ☐ Sesame seeds
- ☐ Sriracha mayo
- ☐ Wonton strips