

# Weekly MEAL PLAN



Week of January 19th, 2025

	Breakfast	Lunch	Dinner
Day 1	<b>Instant Pot Steel Cut Oats with Blueberries</b>	<b>Easy Greek Chicken Salad</b>	<b>Thai Green Curry with rice</b>
Day 2	<b>Instant Pot Steel Cut Oats with Blueberries</b>	<b>Sheet Pan Pesto Gnocchi</b>	<b>Easy Greek Chicken Salad</b>
Day 3	<b>Instant Pot Steel Cut Oats with Blueberries</b>	<b>Thai Green Curry with rice</b>	<b>Sheet Pan Pesto Gnocchi</b>
Day 4	<b>Instant Pot Steel Cut Oats with Blueberries</b>	<b>Easy Greek Chicken Salad</b>	<b>Thai Green Curry with rice</b>
Day 5	<b>Instant Pot Steel Cut Oats with Blueberries</b>	<b>Sheet Pan Pesto Gnocchi</b>	<b>Easy Greek Chicken Salad</b>
Day 6	<b>Instant Pot Steel Cut Oats with Blueberries</b>	<b>Thai Green Curry with rice</b>	<b>Sheet Pan Pesto Gnocchi</b>

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!

# Instant Pot Steel Cut Oats with Blueberries



Prep Time  
5 mins

Cook Time  
10 mins

Total Time  
15 mins

Servings: 4 servings    Calories: 242kcal



5 from 2 votes

## Ingredients

- 2 cups unsweetened vanilla almond milk (16 fl oz)
- 1 cup steel cut oats (176 grams)
- 1 cup blueberries (147 grams)
- 1 cup water (8 fl oz)
- 1/2 cup unsweetened applesauce (123 grams)
- 2 tbsp brown sugar, packed (25 grams)
- 1 tsp maple extract
- 1 cinnamon stick
- 1 pinch cardamom optional, but recommended

## Instructions

1. Add oats, almond milk, water, and cinnamon stick to the Instant Pot bowl and mix until combined.
2. Close the lid to the Instant Pot and ensure the spout is set to "Sealing" before turning on high pressure for 6 minutes, followed by 10 minutes of natural release. Once the 10 minutes of natural release are complete, quick release any remaining pressure.
3. Remove the cinnamon stick and discard. Stir applesauce, brown sugar, and blueberries into the oats until completely combined.
4. Serve with extra almond milk, brown sugar, fresh blueberries, banana slices, or any other desired toppings (not included in nutrition info).

## Notes

Search for "Peanut Butter and Fitness Instant Pot Steel Cut Oats" or scan the barcode below to log this food in My Fitness Pal.

## Nutrition

Serving: 1cup | Calories: 242kcal | Carbohydrates: 44g | Protein: 8g | Fat: 4g | Sodium: 83mg | Potassium: 70mg | Fiber: 7g | Sugar: 12g



# Sheet Pan Pesto Gnocchi

Prep Time 15 mins	Cook Time 20 mins	Total Time 35 mins
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Servings: 4 servings    Calories: 408kcal



☆☆☆☆☆  
No ratings yet

## Ingredients

- 4 links Greenridge Naturals Black Forest Chicken Sausage (340 grams)
- 12 oz Giovanni Rana Skillet Gnocchi
- 1/4 cup Wegmans Store Made Basil Pesto (100 grams)
- 3 cups butternut squash, cubed (400 grams)
- 3 cups baby spinach (50 grams)
- 1 medium zucchini, sliced (245 grams)
- 1/2 small red onion, chopped (55 grams)
- 3 cloves garlic, minced (12 grams)
- 2 tbsp olive oil (27 grams)
- 1/2 tsp Flavor God Garlic Lover's Seasoning
- 1/2 tsp salt
- 1/2 tsp pepper

## Instructions

1. Pre-heat oven to 400°F.
2. Add all ingredients except pesto to a sheet pan and mix with your hands to distribute the olive oil. Divide the mixture evenly between 2 sheet pans for best results. Bake at 400°F for 20 minutes, tossing halfway through.
3. Add pesto to gnocchi mixture and toss to distribute evenly. Top with fresh grated parmesan for serving, if desired.

## Notes

Scan the barcode below or search for "Peanut Butter and Fitness Sheet Pan Pesto Gnocchi" to log this food in My Fitness Pal.

## Nutrition

Calories: 408kcal | Carbohydrates: 39g | Protein: 23g | Fat: 18g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Cholesterol: 58mg | Sodium: 1351mg | Potassium: 755mg | Fiber: 3g | Sugar: 4g



# Thai Green Curry

Prep Time  
30 mins

Cook Time  
25 mins

Total Time  
55 mins



★★★★★  
5 from 2 votes

Servings: 6 servings    Calories: 326kcal

## Ingredients

- 1 1/2 lb raw chicken breast, sliced thinly
- 2 medium zucchini, trimmed and sliced (480 grams)
- 1/2 lb French green beans, trimmed and cut into 1-2" pieces
- 1 13.5 oz can full fat coconut milk
- 1/2 cup light coconut milk (4 fl oz)
- 1 cup Swanson Chicken Cooking Stock (8 fl oz)
- 6 tbsp Mae Ploy Green Curry Paste (90 grams)
- 2 limes, juiced
- 3 cloves garlic, minced (12 grams)
- 1 1/2 tbsp olive oil
- 1 1/2 tbsp coconut sugar (22 grams)
- 1 tbsp fresh grated ginger
- 1 bunch Thai basil, leaves roughly chopped (about 8-10 basil leaves)
- 6 kaffir lime leaves\* (see notes below)

## Instructions

1. Heat olive oil in a large skillet over medium high heat. Once the oil is shimmery, add garlic, ginger, and curry paste. Break the curry apart with a wooden spoon and cook for 2-3 minutes until very fragrant (try not to breathe in the fumes from the cooking curry - it'll clear you out!).
2. Add coconut milk and chicken broth, scraping any browned bits from the bottom of the skillet. Whisk the curry mixture into the liquid until well incorporated. Now add coconut sugar and kaffir lime leaves (see notes below).
3. Lower the heat to medium (about a 4 out of 10), then add the chicken. Stir to ensure the chicken is covered in the curry sauce. Cover and cook for 5 minutes.
4. Add the green beans and zucchini, stir, cover again, and cook for another 5 minutes. Remove from heat and stir in basil and lime juice. Allow to rest for 5-10 minutes to finish cooking the veggies without overcooking, then serve over rice as desired.

## Notes

**Kaffir lime leaves:** If you can't find them, try one of these methods instead:

- Chop a stalk of lemongrass into 2-3" pieces, score the stalks with a knife, and bend in either direction to help release their flavor. Add to your curry when you add the coconut milk. Remove the pieces before serving. Finish the curry with a bit of extra lime juice to taste (1-2 tbsp).
- Add a bay leaf and the zest of 1 lime to the curry as soon as you add the coconut milk. Remove the bay leaf before serving.

**Nutrition:** Scan the barcode below or search for "Peanut Butter and Fitness Thai Green Curry" to log this food in My Fitness Pal.



(No Rice)

## Nutrition

Calories: 326kcal | Carbohydrates: 15g | Protein: 30g | Fat: 16g | Sodium: 1020mg | Potassium: 743mg | Fiber: 2g | Sugar: 8g

# 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



# Weekly GROCERY LIST



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## Produce

- 8 cups green leaf lettuce (7 oz)
  - 1 cup cherry tomatoes (170 grams)
  - 1 cup English cucumber (150 grams)
  - 1 cup blueberries (147 grams)
  - 1/3 cup red onion (sliced, ~55 grams)
  - 3 medium zucchini (725 grams)
  - 3 cups butternut squash (cubed, 400 grams)
  - 3 cups baby spinach (50 grams)
  - 1 small red onion
  - 1/2 lb French green beans (trimmed, 1-2" pieces)
  - 2 limes (juiced)
  - 1 bunch Thai basil (8-10 leaves)
  - 3 cloves garlic (minced, ~24 grams total)
  - Fresh grated ginger (1 tbsp)
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## Proteins

- 2 1/2 lbs raw chicken breast (for salad and curry)
  - 4 links Greenridge Naturals Black Forest Chicken Sausage (340 grams)
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## Dairy

- 1/2 cup fat-free feta cheese (56 grams)
- 1/4 cup Wegmans Store Made Basil Pesto (100 grams)
- Optional: Parmesan cheese for topping gnocchi

## Grains & Dry Goods

- 1 cup steel-cut oats (176 grams)
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## Canned & Bottled Goods

- 1/2 cup unsweetened applesauce (123 grams)
  - 6 tbsp Mae Ploy Green Curry Paste (90 grams)
  - 1 (13.5 oz) can full-fat coconut milk
  - 1/2 cup light coconut milk (4 fl oz)
  - 1 cup Swanson Chicken Cooking Stock (8 fl oz)
  - 1/2 cup Farmer Boy Greek Dressing (4 fl oz)
  - 1/3 cup kalamata olives (61 grams)
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## Spices & Seasonings

- 3 tbsp homemade brine mix (for chicken)
- Kaffir lime leaves or substitutes (lemongrass, bay leaf, lime zest)
- 2 tbsp brown sugar (25 grams)
- 1 1/2 tbsp coconut sugar (22 grams)
- 1 tsp Oh My Spice! Lemon Pepper Dill Seasoning
- 1/2 tsp Flavor God Garlic Lover's Seasoning
- 1/2 tsp chili powder
- 1 tsp maple extract
- 1 cinnamon stick
- Pinch of cardamom (optional)
- salt
- pepper

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## Oils

- 5 1/2 tbsp olive oil (1 tsp for chicken, 1 1/2 tbsp for curry, 2 tbsp for gnocchi, and 1 tsp for general use)
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## Frozen & Refrigerated

- 2 cups unsweetened vanilla almond milk (16 fl oz)
  - 12 oz Giovanni Ranna Skillet Gnocchi
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## Optional Toppings & Substitutes

- Extra almond milk, brown sugar, fresh blueberries, banana slices (for oatmeal)
- Pita bread and hummus (for Greek salad)
- Rice (for curry)