

Weekly MEAL PLAN



Week of February 23rd, 2025

	Breakfast	Lunch	Dinner
Day 1	Mixed Berry Oatmeal Muffins	Easy Greek Chicken Salad	Copypcat Chipotle Chicken Burrito Bowl
Day 2	Mixed Berry Oatmeal Muffins	Juicy Air Fryer Chicken with with Grilled Sweet Potatoes & Asparagus	Easy Greek Chicken Salad
Day 3	Mixed Berry Oatmeal Muffins	Copypcat Chipotle Chicken Burrito Bowl	Juicy Air Fryer Chicken with with Grilled Sweet Potatoes & Asparagus
Day 4	Mixed Berry Oatmeal Muffins	Easy Greek Chicken Salad	Copypcat Chipotle Chicken Burrito Bowl
Day 5	Mixed Berry Oatmeal Muffins	Juicy Air Fryer Chicken with with Grilled Sweet Potatoes & Asparagus	Easy Greek Chicken Salad
Day 6	Mixed Berry Oatmeal Muffins	Copypcat Chipotle Chicken Burrito Bowl	Juicy Air Fryer Chicken with with Grilled Sweet Potatoes & Asparagus

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.



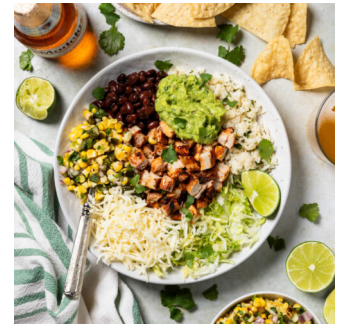
4.35 from 32 votes

Nutrition

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

Copycat Chipotle Chicken Burrito Bowl

Skip the takeout and make one of Chipotle's most popular orders at home with this healthy chicken burrito bowl! Perfect for meal prep.



Prep Time	Cook Time	Marinade Time	Total Time
30 mins	12 mins	4 hrs	4 hrs 42 mins

Course: Main Course Cuisine: American, Mexican

☆☆☆☆☆
No ratings yet

Keyword: burrito bowl, chicken, chipotle copycat, grilled, high protein, rice bowl, southwestern, spring, summer, tex-mex

Servings: 6 servings Calories: 624kcal

Ingredients

Chicken and Marinade

- 1 3/4 lbs boneless, skinless chicken thighs, excess fat trimmed
- 1/3 cup red onion, chopped
- 3 cloves garlic
- 2 tbsp vegetable oil, plus more for grilling
- 2 tbsp lime juice
- 1 chipotle in adobo sauce
- 1 tbsp sauce from chipotles in adobo
- 1 tsp each: smoked paprika, Mexican oregano, cumin
- 3/4 tsp sea salt

Bowl Ingredients

- 4 cups shredded lettuce (200 grams)
- 3 cups Copycat Chipotle Corn Salsa (24 fl oz)
- 1 1/2 cups Copycat Chipotle Guacamole (12 fl oz)
- 1 1/4 cups dry jasmine rice, cooked according to package directions (231 grams)
- 1 15.5 oz can Bush's Best Chili Beans Black Beans with Mild Chili Sauce
- 1 cup shredded Monterey Jack cheese (112 grams)
- 1 lime, juiced
- 1/4 cup cilantro, chopped

Instructions

1. Add all Chicken and Marinade ingredients except the chicken thighs to a food processor and pulse until the onion is pureed and the ingredients are well combined. Pour marinade over trimmed chicken thighs, toss to coat evenly, cover, and refrigerate for at least 4 hrs or up to overnight.
2. Pre-heat grill to 425°F (though anywhere between 400-450° will work). Once pre-heated,

use grill tongs and a bunched up paper towel to brush the grill grates with vegetable oil. Add the marinated chicken thighs to the oiled grill grates and grill for about 6 minutes per side or until cooked through.

3. Remove chicken from the grill and rest for at least 5 minutes before chopping into bite sized pieces.
4. Toss the cooked rice with lime juice and cilantro, then layer into the bottom of serving bowls. Add black beans, chicken, and remaining toppings before serving.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Copycat Chipotle Burrito Bowl" to log this food in My Fitness Pal.

Nutrition

Calories: 624kcal | Carbohydrates: 65g | Protein: 41g | Fat: 23g | Saturated Fat: 6g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 8g | Cholesterol: 139mg | Sodium: 1089mg | Potassium: 1260mg | Fiber: 10g | Sugar: 7g



With Rice



No Rice

Copycat Chipotle Guacamole

This Copycat Chipotle Guacamole is ridiculously easy to recreate at home and you can have as much as you like! Perfect for game day snacks!



No ratings yet

Prep Time

15 mins

Total Time

15 mins

Course: Appetizer, Snack Cuisine: American, Mexican

Keyword: appetizers, avocado, dip, game day recipes, guacamole, snacks

Servings: 10 servings Calories: 85kcal

Ingredients

- 3 medium Haas avocados, pit and skin removed (510 grams yield)
- 6 tbsp red onion, diced (60 grams)
- 3 tbsp chopped cilantro
- 1 small jalapeño, seeds & veins removed, diced (15 grams)
- 2 tbsp lime juice (1 fl oz)
- 1/2 tsp sea salt

Instructions

1. Add avocado, salt, and lime juice to a medium bowl. Mash with a fork until the avocado reaches desired consistency. Mix in all remaining ingredients.

Notes

- This recipe yields 2 1/2 cups guacamole.
- **Storage tip:** Add leftover guacamole to an airtight container and smooth the top of the guacamole with a spatula or back of a spoon. Add a layer of plastic wrap and press it gently onto the top of the guacamole to remove any air. Seal the container with the lid.
- Scan the barcode below or search for "Peanut Butter and Fitness Copycat Chipotle Guacamole" to log this food in My Fitness Pal.

Nutrition

Serving: 0.25cup | Calories: 85kcal | Carbohydrates: 5g | Protein: 1g | Fat: 7g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Sodium: 120mg | Potassium: 265mg | Fiber: 4g | Sugar: 1g



Copycat Chipotle Corn Salsa

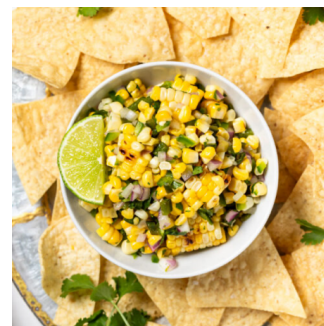
This easy and delicious Copycat Chipotle Corn Salsa is perfect for homemade burrito bowls or as a snack to serve at parties or game day.

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

Course: Appetizer, Snack Cuisine: American, Mexican

Keyword: appetizers, copycat recipes, game day recipes, salsa, snacks, tex-mex

Servings: 8 servings Calories: 65kcal



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No ratings yet

Ingredients

- 5 small ears of corn (about 3 cups yield/510 grams)
- 1 poblano pepper (65 grams)
- 1 jalapeño pepper, seeds removed and diced (15 grams)
- 1/2 cup red onion, diced (80 grams)
- 1/4 cup cilantro, chopped
- Juice and zest of 1 large lime (1 fl oz)
- 1/2 tsp salt

Instructions

1. Pre-heat grill to 400°F. Add ears of corn and poblano pepper. Grill for 6-8 mins or until the corn is tender and lightly charred, turning frequently to cook evenly and avoid burning. The peppers should develop a dark char and the skin should bubble, which may take longer than the corn.
2. Add the charred poblano pepper to a bowl and cover tightly with plastic wrap. Rest for 5-10 minutes, then peel or scrape the skin off the pepper before dicing.
3. Trim the corn kernels from the ears of corn. I recommend placing a small bowl upside down in a larger bowl to help catch all the corn without making a mess.
4. Add all ingredients to a bowl and toss, then serve.

Notes

- The recipe yield is about 4 cups.
- If using frozen corn kernels instead of corn on the cob, allow them to thaw and drain any excess water before adding other salsa ingredients.
- Scan the barcode below or search for "Peanut Butter and Fitness Copycat Chipotle Corn Salsa" to log this food in My Fitness Pal.

Nutrition

Serving: 0.5cup | Calories: 65kcal | Carbohydrates: 14g | Protein: 2g | Fat: 1g | Sodium: 155mg | Potassium: 212mg | Fiber: 2g | Sugar: 5g



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.

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

Grilled Sweet Potatoes

Prep Time
5 mins

Cook Time
10 mins

Total Time
15 mins

Servings: 4 servings Calories: 113kcal



No ratings yet

Ingredients

- 2 medium sweet potatoes, ends trimmed and cut into 1/4-1/2" slices (450 grams)
- 1/2 tbsp olive oil (7 grams)
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/4 tsp salt
- 1/8 tsp black pepper

Instructions

1. Pre-heat grill to 400°F.
2. Drizzle the sweet potatoes with olive oil, then season with lemon pepper seasoning, salt, and black pepper. Toss to coat evenly.
3. Grill directly on grates at 400°F for 5 mins, then flip and repeat until the potatoes are lightly charred and tender. The natural sugars should begin to bubble from them and the skin will pull away when very tender.

Notes

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

Nutrition

Calories: 113kcal | Carbohydrates: 23g | Protein: 2g | Fat: 2g | Sodium: 207mg | Potassium: 379mg | Fiber: 3g | Sugar: 5g



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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

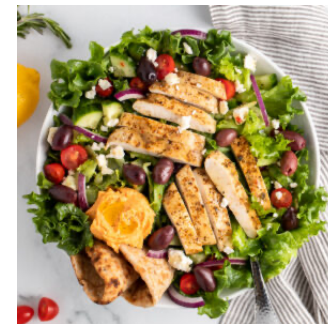
1. Bring 2 cups water to a boil. Add brine mix and stir until dissolved. Pour over ice in a flat bottomed resealable container. Add chicken, then add additional water until chicken is submerged. Brine for at least 5 hours or up to 12 hours.
2. Remove chicken from brine and rinse with cold water. Pat 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



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Nutrition

Calories: 342kcal | Carbohydrates: 23g | Protein: 31g | Fat: 14g | Cholesterol: 2mg | Sodium: 595mg | Potassium: 271mg | Fiber: 3g | Sugar: 8g

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

Week of February 23rd, 2025

Produce

- ☐ Green leaf lettuce: 7 oz
 - ☐ Shredded iceberg lettuce: 4 cups
 - ☐ Cherry tomatoes: 1 cup
 - ☐ English cucumber: 1 medium
 - ☐ Red onion: 1 large
 - ☐ Cilantro: 1 bunch
 - ☐ Garlic: 3 cloves
 - ☐ Jalapeño pepper: 2 small
 - ☐ Limes: 4
 - ☐ Poblano pepper: 1 medium
 - ☐ Corn on the cob: 5 small ears
 - ☐ Haas avocados: 3 medium
 - ☐ Sweet potatoes: 2 medium
 - ☐ Asparagus: 1 bunch
 - ☐ Blackberries: 1/2 cup
 - ☐ Blueberries: 1/2 cup
 - ☐ Strawberries: 1/2 cup
-

Proteins

- ☐ Chicken breast: 2 lbs
 - ☐ Chicken thighs (boneless, skinless): 1 3/4 lbs
-

Dairy

- ☐ Fat-free feta cheese: 1/2 cup
- ☐ Shredded Monterey Jack cheese: 1 cup
- ☐ Unsweetened vanilla almond milk: 3/4 cup
- ☐ Egg whites: 2

Pantry & Dry Goods

- ☐ Rolled oats: 2 cups
 - ☐ ON Gold Standard Plant Based Protein Powder - Vanilla: 2 scoops
 - ☐ Baking powder: 1/2 tsp
 - ☐ Baking soda: 1/2 tsp
 - ☐ Unsweetened applesauce: 3/4 cup
 - ☐ Jasmine rice (dry): 1 1/4 cups
 - ☐ Black beans (canned, with mild chili sauce): 1 (15.5 oz) can
 - ☐ Kalamata olives: 1/3 cup
 - ☐ Maple syrup: 1/4 cup
 - ☐ Skippy Natural Creamy Peanut Butter: 1 1/2 tbsp
 - ☐ Vanilla extract: 1/2 tsp
 - ☐ Homemade brine mix: 3 tbsp
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Oils, Sauces & Condiments

- ☐ Vegetable oil: 2 tbsp
 - ☐ Olive oil
 - ☐ Chipotles in adobo sauce: small can
 - ☐ Farmer Boy Greek Dressing: 1/2 cup
-

Spices & Seasonings

- ☐ Sea salt
- ☐ Smoked paprika: 1 tsp
- ☐ Mexican oregano: 1 tsp
- ☐ Cumin: 1 tsp
- ☐ Black pepper
- ☐ Chili powder: 1/2 tsp
- ☐ Cinnamon: 1/2 tsp
- ☐ Oh My Spice! Lemon Pepper Seasoning: 1 1/2 tsp