

Weekly MEAL PLAN



Week of February 9th, 2025

	Breakfast	Lunch	Dinner
Day 1	High Protein Baked Egg Scramble Bowl	Turkey Taco Salad with Avocado Ranch Dressing	Banh Mi Meatball Bowls
Day 2	High Protein Baked Egg Scramble Bowl	Juicy Air Fryer Chicken with Roasted Delicata Squash and Air Fryer Broccoli	Turkey Taco Salad with Avocado Ranch Dressing
Day 3	Freezer Breakfast Sandwich	Banh Mi Meatball Bowls	Juicy Air Fryer Chicken with Roasted Delicata Squash and Air Fryer Broccoli
Day 4	High Protein Baked Egg Scramble Bowl	Turkey Taco Salad with Avocado Ranch Dressing	Banh Mi Meatball Bowls
Day 5	High Protein Baked Egg Scramble Bowl	Juicy Air Fryer Chicken with Roasted Delicata Squash and Air Fryer Broccoli	Turkey Taco Salad with Avocado Ranch Dressing
Day 6	Freezer Breakfast Sandwich	Banh Mi Meatball Bowls	Juicy Air Fryer Chicken with Roasted Delicata Squash and Air Fryer Broccoli

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!

High Protein Baked Egg Bowls

Prep Time
20 mins

Cook Time
40 mins

Total Time
1 hr



Servings: 4 servings Calories: 282kcal

Ingredients

- 1 1/2 cups egg whites (12 fl oz)
- 1 cup fat free cottage cheese (8 fl oz)
- 8 links Applegate Naturals Savory Turkey Breakfast Sausages, sliced
- 6 large eggs (300 grams)
- 1 cup baby spinach, roughly chopped (25 grams)
- 1/2 cup sharp cheddar cheese, shredded (40 grams)
- 1/2 small red bell pepper, diced (75 grams)
- 2 tbsp chives or green onions, chopped
- 1/4 tsp salt
- 1/4 tsp Flavor God Garlic Lover's Seasoning



No ratings yet

Instructions

1. Pre-heat oven to 350°F. Spray 4 oven safe bowls (at least 2 cup capacity) with non-stick cooking spray and arrange on a baking sheet. Set aside.
2. Add cottage cheese and eggs to a blender or food processor and blend until smooth. Stir in egg whites until evenly combined. Set aside.
3. Add spinach to the bottom of the prepared bowls, then top with bell pepper and sausage. Season with salt and garlic seasoning, then divide the egg and cottage cheese mixture evenly among the 4 bowls. Top with cheese and chives.
4. Bake at 350°F for 40-45 minutes, covered with foil for the first 20 minutes. While baking, the eggs will puff up in the middle and runny egg mixture will ooze up the sides of the bowls onto the edges of the already baked eggs - once that mixture is cooked and the cheese is golden brown, the eggs are done.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness High Protein Baked Egg Bowls" to log this food in My Fitness Pal.



Nutrition

Serving: 1bowl | Calories: 282kcal | Carbohydrates: 14g | Protein: 33g | Fat: 5g | Saturated Fat: 6g
| Polyunsaturated Fat: 2g | Monounsaturated Fat: 3g | Cholesterol: 351mg | Sodium: 913mg |
Potassium: 474mg | Sugar: 2g

Freezer Breakfast Sandwiches

Prep Time
30 mins

Cook Time
18 mins

Servings: 12 sandwiches Calories: 364kcal



4.67 from 3 votes

Ingredients

- 12 Thomas 100-Calorie Light Multigrain English Muffins (57 grams per muffin)
- 12 slices Tillamook Sharp Cheddar Cheese (1 oz per slice)

Meat (quantities listed make 4 servings of each type)

- 4 slices Applegate Hickory Smoked Uncured Thick Cut Bacon (48 grams cooked weight)
- 4 slices Hormel Black Label Canadian bacon (17 grams per slice = 68 grams)
- 1 lb Jennie-O Turkey Breakfast Sausage prepared according to package directions

Eggs

- 8 large eggs
- 2 1/2 cups egg whites
- 1/4 cup whole milk
- 2 cups baby spinach (2 1/2 oz / 71 grams)
- 1/2 medium red bell pepper, chopped (54 grams)
- 1/2 medium shallot, diced (25 grams)
- 1 tsp olive oil or rendered bacon fat
- 1/4 tsp salt
- 1/4 tsp black pepper

Instructions

Eggs

1. Pre-heat oven to 325 degrees. Spray a 13x18" baking sheet with non-stick cooking spray and set aside.
2. Heat olive oil or rendered bacon fat in a pan over medium high heat. Once hot, add shallot and bell pepper and sauté until softened and fragrant, 3-4 minutes. Add baby spinach and toss with shallot and bell pepper. Sauté for 2-3 minutes, continuously moving around the pan, until spinach is softened and bright green. Dump spinach mixture onto a paper-towel lined plate and set aside.
3. Add whole eggs into a bowl with milk, salt, and pepper. Whisk until yolks are broken down and combined into the whites. Then add remaining egg whites and cooled spinach mixture and whisk until combined. Pour into greased baking sheet.
4. Bake at 325 degrees for 18-22 minutes or until the tops of the eggs are no longer jiggly. Set aside to cool.

Bacon

1. If using bacon, pre-heat the oven to 400 degrees. Arrange slices of bacon on a smaller baking sheet in a single layer.
2. Bake for 6 minutes, then rotate the pan in the oven so that the side that was in the front of the oven is now in the back. Continue baking for 8-10 minutes, then remove to a paper towel lined plate to cool. Pat off any excess grease.

Assemble

1. *Note: ensure all components are completely cooled before assembling the sandwiches!
2. Slice the cooled eggs into 12 pieces and break bacon slices in half so they fit onto the sandwiches.
3. Place the english muffin bottoms on the counter (or onto a large baking sheet for easy cleanup). Add the cooled egg whites, then the cheese slices, then the meats. Add the muffin tops and tightly wrap the sandwiches in wax paper or foil. Freeze for up to 1 month.

Notes

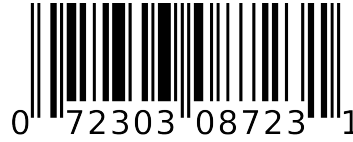
- **English muffins and cheese:** use whatever kinds you like! The nutrition info was calculated using these specific brands.
- **Meat:** Try all 3 varieties or pick one. To make all the same variety, you'll need to triple the amount listed above. The nutrition info included in the recipe card is for the bacon variety.
- **Wrapping:** I tried wrapping and freezing these sandwiches in plastic wrap, wax paper, and aluminum foil. The ones wrapped in wax paper fared the best in the freezer in the short term, and foil did better over time.
- **Storing:** I also tried sticking some wrapped sandwiches in sealed plastic containers or reusable plastic bags. If using foil or using wax paper for short term (<1 week) freezing, the extra container or bag is totally unnecessary.
- **Reheating:** I tested a variety of reheating methods - air fryer, oven, microwave, microwave + toaster. My favorite was letting the sandwich thaw in the fridge overnight, then topless into the air fryer at 200 degrees for 10 minutes. Then replace the top, flip it, and go at 300 degrees for 5 minutes.

Nutrition

Serving: 1sandwich | Calories: 364kcal | Carbohydrates: 27g | Protein: 27g | Fat: 18g | Cholesterol: 155mg | Sodium: 734mg | Potassium: 191mg | Fiber: 6g | Sugar: 2g



Bacon



Canadian Bacon



Sausage

Banh Mi Meatball Bowls

Servings: 4 servings Calories: 460kcal

Ingredients

Meatballs

- 1/2 lb ground pork (8 oz)
- 1/2 lb 98% lean ground chicken (8 oz)
- 1/4 cup plain breadcrumbs (28 grams)
- 2 tbsp milk (1 fl oz)
- 2 tbsp cilantro, chopped
- 2 cloves garlic, grated (8 grams)
- 1 tbsp lemongrass paste (0.5 fl oz)
- 1 tbsp sriracha (0.5 fl oz)
- 1 tbsp brown sugar (13 grams)
- 1 tbsp fish sauce (0.5 fl oz)
- 2 tsp cornstarch
- 1/4 tsp salt

Bowl Ingredients

- 1 pouch Ben's Original Ready Rice Jasmine Rice (8.5 oz)
- 1 batch Quick Pickled Veggies
- 1/4 cup sriracha mayonnaise (60 grams)
- Optional: fresh herbs like cilantro, basil, and mint
- Optional: sesame seeds

Instructions

Make the Meatballs

1. To a small bowl, add the breadcrumbs and milk to create a panade. Mix to coat the breadcrumbs and set aside for 5-10 minutes or until the breadcrumbs have absorbed the milk.
2. To a large bowl, add all remaining meatball ingredients and the breadcrumb/milk mixture. Mix with your hands until ingredients are evenly distributed in the meat, being careful not to overmix.
3. Line a baking sheet with aluminum foil. Using a 1 1/2 tbsp cookie scoop, roll into about 1" meatballs and place on the lined baking sheet. Refrigerate for 30 minutes before baking.
4. Pre-heat oven to 400°F while the meatballs rest. Bake for 18-20 minutes or until the tops of the meatballs begin to brown and are cooked through.

Assemble the Bowls

1. Add cooked rice to the base of the bowls, then layer with Quick Pickled Veggies and meatballs. Top with sriracha mayo, fresh herbs, and sesame seeds before serving.

Notes

- This recipe yields 16-20 meatballs with 4-5 meatballs per serving. I recommend doubling the meatball portion of the recipe and freezing half of them for later. Just let them cool, vacuum seal, and freeze them for up to 6 months.
- Scan the barcode below or search for "Peanut Butter and Fitness Banh Mi Meatball Bowl" to log this food in My Fitness Pal.



☆☆☆☆☆

No ratings yet

Nutrition

Calories: 460kcal | Carbohydrates: 45g | Protein: 28g | Fat: 18g | Saturated Fat: 4g | Cholesterol: 89mg | Sodium: 1244mg | Potassium: 307mg | Fiber: 4g | Sugar: 12g



Quick Pickled Veggies

Prep Time
15 mins

Total Time
15 mins

Servings: 4 servings Calories: 41kcal



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No ratings yet

Ingredients

- 1/2 medium daikon radish, sliced thinly (275 grams)
- 2 medium carrots, cleaned and sliced thinly (125 grams)
- 2 mini cucumbers, sliced thinly (80 grams)
- 2 fresno peppers (28 grams)

Pickling Liquid

- 1 1/4 cups water (10 fl oz)
- 1/2 cup seasoned rice vinegar (4 fl oz)
- 2 tbsp sugar (25 grams)
- 2 tsp salt (12 grams)

Instructions

1. Add water to a microwave safe jar and microwave for about 2 minutes or until almost boiling. Add sugar and salt to hot water and stir to dissolve, then add vinegar and stir. Set aside.
2. Add all veggies to a large storage jar or leakproof glass container. Pour pickling liquid over veggies and cool, uncovered for about 30 minutes before sealing and storing in the refrigerator.
3. Allow the veggies to pickle at least 8 hours. For best texture, consume within a week or two of pickling.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Quick Pickled Veggies" to log this food in My Fitness Pal.

Nutrition

Calories: 41kcal | Carbohydrates: 9g | Protein: 1g | Sodium: 452mg | Potassium: 257mg | Fiber: 3g | Sugar: 6g



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

Roasted Delicata Squash with Cheese

Prep Time
15 mins

Cook Time
25 mins

Total Time
40 mins

Servings: 4 servings Calories: 131kcal

Ingredients

- 2 medium delicata squash, ends trimmed and seeds removed (900 grams)
- 1/4 cup Parmigiano Reggiano and Pecorino Romano cheese blend (26 grams)
- 1 tbsp olive oil
- 1/2 tsp sea salt
- 1/2 tsp black pepper
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- Optional: fresh parsley for serving



★★★★★
5 from 2 votes

Instructions

1. Preheat oven to 425°. Line a large baking sheet with foil or parchment paper. Set aside.
2. Slice the squash in half lengthwise and scoop out the seeds. Slice the squash halves into 1/4 to 1/2-inch thick slices (half moon shape).
3. Add squash to a large bowl, then add olive oil, cheese, and seasoning, tossing to coat the squash evenly. You may need to press the squash into the cheese to help it stick.
4. Arrange sliced squash in a single layer on prepared baking sheet. Bake for 20-25 minutes until squash is golden brown. Top with fresh chopped parsley before serving, if desired.

Notes

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



Nutrition

Calories: 131kcal | Carbohydrates: 19g | Protein: 3g | Fat: 5g | Cholesterol: 7mg | Sodium: 417mg | Fiber: 4g | Sugar: 6g

Air Fryer Broccoli

Prep Time
10 mins

Cook Time
10 mins

Total Time
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

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



☆☆☆☆☆
No ratings yet



Weekly **GROCERY LIST**



Week of February 9th, 2025

Produce

- Green leaf lettuce: 10 cups
 - Cherry tomatoes: 1 1/3 cups
 - Red onion: 1/2 cup
 - Haas avocado: 1 medium
 - Lime: 1
 - Garlic: 4 cloves
 - Fresh cilantro: 4 tbsp
 - Fresh chives: 3 tbsp
 - Fresh dill: 1 tbsp
 - Baby spinach: 3 cups
 - Red bell pepper: 1 medium
 - Shallot: 1/2 medium
 - Daikon radish: 1/2 medium
 - Carrots: 2 medium
 - Mini cucumbers: 2
 - Fresno peppers: 2
 - Delicata squash: 2 medium
 - Broccoli florets: 6 cups
 - Lemongrass paste: 1 tbsp
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Proteins

- Chicken breast: 1 lb
- Ground turkey (94% lean): 1 lb
- Ground pork: 1/2 lb
- Ground chicken (98% lean): 1/2 lb
- Jennie-O turkey breakfast sausage: 1 lb
- Applegate Hickory Smoked Uncured Bacon: 4 slices
- Hormel Black Label Canadian Bacon: 4 slices

Dairy

- Large eggs: 14
 - Egg whites: 4 cups
 - Low-fat buttermilk: 1 cup
 - Plain, non-fat Greek yogurt: 1/4 cup
 - Shredded sharp cheddar cheese: 1/2 cup
 - Parmigiano Reggiano & Pecorino Romano blend: 1/4 cup
 - Fat-free cottage cheese: 1 cup
 - Whole milk: 1/4 cup + 2 tbsp
 - Tillamook Sharp Cheddar Cheese: 12 slices
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Pantry & Dry Goods

- Thomas Light Multigrain English Muffins: 12
 - Ben's Original Ready Rice Jasmine: 8.5 oz packet
 - Plain breadcrumbs: 1/4 cup
 - Low sodium black beans: 1 1/3 cups
 - Tortilla strips (Santa Fe Style): 1 cup
 - Sugar: 2 tbsp
 - Brown sugar: 1 tbsp
 - Cornstarch: 2 tsp
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Freezer

- Frozen corn kernels: 1 1/3 cups
- Applegate Naturals Savory Turkey Breakfast Sausage: 8 links

Week of February 9th, 2025

Oils, Sauces & Condiments

- Olive oil
 - Sriracha mayonnaise: 1/4 cup
 - Ortega Taco Skillet Sauce: 7 oz
 - Fish sauce: 1 tbsp
 - Sriracha sauce: 1 tbsp
 - Seasoned rice vinegar: 1/2 cup
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Spices & Seasonings

- Salt
 - Pepper
 - Oh My Spice! Lemon Pepper
Seasoning: 1 tsp
 - Oh My Spice! Spicy Fajita
Seasoning: 1 tsp
 - Flavor God Garlic Lover's
Seasoning: 1/4 tsp
 - Chili powder: 1/4 tsp
 - Homemade brine mix: 3 tbsp
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Optional Garnishes

- Fresh basil, cilantro, mint (for
meatball bowls)
- Fresh parsley (for delicata squash)
- Sesame seeds (for meatball bowls)
- Flaky sea salt (for squash)