

Weekly MEAL PLAN



Week of March 2nd, 2025

	Breakfast	Lunch	Dinner
Day 1	Carrot Cake Baked Oatmeal	Roasted Butternut Squash and Kale Salad with Juicy Air Fryer Chicken	Weeknight Butter Chicken and Veggies
Day 2	Carrot Cake Baked Oatmeal	Juicy Air Fryer Chicken with Roasted Butternut Squash and Grilled Asparagus	Roasted Butternut Squash and Kale Salad with Juicy Air Fryer Chicken
Day 3	Carrot Cake Baked Oatmeal	Weeknight Butter Chicken and Veggies	Juicy Air Fryer Chicken with Roasted Butternut Squash and Grilled Asparagus
Day 4	Carrot Cake Baked Oatmeal	Roasted Butternut Squash and Kale Salad with Juicy Air Fryer Chicken	Weeknight Butter Chicken and Veggies
Day 5	Carrot Cake Baked Oatmeal	Juicy Air Fryer Chicken with Roasted Butternut Squash and Grilled Asparagus	Roasted Butternut Squash and Kale Salad with Juicy Air Fryer Chicken
Day 6	Carrot Cake Baked Oatmeal	Weeknight Butter Chicken and Veggies	Juicy Air Fryer Chicken with Roasted Butternut Squash and Grilled 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!

Carrot Cake Baked Oatmeal

Prep Time
15 mins

Cook Time
40 mins

Total Time
55 mins

Servings: 6 servings Calories: 311kcal

Ingredients

- 2 cups rolled oats (160 grams)
- 2 scoops PE Science Select Vanilla Plant Based Protein Powder (56 grams)
- 1/2 cup raisins (80 grams)
- 1 tsp baking powder (2 grams)
- 1 tsp cinnamon
- 1/2 tsp all spice
- 1/4 tsp salt
- 1 cup unsweetened vanilla almond milk (8 fl oz)
- 1 cup grated carrots (150 grams)
- 1/2 cup unsweetened applesauce (122 grams)
- 1/4 cup unsalted butter, melted (2 oz)
- 1/4 cup pure maple syrup (2 oz)
- 2 eggs (100 grams)
- 1 tsp vanilla extract

Instructions

1. Pre-heat oven to 350°. Grease an 8x11" baking dish with coconut oil and set aside.
2. Combine all dry ingredients, then add wet ingredients and mix until just combined. (Note: just be careful not to pour hot butter over raw eggs.) Pour into prepared casserole dish and spread evenly.
3. Bake at 350 degrees for 40-45 minutes or until the middle is set and the top begins to brown (you can test for doneness by pressing your finger into it gently). If desired, press pecan pieces into the top of the mixture about halfway through the baking time.
4. Allow to cool, then cut into 6 pieces for serving.

Notes

- Click here or scan the barcode below to log this food in My Fitness Pal.
- I used a casserole dish like this to make mine.
- Baking time will vary if you use a different type of protein powder. One brand required almost a full 60 minutes in the oven to set. Keep an eye on it and pull it out when it's set in the middle and begins to brown on top.

Nutrition

Calories: 311kcal | Carbohydrates: 43g | Protein: 13g | Fat: 11g | Cholesterol: 82mg | Sodium: 266mg | Potassium: 261mg | Fiber: 5g | Sugar: 20g



4.50 from 6 votes



Weeknight Butter Chicken and Veggies

Prep Time
10 mins

Cook Time
10 mins

Total Time
20 mins

Servings: 6 servings Calories: 382kcal

Ingredients

- 1 18 oz bag Sprouts Organic Grilled Chicken Chunks
- 1 16 oz bag Sprouts Organic Mixed Vegetables
- 2 8.8 oz bags Tasty Bite Organic Turmeric Basmati Rice
- 1 13 oz jar Tasty Bite Organic Butter Chicken Punjabi Style Simmer Sauce
- 2 tbsp fresh chopped cilantro
- 1 tbsp olive oil, divided
- ¼ tsp each: salt, garam masala, ground coriander, ground cumin



☆☆☆☆☆
No ratings yet

Instructions

1. Microwave the bag of frozen mixed vegetables for about 4 minutes, or half of the cook time described in the package directions. Remove from the bag to a paper towel lined plate and gently pat dry with another paper towel.
2. Heat half of the olive oil in a large skillet over high to medium-high heat. Once the oil is hot and shimmery, add the mixed vegetables, tossing to coat evenly in the oil. Season with salt, garam masala, ground coriander, and ground cumin. Sauté for 2-3 minutes, stirring frequently until the vegetables have developed some sear marks and are fully heated. Set aside in a bowl.
3. Reduce heat to medium and add remaining oil to the skillet. Once hot, add frozen chicken chunks, tossing to coat evenly in oil. Add Tasty Bite Butter Chicken sauce and heat, stirring frequently until the chicken is heated through, about 5-7 minutes.
4. While chicken heats, microwave Tasty Bite rice according to package directions. Serve chicken over rice with vegetables on the side. Garnish with fresh chopped cilantro.

Notes

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

Nutrition

Calories: 382kcal | Carbohydrates: 41g | Protein: 29g | Fat: 12g | Saturated Fat: 4g | Monounsaturated Fat: 2g | Cholesterol: 16mg | Sodium: 668mg | Potassium: 209mg | Fiber: 4g | Sugar: 7g



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



Roasted Butternut Squash

Prep Time	Cook Time	Total Time
10 mins	35 mins	45 mins

Servings: 4 servings Calories: 77kcal



No ratings yet

Ingredients

- 1 medium to large butternut squash (700 grams yield)
- 1 tbsp olive oil (0.5 fl oz)
- 1/2 tsp salt
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/4 tsp black pepper

Instructions

1. Pre-heat oven to 400°F. Line a baking sheet with foil, if desired. Set aside.
2. Cut the butternut squash in half lengthwise and scoop out the seeds, then peel the skin off the butternut squash. Chop into 1/2-3/4" cubes.
3. Toss butternut squash with olive oil and seasonings, then spread onto baking sheet in a single layer, keeping the squash cubes separated if possible for maximum browning.
4. Roast at 400°F for 30-35 minutes, flipping halfway through. The roasted squash should be golden and fork-tender when done.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Roasted Butternut Squash (September 2024)" in My Fitness Pal.

Nutrition

Serving: 1cup | Calories: 77kcal | Carbohydrates: 11g | Protein: 2g | Fat: 3g | Saturated Fat: 1g | Monounsaturated Fat: 2g | Sodium: 313mg | Potassium: 595mg | Fiber: 1g | Sugar: 5g



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

Roasted Butternut Squash and Kale Salad (No Chicken)



4 from 4 votes

Prep Time	Cook Time	Total Time
30 mins	20 mins	50 mins

Servings: 4 servings Calories: 335kcal

Ingredients

- 8 cups kale, stems trimmed and chopped (537 grams)
- 2 cups butternut squash, cubed (325 grams)
- 1/2 cup 50% less sugar dried cranberries (80 grams)
- 1/3 cup crumbled goat cheese (37 grams)
- 1/3 cup Fresh Gourmet Honey Roasted Pecan Pieces (37 grams)
- 1/2 tsp Flavor God Garlic Lover's Seasoning
- 2 tsp olive oil, divided
- Salt and pepper to taste

Honey Mustard Dressing

- 2 1/2 tbsp olive oil
- 2 tbsp Dijon mustard
- 2 tbsp honey
- 1 tbsp apple cider vinegar
- 1 tsp garlic powder

Instructions

1. Pre-heat oven to 400 degrees. Add butternut squash to a foil-lined baking sheet, then drizzle with 1 tsp olive oil and 1/2 tsp Flavor God Seasoning. Toss until evenly coated, then bake for 20 minutes.
2. Whisk together all vinaigrette ingredients and set aside.
3. Gently massage kale with 1 tsp olive oil. Set aside.
4. Divide all ingredients except pecans evenly into 4 serving bowls and toss until evenly coated with dressing. Top with honey roasted pecans before serving.

Notes

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



Nutrition

Calories: 335kcal | Carbohydrates: 43g | Protein: 7g | Fat: 18g | Cholesterol: 7mg | Sodium: 318mg | Potassium: 678mg | Fiber: 10g | Sugar: 21g

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

Week of March 2nd, 2025

Produce

- ☐ Kale: 8 cups
 - ☐ Butternut squash: 1 large
 - ☐ Carrots: 1 cup grated
 - ☐ Asparagus: 1 bunch
 - ☐ Cilantro: 2 tbsp
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Proteins

- ☐ Chicken breast: 2 lbs
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Dairy

- ☐ Unsweetened vanilla almond milk: 1 cup
 - ☐ Unsalted butter: 1/4 cup
 - ☐ Goat cheese: 1/3 cup
 - ☐ Eggs: 2 large
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Freezer

- ☐ Frozen grilled chicken chunks: 18 oz
 - ☐ Frozen mixed vegetables: 16 oz
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Pantry & Dry Goods

- ☐ Rolled oats: 2 cups
- ☐ PE Science Select Vanilla Plant Based Protein Powder: 2 scoops
- ☐ Applesauce: 1/2 cup
- ☐ Dried cranberries: 1/2 cup
- ☐ Fresh Gourmet Honey Roasted Pecan Pieces: 1/3 cup
- ☐ Raisins: 1/2 cup

- ☐ Tasty Bite Organic Turmeric Basmati Rice: 2 (8.8 oz) bags
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Oils, Sauces & Condiments

- ☐ Olive oil
 - ☐ Tasty Bite Butter Chicken Simmer Sauce: 13 oz jar
 - ☐ Apple cider vinegar: 1 tbsp
 - ☐ Dijon mustard: 2 tbsp
 - ☐ Honey: 2 tbsp
 - ☐ Maple syrup: 1/4 cup
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Spices & Seasonings

- ☐ Homemade brine mix: 3 tbsp
- ☐ Salt and pepper
- ☐ Cinnamon: 1 tsp
- ☐ Allspice: 1/2 tsp
- ☐ Baking powder: 1 tsp
- ☐ Vanilla extract: 1 tsp
- ☐ Oh My Spice! Lemon Pepper Seasoning: 1 1/2 tsp
- ☐ Flavor God Garlic Lover's Seasoning: 1/2 tsp
- ☐ Garam masala: 1/4 tsp
- ☐ Ground cumin: 1/4 tsp
- ☐ Ground coriander: 1/4 tsp
- ☐ Chili powder: 1/4 tsp
- ☐ Garlic powder: 1 tsp