

Weekly MEAL PLAN



Week of March 23rd, 2025

	Breakfast	Lunch	Dinner
Day 1	Greek Yogurt Pancakes with fruit	Juicy Air Fryer Chicken with Spring Veggie Couscous Salad	Egg Roll in a Bowl
Day 2	Greek Yogurt Pancakes with fruit	Easy Greek Chicken Salad	Juicy Air Fryer Chicken with Spring Veggie Couscous Salad
Day 3	Greek Yogurt Pancakes with fruit	Egg Roll in a Bowl	Easy Greek Chicken Salad
Day 4	Greek Yogurt Pancakes with fruit	Juicy Air Fryer Chicken with Spring Veggie Couscous Salad	Egg Roll in a Bowl
Day 5	Greek Yogurt Pancakes with fruit	Easy Greek Chicken Salad	Juicy Air Fryer Chicken with Spring Veggie Couscous Salad
Day 6	Greek Yogurt Pancakes with fruit	Egg Roll in a Bowl	Easy Greek Chicken Salad
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!			

Greek Yogurt Pancakes

This easy recipe for Greek yogurt pancakes makes the perfect fluffy stack with 16 grams protein and flavor to please the whole family.



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

Course: Breakfast Cuisine: American

Keyword: breakfast, greek yogurt, high protein, pancakes Servings: 3 servings

Calories: 336kcal



No ratings yet

Ingredients

- 3/4 cup oat flour (90 grams)
- 1/2 cup all purpose flour (64 grams)
- 1 tsp baking powder
- 1/4 tsp each: baking soda, cinnamon, salt
- 3/4 cup Dannon Light and Fit Vanilla Greek Yogurt (6 fl oz)
- 6 tbsp 1% fat buttermilk (3 fl oz)
- 3 tbsp granulated sugar (38 grams)
- 2 large eggs
- 1 tsp vanilla

Instructions

1. Mix all dry ingredients, then add wet ingredients and mix until just combined and you no longer see dry pockets of flour. Don't overmix! Rest the batter for 5 minutes while the griddle heats.
2. Heat a griddle over medium heat and grease with butter or non-stick cooking spray. Drop pancakes onto the griddle with a 1/3 cup measuring cup. You may need to help spread the batter since it's thick.
3. Once the pancakes begin bubbling on top, give them about another minute before flipping, then cook for another 2-3 minutes on the other side. These will take longer to cook through than normal pancakes, so be patient.

Notes

Store these pancakes in an airtight container in the refrigerator for up to a week or freeze for 3-6 months.

Scan the barcode below or search for "Peanut Butter and Fitness Greek Yogurt Pancakes" to log this food in My Fitness Pal.

Nutrition

Serving: 3pancakes | Calories: 336kcal | Carbohydrates: 56g | Protein: 16g | Fat: 5g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Cholesterol: 129mg | Sodium: 558mg | Potassium: 223mg | Fiber: 5g | Sugar: 17g



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



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

Spring Veggie Couscous Salad

Prep Time
30 mins

Cook Time
20 mins

Total Time
50 mins

Servings: 10 servings (generous 3/4 cup per serving) Calories: 169kcal

Ingredients

- 2 cups pearl couscous (300 grams)
- 2 cups asparagus (1 bunch / 200 grams)
- 1 cup corn, roasted on the cob and cob removed (150 grams)
- 1 cup cucumber, chopped (135 grams)
- 10 oz baby heirloom tomatoes, halved (284 grams)
- 3 tbsp parsley, chopped
- 3 garlic cloves, minced
- 1 tsp olive oil

Dressing

- 2 tbsp olive oil
- 2 tbsp champagne or sweet white wine vinegar
- 1 lemon, juiced and zested
- 1 tsp Flavor God Lemon and Garlic Seasoning

Instructions

1. Pre-heat oven to 400 degrees. Line a baking sheet with aluminum foil. Toss tomatoes with 1 tsp olive oil and minced garlic. Season with salt and pepper. Roast for 20 minutes, then set aside to cool.
2. Whisk dressing ingredients in a small bowl.
3. Cook couscous according to package directions, then rinse with cold water and toss with dressing in a large bowl.
4. Place trimmed asparagus in a microwave safe dish and cover with a very damp paper towel. Microwave for 2 1/2 minutes until asparagus is bright green. Add asparagus to an ice bath to stop the cooking. Drain and pat dry, then chop into 1-2" chunks.
5. Add all remaining ingredients to the couscous and toss until evenly coated with dressing.

Nutrition

Calories: 169kcal | Carbohydrates: 29g | Protein: 5g | Fat: 4g | Sodium: 16mg | Potassium: 155mg | Fiber: 1g | Sugar: 2g



4.86 from 7 votes



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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** | *Peanut Butter* & FITNESS

Week of March 23rd, 2025

Produce

- ☐ Green leaf lettuce: 7 oz
 - ☐ Cherry tomatoes: 1 cup
 - ☐ Baby heirloom tomatoes: 10 oz
 - ☐ English cucumber: 2 cups chopped
 - ☐ Red onion: 1/3 cup sliced
 - ☐ Asparagus: 1 bunch
 - ☐ Corn: 1 cup roasted
 - ☐ Garlic: 8 cloves
 - ☐ Parsley: 3 tbsp
 - ☐ Lemon: 1
 - ☐ Ginger: 1 1/2 tbsp fresh grated
 - ☐ Coleslaw mix (no dressing): 1 (13.5 oz) bag
 - ☐ Broccoli slaw: 1 (12 oz) bag
 - ☐ Snow peas: 1 (6 oz) bag
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Proteins

- ☐ Ground turkey (99% lean): 1 lb
 - ☐ Ground pork: 1 lb
 - ☐ Chicken breast: 2 lbs
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Dairy

- ☐ Dannon Light and Fit Vanilla Greek Yogurt: 3/4 cup
 - ☐ 1% buttermilk: 6 tbsp
 - ☐ Large eggs: 2
 - ☐ Fat-free feta cheese: 1/2 cup
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Pantry & Dry Goods

- ☐ Homemade brine mix: 6 tbsp
- ☐ Oat flour: 3/4 cup
- ☐ All-purpose flour: 1/2 cup
- ☐ Pearl couscous: 2 cups

- ☐ Granulated sugar: 3 tbsp
 - ☐ Hoisin sauce: 1 tbsp
 - ☐ Low sodium soy sauce: 6 tbsp
 - ☐ Rice wine vinegar: 2 tbsp
 - ☐ Sriracha sauce: 1 tbsp
 - ☐ Champagne or sweet white wine vinegar: 2 tbsp
 - ☐ Farmer Boy Greek Dressing: 1/2 cup
 - ☐ Kalamata olives: 1/3 cup halved
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Oils, Sauces & Condiments

- ☐ Olive oil
 - ☐ Sesame oil: 1 tbsp
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Spices & Seasonings

- ☐ Salt
 - ☐ Black pepper
 - ☐ Cinnamon: 1/4 tsp
 - ☐ Baking powder: 1 tsp
 - ☐ Baking soda: 1/4 tsp
 - ☐ Vanilla: 1 tsp
 - ☐ Oh My Spice! Lemon Pepper Seasoning: 1 1/2 tsp
 - ☐ Flavor God Lemon and Garlic Seasoning: 1 tsp
 - ☐ Chili powder: 1/2 tsp
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Optional Toppings

- ☐ Sriracha mayo
- ☐ Wonton strips
- ☐ Green onion, chopped
- ☐ Sesame seeds