

# Weekly MEAL PLAN



Week of March 30th, 2025

	Breakfast	Lunch	Dinner
Day 1	Strawberry Cheesecake Baked Oatmeal	Juicy Air Fryer Chicken with Air Fryer Veggies	Chicken Bulgogi Bowl
Day 2	Strawberry Cheesecake Baked Oatmeal	Turkey Taco Salad with Avocado Ranch Dressing	Juicy Air Fryer Chicken with Air Fryer Veggies
Day 3	Strawberry Cheesecake Baked Oatmeal	Chicken Bulgogi Bowl	Turkey Taco Salad with Avocado Ranch Dressing
Day 4	Strawberry Cheesecake Baked Oatmeal	Juicy Air Fryer Chicken with Air Fryer Veggies	Chicken Bulgogi Bowl
Day 5	Strawberry Cheesecake Baked Oatmeal	Turkey Taco Salad with Avocado Ranch Dressing	Juicy Air Fryer Chicken with Air Fryer Veggies
Day 6	Strawberry Cheesecake Baked Oatmeal	Chicken Bulgogi Bowl	Turkey Taco Salad with Avocado Ranch Dressing

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!

# Strawberry Cheesecake Baked Oatmeal

A gorgeous, tasty, and healthy option for Mother's Day brunch! The cheesecake & strawberry jam swirl will have her coming back for more!



4.92 from 12 votes

Prep Time	Cook Time	Total Time
15 mins	45 mins	45 mins

Course: Breakfast    Cuisine: American

Keyword: baked oatmeal, breakfast, brunch, cheesecake, mothers day, spring, strawberries, summer

Servings: 6 servings    Calories: 321kcal

## Ingredients

- 2 cups rolled oats (192 grams)
- 2 scoops PEScience Select Vegan Plant Based Protein Powder, Vanilla (60 grams)
- 1/2 tsp baking powder (2 grams)
- 1/2 tsp cinnamon
- 1/4 tsp salt
- 1 cup unsweetened vanilla almond milk (8 oz)
- 2/3 cup Dannon Light and Fit Vanilla Greek Yogurt (5.36 oz)
- 2 cups strawberries, chopped (290 grams)
- 3 tbsp pure maple syrup (1.5 oz)
- 3 tbsp unsalted butter, melted (42 grams)
- 1 large egg
- 1 large egg white
- 1 tsp vanilla extract

## Cheesecake Swirl

- 1/4 cup Smuckers Low Sugar Strawberry Preserves (53 grams)
- 4 oz Philadelphia Reduced Fat Cream Cheese
- 3 tbsp powdered sugar (23 grams)
- 1 tbsp unsweetened vanilla almond milk
- 1/2 tsp vanilla extract

## Instructions

1. Pre-heat oven to 350 degrees. Grease an 8x11" baking dish with coconut oil and set aside.
2. In a small bowl, whisk all cheesecake swirl ingredients except strawberry preserves until smooth. Set aside.

3. In a large bowl, add all dry ingredients (including strawberries) and mix. In a separate bowl, add wet ingredients and whisk until smooth. Pour into prepared casserole dish and spread evenly.
4. Dollop cream cheese mixture on top of oatmeal mixture. Add dollops of strawberry preserves beside or on top of the cream cheese mixture, then swirl with a knife, being careful not to overmix.
5. Cover dish with foil and bake at 350 degrees for 20 minutes. Remove foil and continue baking for another 20-25 minutes or until the center of the oatmeal appears mostly firm with very little movement when the dish is jiggled.
6. Allow to cool for at least 15 minutes, 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.

## Nutrition

Serving: 234g | Calories: 321kcal | Carbohydrates: 43g | Protein: 15g | Fat: 10g | Cholesterol: 50mg | Sodium: 226mg | Potassium: 261mg | Fiber: 5g | Sugar: 18g



# Chicken Bulgogi Bowls

Prep Time	Cook Time	Marinade Time	Total Time
20 mins	12 mins	2 hrs	2 hrs 32 mins

Servings: 4 servings    Calories: 481kcal

## Ingredients

- 1 lb boneless, skinless chicken thighs, excess fat trimmed
- 2/3 cup dry jasmine rice, cooked according to package directions (124 grams)
- 2 cups Mother-in-Law's House Kimchi (448 grams)
- 1 medium cucumber, sliced thinly (200 grams)
- 1 large avocado, diced (150 grams)
- 1/4 cup green onions, chopped
- 1/2 cup Creamy Gochujang Sauce (4 fl oz)

## Bulgogi Marinade

- 1/4 cup low sodium soy sauce (2 fl oz)
- 2 tbsp brown sugar (27 grams)
- 2 tbsp mirin (1 fl oz)
- 1 tbsp sesame oil (0.5 fl oz)
- 1 tbsp gochujang (0.5 fl oz)
- 1 tbsp fresh grated ginger (0.5 fl oz)
- 2 cloves garlic, sliced (8 grams)

## Instructions

1. Add all marinade ingredients to a jar and shake until oil has emulsified. Pour over chicken thighs in a resealable airtight container and toss until chicken is evenly coated. Cover and set aside in refrigerator for at least 30 mins or up to overnight.
2. Pre-heat grill to 400°F. Generously oil the grill grates to prevent sticking, then add marinated chicken thighs, allowing excess marinade to drip off before placing on the grill. Grill for approx. 6 minutes per side or until internal temperature of thickest part of chicken thigh reaches 165°F.
3. Assemble the bowls by layering rice, kimchi, cucumbers, avocado, and sliced chicken in the bowl. Top with Creamy Gochujang Sauce, green onions, and sesame seeds, if desired.

## Notes

The overall spice level of this dish is mild as written, but can be made spicier depending on the kimchi you use.

## Nutrition

Calories: 481kcal | Carbohydrates: 48g | Protein: 26g | Fat: 22g | Cholesterol: 103mg | Sodium: 1277mg | Potassium: 331mg | Fiber: 5g | Sugar: 10g



☆☆☆☆☆  
No ratings yet



With Rice



No Rice

# Creamy Gochujang Sauce

Prep Time  
5 mins

Total Time  
5 mins



Servings: 6 servings    Calories: 82kcal

## Ingredients

- 1/2 cup Duke's Light Mayonnaise (118 mL)
- 1 1/2 tbsp O'Food Gochujang Korean Chili Sauce (22 mL)
- 1 tbsp low sodium soy sauce (15 mL)
- 2 tsp mirin (10 mL)
- 1/2 tsp granulated sugar (2 grams)



No ratings yet

## Instructions

1. Whisk all ingredients together until smooth. Store leftovers in an airtight container in the refrigerator for up to 2 weeks.

## Notes

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

## Nutrition

Serving: 2tbsp | Calories: 82kcal | Carbohydrates: 5g | Fat: 7g | Cholesterol: 13mg | Sodium: 342mg | Potassium: 15mg | Sugar: 3g



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# 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



# Air Fryer Veggies

Prep Time	Cook Time	Total Time
10 mins	8 mins	18 mins

Servings: 4 servings (1.75 cups per serving)    Calories: 104kcal

## Ingredients

- 4 cups broccoli florets (365 g)
- 1 medium zucchini, sliced (196 g)
- 1 medium orange bell pepper (136 g)
- 1/2 medium red onion, chopped into 1" chunks (100 g)
- 1 tbsp olive oil (0.5 fl oz)
- 3/4 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/4 tsp chili powder
- salt and pepper to taste

## Instructions

1. Pre-heat air fryer to 370°. In a large bowl, toss all ingredients until evenly coated with oil.
2. Spread the veggies evenly in the air fryer basket. For the crispiest results, do this in 2 batches (or more for a smaller air fryer). Air fry for 8 minutes, shaking the basket halfway through.

## Notes

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

## Nutrition

Serving: 1.75cups | Calories: 104kcal | Carbohydrates: 13g | Protein: 4g | Fat: 4g | Fiber: 4g | Sugar: 6g



★★★★★  
5 from 1 vote



# Turkey Taco Salad with Avocado Ranch Dressing

Prep Time  
15 mins

Cook Time  
10 mins

Total Time  
25 mins

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



☆☆☆☆☆  
No ratings yet



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** | *Peanut Butter* & FITNESS

Week of March 30th, 2025

## Produce

- ☐ Strawberries: 2 cups
  - ☐ Mother-in-Law's House Kimchi: 2 cups
  - ☐ Cucumber: 1 medium
  - ☐ Avocado: 1 large
  - ☐ Green onions: ¼ cup
  - ☐ Ginger: 1 tbsp grated
  - ☐ Garlic: 2 cloves
  - ☐ Broccoli: 4 cups
  - ☐ Zucchini: 1 medium
  - ☐ Orange bell pepper: 1 medium
  - ☐ Red onion: 1 medium
  - ☐ Green leaf lettuce: 10 cups
  - ☐ Cherry tomatoes: 1 ⅓ cup
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## Proteins

- ☐ Chicken breast: 2 lb
  - ☐ 94% lean ground turkey: 1 lb
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## Freezer

- ☐ Frozen sweet corn: 1 ⅓ cups
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## Dairy

- ☐ Unsweetened vanilla almond milk: 1 cup + 1 tbsp
  - ☐ Dannon Light and Fit Vanilla Greek Yogurt: ⅔ cup
  - ☐ Unsalted butter: 3 tbsp
  - ☐ Eggs: 1 large, 1 egg white
  - ☐ Reduced fat cream cheese: 4 oz
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## Pantry & Dry Goods

- ☐ Rolled oats: 2 cups
  - ☐ PEScience Select Vegan Vanilla Protein Powder: 2 scoops
  - ☐ Baking powder: ½ tsp
  - ☐ Cinnamon: ½ tsp
  - ☐ Maple syrup: 3 tbsp
  - ☐ Brown sugar: 2 tbsp
  - ☐ Granulated sugar: ½ tsp
  - ☐ Vanilla extract: 1 1/2 tsp
  - ☐ Jasmine rice: ⅔ cup
  - ☐ Low sodium canned black beans: 1 ⅓ cup
  - ☐ Fresh Gourmet Santa Fe Style Tortilla Strips: 1 cup
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## Oils, Sauces & Condiments

- ☐ Olive oil
  - ☐ Low sugar strawberry preserves: ¼ cup
  - ☐ Low sodium soy sauce: 5 tbsp
  - ☐ Sesame oil: 1 tbsp
  - ☐ Gochujang: 2 1/2 tbsp
  - ☐ Duke's Light Mayonnaise: ½ cup
  - ☐ Mirin: 2 tsp
  - ☐ Ortega Taco Skillet Sauce: 7 oz
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## Spices & Seasonings

- ☐ Salt and black pepper
  - ☐ [Homemade brine mix](#): 3 tbsp
  - ☐ Oh My Spice! Lemon Pepper Seasoning: 1 1/4 tsp
  - ☐ Oh My Spice! Spicy Fajita Seasoning: 1 tsp
  - ☐ Chili powder: 1/2 tsp
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*\*Note: List does not include ingredients for Avocado Ranch Dressing*