

# Weekly MEAL PLAN



Week of March 9th, 2025

	Breakfast	Lunch	Dinner
Day 1	Mixed Berry Oatmeal Muffins	Turkey Taco Salad with Avocado Ranch Dressing	Sheet Pan Honey Dijon Chicken
Day 2	Mixed Berry Oatmeal Muffins	Spaghetti Squash Pad Thai	Turkey Taco Salad with Avocado Ranch Dressing
Day 3	Mixed Berry Oatmeal Muffins	Sheet Pan Honey Dijon Chicken	Spaghetti Squash Pad Thai
Day 4	Mixed Berry Oatmeal Muffins	Turkey Taco Salad with Avocado Ranch Dressing	Sheet Pan Honey Dijon Chicken
Day 5	Mixed Berry Oatmeal Muffins	Spaghetti Squash Pad Thai	Turkey Taco Salad with Avocado Ranch Dressing
Day 6	Mixed Berry Oatmeal Muffins	Sheet Pan Honey Dijon Chicken	Spaghetti Squash Pad Thai

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.



## Nutrition

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



4.35 from 32 votes

# Sheet Pan Honey Dijon Chicken

Prep Time  
20 mins

Cook Time  
30 mins

Total Time  
50 mins

Servings: 4 servings    Calories: 428kcal

## Ingredients

- 1 1/4 lb chicken breast
- 1 medium to large butternut squash, cut into 1/2-3/4" cubes (700 grams yield)
- 4 cups broccoli florets (360 grams)
- 4 tbsp olive oil, divided (2 fl oz)
- 3 tbsp honey (1.5 fl oz)
- 3 tbsp coarse or stone ground dijon mustard (1.5 fl oz)
- 1 tbsp balsamic vinegar (0.5 fl oz)
- 1 tsp Flavor God Garlic Lover's Seasoning
- 1/2 tsp sea salt



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No ratings yet

## Instructions

1. Optional but recommended: Brine the chicken in my homemade brine for 3-5 hours.
2. Pre-heat oven to 425°F. Line a baking sheet with foil or spray it with non-stick cooking spray. Set aside.
3. Whisk 3 tbsp of olive oil, honey, dijon mustard, balsamic vinegar, 1/4 tsp salt, and garlic seasoning until emulsified. Toss the butternut squash and broccoli in remaining olive oil and 1-2 tbsp of the honey dijon sauce. Set aside.
4. While the oven pre-heats, pat the chicken breasts dry with a paper towel and pound to an even thickness. Slather the chicken with 2-3 tbsp of the honey dijon sauce and season with 1/4 tsp salt. Set aside.
5. Once the oven is pre-heated, add the chicken and butternut squash to the baking sheet in a single layer. Bake at 425°F for 10 minutes, then brush the chicken with more honey dijon sauce. Add the broccoli and continue baking for 13-18 minutes or until the chicken reaches an internal temperature of 165°F in the thickest part of the chicken.
6. Brush the chicken with more honey dijon sauce before serving.

## Notes

- **Brining vs marinating:** If you skip the brine, be sure to marinate the chicken in the honey dijon sauce for at least 30 mins to 2 hours. You may want to make extra sauce to fully coat the chicken while marinating.
- **Mustard types:** I used a combination of 1 1/2 tbsp Dijon Mustard, 1 tbsp Grey Poupon (stoneground mustard), and 1/2 tbsp whole grain mustard to achieve the sauce you see pictured here.
- **For deeper browning** on the butternut squash, bake the squash alone for 10 minutes before adding the chicken to the sheet pan, or bake it on a separate sheet pan to reduce crowding.
- **Nutrition:** Scan the barcode below or search for "Peanut Butter and Fitness Sheet Pan Honey Dijon Chicken" to log this food in My Fitness Pal.

## Nutrition

Calories: 428kcal | Carbohydrates: 31g | Protein: 36g | Fat: 18g | Saturated Fat: 3g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 11g | Cholesterol: 103mg | Sodium: 428mg | Potassium: 1557mg | Fiber: 3g | Sugar: 20g



# Spaghetti Squash Pad Thai

Recreate a lower carb, high protein version of your favorite Thai takeout at home with this Spaghetti Squash Pad Thai. Great for meal prep!



5 from 3 votes

Prep Time	Cook Time	Total Time
30 mins	40 mins	1 hr 10 mins

Course: Main Course    Cuisine: American, Asian

Keyword: chicken, high protein, low carb, pad thai, spaghetti squash

Servings: 5 servings    Calories: 335kcal

## Ingredients

- 1.25 lb boneless skinless chicken thighs, excess fat trimmed and sliced very thinly
- 1 medium spaghetti squash (500 grams flesh)
- 1 tsp olive oil
- 1 1/2 cups bean sprouts (128 grams)
- 1 cup julienned carrots (85 grams)
- 3 eggs, whisked
- 1/2 medium onion (55 grams)
- 4 cloves garlic (16 grams)
- 1 tbsp avocado oil

## Sauce

- 1/4 cup coconut sugar (48 grams)
- 3 tbsp tamarind concentrate (45 grams)
- 2 tbsp low sodium soy sauce (1 oz)
- 1 1/2 tbsp Skippy Natural Creamy Peanut Butter (24 grams)
- 1 tbsp fish sauce
- 1/2 tsp crushed red pepper flakes
- 1 lime, juiced

## Recommended Toppings (not included in nutrition info)

- chopped peanuts
- chopped green onions
- cilantro

## Instructions

1. Pre-heat oven to 400 degrees. Cut spaghetti squash in half and scoop out seeds. Rub cut sides with 1 tsp olive oil and season with Flavor God seasoning. Bake for 35-40 minutes until flesh flakes away easily with a fork.

2. Heat half of the avocado oil in a large pan over medium high heat. Sauté garlic and onion until fragrant, then add chicken. Sauté until cooked through. Remove from pan and set aside.
3. Add remaining avocado oil to pan. Once hot, add carrots and saute for about 2 minutes. Push carrots to the side of the pan, then add eggs to the other side of the pan. Scramble/chop the eggs as they cook with a wooden spatula.
4. Once eggs are cooked through, add bean sprouts to the pan and mix with carrots and eggs. Return chicken to pan and add sauce. Stir to combine, then remove from heat and toss with spaghetti squash.
5. Top with green onions, chopped peanuts, and cilantro before serving, if desired.

## Notes

Scan the barcode below or search for "Peanut Butter and Fitness Spaghetti Squash Pad Thai" to log this food in My Fitness Pal.

## Nutrition

Serving: 340g | Calories: 335kcal | Carbohydrates: 30g | Protein: 27g | Fat: 13g | Cholesterol: 187mg | Sodium: 860mg | Potassium: 534mg | Fiber: 3g | Sugar: 17g



# 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



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No ratings yet



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

Week of March 9th, 2025

## Produce

- ☐ Green leaf lettuce: 10 cups
  - ☐ Cherry tomatoes: 1 1/3 cups
  - ☐ Red onion: 1/2 cup chopped
  - ☐ Yellow onion: 1/2 medium
  - ☐ Haas avocado: 1 medium
  - ☐ Limes: 2
  - ☐ Garlic: 6 cloves
  - ☐ Fresh cilantro: 4 tbsp, packed
  - ☐ Fresh parsley: 2 tbsp, packed
  - ☐ Fresh chives: 1 tbsp
  - ☐ Fresh dill: 1 tbsp
  - ☐ Broccoli florets: 4 cups
  - ☐ Butternut squash: 1 medium
  - ☐ Spaghetti squash: 1 medium
  - ☐ Carrots: 1 cup julienned
  - ☐ Bean sprouts: 1 1/2 cups
  - ☐ Blackberries: 1/2 cup
  - ☐ Blueberries: 1/2 cup
  - ☐ Strawberries: 1/2 cup
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## Proteins

- ☐ Ground turkey (94% lean): 1 lb
  - ☐ Chicken breast: 1 1/4 lbs
  - ☐ Boneless, skinless chicken thighs: 1 1/4 lbs
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## Freezer

- ☐ Frozen corn kernels: 1 1/3 cup
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## Dairy

- ☐ Low-fat buttermilk: 1 cup
- ☐ Plain, non-fat Greek yogurt: 1/4 cup

- ☐ Duke's Light Mayonnaise: 1/4 cup
  - ☐ Unsweetened vanilla almond milk: 3/4 cup
  - ☐ Egg whites: 2
  - ☐ Large eggs: 3
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## Pantry & Dry Goods

- ☐ Rolled oats: 2 cups
  - ☐ ON Gold Standard Plant Based Protein Powder: 2 scoops
  - ☐ Unsweetened applesauce: 3/4 cup
  - ☐ Black beans (canned, low sodium): 1 1/3 cups
  - ☐ Fresh Gourmet Santa Fe Style Tortilla Strips: 1 cup
  - ☐ Maple syrup: 1/4 cup
  - ☐ Skippy Natural Creamy Peanut Butter: 3 tbsp
  - ☐ Vanilla extract: 1/2 tsp
  - ☐ Coconut sugar: 1/4 cup
  - ☐ Tamarind concentrate: 3 tbsp
  - ☐ Low sodium soy sauce: 2 tbsp
  - ☐ Fish sauce: 1 tbsp
  - ☐ Ortega Taco Skillet Sauce: 7 oz
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## Oils, Sauces & Condiments

- ☐ Olive oil: 5 tbsp
  - ☐ Avocado oil: 1 tbsp
  - ☐ Honey: 3 tbsp
  - ☐ Stone ground dijon mustard: 3 tbsp
  - ☐ Balsamic vinegar: 1 tbsp
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## Spices & Seasonings

- ☐ Salt and pepper



# Weekly GROCERY LIST



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- ☐ Cinnamon: 1/2 tsp
  - ☐ Baking powder: 1/2 tsp
  - ☐ Baking soda: 1/2 tsp
  - ☐ Oh My Spice! Spicy Fajita Seasoning: 1 tsp
  - ☐ Flavor God Garlic Lover's Seasoning
  - ☐ Crushed red pepper flakes: 1/2 tsp
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## Optional Garnishes

- ☐ Chopped peanuts
- ☐ Green onions