

# Weekly MEAL PLAN



Week of April 13th, 2025

	Breakfast	Lunch	Dinner
Day 1	Mixed Berry Oatmeal Muffins	Juicy Grilled Chicken with Grilled Asparagus & Roasted Butternut Squash	Hawaiian Chicken Sheet Pan Dinner
Day 2	Mixed Berry Oatmeal Muffins	Turkey Taco Salad with Avocado Ranch Dressing	Juicy Grilled Chicken with Grilled Asparagus & Roasted Butternut Squash
Day 3	Mixed Berry Oatmeal Muffins	Hawaiian Chicken Sheet Pan Dinner	Turkey Taco Salad with Avocado Ranch Dressing
Day 4	Mixed Berry Oatmeal Muffins	Juicy Grilled Chicken with Grilled Asparagus & Roasted Butternut Squash	Hawaiian Chicken Sheet Pan Dinner
Day 5	Mixed Berry Oatmeal Muffins	Turkey Taco Salad with Avocado Ranch Dressing	Juicy Grilled Chicken with Grilled Asparagus & Roasted Butternut Squash
Day 6	Mixed Berry Oatmeal Muffins	Hawaiian Chicken Sheet Pan Dinner	Turkey Taco Salad with Avocado Ranch Dressing
Click on the <b>bold</b> recipe name to jump to that recipe page or head to <b>Peanut Butter and Fitness</b> for more meal prep friendly recipe ideas!			

# Mixed Berry Oatmeal Muffins

These dairy free and gluten free muffins are like a bowl of comforting oatmeal in baked form. Packed with berries and great for meal prep.



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

Course: Breakfast    Cuisine: American



No ratings yet

Keyword: brunch, high protein, muffins, oats, spring, strawberries, summer

Servings: 7 jumbo muffins

## Ingredients

- 2 1/4 cups rolled oats (225 grams)
- 2 scoops PEScience Select Vegan Plant Based Protein Powder, Vanilla Indulgence (60 grams)
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp cinnamon
- 1 cup unsweetened applesauce (244 grams)
- 3/4 cup unsweetened vanilla almond milk (6 fl oz)
- 3/4 cup blueberries (113 grams)
- 3/4 cup strawberries, chopped (113 grams)
- 1/4 cup maple syrup (2 oz)
- 2 egg whites
- 3 tbsp Skippy Natural Creamy Peanut Butter (48 grams)
- 1 tsp vanilla extract

## Instructions

1. Pre-heat oven to 350°F. 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

- Scan the barcode below or search for "Peanut Butter and Fitness Mixed Berry Oatmeal Muffins 2025" to log this food in My Fitness Pal.
- I recommend these jumbo silicone baking cups!

# Hawaiian Chicken Sheet Pan Dinner

Take your weeknight dinner to the islands with this Hawaii-inspired sheet pan meal.



Prep Time	Cook Time	Total Time
20 mins	20 mins	40 mins

Course: Main Course    Cuisine: American

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No ratings yet

Keyword: chicken, high protein, meal prep, sheet pan meals, summer  
Calories: 439kcal

Servings: 6 servings

## Ingredients

- 1 3/4 lbs chicken breast, cut into 1" cubes
- 3 cups chopped pineapple (500 grams)
- 2 bell peppers, chopped (360 grams)
- 1 medium red onion, cut into chunks (250 grams)
- 1 pouch Ben's Original Ready Rice Jasmine Family Size Rice

## Sauce

- 6 tbsp low sodium soy sauce
- 1/4 cup brown sugar
- 1 1/2 tbsp sesame oil
- 1 tbsp fresh ground ginger
- 2 tsp cornstarch
- 1 tsp garlic powder
- 1/2 tsp red pepper flakes

## Instructions

1. Add all sauce ingredients to a jar, seal, and shake vigorously until all ingredients are combined and no chunks remain. Pour half of the sauce over the chicken in a bowl and toss until evenly combined. Set aside to marinate while you chop the veggies.
2. Pre-heat oven to 425°F. Line a baking sheet (or 2) with aluminum foil. Set aside.
3. Once pineapple and veggies are chopped, toss with the remaining sauce. You can do this in the same bowl as the chicken if you want to avoid dirtying more dishes.
4. Spread chicken and veggies on the prepared sheet pan in a single layer. *Optional: use 2 sheet pans to spread the chicken and veggies out more and increase browning; see note below.*
5. Bake for 20 minutes, turning the oven to broil for the last 2-3 minutes of cooking time to increase browning. Serve over rice and garnish with green onions and sesame seeds

before serving.

## Notes

I recommend splitting the chicken and veggies between 2 sheet pans. For the one with chicken, use enough foil to go all the way up the sides of the sheet pan to catch the juices. After baking, you'll have a rich sauce mixed in with chicken drippings. Strained that sauce through a mesh strainer and whisk in 1 tsp cornstarch, then pour it over the chicken and veggies for an even saucier dish.

Scan the barcode below or search for "Peanut Butter and Fitness Hawaiian Chicken Sheet Pan Dinner" to log this food in My Fitness Pal. There are options for with and without rice.

## Nutrition

Calories: 439kcal | Carbohydrates: 56g | Protein: 34g | Fat: 8g | Saturated Fat: 1g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 2g | Cholesterol: 96mg | Sodium: 647mg | Potassium: 708mg | Fiber: 3g | Sugar: 20g



With Rice



No Rice

# 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

## 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



No ratings yet



# 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

# 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 April 13th, 2025

## Produce

- ☐ Strawberries: 3/4 cup
  - ☐ Blueberries: 3/4 cup
  - ☐ Pineapple: 3 cups
  - ☐ Bell peppers: 2
  - ☐ Red onion: 1 medium + 1/2 cup
  - ☐ Ginger: 1 tbsp
  - ☐ Butternut squash: 1 medium to large
  - ☐ Asparagus: 1 bunch
  - ☐ Green leaf lettuce: 10 cups
  - ☐ Cherry tomatoes: 1 1/3 cup
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## Proteins

- ☐ Chicken breast: 2 3/4 lb
  - ☐ 94% ground turkey: 1 lb
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## Dairy

- ☐ Unsweetened vanilla almond milk: 3/4 cup
  - ☐ Egg whites: 2
- 

## Freezer

- ☐ Frozen corn kernels: 1 1/3 cup
- 

## Oils, Sauces & Condiments

- ☐ Olive oil
  - ☐ Sesame oil: 1 1/2 tbsp
  - ☐ Low sodium soy sauce: 6 tbsp
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## Pantry & Dry Goods

- ☐ Rolled oats: 2 cups
  - ☐ PEScience Select Vegan Vanilla Protein Powder: 2 scoops
  - ☐ Baking powder: 1/2 tsp
  - ☐ Baking soda: 1/2 tsp
  - ☐ Unsweetened applesauce: 1 cup
  - ☐ Maple syrup: 1/4 cup
  - ☐ Vanilla extract: 1 tsp
  - ☐ Skippy Natural Peanut Butter: 3 tbsp
  - ☐ Brown sugar: 1/4 cup
  - ☐ Cornstarch: 2 tsp
  - ☐ Ben's Original Ready Jasmine Rice: family size pouch
  - ☐ Canned low sodium black beans: 1 1/3 cup
  - ☐ Fresh Gourmet Santa Fe Style Tortilla Strips: 1 cup
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## Spices & Seasonings

- ☐ Salt and black pepper
- ☐ [Homemade brine mix](#): 3 tbsp
- ☐ Oh My Spice! Lemon Pepper Seasoning: 1 1/2 tsp
- ☐ Oh My Spice! Spicy Fajita Seasoning: 1 tsp
- ☐ Chili powder: 1/4 tsp
- ☐ Cinnamon: 1/2 tsp
- ☐ Garlic powder: 1 tsp
- ☐ Red pepper flakes: 1/2 tsp

*\*Note: List does not include ingredients for Avocado Ranch Dressing*