

# Weekly MEAL PLAN



Week of April 27th, 2025

	Breakfast	Lunch	Dinner
Day 1	Mixed Berry Oatmeal Muffins	Avocado Egg Salad with Pretzel Crisps and Grapes	Juicy Grilled Chicken with Grilled Sweet Potatoes, Air Fryer Broccoli, and Copycat Chick-fil-A Sauce
Day 2	Mixed Berry Oatmeal Muffins	Turkey Taco Salad with Avocado Ranch Dressing	Avocado Egg Salad with Pretzel Crisps and Grapes
Day 3	Mixed Berry Oatmeal Muffins	Juicy Grilled Chicken with Grilled Sweet Potatoes, Air Fryer Broccoli, and Copycat Chick-fil-A Sauce	Turkey Taco Salad with Avocado Ranch Dressing
Day 4	Mixed Berry Oatmeal Muffins	Avocado Egg Salad with Pretzel Crisps and Grapes	Juicy Grilled Chicken with Grilled Sweet Potatoes, Air Fryer Broccoli, and Copycat Chick-fil-A Sauce
Day 5	Mixed Berry Oatmeal Muffins	Turkey Taco Salad with Avocado Ranch Dressing	Avocado Egg Salad with Pretzel Crisps and Grapes
Day 6	Mixed Berry Oatmeal Muffins	Juicy Grilled Chicken with Grilled Sweet Potatoes, Air Fryer Broccoli, and Copycat Chick-fil-A Sauce	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!

# 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!

# Avocado Egg Salad

This ultra creamy egg salad is full of vitamins and minerals, plus it has 14 grams of protein per serving. A perfect no-heat lunch!



Prep Time	Cook Time	Total Time
10 mins	6 mins	16 mins

Course: Main Course, Salad    Cuisine: American



No ratings yet

Keyword: avocado, brunch, egg salad, healthy lunch, high protein, lunch, spring, summer

Servings: 4 servings    Calories: 214kcal

## Ingredients

- 8 large eggs
- 1 medium avocado, peeled, pitted, and chopped (165 grams)
- 2 tbsp plain non-fat Greek yogurt
- 1 tbsp lemon juice
- 1/2 tbsp chives, chopped
- 1 tsp Dijon mustard
- 1/2 tsp sea salt
- pepper to taste

## Instructions

1. **Hard boil eggs.** Place rack into the bottom of Instant Pot, then add 1 cup of water. Place 8 eggs on top of rack. Cover and set to low pressure for 6 minutes. Once done, quick release pressure and immediately place eggs in ice bath for 1-2 mins before peeling.
2. Add 4 hard boiled egg yolks, avocado, yogurt, lemon juice, Dijon mustard, salt and pepper to a bowl. Mash with a fork until it reaches desired consistency, then stir in chives and 8 hard boiled and chopped egg whites.

## Notes

Total recipe yield is about 3 cups.

Scan the barcode below or search for "Peanut Butter and Fitness Avocado Egg Salad" to log this food in My Fitness Pal.



## Nutrition

Serving: 0.75cup | Calories: 214kcal | Carbohydrates: 5g | Protein: 14g | Fat: 16g | Saturated Fat: 4g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 8g | Cholesterol: 372mg | Sodium: 451mg | Potassium: 344mg | Fiber: 3g | Sugar: 1g

# 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

# Grilled Sweet Potatoes

Prep Time  
5 mins

Cook Time  
10 mins

Total Time  
15 mins

Servings: 4 servings    Calories: 113kcal



No ratings yet

## Ingredients

- 2 medium sweet potatoes, ends trimmed and cut into 1/4-1/2" slices (450 grams)
- 1/2 tbsp olive oil (7 grams)
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/4 tsp salt
- 1/8 tsp black pepper

## Instructions

1. Pre-heat grill to 400°F.
2. Drizzle the sweet potatoes with olive oil, then season with lemon pepper seasoning, salt, and black pepper. Toss to coat evenly.
3. Grill directly on grates at 400°F for 5 mins, then flip and repeat until the potatoes are lightly charred and tender. The natural sugars should begin to bubble from them and the skin will pull away when very tender.

## Notes

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

## Nutrition

Calories: 113kcal | Carbohydrates: 23g | Protein: 2g | Fat: 2g | Sodium: 207mg | Potassium: 379mg | Fiber: 3g | Sugar: 5g



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# Air Fryer Broccoli

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

Servings: 4 servings    Calories: 65kcal

## Ingredients

- 6 cups broccoli florets (528 grams)
- 2 tsp olive oil (9 grams)
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/2 tsp salt

## Instructions

1. Pre-heat air fryer to 380°F.
2. Toss broccoli florets in olive oil and seasonings until evenly distributed. Once air fryer is pre-heated, add broccoli into the air fryer basket in a single layer (you may need to do more than 1 batch).
3. Air fry for 8-10 minutes or until the broccoli reaches desired browning levels, shaking the basket to toss the broccoli halfway through cooking.

## Notes

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



## Nutrition

Calories: 65kcal | Carbohydrates: 9g | Protein: 4g | Fat: 3g | Sodium: 342mg | Potassium: 417mg | Fiber: 3g | Sugar: 2g



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No ratings yet

# Copycat Chick-fil-A Sauce

Prep Time  
5 mins

Total Time  
5 mins

Servings: 8 servings (2 tbsp per serving)    Calories: 70kcal

## Ingredients

- 1/2 cup Duke's Light Mayonnaise
- 1/4 cup Stubb's Original Barbecue Sauce
- 1 1/2 tbsp honey
- 1 tbsp Dijon mustard
- 2 tsp yellow mustard
- 2 tsp apple cider vinegar
- 1/4 tsp salt
- 1/8 tsp smoked paprika
- 1/8 tsp garlic powder

## Instructions

1. Whisk all ingredients together until smooth.

## Notes

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



## Nutrition

Serving: 2tbsp | Calories: 70kcal | Carbohydrates: 6g | Fat: 5g | Cholesterol: 10mg | Sodium: 272mg | Potassium: 8mg | Sugar: 4g



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 27th, 2025

## Produce

- ☐ Strawberries: 3/4 cup
  - ☐ Blueberries: 3/4 cup
  - ☐ Sweet potatoes: 2 medium
  - ☐ Broccoli: 6 cups
  - ☐ Lemon (juiced): 1 tbsp
  - ☐ Chives: 1/2 tbsp
  - ☐ Green leaf lettuce: 10 cups
  - ☐ Cherry tomatoes: 1 1/3 cup
  - ☐ Red onion: 1/2 cup
- 

## Proteins

- ☐ Chicken breast: 1 lb
  - ☐ 94% ground turkey: 1 lb
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## Dairy

- ☐ Unsweetened vanilla almond milk: 3/4 cup
  - ☐ Eggs: 8 large
  - ☐ Egg whites: 2 large
  - ☐ Plain non-fat Greek yogurt: 2 tbsp
- 

## Freezer

- ☐ Frozen corn kernels: 1 1/3 cup
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## Oils, Sauces & Condiments

- ☐ Olive oil
- ☐ Dijon mustard: 1 tsp
- ☐ Yellow mustard: 2 tsp
- ☐ Duke's Light Mayo: 1/2 cup
- ☐ Stubb's Original BBQ Sauce: 1/4 cup

- ☐ Apple cider vinegar: 2 tsp
  - ☐ Ortega Taco Skillet Sauce: 7 oz
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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
  - ☐ Honey: 1 1/2 tbsp
  - ☐ 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
- ☐ Smoked paprika: 1/8 tsp
- ☐ Garlic powder: 1/8 tsp

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