

# Weekly MEAL PLAN



Week of April 6th, 2025

	Breakfast	Lunch	Dinner
Day 1	Mixed Berry Baked Oatmeal	Easy Greek Chicken Salad	Banh Mi Meatball Bowl
Day 2	Mixed Berry Baked Oatmeal	Juicy Grilled Chicken with Grilled Sweet Potatoes and Asparagus and Basil Pesto	Easy Greek Chicken Salad
Day 3	Mixed Berry Baked Oatmeal	Banh Mi Meatball Bowl	Juicy Grilled Chicken with Grilled Sweet Potatoes and Asparagus and Basil Pesto
Day 4	Mixed Berry Baked Oatmeal	Easy Greek Chicken Salad	Banh Mi Meatball Bowl
Day 5	Mixed Berry Baked Oatmeal	Juicy Grilled Chicken with Grilled Sweet Potatoes and Asparagus and Basil Pesto	Easy Greek Chicken Salad
Day 6	Mixed Berry Baked Oatmeal	Banh Mi Meatball Bowl	Juicy Grilled Chicken with Grilled Sweet Potatoes and Asparagus and Basil Pesto

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 Baked Oatmeal

This Mixed Berry Baked Oatmeal is packed with fresh summer berries and has 15 grams protein per serving! Perfect meal prep breakfast.

Prep Time	Cook Time	Total Time
15 mins	35 mins	45 mins

Course: Breakfast, brunch    Cuisine: American

Keyword: baked oatmeal, blueberries, breakfast, high protein, meal prep, oatmeal

Servings: 6 servings    Calories: 284kcal



4.80 from 5 votes

## Ingredients

- 2 cups rolled oats (192 grams)
- 2 scoops Optimum Nutrition Vanilla Plant Based Protein Powder (76 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 unsweetened applesauce (163 grams)
- 2/3 cup strawberries, chopped (100 grams)
- 2/3 cup blueberries (100 grams)
- 2/3 cup raspberries (85 grams)
- 3 tbsp pure maple syrup (1.5 oz)
- 2 tbsp Skippy Natural Peanut Butter (32 grams)
- 1 egg
- 1 egg white
- 1 tsp vanilla extract
- Optional: almond slivers for topping

## Instructions

1. Pre-heat oven to 350 degrees. Grease an 8x11" baking dish with coconut oil and set aside.
2. Combine all dry ingredients, then add wet ingredients and mix until just combined. Pour into prepared casserole dish and spread evenly.
3. Bake at 350 degrees for 40-45 minutes or until a toothpick inserted into the center comes out clean. If desired, press almond slivers into the top of the mixture about halfway through the baking time.
4. Allow to cool, then cut into 6 pieces for serving.

## Notes

- I used a casserole dish like this to make mine.
- Scan the barcode below or search for "Peanut Butter and Fitness Mixed Berry Oatmeal Bake" to log this food in My Fitness Pal.

## Nutrition

Calories: 284kcal | Carbohydrates: 40g | Protein: 15g | Fat: 7g | Cholesterol: 31mg | Sodium: 139mg | Potassium: 285mg | Fiber: 5g | Sugar: 12g



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# Banh Mi Meatball Bowls

Servings: 4 servings    Calories: 460kcal

## Ingredients

### Meatballs

- 1/2 lb ground pork (8 oz)
- 1/2 lb 98% lean ground chicken (8 oz)
- 1/4 cup plain breadcrumbs (28 grams)
- 2 tbsp milk (1 fl oz)
- 2 tbsp cilantro, chopped
- 2 cloves garlic, grated (8 grams)
- 1 tbsp lemongrass paste (0.5 fl oz)
- 1 tbsp sriracha (0.5 fl oz)
- 1 tbsp brown sugar (13 grams)
- 1 tbsp fish sauce (0.5 fl oz)
- 2 tsp cornstarch
- 1/4 tsp salt

### Bowl Ingredients

- 1 pouch Ben's Original Ready Rice Jasmine Rice (8.5 oz)
- 1 batch Quick Pickled Veggies
- 1/4 cup sriracha mayonnaise (60 grams)
- Optional: fresh herbs like cilantro, basil, and mint
- Optional: sesame seeds

## Instructions

### Make the Meatballs

1. To a small bowl, add the breadcrumbs and milk to create a panade. Mix to coat the breadcrumbs and set aside for 5-10 minutes or until the breadcrumbs have absorbed the milk.
2. To a large bowl, add all remaining meatball ingredients and the breadcrumb/milk mixture. Mix with your hands until ingredients are evenly distributed in the meat, being careful not to overmix.
3. Line a baking sheet with aluminum foil. Using a 1 1/2 tbsp cookie scoop, roll into about 1" meatballs and place on the lined baking sheet. Refrigerate for 30 minutes before baking.
4. Pre-heat oven to 400°F while the meatballs rest. Bake for 18-20 minutes or until the tops of the meatballs begin to brown and are cooked through.

### Assemble the Bowls

1. Add cooked rice to the base of the bowls, then layer with Quick Pickled Veggies and meatballs. Top with sriracha mayo, fresh herbs, and sesame seeds before serving.

## Notes

- This recipe yields 16-20 meatballs with 4-5 meatballs per serving. I recommend doubling the meatball portion of the recipe and freezing half of them for later. Just let them cool, vacuum seal, and freeze them for up to 6 months.
- Scan the barcode below or search for "Peanut Butter and Fitness Banh Mi Meatball Bowl" to log this food in My Fitness Pal.



☆☆☆☆☆

No ratings yet

## Nutrition

Calories: 460kcal | Carbohydrates: 45g | Protein: 28g | Fat: 18g | Saturated Fat: 4g | Cholesterol: 89mg | Sodium: 1244mg | Potassium: 307mg | Fiber: 4g | Sugar: 12g



# Quick Pickled Veggies

Prep Time  
15 mins

Total Time  
15 mins

Servings: 4 servings    Calories: 41kcal



No ratings yet

## Ingredients

- 1/2 medium daikon radish, sliced thinly (275 grams)
- 2 medium carrots, cleaned and sliced thinly (125 grams)
- 2 mini cucumbers, sliced thinly (80 grams)
- 2 fresno peppers (28 grams)

## Pickling Liquid

- 1 1/4 cups water (10 fl oz)
- 1/2 cup seasoned rice vinegar (4 fl oz)
- 2 tbsp sugar (25 grams)
- 2 tsp salt (12 grams)

## Instructions

1. Add water to a microwave safe jar and microwave for about 2 minutes or until almost boiling. Add sugar and salt to hot water and stir to dissolve, then add vinegar and stir. Set aside.
2. Add all veggies to a large storage jar or leakproof glass container. Pour pickling liquid over veggies and cool, uncovered for about 30 minutes before sealing and storing in the refrigerator.
3. Allow the veggies to pickle at least 8 hours. For best texture, consume within a week or two of pickling.

## Notes

Scan the barcode below or search for "Peanut Butter and Fitness Quick Pickled Veggies" to log this food in My Fitness Pal.

## Nutrition

Calories: 41kcal | Carbohydrates: 9g | Protein: 1g | Sodium: 452mg | Potassium: 257mg | Fiber: 3g | Sugar: 6g



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# 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



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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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# 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

# Basil Pesto

This classic homemade basil pesto is bright and nutty and is the perfect way to use up fresh basil! Perfect on summer pastas, pizzas, & more.



5 from 1 vote

Prep Time  
10 mins

Total Time  
10 mins

Course: Dips and Sauces    Cuisine: Italian

Keyword: basil, pesto, sauce, summer    Servings: 9 servings

Calories: 174kcal

## Ingredients

- 1/2 cup pine nuts (60 grams)
- 4 oz basil leaves with stems, stems removed (approx. 4 cup/3 oz yield)
- 4 fl oz olive oil
- 1 1/4 oz parmesan cheese, chopped into 1/2" chunks
- 2 cloves garlic
- 1 lemon, zested
- 3/4 tsp salt
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning

## Instructions

1. Add parmesan cheese to the food processor and blend for 15-30 seconds or until finely ground.
2. Add all remaining ingredients to the food processor and blend until pesto reaches desired consistency.

## Notes

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

## Nutrition

Serving: 2tbsp | Calories: 174kcal | Carbohydrates: 2g | Protein: 3g | Fat: 17g | Cholesterol: 3mg | Sodium: 267mg | Potassium: 76mg | Fiber: 1g



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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 30th, 2025

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## Produce

- ☐ Strawberries:  $\frac{2}{3}$  cup
  - ☐ Blueberries:  $\frac{2}{3}$  cup
  - ☐ Raspberries:  $\frac{2}{3}$  cup
  - ☐ Cilantro: 2 tbsp
  - ☐ Garlic: 4 cloves
  - ☐ Lemongrass paste: 1 tbsp
  - ☐ Daikon radish:  $\frac{1}{2}$  medium
  - ☐ Carrots: 2 medium
  - ☐ English cucumber: 1 cup
  - ☐ Mini cucumbers: 2
  - ☐ Fresno peppers: 2
  - ☐ Sweet potatoes: 2 medium
  - ☐ Asparagus: 1 bunch
  - ☐ Basil: 4 oz
  - ☐ Lemon: 1
  - ☐ Green leaf lettuce: 8 cups
  - ☐ Cherry tomatoes: 1 cup
  - ☐ Red onion:  $\frac{1}{3}$  cup sliced
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## Proteins

- ☐ Chicken breast: 2 lb
  - ☐ Ground pork:  $\frac{1}{2}$  lb
  - ☐ 98% lean ground chicken:  $\frac{1}{2}$  lb
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## Dairy

- ☐ Unsweetened vanilla almond milk: 1 cup
- ☐ Eggs: 1 large, 1 egg white
- ☐ Milk: 2 tbsp
- ☐ Parmesan cheese: 1  $\frac{1}{4}$  oz
- ☐ Fat free feta cheese:  $\frac{1}{2}$  cup

## Pantry & Dry Goods

- ☐ Rolled oats: 2 cups
  - ☐ PEScience Select Vegan Vanilla Protein Powder: 2 scoops
  - ☐ Baking powder:  $\frac{1}{2}$  tsp
  - ☐ Cinnamon:  $\frac{1}{2}$  tsp
  - ☐ Unsweetened applesauce:  $\frac{2}{3}$  cup
  - ☐ Maple syrup: 3 tbsp
  - ☐ Vanilla extract: 1 tsp
  - ☐ Skippy Natural Peanut Butter: 2 tbsp
  - ☐ Plain breadcrumbs:  $\frac{1}{4}$  cup
  - ☐ Brown sugar: 1 tbsp
  - ☐ Sugar: 2 tbsp
  - ☐ Cornstarch: 2 tbsp
  - ☐ Ben's Original Ready Jasmine Rice: 8.5 oz pouch
  - ☐ Pine nuts:  $\frac{1}{2}$  cup
  - ☐ Kalamata olives:  $\frac{1}{3}$  cup
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## Oils, Sauces & Condiments

- ☐ Olive oil
  - ☐ Sriracha: 1 tbsp
  - ☐ Fish sauce: 1 tbsp
  - ☐ Sriracha mayonnaise:  $\frac{1}{4}$  cup
  - ☐ Seasoned rice vinegar:  $\frac{1}{2}$  cup
  - ☐ Farmer Boy Greek Dressing:  $\frac{1}{2}$  cup
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## Spices & Seasonings

- ☐ Salt and black pepper
- ☐ [Homemade brine mix](#): 6 tbsp
- ☐ Oh My Spice! Lemon Pepper Seasoning: 3 tsp
- ☐ Chili powder: 1 tsp