

# Weekly MEAL PLAN



Week of May 4th, 2025

|       | Breakfast                                 | Lunch   | Dinner                            |
|-------|---|---|-----------------------------------|
| Day 1 | Zucchini Chocolate<br>Chunk Baked Oatmeal | Air Fryer Sesame Orange<br>Salmon with Air Fryer<br>Broccoli and rice | Big Mac Salad                     |
| Day 2 | Zucchini Chocolate<br>Chunk Baked Oatmeal | Air Fryer Sesame Orange<br>Salmon with Air Fryer<br>Broccoli and rice | Sheet Pan Greek Chicken<br>Dinner |
| Day 3 | Zucchini Chocolate<br>Chunk Baked Oatmeal | Air Fryer Sesame Orange<br>Salmon with Air Fryer<br>Broccoli and rice | Big Mac Salad                     |
| Day 4 | Zucchini Chocolate<br>Chunk Baked Oatmeal | Air Fryer Sesame Orange<br>Salmon with Air Fryer<br>Broccoli and rice | Sheet Pan Greek Chicken<br>Dinner |
| Day 5 | Zucchini Chocolate<br>Chunk Baked Oatmeal | Big Mac Salad   | Sheet Pan Greek Chicken<br>Dinner |
| Day 6 | Zucchini Chocolate<br>Chunk Baked Oatmeal | Big Mac Salad   | Sheet Pan Greek Chicken<br>Dinner |

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!

# Zucchini Chocolate Chunk Baked Oatmeal

Prep Time  
15 mins

Cook Time  
40 mins

Total Time  
55 mins

Servings: 6 servings    Calories: 347kcal

## Ingredients

- 2 1/4 cups rolled oats (216 grams)
- 1 1/2 scoops Optimum Nutrition Vanilla Plant Based Protein Powder (57 grams)
- 2 oz Ghirardelli 60% chocolate, chopped (56 grams)
- 1/2 tsp baking powder (2 grams)
- 1/2 tsp cinnamon
- 1/4 tsp salt
- 1 cup unsweetened vanilla almond milk (8 fl oz)
- 1/2 cup unsweetened applesauce (122 grams)
- 1 medium zucchini, finely grated (170 grams)
- 1/4 cup pure maple syrup (2 fl oz)
- 3 tbsp unsalted butter, melted (42 grams)
- 2 large eggs (100 grams)
- 1 tsp vanilla extract



☆☆☆☆☆  
No ratings yet

## Instructions

1. Pre-heat oven to 350 degrees. Grease an 8x11" baking dish with coconut oil and set aside.
2. Place grated zucchini on top of a double-layered paper towel and squeeze the most of the liquid from it. Don't completely wring it out - some liquid should remain in the zucchini. Set aside.
3. In a medium bowl, combine all wet ingredients except the zucchini, carefully whisking in the melted butter last so it doesn't cook the eggs. Set aside.
4. In a large bowl, combine all dry ingredients except chocolate chunks. Add drained grated zucchini, using your fingers to break the zucchini apart and toss in the dry ingredients to separate. Add the wet ingredients and mix until just combined, then fold in the chocolate chunks. Pour into prepared casserole dish and spread evenly.
5. Bake at 350 degrees for 40-45 minutes or until the top of the baked oatmeal is lightly golden and has some give but does not collapse easily when gently poked with a finger.
6. Allow to cool, then cut into 6 pieces for serving.

## Notes

Scan the barcode below or search for "Peanut Butter and Fitness Zucchini Chocolate Chunk Baked Oatmeal" to log this food in My Fitness Pal.

## Nutrition

Serving: 1 slice | Calories: 347kcal | Carbohydrates: 43g | Protein: 14g | Fat: 14g | Cholesterol: 84mg | Sodium: 150mg | Potassium: 367mg | Fiber: 6g | Sugar: 14g



# Sheet Pan Greek Chicken Dinner

Prep Time  
20 mins

Cook Time  
35 mins

Total Time  
55 mins

Course: Main Course Cuisine: American, Mediterranean

Keyword: chicken, high protein, mediterranean, sheet pan meals, weeknight dinner

Servings: 5 servings Calories: 441kcal



No ratings yet

## Ingredients

- 1 1/2 lbs chicken breast
- 1 1/2 lbs baby red potatoes, quartered
- 1 medium zucchini, chopped (200 grams)
- 1 pint cherry tomatoes (300 grams)
- 1/2 medium red onion, sliced into wedges (55 grams)
- 3 oz feta cheese, crumbled
- 1/2 cup pitted kalamata olives (75 grams)
- 1 lemon, sliced
- fresh chopped parsley for garnish

## Marinade

- 6 tbsp olive oil (3 fl oz)
- 4 cloves garlic, minced (16 grams)
- 1 lemon, juiced
- 1/2 tbsp Grey Poupon dijon mustard (8 grams)
- 1 tsp each: oregano, thyme, sea salt
- 1/2 tsp black pepper

## Instructions

1. Pound chicken to an even thickness, about 1/2-3/4". Whisk marinade ingredients and pour 2/3 of the marinade over the chicken, tossing to coat evenly. Cover and set aside in the refrigerator.
2. Pre-heat oven to 425°F.
3. Toss the veggies with the remaining marinade and spread in a single layer on the sheet pan. *Optional: use 2 sheet pans to spread the veggies out more and increase browning.*
4. Bake the vegetables for 15 minutes, toss with a spatula and move the vegetables to the side. Add the marinated chicken (and any remaining marinade) and bake for another 16-18 minutes. Turn the oven to broil and broil for 2-4 minutes to help brown the chicken.
5. Add the feta cheese and olives to the sheet pan and serve.

## Notes

Scan the barcode below or search for "Peanut Butter and Fitness Sheet Pan Greek Chicken Dinner" to log this food in My Fitness Pal.

## Nutrition

Calories: 441kcal | Carbohydrates: 27g | Protein: 30g | Fat: 24g | Saturated Fat: 5g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 11g | Cholesterol: 94mg | Sodium: 841mg | Potassium: 605mg | Fiber: 4g | Sugar: 3g



0 72306 02723 4

# Air Fryer Sesame Orange Salmon

Prep Time  
10 mins

Cook Time  
12 mins

Total Time  
22 mins

Servings: 2 servings    Calories: 285kcal

## Ingredients

- 9 oz Atlantic salmon, skin on, sliced into 2 fillets (approx. 8 oz without skin)
- 2 tbsp orange marmalade
- 1 tsp sesame oil
- 1 tsp rice vinegar
- 1/2 tsp orange zest
- 1 pinch cayenne pepper
- green onion and sesame seeds for garnish



☆☆☆☆☆  
No ratings yet

## Instructions

1. **Prepare the sesame orange glaze.** In a small bowl, whisk together the orange marmalade, sesame oil, rice vinegar, orange zest, and cayenne pepper. Divide mixture evenly into two bowls. Set aside.
2. **Create a foil sling for your air fryer** to prevent sticking and make cleanup a breeze. Fold a long piece of foil into thirds so it's about 4 inches wide. Place this into the bottom of your air fryer so that the long ends reach up the sides. Fold the edges down if they extend past the top of the air fryer basket. Next, fold a 2nd piece of foil to roughly cover the bottom of the basket and place it on top of the sling.
3. **Air fry the salmon.** Pre-heat the air fryer to 400°F. Once pre-heated, place the salmon fillets on top of the foil, skin side down. Brush with 1/2 of the the orange sesame glaze. Air fry for 10-14 minutes, depending on thickness, or until cooked through to an internal temperature of 125°F. (Mine took 12 mins.)
4. **Serve.** Using the foil sling like handles, remove the salmon from the air fryer basket. Gently slide a knife along the bottom of the salmon flesh, above the skin to remove the skin. Plate the cooked salmon fillets and brush with remaining orange sesame glaze. Garnish with sesame seeds and green onion before serving.

## Notes

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



## Nutrition

Serving: 1fillet | Calories: 285kcal | Carbohydrates: 13g | Protein: 25g | Fat: 15g | Cholesterol: 67mg | Sodium: 67mg | Potassium: 411mg | Sugar: 12g

# 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



☆☆☆☆☆  
No ratings yet

# Big Mac Salad

Servings: 4 servings    Calories: 398kcal

## Ingredients

### Burger Mixture

- 1 lb 93/7 ground beef
- 2 tbsp ketchup (1 fl oz)
- 1 tbsp low sodium soy sauce (0.5 fl oz)
- 1 tbsp house burger seasoning (recipe in notes)
- 1/2 tbsp olive oil (0.25 fl oz)

### Salad Ingredients

- 8 cups green leaf lettuce, chopped (300 grams)
- 2 large Roma tomatoes, chopped (300 grams)
- 1 cup pickles, chopped (I like Bread & Butter) (170 grams)
- 1/2 cup red onion, chopped (80 grams)
- 1/2 cup extra sharp cheddar cheese, shredded (56 grams)
- 1/2 cup low fat Thousand Island dressing (4 fl oz)

## Instructions

1. Heat olive oil in a large skillet over medium-high heat. Once oil is shimmery and hot, add ground beef and season with burger seasoning. Break ground beef apart with a wooden spatula as it cooks.
2. Once ground beef is almost completely cooked, drain excess fat from the skillet. Return to heat and add soy sauce and ketchup, mixing to coat the beef evenly. Continue cooking until beef is cooked through. Set aside.
3. Assemble salad to serve. If meal prepping in a mason jar, add salad dressing to the bottom of the jar first, then add: beef, onions, tomatoes, pickles, cheese, and lettuce.

## Notes

### House Burger Seasoning

- 1 tbsp Flavor God Garlic Lover's Seasoning
- 1/2 tbsp smoked paprika
- 1/2 tbsp chili powder
- 1/2 tbsp Mexican oregano
- 1/2 tbsp ground mustard
- 3/4 tsp salt
- 3/4 tsp black pepper

Click [here](#) or scan the barcode below to log this food in My Fitness Pal.

## Nutrition

Calories: 398kcal | Carbohydrates: 24g | Protein: 30g | Fat: 21g | Cholesterol: 93mg | Sodium: 1059mg | Potassium: 521mg | Fiber: 3g | Sugar: 13g



★★★★★  
5 from 4 votes



0 72303 88723 7

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

Week of May 4th, 2025

## Produce

- ☐ Zucchini: 2 medium
  - ☐ Baby red potatoes: 1 ½ lbs
  - ☐ Cherry tomatoes: 1 pint
  - ☐ Roma tomatoes: 2 large
  - ☐ Red onion: 2 medium
  - ☐ Garlic: 4 cloves
  - ☐ Broccoli: 6 cups
  - ☐ Lemons: 2
  - ☐ Orange: 1
  - ☐ Green leaf lettuce: 8 cups
- 

## Proteins

- ☐ Chicken breast: 1 ½ lb
  - ☐ Atlantic Salmon, skin on: 18 oz
  - ☐ 93/7 lean ground beef: 1 lb
- 

## Dairy

- ☐ Unsweetened vanilla almond milk: 1 cup
  - ☐ Eggs: 2 large
  - ☐ Unsalted butter: 3 tbsp
  - ☐ Fat free feta cheese: 3 oz
  - ☐ Extra sharp cheddar cheese, shredded: ½ cup
- 

## Pantry & Dry Goods

- ☐ Rolled oats: 2 ¼ cups
- ☐ PEScience Select Vegan Vanilla Protein Powder: 1 ½ scoops
- ☐ Baking powder: ½ tsp
- ☐ Cinnamon: ½ tsp
- ☐ Unsweetened applesauce: ½ cup
- ☐ Maple syrup: ¼ cup

- ☐ Vanilla extract: 1 tsp
  - ☐ Ben's Original Ready Jasmine Rice: 8.5 oz pouch
  - ☐ Kalamata olives, pitted: ½ cup
  - ☐ Pickles: 1 cup
- 

## Oils, Sauces & Condiments

- ☐ Olive oil
  - ☐ Sesame oil: 1 tsp
  - ☐ Orange marmalade: ¼ cup
  - ☐ Rice vinegar: 2 tsp
  - ☐ Grey Poupon dijon mustard: ½ tbsp
  - ☐ Low fat thousand island dressing: ½ cup
  - ☐ Ketchup: 2 tbsp
  - ☐ Low sodium soy sauce: 1 tbsp
- 

## Spices & Seasonings

- ☐ Salt and black pepper
  - ☐ [Homemade brine mix](#): 3 tbsp
  - ☐ [House burger seasoning](#): 1 tbsp
  - ☐ Oh My Spice! Lemon Pepper Seasoning: 1 ½ tsp
  - ☐ Oregano: 1 tsp
  - ☐ Thyme: 1 tsp
  - ☐ Chili powder: ½ tsp
  - ☐ Cayenne pepper: 1 pinch
- 

## Optional Garnishes

- ☐ Fresh chopped parsley
- ☐ Chopped green onions
- ☐ Sesame seeds