

Weekly MEAL PLAN



Week of May 18th, 2025

	Breakfast	Lunch	Dinner
Day 1	Chocolate Covered Strawberry Oatmeal Muffins	Pickle Brined Chicken Thighs with Green Goddess Cottage Cheese Dip and Veggies	Sheet Pan Hawaiian Chicken Dinner
Day 2	Chocolate Covered Strawberry Oatmeal Muffins	Turkey Taco Salad with Avocado Ranch Dressing	Pickle Brined Chicken Thighs with Green Goddess Cottage Cheese Dip and Veggies
Day 3	Chocolate Covered Strawberry Oatmeal Muffins	Sheet Pan Hawaiian Chicken Dinner	Turkey Taco Salad with Avocado Ranch Dressing
Day 4	Chocolate Covered Strawberry Oatmeal Muffins	Pickle Brined Chicken Thighs with Green Goddess Cottage Cheese Dip and Veggies	Sheet Pan Hawaiian Chicken Dinner
Day 5	Chocolate Covered Strawberry Oatmeal Muffins	Turkey Taco Salad with Avocado Ranch Dressing	Pickle Brined Chicken Thighs with Green Goddess Cottage Cheese Dip and Veggies
Day 6	Chocolate Covered Strawberry Oatmeal Muffins	Sheet Pan Hawaiian Chicken Dinner	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!

Chocolate Covered Strawberry Oatmeal Muffins

Prep Time
15 mins

Cook Time
30 mins

Total Time
45 mins

Servings: 6 jumbo muffins Calories: 272kcal

Ingredients

- 2 cups rolled oats (160 grams)
- 2 scoops Optimum Nutrition Gold Standard Plant-Based Chocolate Protein Powder (64 grams)
- 1/2 cup Scharffen Berger Dark Chocolate (62% Cocoa), cut into chunks (70 grams)
- 3 tbsp dutch cocoa powder (17 grams)
- 1 tsp instant espresso
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1 1/2 cup strawberries, chopped (220 grams)
- 1 cup unsweetened applesauce (244 grams)
- 2/3 cup unsweetened vanilla almond milk (5.33 fl oz)
- 2 egg whites
- 2 tbsp maple syrup (1 fl oz)
- 2 tbsp Skippy Natural Creamy Peanut Butter, melted (32 grams)
- 1 tsp vanilla extract
- pinch salt



4.86 from 7 votes

Instructions

1. Pre-heat oven to 350 degrees. Arrange jumbo parchment muffin liners inside jumbo muffin tin. Set aside.
2. Mix all dry ingredients except chocolate chunks, then add wet ingredients and mix until combined. Fold in chocolate chunks. Scoop batter evenly into baking cups.
3. Bake for 35 minutes or until a toothpick inserted into the center of a muffin comes out mostly clean.

Notes

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



Nutrition

Serving: 180grams | Calories: 272kcal | Carbohydrates: 37g | Protein: 15g | Fat: 9g | Sodium: 283mg | Potassium: 154mg | Fiber: 6g | Sugar: 13g

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

Pickle Brined Chicken Thighs

Prep Time
10 mins

Cook Time
12 mins

Brine Time
2 hrs

Total Time
2 hrs 22 mins

Servings: 4 servings Calories: 227kcal



Ingredients

- 1 1/2 lbs boneless skinless chicken thighs, excess fat trimmed
- 1 24 oz jar Claussen Dill Pickles, pickle juice only
- 1 tbsp olive oil
- 1/2 tsp Oh My Spice! Lemon Pepper Dill Seasoning
- 1/2 tsp sea salt
- 1/4 tsp black pepper



No ratings yet

Instructions

1. Add chicken thighs to an airtight container or resealable bag. Pour pickle juice over the chicken, then move the chicken around to ensure the juice has gotten to all the chicken. Set aside in the refrigerator to brine for at least 1 hour, but preferably about 2 hours.
2. Preheat grill to 450°F.
3. Remove chicken from pickle brine onto a paper towel lined baking sheet. Pat dry with more paper towels, then discard the paper towels. Drizzle with olive oil and rub it in to ensure all sides are evenly coated (use more oil if needed). Season chicken with lemon pepper dill seasoning, salt, and pepper.
4. Place seasoned chicken thighs, smoother side down, onto preheated grill grates. Grill for 7 minutes on first side, then flip and continue grilling for 4-6 more minutes or until internal temperature of thickest part of chicken thigh reaches 165°F.

Notes

- Turn this into bite sized appetizers - instructions here!
- The sodium content displayed in the nutrition info is estimated, but will vary depending on the brine time and sodium content in your pickle juice.
- Click here or scan the barcode below to log this food in My Fitness Pal.

Nutrition

Calories: 227kcal | Protein: 33g | Fat: 10g | Cholesterol: 158mg | Sodium: 739mg | Potassium: 405mg



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Green Goddess Cottage Cheese Dip

Gear up for summer entertaining with this herby and delicious dip, a dreamy combo of feta whipped with cottage cheese for extra protein.

Prep Time
15 mins

Total Time
15 mins



No ratings yet

Course: Appetizer, Snack Cuisine: American

Keyword: appetizers, cottage cheese, dip, feta, spring, summer

Servings: 12 servings (1/3 cup per serving) Calories: 117kcal

Ingredients

- 16 oz Breakstone's 2% Large Curd Cottage Cheese
- 7 oz feta cheese in brine, drained
- 1 lemon, juiced (2 fl oz)
- 1/2 cup basil leaves, lightly packed
- 1/3 cup flat leaf parsley leaves, lightly packed
- 1/4 cup fresh dill, lightly packed
- 1/4 cup chives, roughly chopped
- 3 tbsp olive oil (1.5 fl oz)
- 1 tbsp honey (0.5 fl oz)
- 1/2 tsp sea salt
- 1/4 tsp garlic powder

Instructions

1. Add all ingredients to a food processor or blender. Blend until smooth, then spoon into a flat, wide bowl.
2. Drizzle with olive oil and season with fresh ground black pepper, if desired. Serve with crudité and crackers.

Notes

This recipe yields about 4 cups of dip.

Scan the barcode below or search for "Peanut Butter and Fitness Green Goddess Cottage Cheese Dip" to log this food in My Fitness Pal.



Nutrition

Serving: 0.33cup | Calories: 117kcal | Carbohydrates: 5g | Protein: 7g | Fat: 8g | Saturated Fat: 4g | Monounsaturated Fat: 2g | Cholesterol: 15mg | Sodium: 337mg | Potassium: 36mg | Sugar: 3g

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 May 18th, 2025

Produce

- ☐ Strawberries: 1 ½ cups
 - ☐ Pineapple: 3 cups, chopped
 - ☐ Bell peppers: 2
 - ☐ Red onion: 1 medium + ½ cup
 - ☐ Ginger: 1 tbsp
 - ☐ Lemon: 1
 - ☐ Basil: ½ cup
 - ☐ Parsley: ½ cup + 2 tbsp
 - ☐ Dill: 5 tbsp
 - ☐ Chives: 5 tbsp
 - ☐ Cilantro: 2 tbsp
 - ☐ Green leaf lettuce: 10 cups
 - ☐ Cherry tomatoes: 1 ⅓ cup
 - ☐ Avocado, medium: 1
 - ☐ Lime: 1
 - ☐ Garlic: 2 cloves
 - ☐ Vegetables for dipping, like:
cucumbers, sugar snap peas,
radishes, carrots, sweet peppers
-

Proteins

- ☐ Ground turkey (94% lean): 1 lb
 - ☐ Chicken breast: 1 ¾ lbs
 - ☐ Boneless, skinless chicken thighs:
1 ½ lbs
-

Dairy

- ☐ Egg whites: 2
 - ☐ Breakstone's 2% Cottage Cheese:
16 oz
 - ☐ Feta cheese in brine: 7 oz
 - ☐ 1% buttermilk: 1 cup
 - ☐ Plain, non-fat Greek yogurt: ¼ cup
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Refrigerated and Frozen

- ☐ Unsweetened vanilla almond milk: ⅔ cup
 - ☐ Claussen Dill pickles: 24 oz jar
 - ☐ Frozen corn kernels: 1 ⅓ cup
-

Pantry & Dry Goods

- ☐ Rolled oats: 2 cups
 - ☐ Optimum Nutrition Gold Standard
Plant-Based Chocolate Protein
Powder: 2 scoops
 - ☐ Dark chocolate chunks: ½ cup
 - ☐ Dutch cocoa powder: 3 tbsp
 - ☐ Instant espresso powder: 1 tsp
 - ☐ Baking powder: ½ tsp
 - ☐ Baking soda: ½ tsp
 - ☐ Unsweetened applesauce: 1 cup
 - ☐ Maple syrup: 2 tbsp
 - ☐ Skippy Natural Creamy Peanut
Butter: 2 tbsp
 - ☐ Vanilla extract: 1 tsp
 - ☐ Ben's Original Ready Rice Jasmine
Family Size: 1
 - ☐ Brown sugar: ¼ cup
 - ☐ Cornstarch: 2 tsp
 - ☐ Honey: 1 tbsp
 - ☐ Low sodium black beans: 1 ⅓ cup
 - ☐ Fresh Gourmet Santa Fe Style
Tortilla Strips: 1 cup
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Oils, Sauces & Condiments

- ☐ Olive oil
- ☐ Sesame oil: 1 ½ tbsp
- ☐ Low sodium soy sauce: 6 tbsp
- ☐ Ortega Taco Skillet Sauce: 7 oz
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Weekly GROCERY LIST



Week of May 18th, 2025

- ☐ Duke's Light Mayonnaise: $\frac{1}{4}$ cup
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Spices & Seasonings

- ☐ Salt and black pepper
- ☐ Garlic powder: 1 $\frac{1}{4}$ tsp
- ☐ Red pepper flakes: $\frac{1}{2}$ tsp
- ☐ Oh My Spice! Lemon Pepper Seasoning: $\frac{1}{2}$ tsp
- ☐ Oh My Spice! Spicy Fajita Seasoning: 1 tsp