

# Weekly MEAL PLAN



Week of June 1st, 2025

	Breakfast	Lunch	Dinner
Day 1	Mixed Berry Baked Oatmeal	Asian Inspired Chicken Salad	Cilantro Lime Chicken with Mango Avocado Salsa and rice
Day 2	Mixed Berry Baked Oatmeal	Turkey Spinach Meatballs with Zoodles	Asian Inspired Chicken Salad
Day 3	Mixed Berry Baked Oatmeal	Cilantro Lime Chicken with Mango Avocado Salsa and rice	Turkey Spinach Meatballs with Zoodles
Day 4	Mixed Berry Baked Oatmeal	Asian Inspired Chicken Salad	Cilantro Lime Chicken with Mango Avocado Salsa and rice
Day 5	Mixed Berry Baked Oatmeal	Turkey Spinach Meatballs with Zoodles	Asian Inspired Chicken Salad
Day 6	Mixed Berry Baked Oatmeal	Cilantro Lime Chicken with Mango Avocado Salsa and rice	Turkey Spinach Meatballs with Zoodles
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 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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# Cilantro Lime Chicken with Mango Avocado Salsa

This perfect weeknight dinner or meal prep lunch pairs fresh mango and avocado salsa with juicy grilled chicken over rice.



4.80 from 5 votes

Prep Time	Cook Time	Marinating Time	Total Time
20 mins	12 mins	2 hrs	2 hrs 32 mins

Course: Main Course Cuisine: American

Keyword: chicken, meal prep, rice bowls, summer Servings: 4 servings Calories: 368kcal

## Ingredients

- 1 1/4 lbs chicken breast, raw
- Optional: 2/3 cup jasmine rice, cooked according to package directions (not included in nutrition info, see note)

## Marinade

- 1/4 cup cilantro, chopped
- 2 limes, juiced and zested
- 1/4 cup olive oil (2 fl oz)
- 2 tbsp low sodium soy sauce (1 fl oz)
- 2 tbsp honey (1 fl oz)
- 2 cloves garlic, minced (8 grams)
- 1 tsp cumin
- 1 tsp salt

## Mango Avocado Salsa

- 1 large mango, peeled and chopped (309 grams)
- 1 1/2 medium Haas avocados, peeled and chopped (225 grams)
- 1/4 cup cilantro, chopped
- 1/2 red onion, finely diced (55 grams)
- 1 medium jalapeño, seeds removed and diced (15 grams)
- 2 limes, juiced and zested
- 1 tbsp olive oil (1/2 fl oz)
- 1/2 tsp salt (adjust to taste)

## Instructions

1. Whisk together marinade ingredients until well combined. Set aside about 2 tbsp of marinade to reserve for brushing the chicken during grilling.
2. Pound the chicken to ensure it is even thickness throughout. To do this, I just stick the chicken on a small baking sheet in a single layer sandwiched between 2 layers of paper

towels and use my fist to make quick work of this task.

3. Add chicken breast to a resealable bag, then pour remaining marinade over top and massage around to ensure even distribution. Set aside in refrigerator to marinate for 2-6 hours.
4. Mix together all salsa ingredients and set aside, covered, in the refrigerator.
5. Pre-heat grill to 400°. Spray grill grates with non-stick grill spray or brush grates with vegetable oil. Allow excess marinade to drip from the chicken breast before adding to grill. Grill one side for 6 minutes, then flip, brush with marinade, and grill for an additional 4-6 minutes depending on the thickness of the chicken breasts. The internal temperature should just barely reach 165° as you remove the chicken from from the grill.
6. Allow the chicken to rest for 5 minutes before slicing and serving with salsa and rice (optional).

## Notes

Note that the nutrition info listed does NOT include rice, but you can view the nutrition info with rice by checking out the recipe in My Fitness Pal.

Scan the barcode below or search for "Peanut Butter and Fitness Cilantro Lime Chicken" to log this meal in My Fitness Pal. There are options for with and without rice.

## Nutrition

Calories: 368kcal | Carbohydrates: 21g | Protein: 34g | Fat: 18g | Cholesterol: 96mg | Sodium: 148mg | Potassium: 1027mg | Fiber: 5g | Sugar: 13g



With Rice



No Rice

# Turkey Spinach Meatballs with Zoodles

This high protein, Italian-inspired meal is perfect for when you're craving pasta but don't want all the carbs.

Prep Time	Cook Time	Total Time
25 mins	20 mins	45 mins

Course: Main Course    Cuisine: American, Italian

Keyword: high protein, low carb, meatballs, turkey    Servings: 5 servings

Calories: 315kcal



4.84 from 6 votes

## Ingredients

- 1 1/4 lb 99% extra lean ground turkey (20 oz)
- 10 oz frozen chopped spinach, thawed and drained
- 1 large egg
- 1 tsp Flavor God Garlic Lover's Seasoning
- 1 tsp oregano
- 1/2 cup finely chopped onion (80 grams)
- 1/2 cup whole wheat Italian breadcrumbs (60 grams)
- 4 cloves garlic, minced (16 grams)
- 1/4 cup grated parmesan cheese (25 grams)
- 4 small zucchini, ends trimmed
- 1 24 oz jar Nonna's Nature's Way Arrabiata Sauce

## Instructions

1. Preheat oven to 400 degrees and line a baking sheet with SILPAT.
2. Dump thawed and drained spinach onto two sheets of paper towel. Gather the paper towel around the spinach and squeeze out excess moisture over the sink.
3. Add ground turkey and drained spinach to a large bowl, breaking apart spinach as it is added. Add egg, spices, onion, breadcrumbs, garlic gloves and parmesan cheese. Mix with your hands until ingredients are just combined (do not overwork the meat).
4. Roll the mixture into balls, about 1.5 inches in diameter, and place onto lined baking sheet.
5. Lightly spray some olive oil or non-stick cooking spray on top of the meatballs. Bake for 20 minutes or until cooked through.
6. Spiralize zucchini into noodles and place into a microwavable bowl. Microwave the zucchini noodles, covered with a damp paper towel, for 2 minutes (alternatively, you can sauté them with a bit of olive oil).
7. Heat marinara sauce to desired temperature before serving over zucchini noodles and meatballs. Garnish with fresh chopped basil, if desired.

## Notes

Scan the barcode below or search for "Peanut Butter and Fitness Turkey Spinach Meatballs" to log this food in My Fitness Pal. You can log just the meatballs or the whole meal.

## Nutrition

Calories: 315kcal | Carbohydrates: 28g | Protein: 37g | Fat: 9g | Cholesterol: 59mg | Sodium: 746mg | Potassium: 626mg | Fiber: 6g | Sugar: 8g



With Zoodles & Sauce



Meatballs Only

# Asian Chicken Salad

Prep Time  
20 mins

Cook Time  
12 mins

Total Time  
32 mins

Servings: 4 servings    Calories: 372kcal

## Ingredients

- 1 lb chicken breast, raw
- 8 cups green leaf lettuce, chopped (290 grams)
- 2 cups red cabbage, shredded (170 grams)
- 1 1/2 cups English cucumber, julienned (180 grams)
- 1 cup matchstick carrots (125 grams)
- 1/3 cup cilantro, chopped (6 grams)
- 4 4 oz cups mandarin oranges (in water or juice), drained
- 1/2 cup fried wonton strips (28 grams)
- 1/2 cup Wegmans Spicy Citrus Ginger Sauce (4 fl oz)
- 1/2 cup Wegmans Sesame Ginger Dressing (4 fl oz)



★★★★★  
5 from 1 vote

## Instructions

1. **Marinate chicken.** Add chicken breasts and 1/2 cup of Wegmans Spicy Citrus Ginger Sauce to a resealable bag. Seal the bag and massage the chicken and sauce around to distribute the sauce and coat the chicken evenly. Set aside in the refrigerator to marinate for at least 2 hours or up to overnight.
2. **Prepare salad ingredients.** If meal prepping, add a piece of paper towel to the bottom of your 4 salad containers, then divide lettuce among the containers. Top with shredded cabbage, matchstick carrots, and cilantro.
3. In the salad tray or divided section of the container, add mandarin oranges and cucumbers. Divide the dressing among the dressing containers and seal. Set salad ingredients aside in the refrigerator.
4. **Grill the chicken.** Pre-heat grill to 400° and spray grill grates with non-stick grill spray or rub the grates with vegetable oil. Allow excess marinade to drip off of chicken, then add to hot grill. Grill 6 minutes on first side, then flip and continue grilling for 4-6 minutes or until internal temperature just reaches 165°.
5. **Finish assembling salad.** Allow chicken to rest for 5 minutes before slicing and adding to the dedicated/divided section in your salad container, so that it does not touch any other ingredients.
6. **Serve.** When ready to eat, heat chicken for 30 seconds, then mix all ingredients and top with fried wonton strips.

## Notes

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



## Nutrition

Calories: 372kcal | Carbohydrates: 34g | Protein: 39g | Fat: 13g | Cholesterol: 66mg | Sodium: 526mg | Potassium: 889mg | Fiber: 3g | Sugar: 19g

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

Week of June 1st, 2025

## Produce

- ☐ Strawberries:  $\frac{2}{3}$  cup
  - ☐ Blueberries:  $\frac{2}{3}$  cup
  - ☐ Raspberries:  $\frac{2}{3}$  cup
  - ☐ Mango: 1 large
  - ☐ Avocado: 1  $\frac{1}{2}$  medium
  - ☐ Red onion:  $\frac{1}{2}$  medium
  - ☐ Sweet onion:  $\frac{1}{2}$  cup
  - ☐ Cilantro: 1 cup
  - ☐ Limes: 4
  - ☐ Jalapeno: 1 medium
  - ☐ Zucchini: 4 small
  - ☐ Green leaf lettuce: 8 cups
  - ☐ Red cabbage: 2 cups
  - ☐ English cucumber: 1  $\frac{1}{2}$  cups
  - ☐ Matchstick carrots: 1 cup
  - ☐ Garlic: 6 cloves
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## Proteins

- ☐ Ground turkey (99% lean): 1  $\frac{1}{4}$  lb
  - ☐ Chicken breast: 2  $\frac{1}{4}$  lb
- 

## Dairy

- ☐ Eggs: 1
  - ☐ Egg whites: 1
  - ☐ Grated parmesan cheese:  $\frac{1}{4}$  cup
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## Refrigerated and Frozen

- ☐ Unsweetened vanilla almond milk: 1 cup
  - ☐ Frozen chopped spinach: 10 oz
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## Pantry & Dry Goods

- ☐ Rolled oats: 2 cups
  - ☐ Optimum Nutrition Gold Standard Plant-Based Chocolate Protein Powder: 2 scoops
  - ☐ Baking powder:  $\frac{1}{2}$  tsp
  - ☐ Unsweetened applesauce:  $\frac{2}{3}$  cup
  - ☐ Maple syrup: 3 tbsp
  - ☐ Skippy Natural Creamy Peanut Butter: 2 tbsp
  - ☐ Vanilla extract: 1 tsp
  - ☐ Jasmine rice:  $\frac{2}{3}$  cup
  - ☐ Honey: 2 tbsp
  - ☐ Whole wheat Italian breadcrumbs:  $\frac{1}{2}$  cup
  - ☐ Mandarin oranges in water or juice: 4x 4 oz cups
  - ☐ Fried wonton strips:  $\frac{1}{2}$  cup
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## Oils, Sauces & Condiments

- ☐ Olive oil
  - ☐ Low sodium soy sauce: 2 tbsp
  - ☐ Arrabiata sauce: 24 oz
  - ☐ Wegmans Spicy Citrus Ginger Sauce:  $\frac{1}{2}$  cup
  - ☐ Wegmans Sesame Ginger Dressing:  $\frac{1}{2}$  cup
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## Spices & Seasonings

- ☐ Salt and black pepper
- ☐ Cinnamon:  $\frac{1}{2}$  tsp
- ☐ Flavor God Garlic Lover's Seasoning: 1 tsp
- ☐ Oregano: 1 tsp