

Weekly MEAL PLAN



Week of June 22nd, 2025

	Breakfast	Lunch	Dinner
Day 1	Chocolate Covered Strawberry Oatmeal Muffins with fruit and egg whites	Juicy Grilled Chicken with Grilled Sweet Potatoes and Grilled Asparagus	Juicy Grilled Chicken with Copcat Olive Garden Salad and Homemade Croutons
Day 2	Chocolate Covered Strawberry Oatmeal Muffins with fruit and egg whites	Egg Roll in a Bowl	Juicy Grilled Chicken with Grilled Sweet Potatoes and Grilled Asparagus
Day 3	Chocolate Covered Strawberry Oatmeal Muffins with fruit and egg whites	Juicy Grilled Chicken with Copcat Olive Garden Salad and Homemade Croutons	Egg Roll in a Bowl
Day 4	Chocolate Covered Strawberry Oatmeal Muffins with fruit and egg whites	Juicy Grilled Chicken with Grilled Sweet Potatoes and Grilled Asparagus	Juicy Grilled Chicken with Copcat Olive Garden Salad and Homemade Croutons
Day 5	Chocolate Covered Strawberry Oatmeal Muffins with fruit and egg whites	Egg Roll in a Bowl	Juicy Grilled Chicken with Grilled Sweet Potatoes and Grilled Asparagus
Day 6	Chocolate Covered Strawberry Oatmeal Muffins with fruit and egg whites	Juicy Grilled Chicken with Copcat Olive Garden Salad and Homemade Croutons	Egg Roll in a Bowl

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

Egg Roll in a Bowl

Prep Time	Cook Time	Total Time
20 mins	15 mins	35 mins

Servings: 6 servings Calories: 312kcal

Ingredients

- 1 lb 99% extra lean ground turkey
- 1 lb ground pork
- 1 13.5 oz bag coleslaw mix (no dressing) (397 grams)
- 1 12 oz bag broccoli slaw (340 grams)
- 1 6 oz bag snow peas, sliced (170 grams)
- 5 cloves garlic, minced (20 grams)
- 1 1/2 tbsp fresh grated ginger
- 1 tbsp sesame oil, divided (1/2 oz)

Sauces

- 6 tbsp low sodium soy sauce (3 oz)
- 2 tbsp rice wine vinegar (1 oz)
- 1 tbsp sriracha sauce (1/2 oz)
- 1 tbsp hoisin sauce (1/2 oz)

Optional Toppings (Not Included in Nutrition Info)

- sriracha mayo
- wonton strips
- green onion, chopped
- sesame seeds

Instructions

1. Heat 1 tsp sesame oil in a large sauté pan over medium high heat. Add broccoli slaw and snow peas, tossing to distribute the oil. Cover and sauté for 3-5 minutes or until broccoli is tender crisp (add 1-2 tbsp of water to help it along if needed). Add to a large bowl and set aside to cool.
2. Heat remaining sesame oil in the same large sauté pan over medium high heat. Add garlic and sauté until it becomes fragrant, about 1 minute.
3. Add ground turkey, ground pork, sriracha, and ginger to the sauté pan. Break meat apart with wooden spatula as it cooks, ensuring sriracha and ginger are distributed throughout the meat chunks.
4. When meat is mostly cooked through but still has spots of pink, add soy sauce, rice wine vinegar, and hoisin sauce. Continue stirring and breaking apart meat until cooked through, about 7-10 minutes total.
5. Once meat is cooked, add coleslaw and mix until combined with meat. Add broccoli slaw and snow peas back into sauté pan and mix until combined.
6. Divide mixture evenly into 6 serving dishes or meal prep containers. Top with and desired optional toppings before serving.

Notes

- If you don't have hoisin sauce on hand or can't find it, use 1/2 tbsp brown sugar instead. It doesn't have the same flavor, but will lend some of the same sweetness.
- For a lower fat version, use only lean ground turkey.
- Click here or scan the barcode below to log this food in My Fitness Pal.



4.50 from 8 votes

Nutrition

Calories: 312kcal | Carbohydrates: 12g | Protein: 33g | Fat: 15g | Cholesterol: 83mg | Sodium: 719mg | Potassium: 632mg | Fiber: 3g | Sugar: 7g



Juicy Air Fryer (or Grilled) Chicken

Prep Time
10 mins

Cook Time
12 mins

Total Time
22 mins

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



4.58 from 14 votes



Olive Garden Salad

Prep Time
15 mins

Total Time
15 mins

Servings: 4 servings Calories: 225kcal



☆☆☆☆☆
No ratings yet

Ingredients

- 8 cups romaine lettuce, sliced (340 grams)
- 1 cup Homemade Croutons
- 1/2 cup Light Olive Garden Italian salad dressing (4 oz)
- 1/2 cup red onion, sliced (73 grams)
- 1/3 cup shredded Parmesan cheese (27 grams)
- 24 low sodium pitted black olives (72 grams)
- 9 Pepperoncini peppers, sliced (90 grams)
- 2 Roma tomatoes, chopped (124 grams)

Instructions

1. Layer salad ingredients in serving dishes or meal prep containers, setting aside croutons, cheese, and dressing until ready to serve.

Notes

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

Nutrition

Calories: 225kcal | Carbohydrates: 22g | Protein: 6g | Fat: 11g | Saturated Fat: 3g |
Monounsaturated Fat: 4g | Cholesterol: 10mg | Sodium: 978mg | Potassium: 107mg | Fiber: 3g |
Sugar: 5g



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Homemade Croutons

Prep Time
10 mins

Cook Time
15 mins

Total Time
25 mins

Servings: 16 servings Calories: 96kcal



☆☆☆☆☆
No ratings yet

Ingredients

- 4 cups San Francisco style sourdough bread, cut into 3/4" pieces (1 lb)
- 1/4 cup olive oil (2 fl oz)
- 3 cloves garlic, sliced (12 grams)
- 3 sprigs fresh thyme
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/2 tsp sea salt
- 1/4 tsp black pepper

Instructions

1. In a small pan, heat olive oil over medium high heat. Once the oil is hot (small bubbles should begin to form and rise), add sliced garlic and thyme sprigs. Allow them to cook for 1-2 minutes, then turn off the heat and rest until the oil is no longer sizzling and bubbling. Strain out and discard the garlic and thyme, reserving the olive oil; set aside.
2. Pre-heat oven to 375°F.
3. Toss the bread chunks with olive oil, lemon pepper seasoning, salt, and pepper. Arrange in a single layer on a baking sheet.
4. Bake for 14-18 minutes or until golden, flipping once halfway through.

Notes

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

Nutrition

Serving: 0.25cup | Calories: 96kcal | Carbohydrates: 12g | Protein: 2g | Fat: 4g | Sodium: 113mg



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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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

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

Week of June 22nd, 2025

Produce

- ☐ Coleslaw mix: 13.5 oz
- ☐ Broccoli slaw: 12 oz
- ☐ Snow peas: 6 oz
- ☐ Garlic: 5 cloves
- ☐ Fresh ginger: 1 1/2 tbsp
- ☐ Green onion: 3 stalks
- ☐ Romaine lettuce: 8 cups
- ☐ Red onion: 1/2 cup sliced
- ☐ Roma tomatoes: 2 medium
- ☐ Sweet potatoes: 2 medium
- ☐ Asparagus: 1 bunch

Proteins

- ☐ Ground turkey (99% lean): 1 lb
- ☐ Ground pork: 1 lb
- ☐ Chicken breast: 2 lbs

Dairy & Eggs

- ☐ Unsweetened vanilla almond milk: 2/3 cup
- ☐ Egg whites: 2
- ☐ Parmesan cheese: 1/3 cup shredded

Pantry & Dry Goods

- ☐ Rolled oats: 2 cups
- ☐ [Optimum Nutrition Gold Standard Plant-Based Chocolate Protein Powder](#): 2 scoops
- ☐ 62% chocolate bar: 1/2 cup
- ☐ Dutch cocoa powder: 3 tbsp
- ☐ Instant espresso: 1 tsp
- ☐ Baking powder: 1/2 tsp
- ☐ Baking soda: 1/2 tsp

- ☐ Unsweetened applesauce: 1 cup
- ☐ Maple syrup: 2 tbsp
- ☐ Creamy peanut butter: 2 tbsp
- ☐ Vanilla extract: 1/2 tbsp
- ☐ Croutons (or homemade croutons)
- ☐ Light Olive Garden Italian salad dressing (1/2 cup)
- ☐ Black olives: 24
- ☐ Pepperoncini peppers: 9

Spices & Seasonings

- ☐ [Homemade brine mix](#): 6 tbsp
- ☐ Cinnamon: 1/2 tbsp
- ☐ Oh My Spice! Lemon Pepper Seasoning: 2 tsp
- ☐ Chili powder: 1/2 tsp
- ☐ Salt and pepper

Oils, Sauces, & Condiments

- ☐ Olive oil
- ☐ Low sodium soy sauce: 6 tbsp
- ☐ Rice wine vinegar: 2 tbsp
- ☐ Sriracha sauce: 1 tbsp
- ☐ Hoisin sauce: 1 tbsp

Optional Garnishes

- ☐ Sesame seeds
- ☐ Sriracha mayo
- ☐ Wonton strips

**Note: The Juicy Air Fryer Chicken recipe is doubled and Homemade Croutons recipe is not included in this grocery list.*