

Weekly MEAL PLAN



Week of June 29th, 2025

	Breakfast	Lunch	Dinner
Day 1	Mixed Berry Oatmeal Muffins	Tuna Salad Bento Box	Teriyaki Chicken Power Bowl
Day 2	Mixed Berry Oatmeal Muffins	Easy Greek Chicken Salad	Tuna Salad Bento Box
Day 3	Mixed Berry Oatmeal Muffins	Teriyaki Chicken Power Bowl	Easy Greek Chicken Salad
Day 4	Mixed Berry Oatmeal Muffins	Tuna Salad Bento Box	Teriyaki Chicken Power Bowl
Day 5	Mixed Berry Oatmeal Muffins	Easy Greek Chicken Salad	Tuna Salad Bento Box
Day 6	Mixed Berry Oatmeal Muffins	Teriyaki Chicken Power Bowl	Easy Greek Chicken Salad

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 Oatmeal Muffins

These dairy free and gluten free muffins are like a bowl of comforting oatmeal in baked form. Packed with berries and great for meal prep.



Prep Time	Cook Time	Total Time
10 mins	35 mins	45 mins

Course: Breakfast Cuisine: American



No ratings yet

Keyword: brunch, high protein, muffins, oats, spring, strawberries, summer

Servings: 7 jumbo muffins

Ingredients

- 2 1/4 cups rolled oats (225 grams)
- 2 scoops PEScience Select Vegan Plant Based Protein Powder, Vanilla Indulgence (60 grams)
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp cinnamon
- 1 cup unsweetened applesauce (244 grams)
- 3/4 cup unsweetened vanilla almond milk (6 fl oz)
- 3/4 cup blueberries (113 grams)
- 3/4 cup strawberries, chopped (113 grams)
- 1/4 cup maple syrup (2 oz)
- 2 egg whites
- 3 tbsp Skippy Natural Creamy Peanut Butter (48 grams)
- 1 tsp vanilla extract

Instructions

1. Pre-heat oven to 350°F. Arrange 7 jumbo silicone baking cups on a baking sheet.
2. Mix all dry ingredients, then add wet ingredients and mix until combined. Divide evenly into 7 baking cups.
3. Bake for 35 minutes or until tops of muffins begin to brown slightly. Allow to cool slightly before removing from silicone cups and serving.

Notes

- Scan the barcode below or search for "Peanut Butter and Fitness Mixed Berry Oatmeal Muffins 2025" to log this food in My Fitness Pal.
- I recommend these jumbo silicone baking cups!



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Teriyaki Chicken Power Bowls

Servings: 6 servings Calories: 347kcal

Ingredients

- 2 lb chicken breast, raw
- 2 cups shelled edamame (340 grams)
- 1 large red bell pepper, chopped (165 grams)
- 3 cups broccoli florets (234 grams)
- 3 medium carrots, julienned (250 grams)
- 1 small red onion, roughly chopped (100 grams)
- 1 1/4 cup Wegmans Organic Teriyaki Sauce, divided (10 fl oz)
- 3 tbsp low sodium soy sauce
- 2 tbsp rice vinegar
- 2 tsp sesame oil
- Optional: rice for serving



4.55 from 11 votes

Instructions

1. **Marinate chicken.** Add chicken to a resealable container or zip top bag. Pour 1/2 cup of the teriyaki sauce, soy sauce, and rice vinegar over the chicken and mix around with your hands until well incorporated and evenly coated. Set aside to marinate in the refrigerator for at least 2 hours or up to 6 hours.
2. Set aside 2-3 tbsp teriyaki sauce in a small bowl with a brush for grilling.
3. **Grill chicken.** After chicken has marinated, pre-heat grill to 400°. Spray grill grates with grill-safe non-stick spray. Allow excess marinade to drip off of chicken, then place on sprayed or oiled grill grates. Close grill and cook for 6 minutes, then flip chicken, brush with additional teriyaki sauce, and continue cooking for 5-6 more minutes or until internal temperature barely reaches 165°. Set aside to rest for at least 5 minutes before slicing.
4. **Prepare veggies.** As the chicken cools, heat a large skillet over medium high (7-8 out of 10) heat. Add 1 tsp sesame oil. Once hot, add julienned carrots and cook, flipping and stirring frequently for 2-3 minutes or until carrots begin to soften. Add pepper and onion and continue cooking for another 1-2 minutes. Remove to a large bowl and set aside.
5. In the same hot skillet, add remaining sesame oil. Once hot, add broccoli florets and toss to coat evenly. Cover with a lid to trap the steam and continue cooking and flipping broccoli until it's tender crisp, about 3 minutes. Add a tablespoon or 2 of water if needed to help it steam and cook. Remove to the bowl with the cooked carrots, pepper, and onion.
6. Add shelled edamame to bowl with veggies and pour remaining teriyaki sauce over top. Mix to coat evenly.
7. **Assemble.** Serve over rice and add sliced chicken on top. Garnish with sesame seeds, if desired.

Notes

Note: The nutrition info listed for this recipe does NOT include rice so you can add as much or little as you like (or serve over something else), but I included barcodes for both with and without rice.

[Click here to log this food WITHOUT rice in My Fitness Pal.](#)

[Click here or scan the barcode below to log this food WITH 1 cup \(180 grams\) uncooked Lundberg Organic Brown Jasmine Rice - cooked and divided among 6 servings - in My Fitness Pal.](#)

Nutrition

Calories: 347kcal | Carbohydrates: 28g | Protein: 42g | Fat: 7g | Cholesterol: 209mg | Sodium: 795mg | Potassium: 1577mg | Fiber: 5g | Sugar: 16g

With Rice



Without Rice



Tuna Salad Meal Prep Box

Prep Time
15 mins

Total Time
15 mins

Servings: 5 servings (212 g tuna salad per serving) Calories: 264kcal



5 from 1 vote

Ingredients

Tuna Salad

- 15 oz chunk white albacore tuna, drained
- 11 oz chunk light tuna, drained
- 0.625 cups Duke's Light Mayonnaise (1/2 cup plus 2 tbsp)
- 1/4 cup celery, chopped (35 grams)
- 1/4 cup red onion, chopped (35 grams)
- 2 tbsp sweet relish (1 oz)
- 1 tbsp Dijon mustard (0.5 oz)
- 1 tsp lemon zest
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/2 tsp salt

Instructions

1. Add all tuna salad ingredients to a bowl and mix until well combined. Serve with crackers and grapes, if desired.

Notes

- The tuna salad recipe yields about 4 cups or 1060 grams total.
- Click here or scan the barcode below to log this food in My Fitness Pal.



Nutrition

Serving: 212grams | Calories: 264kcal | Carbohydrates: 4g | Protein: 35g | Fat: 12g | Cholesterol: 66mg | Sodium: 790mg | Potassium: 29mg | Sugar: 2g

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 June 29th, 2025

Produce

- ☐ Strawberries: $\frac{3}{4}$ cup
 - ☐ Blueberries: $\frac{3}{4}$ cup
 - ☐ Red bell pepper: 1 large
 - ☐ Broccoli: 3 cups florets
 - ☐ Carrots: 3 medium
 - ☐ Red onion: 2 small
 - ☐ Celery: $\frac{1}{4}$ cup
 - ☐ Lemon: 1
 - ☐ English cucumber: 1 cup
 - ☐ Green leaf lettuce: 8 cups
 - ☐ Cherry tomatoes: 1 cup
-

Proteins

- ☐ Chicken breast: 3 lbs
 - ☐ Chunk white albacore tuna: 15 oz
 - ☐ Chunk light tuna: 11 oz
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Dairy

- ☐ Unsweetened vanilla almond milk: $\frac{3}{4}$ cup
 - ☐ Egg whites: 2
 - ☐ Fat free feta cheese: $\frac{1}{2}$ cup
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Frozen

- ☐ Shelled edamame: 2 cups
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Pantry & Dry Goods

- ☐ Rolled oats: 2 $\frac{1}{4}$ cups
- ☐ PEScience Select Vegan Vanilla Protein Powder: 2 scoops

- ☐ Baking powder: $\frac{1}{2}$ tsp
 - ☐ Cinnamon: $\frac{1}{2}$ tsp
 - ☐ Unsweetened applesauce: 1 cup
 - ☐ Maple syrup: $\frac{1}{4}$ cup
 - ☐ Vanilla extract: 1 tsp
 - ☐ Skippy Natural Peanut Butter: 3 tbsp
 - ☐ Rice: as desired for Teriyaki bowls
 - ☐ Kalamata olives: $\frac{1}{3}$ cup
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Oils, Sauces & Condiments

- ☐ Olive oil
 - ☐ Wegmans Organic Teriyaki Sauce: 1 $\frac{1}{4}$ cup
 - ☐ Low sodium soy sauce: 3 tbsp
 - ☐ Rice vinegar: 2 tbsp
 - ☐ Sesame oil: 2 tsp
 - ☐ Duke's Light Mayonnaise: $\frac{1}{2}$ cup + 2 tbsp
 - ☐ Sweet relish: 2 tbsp
 - ☐ Dijon mustard: 1 tbsp
 - ☐ Farmer Boy Greek Dressing: $\frac{1}{2}$ cup
-

Spices & Seasonings

- ☐ Salt and black pepper
- ☐ [Homemade brine mix](#): 3 tbsp
- ☐ Oh My Spice! Lemon Pepper Seasoning: 1 $\frac{1}{2}$ tsp
- ☐ Chili powder: $\frac{1}{2}$ tsp