

Weekly MEAL PLAN



Week of June 8th, 2025

	Breakfast	Lunch	Dinner
Day 1	Mixed Berry Oatmeal Muffins	Summer Chicken Salad with grapes and pretzel crisps	Pesto Chicken & Bacon Summer Pasta
Day 2	Mixed Berry Oatmeal Muffins	Turkey Taco Salad with Avocado Ranch Dressing	Summer Chicken Salad with grapes and pretzel crisps
Day 3	Mixed Berry Oatmeal Muffins	Pesto Chicken & Bacon Summer Pasta	Turkey Taco Salad with Avocado Ranch Dressing
Day 4	Mixed Berry Oatmeal Muffins	Summer Chicken Salad with grapes and pretzel crisps	Pesto Chicken & Bacon Summer Pasta
Day 5	Mixed Berry Oatmeal Muffins	Turkey Taco Salad with Avocado Ranch Dressing	Summer Chicken Salad with grapes and pretzel crisps
Day 6	Mixed Berry Oatmeal Muffins	Pesto Chicken & Bacon Summer Pasta	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!			

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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Summer Chicken Salad

This creamy and refreshing chicken salad is the perfect prep ahead lunch for a picnic or day at the pool.

Prep Time
20 mins

Total Time
20 mins



4.43 from 7 votes

Course: Main Course Cuisine: American

Keyword: chicken, chicken salad, high protein, sandwiches, summer

Servings: 5 servings (1 cup per serving) Calories: 238kcal

Ingredients

- 1 small rotisserie chicken, bones and skin removed (500 grams)
- 1 cup red seedless grapes, halved (165 grams)
- 1/2 cup Duke's Light Mayonnaise (120 grams)
- 3 stalks celery, chopped (70 grams)
- 1/2 lemon, juiced and zested
- 1/4 cup green onion, chopped
- 3 tbsp sweet relish (45 grams)
- 1 1/3 tbsp course ground dijon mustard (20 grams)
- 1 tbsp fresh dill, chopped
- 1 tsp Oh My Spice! Lemon Pepper Dill Seasoning
- 1/2 tsp salt
- 1/4 tsp black pepper

Instructions

1. Mix all ingredients together in a large bowl until evenly coated.

Notes

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

Nutrition

Serving: 1cup | Calories: 238kcal | Carbohydrates: 8g | Protein: 19g | Fat: 10g | Cholesterol: 72mg
| Sodium: 380mg | Potassium: 89mg | Sugar: 5g



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Pesto Chicken & Bacon Summer Pasta

The perfect pasta for summer, featuring bright basil pesto, char-grilled corn, and garden-fresh zucchini. Bacon and chicken make it a meal!

Prep Time	Cook Time	Total Time
30 mins	15 mins	45 mins



4.67 from 3 votes

Course: Main Course Cuisine: American

Keyword: bacon, pasta, pesto, summer Servings: 8 servings

Calories: 482kcal

Ingredients

- 1 lb short curly pasta like girelle or rotini (500 grams)
- 6 slices Wegmans Center Cut Uncured Bacon 25% Less Sodium, chopped (150 grams)
- 2/3 cup Buitoni Reduced Fat Basil Pesto (166 grams)
- 2/3 cup dry white wine like Sauvignon Blanc (5.36 fl oz)
- 1/4 cup half and half (2 fl oz)
- 1/4 cup reserved pasta water (keep at least one cup just in case you need more)
- 2 small zucchini, trimmed and seeds removed, then chopped (305 grams)
- 3 small corn on the cob (203 grams corn yield)
- 3 cloves garlic, sliced (12 grams)
- 1 lemon, zested
- 1 tsp Oh My Spice! Lemon Pepper Seasoning
- 1 tsp salt
- 1/2 tsp pepper
- 1/4 tsp red pepper flakes

Pesto Chicken

- 2 lbs chicken tenderloins
- 1/3 cup pesto
- 2 tbsp balsamic vinegar
- 1 tbsp olive oil
- 1/2 tsp salt

Instructions

1. Mix all chicken marinade ingredients, then massage into chicken until evenly coated. Set aside in the refrigerator for at least 1 hour or up to 4 hours.
2. 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 before adding to grill. Grill one side for 5 minutes, then flip and grill for an additional 4-5 minutes. The internal temperature should just barely reach 165° as you remove the chicken from the grill.

Rest for 5 minutes before slicing.

3. Add corn to the hot grill grates and grill for 5-6 minutes, turning 2-3 times. Set aside to cool, then cut corn from the cob and set aside.
4. Heat a large heavy bottomed pot over medium-high heat (I used a 7 qt enameled cast iron pot). Once hot, add chopped bacon and cook while stirring for 2-3 minutes or until bacon begins to turn golden brown and is cooked through. Remove bacon to a paper towel lined plate using a slotted spoon.
5. Add 1 tsp olive oil to the pot. Add chopped zucchini, sliced garlic, and red pepper flakes, then sauté, stirring frequently. Some of the browned bits left at the bottom of the pot from cooking the bacon should come up and coat the zucchini and garlic. Continue sautéing the zucchini and garlic for 3-4 minutes - the zucchini should turn bright green but still be firm. Remove zucchini to a bowl and set aside, removing garlic slices.
6. Add wine to the pot to deglaze. The wine should quickly come to a boil and burn off the alcohol. Scrape up the remaining browned bits and pour wine out into a bowl. Set aside.
7. Fill the pot with enough water to cook the pasta (mine was filled about half way to the top). Bring water to a boil, add kosher salt, then add pasta and stir. Cover and boil pasta to very al dente, about 13 minutes.
8. Reserve about 1 cup of pasta water and drain the rest. Return pasta to the pot, then add pesto, half and half, cooked wine, zucchini, corn, bacon, seasoning, and 1/4 to 1/2 cup of reserved pasta water. Stir and set aside to cool.
9. Serve pasta with chicken on top or mixed in. Top with fresh ricotta cheese, lemon zest, and parmesan before serving, if desired.

Notes

The nutrition info for this recipe will vary widely depending on the pesto you use. I usually like to buy the fresh made Wegmans basil pesto for maximum flavor, but calculated the nutrition using the Buitoni Reduced Fat Pesto since it's widely available.

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

Nutrition

Serving: 346grams | Calories: 482kcal | Carbohydrates: 56g | Protein: 38g | Fat: 11g |
Cholesterol: 67mg | Sodium: 674mg | Potassium: 363mg | Fiber: 3g | Sugar: 6g



Turkey Taco Salad with Avocado Ranch Dressing

Prep Time
15 mins

Cook Time
10 mins

Total Time
25 mins



☆☆☆☆☆
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



☆☆☆☆☆
No ratings yet



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

Week of June 8th, 2025

Produce

- ☐ Strawberries: 3/4 cup
 - ☐ Blueberries: 3/4 cup
 - ☐ Red seedless grapes
 - ☐ Celery: 3 stalks
 - ☐ Lemon: 1 ½
 - ☐ Green onion: ¼ cup
 - ☐ Fresh dill: 1 tbsp
 - ☐ Zucchini: 2 small
 - ☐ Corn on the cob: 3 small
 - ☐ Garlic: 3 cloves
 - ☐ Green leaf lettuce: 10 cups
 - ☐ Cherry tomatoes: 1 ⅓ cup
 - ☐ Red onion: ½ cup
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Proteins

- ☐ Chicken tenderloins: 2 lbs
 - ☐ Uncured bacon: 6 slices
 - ☐ 94% ground turkey: 1 lb
 - ☐ Small rotisserie chicken (pre-cooked)
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Dairy

- ☐ Unsweetened vanilla almond milk: 3/4 cup
 - ☐ Egg whites: 2 large
 - ☐ Buitoni Reduced Fat Basil Pesto: 1 cup
 - ☐ Half and half: ¼ cup
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Freezer

- ☐ Frozen corn kernels: 1 ⅓ cup
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Oils, Sauces & Condiments

- ☐ Olive oil
 - ☐ Duke's Light Mayo: ½ cup
 - ☐ Sweet relish: 3 tbsp
 - ☐ Dijon mustard: 1 ⅓ tbsp
 - ☐ Balsamic vinegar: 2 tbsp
 - ☐ Ortega Taco Skillet Sauce: 7 oz
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Pantry & Dry Goods

- ☐ Rolled oats: 2 ¼ cups
 - ☐ PEScience Select Vegan Vanilla Protein Powder: 2 scoops
 - ☐ Baking powder: ½ tsp
 - ☐ Baking soda: ½ tsp
 - ☐ Unsweetened applesauce: 1 cup
 - ☐ Maple syrup: ¼ cup
 - ☐ Vanilla extract: 1 tsp
 - ☐ Skippy Natural Peanut Butter: 3 tbsp
 - ☐ Pretzel crisps
 - ☐ Short curly pasta like girelle: 1 lb
 - ☐ Dry white wine: ⅔ cup
 - ☐ Canned low sodium black beans: 1 ⅓ cup
 - ☐ Fresh Gourmet Santa Fe Style Tortilla Strips: 1 cup
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Spices & Seasonings

- ☐ Salt and black pepper
- ☐ [Homemade brine mix](#): 3 tbsp
- ☐ Oh My Spice! Lemon Pepper Seasoning: 2 tsp
- ☐ Oh My Spice! Spicy Fajita Seasoning: 1 tsp
- ☐ Cinnamon: ½ tsp
- ☐ Red pepper flakes: ¼ tsp

**Note: List does not include ingredients for Avocado Ranch Dressing*