

Weekly MEAL PLAN



Week of July 20th, 2025

	Breakfast	Lunch	Dinner
Day 1	PB&J Baked Oatmeal	Classic Bento Snack Box	Easy Greek Chicken Salad
Day 2	PB&J Baked Oatmeal	Sheet Pan Chicken Fajitas	Classic Bento Snack Box
Day 3	PB&J Baked Oatmeal	Easy Greek Chicken Salad	Sheet Pan Chicken Fajitas
Day 4	PB&J Baked Oatmeal	Classic Bento Snack Box	Easy Greek Chicken Salad
Day 5	PB&J Baked Oatmeal	Sheet Pan Chicken Fajitas	Classic Bento Snack Box
Day 6	PB&J Baked Oatmeal	Easy Greek Chicken Salad	Sheet Pan Chicken Fajitas

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!

PB&J Baked Oatmeal

This easy PB&J baked oatmeal is heavy on the nostalgia and protein, with 17 grams per slice! It's a perfect meal prep breakfast.

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

Course: Breakfast Cuisine: American Keyword: baked oatmeal, breakfast, pb&j
Servings: 8 servings Calories: 321kcal



★★★★★
5 from 5 votes

Ingredients

- 3 cups rolled oats (288 grams)
- 3 scoops PEScience Select Vegan Vanilla Indulgence Protein Powder (90 grams)
- 3 tbsp PB2 powdered peanut butter (20 grams)
- 1 tsp baking powder
- 1/2 tsp cinnamon
- 1 1/2 cups strawberries, chopped (225 grams)
- 1 1/2 cups unsweetened applesauce (366 grams)
- 1 cup unsweetened vanilla almond milk (8 fl oz)
- 1/3 cup Skippy Natural Creamy Peanut Butter, melted (85 grams)
- 1/3 cup maple syrup (2.67 fl oz)
- 3 large egg whites
- 1/2 tbsp vanilla extract

Optional Strawberry Drizzle (Not included in nutrition info)

- 3/4 cup strawberries, chopped (112 grams)
- 2 tbsp maple syrup (1 fl oz)

Instructions

1. Make strawberry drizzle if desired. Add strawberries and maple syrup to a small pan and bring to a boil over medium heat, then lower heat to a simmer for 10-15 minutes. Allow to cool slightly, then puree in a food processor or blender. Set aside to cool.
2. Pre-heat oven to 350°. Grease a 9x13" baking dish with coconut oil and set aside.
3. Combine all dry ingredients, then add wet ingredients and mix until just combined. Pour into prepared casserole dish and spread evenly.
4. Top with additional sliced strawberries and/or some of the optional strawberry drizzle if desired.
5. Bake at 350° for 40-45 minutes or until a toothpick inserted into the center comes out clean.
6. Cut into 8 pieces and drizzle with remaining strawberry drizzle and additional melted peanut butter if desired.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness PB&J Baked Oatmeal" to log this food in My Fitness Pal.

Nutrition

Serving: 180g | Calories: 321kcal | Carbohydrates: 44g | Protein: 17g | Fat: 8g | Sodium: 299mg | Potassium: 301mg | Fiber: 6g | Sugar: 14g



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Sheet Pan Chicken Fajitas

30 minute weeknight dinner! Serve these easy fajitas on tortillas with guac and sour cream or in a bowl with rice and beans for meal prep.

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

Course: Main Course Cuisine: American, southwest
Keyword: chicken, high protein, sheet pan meals, southwestern, weeknight dinner
Servings: 5 servings Calories: 272kcal



★★★★★
5 from 2 votes

Ingredients

- 1 1/2 lbs chicken breast, thinly sliced
- 3 bell peppers, sliced (540 grams yield)
- 1 medium red onion, sliced (250 grams)
- 2 1/2 tbsp olive oil (34 grams)
- 1 fl oz lime juice
- 4 tsp Oh My Spice! Spicy Fajita Seasoning
- 3/4 tsp salt

Instructions

1. Line a large baking sheet with aluminum foil and set aside. Pre-heat oven to 400°F.
2. Add all ingredients to the lined baking sheet and toss to coat evenly.
3. Bake for 10 minutes at 400°F, toss the ingredients, and turn the oven to broil. Continue to cook for about 5 minutes on an upper rack, watching closely during the last 1-2 minutes to ensure it doesn't burn.

Notes

Toppings and sides: This simple base recipe can be served how you like it, including on tortillas or over rice and beans. Excellent toppings options include guacamole, sour cream, pico de Gallo, cotija cheese, and fresh cilantro.

Seasoning: If you prefer make your own fajita seasoning at home, here's a good starting point: 2 tsp chili powder, 1/2 tsp cumin, 1/2 tsp paprika, 1/2 tsp garlic powder, 1/4 tsp onion powder, 1/4 tsp oregano

Nutrition: Scan the barcode below or search for "Peanut Butter and Fitness Sheet Pan Chicken Fajitas" to log this food in My Fitness Pal.

Nutrition

Calories: 272kcal | Carbohydrates: 11g | Protein: 32g | Fat: 11g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 6g | Cholesterol: 99mg | Sodium: 559mg | Potassium: 747mg | Fiber: 3g | Sugar: 6g



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Classic Snack Box

This bento has an oh-so-slightly grown up spin on classic Lunchables. Grapes pair with pretzel crisps, deli meat, and cheese.

Prep Time
5 mins

Total Time
5 mins



4.34 from 15 votes

Course: Main Course, Snack Cuisine: American

Keyword: bento, lunch, no heat recipes, snacks

Servings: 1 servings Calories: 337kcal

Ingredients

- 1 cup red seedless grapes (100 grams)
- 11 Snack Factory Pretzel Crisps (28 grams)
- 1 oz Colby Jack cheese cubes
- 2 oz low sodium deli turkey

Instructions

1. Add a small silicone baking cup to the large compartment of the snack box. Fill with cheese, then add deli turkey to the same compartment. Add grapes and pretzel crisps to smaller compartments.

Notes

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

Nutrition

Calories: 337kcal | Carbohydrates: 41g | Protein: 21g | Fat: 9g | Saturated Fat: 6g | Cholesterol: 55mg | Sodium: 782mg | Potassium: 191mg | Fiber: 2g | Sugar: 18g



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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 July 20th, 2025

Produce

- ☐ Strawberries: 1 ½ cups
 - ☐ Bell peppers: 3 large
 - ☐ Red onion: 1 medium + ⅓ cup
 - ☐ Limes: 1
 - ☐ Red seedless grapes: 4 cups
 - ☐ English cucumber: 1 cup
 - ☐ Green leaf lettuce: 8 cups
 - ☐ Cherry tomatoes: 1 cup
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Proteins

- ☐ Chicken breast: 2 ½ lbs
 - ☐ Low sodium deli turkey: 8 oz
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Dairy

- ☐ Unsweetened vanilla almond milk: 1 cup
 - ☐ Egg whites: 3
 - ☐ Colby jack cheese cubes: 4 oz
 - ☐ Fat free feta cheese: ½ cup
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Pantry & Dry Goods

- ☐ Rolled oats: 3 cups
- ☐ PEScience Select Vegan Vanilla Protein Powder: 3 scoops
- ☐ PB2 powdered peanut butter: 3 tbsp
- ☐ Baking powder: 1 tsp
- ☐ Cinnamon: ½ tsp
- ☐ Unsweetened applesauce: 1 ½ cups
- ☐ Maple syrup: ⅓ cup
- ☐ Vanilla extract: ½ tbsp
- ☐ Skippy Natural Peanut Butter: ⅓ cup
- ☐ Snack Factory Pretzel Crisps
- ☐

- ☐ Rice: if desired for Sheet Pan Chicken Fajitas
 - ☐ Chili seasoned black beans: if desired for Sheet Pan Chicken Fajitas
 - ☐ Kalamata olives: ⅓ cup
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Oils, Sauces & Condiments

- ☐ Olive oil
 - ☐ Farmer Boy Greek Dressing: ½ cup
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Spices & Seasonings

- ☐ Salt and black pepper
- ☐ [Homemade brine mix](#): 3 tbsp
- ☐ Oh My Spice! Spicy Fajita Seasoning: 4 tsp
- ☐ Oh My Spice! Lemon Pepper Seasoning: 1 tsp
- ☐ Chili powder: ½ tsp