

# Weekly MEAL PLAN



Week of August 3rd, 2025

	Breakfast	Lunch	Dinner
Day 1	Mixed Berry Oatmeal Muffins	Tuna Salad Bento Box	Hawaiian Chicken Sheet Pan Dinner
Day 2	Mixed Berry Oatmeal Muffins	Juicy Grilled Chicken with Copycat Olive Garden Salad and Homemade Croutons	Tuna Salad Bento Box
Day 3	Mixed Berry Oatmeal Muffins	Hawaiian Chicken Sheet Pan Dinner	Juicy Grilled Chicken with Copycat Olive Garden Salad and Homemade Croutons
Day 4	Mixed Berry Oatmeal Muffins	Tuna Salad Bento Box	Hawaiian Chicken Sheet Pan Dinner
Day 5	Mixed Berry Oatmeal Muffins	Juicy Grilled Chicken with Copycat Olive Garden Salad and Homemade Croutons	Tuna Salad Bento Box
Day 6	Mixed Berry Oatmeal Muffins	Hawaiian Chicken Sheet Pan Dinner	Juicy Grilled Chicken with Copycat Olive Garden Salad and Homemade Croutons

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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# Hawaiian Chicken Sheet Pan Dinner

Take your weeknight dinner to the islands with this Hawaii-inspired sheet pan meal.



Prep Time	Cook Time	Total Time
20 mins	20 mins	40 mins

Course: Main Course    Cuisine: American

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No ratings yet

Keyword: chicken, high protein, meal prep, sheet pan meals, summer  
Calories: 439kcal

Servings: 6 servings

## Ingredients

- 1 3/4 lbs chicken breast, cut into 1" cubes
- 3 cups chopped pineapple (500 grams)
- 2 bell peppers, chopped (360 grams)
- 1 medium red onion, cut into chunks (250 grams)
- 1 pouch Ben's Original Ready Rice Jasmine Family Size Rice

## Sauce

- 6 tbsp low sodium soy sauce
- 1/4 cup brown sugar
- 1 1/2 tbsp sesame oil
- 1 tbsp fresh ground ginger
- 2 tsp cornstarch
- 1 tsp garlic powder
- 1/2 tsp red pepper flakes

## Instructions

1. Add all sauce ingredients to a jar, seal, and shake vigorously until all ingredients are combined and no chunks remain. Pour half of the sauce over the chicken in a bowl and toss until evenly combined. Set aside to marinate while you chop the veggies.
2. Pre-heat oven to 425°F. Line a baking sheet (or 2) with aluminum foil. Set aside.
3. Once pineapple and veggies are chopped, toss with the remaining sauce. You can do this in the same bowl as the chicken if you want to avoid dirtying more dishes.
4. Spread chicken and veggies on the prepared sheet pan in a single layer. *Optional: use 2 sheet pans to spread the chicken and veggies out more and increase browning; see note below.*
5. Bake for 20 minutes, turning the oven to broil for the last 2-3 minutes of cooking time to increase browning. Serve over rice and garnish with green onions and sesame seeds

before serving.

## Notes

I recommend splitting the chicken and veggies between 2 sheet pans. For the one with chicken, use enough foil to go all the way up the sides of the sheet pan to catch the juices. After baking, you'll have a rich sauce mixed in with chicken drippings. Strained that sauce through a mesh strainer and whisk in 1 tsp cornstarch, then pour it over the chicken and veggies for an even saucier dish.

Scan the barcode below or search for "Peanut Butter and Fitness Hawaiian Chicken Sheet Pan Dinner" to log this food in My Fitness Pal. There are options for with and without rice.

## Nutrition

Calories: 439kcal | Carbohydrates: 56g | Protein: 34g | Fat: 8g | Saturated Fat: 1g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 2g | Cholesterol: 96mg | Sodium: 647mg | Potassium: 708mg | Fiber: 3g | Sugar: 20g



With Rice



No 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

# 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



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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



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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





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

Week of August 3rd, 2025

## Produce

- ☐ Blueberries: ¾ cup
- ☐ Strawberries: ¾ cup
- ☐ Pineapple: 3 cups
- ☐ Bell peppers: 2
- ☐ Red onion: 2 medium
- ☐ Ginger: 1 tbsp
- ☐ Celery: ¼ cup
- ☐ Lemon: 1
- ☐ Grapes
- ☐ Romaine lettuce: 8 cups
- ☐ Roma tomatoes: 2

- ☐ Vanilla extract: 1 tsp
- ☐ Ben's Original Ready Rice Jasmine Family Size Rice: 1 pouch
- ☐ Brown sugar: ¼ cup
- ☐ Cornstarch: 2 tsp
- ☐ Pretzel crisps or crackers
- ☐ Croutons (or [homemade croutons](#))
- ☐ Light Olive Garden Italian salad dressing (½ cup)
- ☐ Black olives: 24
- ☐ Pepperoncini peppers: 9

## Proteins

- ☐ Chicken breast: 2 ¾ lbs
- ☐ Chunk white albacore tuna: 15 oz
- ☐ Chunk light tuna: 11 oz

## Spices & Seasonings

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

## Dairy & Eggs

- ☐ Unsweetened vanilla almond milk: ¾ cup
- ☐ Egg whites: 2
- ☐ Parmesan cheese: ⅓ cup

## Oils, Sauces, & Condiments

- ☐ Olive oil
- ☐ Low sodium soy sauce: 6 tbsp
- ☐ Sesame oil: 1 ½ tbsp
- ☐ Duke's Light Mayonnaise: ½ cup + 2 tbsp
- ☐ Sweet relish: 2 tbsp
- ☐ Dijon mustard: 1 tbsp

## Pantry & Dry Goods

- ☐ Rolled oats: 2 ¼ cups
- ☐ [Optimum Nutrition Gold Standard Plant-Based Chocolate Protein Powder](#): 2 scoops
- ☐ Baking powder: ½ tsp
- ☐ Baking soda: ½ tsp
- ☐ Unsweetened applesauce: 1 cup
- ☐ Maple syrup: ¼ cup
- ☐ Creamy peanut butter: 3 tbsp

*\*Note: The Homemade Croutons recipe is not included in this grocery list.*