Weekly MEAL PLAN

Peanut Butter & FITNESS

Week of August 17th, 2025

	Breakfast	Lunch	Dinner
Day 1	**Cottage Cheese Blender Pancake Bowls**	**Blackened Mahi Mahi with Mango Salsa** and Rice	**Juicy Grilled Chicken** with **Grilled Sweet Potatoes, Asparagus**, and **Copycat Chick-fil-A Sauce**
Day 2	**Cottage Cheese Blender Pancake Bowls**	**Blackened Mahi Mahi with Mango Salsa** and Rice	**Easy Greek Chicken Salad**
Day 3	**Cottage Cheese Blender Pancake Bowls**	**Blackened Mahi Mahi with Mango Salsa** and Rice	**Juicy Grilled Chicken** with **Grilled Sweet Potatoes, Asparagus**, and **Copycat Chick-fil-A Sauce**
Day 4	**Cottage Cheese Blender Pancake Bowls**	**Blackened Mahi Mahi with Mango Salsa** and Rice	**Easy Greek Chicken Salad**
Day 5	**Cottage Cheese Blender Pancake Bowls**	**Juicy Grilled Chicken** with **Grilled Sweet Potatoes, Asparagus**, and **Copycat Chick-fil-A Sauce**	**Easy Greek Chicken Salad**
Day 6	**Cottage Cheese Blender Pancake Bowls**	**Juicy Grilled Chicken** with **Grilled Sweet Potatoes, Asparagus**, and **Copycat Chick-fil-A Sauce**	**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!

Cottage Cheese Blender Pancakes

These high protein pancakes are quick, easy, and so delicious. Bake them right in your meal prep containers for weekday breakfast!

Prep Time	Cook Time	Total Time
10 mins	30 mins	40 mins

Course: Breakfast Cuisine: American
Keyword: breakfast, cottage cheese, high protein, meal prep, pancakes
Servings: 4 servings Calories: 348kcal

☆☆☆☆☆
No ratings yet

Ingredients

- 1 1/2 cups rolled oats (120 grams)
- 1 cup Breakstone's 4% Cottage Cheese (234 grams)
- 1 scoop vanilla whey protein (32 grams)
- 1 scoop vanilla casein protein (32 grams)
- 4 large eggs
- 1/4 cup maple syrup (2 fl oz)
- 1 tbsp baking powder
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1/8 tsp salt
- Optional toppings: berries, bananas, chocolate chips

Instructions

1. Pre-heat oven to 350°F. Spray 4 oven-safe glass meal prep containers with non-stick cooking spray and arrange in a single layer on a baking sheet (without lids). Set aside.
2. Add all ingredients except toppings to a blender or food processor and blend until smooth. Divide evenly into the 4 prepared glass containers. Top with any desired optional toppings.
3. Bake for 25-30 minutes or until the top of the pancakes are golden brown and do not collapse when gently pressed with your finger. Allow to cool before placing the lid on the containers.

Notes

- **Ingredient Substitutions:** Read more here.
- **Storage**: Store with airtight lids on the containers for up to 6 days in the refrigerator.
- **Reheating**: Remove the lid and reheat in the microwave for 30-45 seconds before serving.
- **Nutrition**: Scan the barcode below or search for "Peanut Butter and Fitness Cottage Cheese Blender Pancake Bowls" to log this food in My Fitness Pal.

Nutrition

Serving: 1bowl | Calories: 348kcal | Carbohydrates: 37g | Protein: 28g | Fat: 10g | Saturated Fat: 4g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 2g | Cholesterol: 231mg | Sodium: 655mg | Potassium: 360mg | Fiber: 3g | Sugar: 12g

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Blackened Mahi Mahi with Mango Salsa

Tender, spicy, blackened mahi mahi is served with refreshing mango salsa for the ultimate summer fish dish.

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

Course: Main Course Cuisine: American
Keyword: healthy lunch, mahi mahi, seafood, summer, weeknight dinner
Servings: 4 servings Calories: 190kcal

★★★★★
4.59 from 17 votes

Ingredients

Blackened Mahi Mahi

- 1 lb mahi mahi fillets
- 1 tbsp avocado oil (1/2 oz)
- 1 tsp each: chili powder, garlic powder, oregano
- 1/2 tsp each: smoked paprika, cumin, salt, pepper

Mango Salsa

- 1 cup mango, chopped (170 grams)
- 1 roma tomato, diced (148 grams)
- 1/4 cup red onion, chopped (40 grams)
- 1/2 small jalapeño, diced (10 grams)
- 3 tbsp cilantro, chopped
- 1 lime, juiced
- 1/2 tsp salt
- 1/4 tsp pepper

Instructions

1. Combine mango, tomato, onion, lime juice, jalapeño, and cilantro. Add salt and pepper, then mix and set aside.
2. Gently pat mahi mahi dry with a paper towel to remove excess moisture. Set aside.
3. Combine spices in a shallow bowl. Coat both sides of the mahi mahi fillets with the blackening spices.
4. In a cast iron skillet, heat avocado oil over medium-high heat. Carefully add seasoned mahi mahi fillets and cook for 3-4 minutes per side or until fish flakes apart easily with a fork.
5. Serve mahi mahi with mango salsa over a bed of rice, if desired.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Blackened Mahi Mahi with Mango Salsa" to log this food in My Fitness Pal.

Nutrition

Calories: 190kcal | Carbohydrates: 9g | Protein: 28g | Fat: 5g | Cholesterol: 107mg | Sodium: 134mg | Potassium: 180mg | Fiber: 1g | Sugar: 7g

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Juicy Air Fryer (or Grilled) Chicken

Prep Time	Cook Time	Total Time
10 mins	12 mins	22 mins

Servings: 4 servings Calories: 120kcal

★★★★★
4.58 from 14 votes

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 mintes 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.

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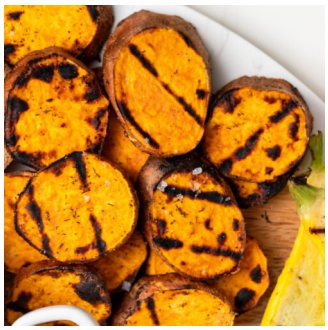
Nutrition

Calories: 120kcal | Protein: 25g | Fat: 2g | Cholesterol: 80mg | Sodium: 153mg

Grilled Sweet Potatoes



Prep Time	Cook Time	Total Time
5 mins	10 mins	15 mins

Servings: 4 servings Calories: 113kcal

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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	Cook Time	Total Time
5 mins	7 mins	12 mins

Servings: 4 servings Calories: 36kcal

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No ratings yet

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.

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Nutrition

Serving: 0.25bunch | Calories: 36kcal | Carbohydrates: 4g | Protein: 2g | Fat: 1.5g | Sodium: 155mg | Potassium: 202mg | Fiber: 2g | Sugar: 2g

Copycat Chick-fil-A Sauce

Prep Time	Total Time
5 mins	5 mins

Servings: 8 servings (2 tbsp per serving) Calories: 70kcal

☆☆☆☆☆
No ratings yet

Ingredients

- 1/2 cup Duke's Light Mayonnaise
- 1/4 cup Stubb's Original Barbecue Sauce
- 1 1/2 tbsp honey
- 1 tbsp Dijon mustard
- 2 tsp yellow mustard
- 2 tsp apple cider vinegar
- 1/4 tsp salt
- 1/8 tsp smoked paprika
- 1/8 tsp garlic powder

Instructions

1. Whisk all ingredients together until smooth.

Notes

Click here or scan the barcode below to log this food in My Fitness Pal.

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Nutrition

Serving: 2tbsp | Calories: 70kcal | Carbohydrates: 6g | Fat: 5g | Cholesterol: 10mg | Sodium: 272mg | Potassium: 8mg | Sugar: 4g

Easy Greek Chicken Salad

Prep Time	Cook Time	Total Time
20 mins	10 mins	30 mins

Servings: 4 servings Calories: 342kcal

★★★★☆
4 from 10 votes

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 mintes 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.

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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 August 17th, 2025

Produce

- [ ] Berries: if desired for topping pancake bowls
- [ ] Mango: 1 cup
- [ ] Roma tomato: 1
- [ ] Red onion: 1 small
- [ ] Jalapeño: ½ small
- [ ] Cilantro: 3 tbsp
- [ ] Limes: 1
- [ ] Sweet potatoes: 2 medium
- [ ] Asparagus: 1 bunch
- [ ] English cucumber: 1 cup
- [ ] Green leaf lettuce: 8 cups
- [ ] Cherry tomatoes: 1 cup

Proteins

- [ ] Mahi mahi: 1 lb filets
- [ ] Chicken breast: 2 lbs

Dairy

- [ ] Breakstone's 4% Cottage Cheese: 1 cup
- [ ] Eggs: 4
- [ ] Fat free feta cheese: ½ cup

Pantry & Dry Goods

- [ ] Rolled oats: 1 ½ cups
- [ ] Vanilla whey protein: 1 scoop
- [ ] Vanilla casein protein: 1 scoop
- [ ] Baking powder: 1 tbsp
- [ ] Cinnamon: 1 tsp
- [ ] Maple syrup: ¼ cup
- [ ] Vanilla extract: 1 tsp
- [ ] Honey: 1 ½ tbsp
- [ ] Apple cider vinegar: 2 tsp
- [ ] Kalamata olives: ⅓ cup
- [ ] Rice: if desired for mahi mahi

Oils, Sauces & Condiments

- [ ] Olive oil
- [ ] Avocado oil: 1 tbsp
- [ ] Duke's Light Mayonnaise: ½ cup
- [ ] Stubb's Original BBQ Sauce: ¼ cup
- [ ] Dijon mustard: 1 tbsp
- [ ] Yellow mustard: 2 tsp
- [ ] Farmer Boy Greek Dressing: ½ cup

Spices & Seasonings

- [ ] Salt and black pepper
- [ ] Homemade brine mix: 6 tbsp
- [ ] Oh My Spice! Lemon Pepper Seasoning: 2 tsp
- [ ] Chili powder: 1 ½ tsp
- [ ] Garlic powder: 1 tsp
- [ ] Oregano: 1 tsp
- [ ] Smoked paprika: ½ tsp
- [ ] Cumin: ½ tsp