

# Weekly MEAL PLAN



Week of August 24th, 2025

	Breakfast	Lunch	Dinner
Day 1	<b>Mixed Berry Oatmeal Muffins</b>	<b>Easy Greek Chicken Salad</b>	<b>Sheet Pan Chicken Fajitas</b> with rice and beans
Day 2	<b>Mixed Berry Oatmeal Muffins</b>	<b>Egg Roll in a Bowl</b>	<b>Easy Greek Chicken Salad</b>
Day 3	<b>Mixed Berry Oatmeal Muffins</b>	<b>Sheet Pan Chicken Fajitas</b> with rice and beans	<b>Egg Roll in a Bowl</b>
Day 4	<b>Mixed Berry Oatmeal Muffins</b>	<b>Easy Greek Chicken Salad</b>	<b>Sheet Pan Chicken Fajitas</b> with rice and beans
Day 5	<b>Mixed Berry Oatmeal Muffins</b>	<b>Egg Roll in a Bowl</b>	<b>Easy Greek Chicken Salad</b>
Day 6	<b>Mixed Berry Oatmeal Muffins</b>	<b>Sheet Pan Chicken Fajitas</b> with rice and beans	<b>Egg Roll in a Bowl</b>

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!



# 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.



★★★★★  
5 from 2 votes

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

## 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



# Egg Roll in a Bowl

Prep Time  
20 mins

Cook Time  
15 mins

Total Time  
35 mins

Servings: 6 servings    Calories: 312kcal

## Ingredients

- 1 lb 99% extra lean ground turkey
- 1 lb ground pork
- 1 13.5 oz bag coleslaw mix (no dressing) (397 grams)
- 1 12 oz bag broccoli slaw (340 grams)
- 1 6 oz bag snow peas, sliced (170 grams)
- 5 cloves garlic, minced (20 grams)
- 1 1/2 tbsp fresh grated ginger
- 1 tbsp sesame oil, divided (1/2 oz)

## Sauces

- 6 tbsp low sodium soy sauce (3 oz)
- 2 tbsp rice wine vinegar (1 oz)
- 1 tbsp sriracha sauce (1/2 oz)
- 1 tbsp hoisin sauce (1/2 oz)

## Optional Toppings (Not Included in Nutrition Info)

- sriracha mayo
- wonton strips
- green onion, chopped
- sesame seeds

## Instructions

1. Heat 1 tsp sesame oil in a large sauté pan over medium high heat. Add broccoli slaw and snow peas, tossing to distribute the oil. Cover and sauté for 3-5 minutes or until broccoli is tender crisp (add 1-2 tbsp of water to help it along if needed). Add to a large bowl and set aside to cool.
2. Heat remaining sesame oil in the same large sauté pan over medium high heat. Add garlic and sauté until it becomes fragrant, about 1 minute.
3. Add ground turkey, ground pork, sriracha, and ginger to the sauté pan. Break meat apart with wooden spatula as it cooks, ensuring sriracha and ginger are distributed throughout the meat chunks.
4. When meat is mostly cooked through but still has spots of pink, add soy sauce, rice wine vinegar, and hoisin sauce. Continue stirring and breaking apart meat until cooked through, about 7-10 minutes total.
5. Once meat is cooked, add coleslaw and mix until combined with meat. Add broccoli slaw and snow peas back into sauté pan and mix until combined.
6. Divide mixture evenly into 6 serving dishes or meal prep containers. Top with and desired optional toppings before serving.

## Notes

- If you don't have hoisin sauce on hand or can't find it, use 1/2 tbsp brown sugar instead. It doesn't have the same flavor, but will lend some of the same sweetness.
- For a lower fat version, use only lean ground turkey.
- Click here or scan the barcode below to log this food in My Fitness Pal.



4.50 from 8 votes

## Nutrition

Calories: 312kcal | Carbohydrates: 12g | Protein: 33g | Fat: 15g | Cholesterol: 83mg | Sodium: 719mg | Potassium: 632mg | Fiber: 3g | Sugar: 7g



# 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

Week of August 24th, 2025

## Produce

- Strawberries:  $\frac{3}{4}$  cup
  - Blueberries:  $\frac{3}{4}$  cup
  - Bell peppers: 3 large
  - Red onion: 1 medium +  $\frac{1}{3}$  cup
  - Limes: 1
  - Coleslaw mix: 13.5 oz bag
  - Snow peas: 6 oz
  - Garlic: 5 cloves
  - Ginger: 1  $\frac{1}{2}$  tbsp
  - English cucumber: 1 cup
  - Green leaf lettuce: 8 cups
  - Cherry tomatoes: 1 cup
- 

## Proteins

- Chicken breast: 2  $\frac{1}{2}$  lbs
  - 99% lean ground turkey: 1 lb
  - Ground pork: 1 lb
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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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## Pantry & Dry Goods

- Rolled oats: 2  $\frac{1}{4}$  cups
- PEScience Select Vegan Vanilla Protein Powder: 2 scoops
- Baking powder:  $\frac{1}{2}$  tsp
- Baking soda:  $\frac{1}{2}$  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: if desired for Sheet Pan Chicken Fajitas
  - Chili seasoned black beans: if desired for Sheet Pan Chicken Fajitas
  - Kalamata olives:  $\frac{1}{3}$  cup
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## Oils, Sauces & Condiments

- Olive oil
  - Sesame oil: 1 tbsp
  - Low sodium soy sauce: 6 tbsp
  - Rice wine vinegar: 2 tbsp
  - Sriracha sauce: 1 tbsp
  - Hoisin sauce: 1 tbsp
  - Farmer Boy Greek Dressing:  $\frac{1}{2}$  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:  $\frac{1}{2}$  tsp
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## Optional Toppings

- Sriracha mayo
- Wonton strips (salad toppings section)
- Green onion
- Sesame seeds