

Weekly MEAL PLAN



Week of September 28th, 2025

	Breakfast	Lunch	Dinner
Day 1	Pumpkin Apple Baked Oatmeal	Harvest Cobb Salad	Juicy Grilled Chicken with Grilled Asparagus & Roasted Butternut Squash
Day 2	Pumpkin Apple Baked Oatmeal	Sheet Pan Pesto Gnocchi	Harvest Cobb Salad
Day 3	Pumpkin Apple Baked Oatmeal	Juicy Grilled Chicken with Grilled Asparagus & Roasted Butternut Squash	Sheet Pan Pesto Gnocchi
Day 4	Pumpkin Apple Baked Oatmeal	Harvest Cobb Salad	Juicy Grilled Chicken with Grilled Asparagus & Roasted Butternut Squash
Day 5	Pumpkin Apple Baked Oatmeal	Sheet Pan Pesto Gnocchi	Harvest Cobb Salad
Day 6	Pumpkin Apple Baked Oatmeal	Juicy Grilled Chicken with Grilled Asparagus & Roasted Butternut Squash	Sheet Pan Pesto Gnocchi

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!

Pumpkin Apple Baked Oatmeal

Prep Time
15 mins

Cook Time
40 mins

Total Time
55 mins



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No ratings yet

Servings: 6 servings Calories: 353kcal

Ingredients

- 2 1/4 cups rolled oats (216 grams)
- 2 scoops PE Science Select Vegan Vanilla Protein Powder (76 grams)
- 2 tsp pumpkin pie spice
- 1/2 tsp baking powder (2 grams)
- 1/4 tsp salt
- 1 cup unsweetened vanilla almond milk (8 fl oz)
- 1 cup pumpkin puree (244 grams)
- 1 large Honeycrisp apple, chopped (180 grams)
- 1/4 cup pure maple syrup (2 fl oz)
- 3 tbsp unsalted butter, melted (42 grams)
- 2 large eggs (100 grams)
- 1 tsp maple extract

Maple Cream Cheese Drizzle

- 3 tbsp whipped cream cheese (1.5 fl oz)
- 2 tbsp powdered sugar (15 grams)
- 1/2 tsp maple extract
- 1-2 tsp unsweetened vanilla almond milk

Instructions

1. Pre-heat oven to 350°F. Grease an 8x11" baking dish with butter or coconut oil and set aside.
2. In a medium bowl, combine all wet ingredients except the apple, slowly whisking in the melted butter last so it doesn't cook the eggs. Set aside.
3. In a large bowl, combine all dry ingredients and chopped apple. Add the wet ingredients and mix until just combined. Pour into prepared casserole dish and spread evenly. If desired, add apple slices on top.
4. Bake at 350°F for 40-45 minutes or until the top of the baked oatmeal is lightly golden and has some give but does not collapse easily when gently poked with a finger.
5. Allow to cool, then cut into 6 pieces for serving.

Notes

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

Nutrition

Serving: 1 slice | Calories: 353kcal | Carbohydrates: 45g | Protein: 17g | Fat: 12g | Saturated Fat: 5g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Cholesterol: 88mg | Sodium: 359mg | Potassium: 331mg | Fiber: 6g | Sugar: 16g



With Maple Cream Cheese Drizzle



Without Maple Cream Cheese Drizzle

Sheet Pan Pesto Gnocchi

Prep Time	Cook Time	Total Time
15 mins	20 mins	35 mins

Servings: 4 servings Calories: 408kcal



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No ratings yet

Ingredients

- 4 links Greenridge Naturals Black Forest Chicken Sausage (340 grams)
- 12 oz Giovanni Rana Skillet Gnocchi
- 1/4 cup Wegmans Store Made Basil Pesto (100 grams)
- 3 cups butternut squash, cubed (400 grams)
- 3 cups baby spinach (50 grams)
- 1 medium zucchini, sliced (245 grams)
- 1/2 small red onion, chopped (55 grams)
- 3 cloves garlic, minced (12 grams)
- 2 tbsp olive oil (27 grams)
- 1/2 tsp Flavor God Garlic Lover's Seasoning
- 1/2 tsp salt
- 1/2 tsp pepper

Instructions

1. Pre-heat oven to 400°F.
2. Add all ingredients except pesto to a sheet pan and mix with your hands to distribute the olive oil. Divide the mixture evenly between 2 sheet pans for best results. Bake at 400°F for 20 minutes, tossing halfway through.
3. Add pesto to gnocchi mixture and toss to distribute evenly. Top with fresh grated parmesan for serving, if desired.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Sheet Pan Pesto Gnocchi" to log this food in My Fitness Pal.

Nutrition

Calories: 408kcal | Carbohydrates: 39g | Protein: 23g | Fat: 18g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Cholesterol: 58mg | Sodium: 1351mg | Potassium: 755mg | Fiber: 3g | Sugar: 4g



Harvest Cobb Salad

Cobb salad gets a fall makeover with chunks of sweet-tart apples, dried cranberries, and pecans.



Prep Time	Cook Time	Total Time
25 mins	15 mins	40 mins

Course: Main Course, Salad Cuisine: American

Keyword: chicken, fall, salad

Servings: 4 servings

Calories: 495kcal



No ratings yet

Ingredients

Juicy Air Fryer (or Grilled) Chicken

- 1 lb chicken breast, raw
- 3 tbsp homemade brine mix
- 1 tsp olive oil
- 1 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/2 tsp chili powder
- salt and pepper to taste

Salad

- 10 cups romaine lettuce, chopped (500 grams)
- 6 slices Wegmans Naturally Smoked Center Cut Bacon, 25% Less Sodium (151 grams)
- 8 eggs, hard boiled and chopped
- 1 large Macintosh apple, chopped (200 grams)
- 1/2 cup 50% less sugar Ocean Spray dried cranberries (80 grams)
- 1/3 cup pecan halves (10 grams)

Honey Dijon Ranch Dressing

- 1/2 cup Hidden Valley Fat Free Ranch Dressing (4 fl oz)
- 3 tbsp dijon mustard (45 grams)
- 1 1/2 tbsp honey (21 grams)
- 1/2 tsp salt

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 or grill the chicken at 400°F for 11 minutes, flipping halfway through. Set aside to cool for about 5 minutes before slicing. (If grilling, I up the temp to at least 450°F for crispy edges.)

Salad Prep

1. Whisk dressing ingredients together until well blended. Set aside in refrigerator.
2. Prepare bacon according to package directions, then allow to cool on a paper towel lined plate and chop into bite sized pieces.
3. As chicken cools, assemble salads. Add a base layer of lettuce, then top with chopped eggs, bacon, apple, dried cranberries, and pecans, then top with honey dijon ranch dressing before serving.

Notes

- **Chicken:** My Juicy Air Fryer (or Grilled) Chicken is the best way to make super flavorful and juicy chicken for this salad.
- **Hard Boiled Eggs:** Get perfectly peelable eggs every time with my Instant Pot method!
- **Nutrition:** Scan the barcode below or search for "Peanut Butter and Fitness Harvest Cobb Salad 2025" to log this food in My Fitness Pal.

Nutrition

Calories: 495kcal | Carbohydrates: 39g | Protein: 42g | Fat: 18g | Saturated Fat: 5g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 5g | Cholesterol: 463mg | Sodium: 1297mg | Potassium: 623mg | Fiber: 9g | Sugar: 23g



Juicy Air Fryer (or Grilled) Chicken

Prep Time
10 mins

Cook Time
12 mins

Total Time
22 mins



4.58 from 14 votes

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

Roasted Butternut Squash

Prep Time
10 mins

Cook Time
35 mins

Total Time
45 mins



Servings: 4 servings Calories: 77kcal

Ingredients

- 1 medium to large butternut squash (700 grams yield)
- 1 tbsp olive oil (0.5 fl oz)
- 1/2 tsp salt
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/4 tsp black pepper



No ratings yet

Instructions

1. Pre-heat oven to 400°F. Line a baking sheet with foil, if desired. Set aside.
2. Cut the butternut squash in half lengthwise and scoop out the seeds, then peel the skin off the butternut squash. Chop into 1/2-3/4" cubes.
3. Toss butternut squash with olive oil and seasonings, then spread onto baking sheet in a single layer, keeping the squash cubes separated if possible for maximum browning.
4. Roast at 400°F for 30-35 minutes, flipping halfway through. The roasted squash should be golden and fork-tender when done.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Roasted Butternut Squash (September 2024)" in My Fitness Pal.

Nutrition

Serving: 1cup | Calories: 77kcal | Carbohydrates: 11g | Protein: 2g | Fat: 3g | Saturated Fat: 1g | Monounsaturated Fat: 2g | Sodium: 313mg | Potassium: 595mg | Fiber: 1g | Sugar: 5g



Grilled Asparagus

Prep Time
5 mins

Cook Time
7 mins

Total Time
12 mins

Servings: 4 servings Calories: 36kcal



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.



Nutrition

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

Weekly GROCERY LIST



Week of September 28th, 2025

Produce

- Honeycrisp apple: 1 large
 - Macintosh apple: 1 large
 - Zucchini: 1 medium
 - Butternut squash: 2 medium to large squashes
 - Baby spinach: 3 cups
 - Red onion: ½ small
 - Garlic: 3 cloves
 - Romaine lettuce: 10 cups chopped
 - Asparagus: 1 bunch
-

Proteins

- Chicken breast: 2 lbs raw
 - Wegmans Naturally Smoked Center Cut Bacon, 25% Less Sodium: 6 slices
 - Greenridge Naturals Black Forest Chicken Sausage: 4 links
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Dairy

- Unsalted butter: 3 tbsp
 - Eggs: 10 large
 - Whipped cream cheese: 3 tbsp
 - Wegmans Store Made Basil Pesto: ¼ cup
 - Optional: Parmesan cheese for topping gnocchi
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Frozen & Refrigerated

- Unsweetened vanilla almond milk: 1 cup
- Giovanni Ranna Skillet Gnocchi: 12 oz

Pantry & Dry Goods

- Rolled oats: 2 ¼ cups
 - PE Science Select Vegan Vanilla Protein Powder: 2 scoops
 - Baking powder: ½ tsp
 - Pumpkin puree: 1 cup
 - Maple syrup: ¼ cup
 - Honey: 1 ½ tbsp
 - Maple extract: 1 ½ tsp
 - Powdered sugar: 2 tbsp
 - Lower sugar dried cranberries: ½ cup
 - Pecan halves: ⅓ cup
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Oils, Sauces & Condiments

- Olive oil
 - Fat free ranch dressing: ½ cup
 - Dijon mustard: 3 tbsp
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Spices & Seasonings

- Salt and pepper
- Pumpkin pie spice: 2 tsp
- Flavor God Garlic Lover's Seasoning: ½ tsp
- [Homemade brine mix](#): 6 tbsp
- Oh My Spice! Lemon Pepper Dill Seasoning: 2 ½ tsp
- Chili powder: ¾ tsp