

Weekly MEAL PLAN



Week of September 7th, 2025

| | Breakfast | Lunch | Dinner |
|-------|--|---|---|
| Day 1 | Pumpkin Chocolate Chunk Oatmeal Muffins | Harvest Ginger Salad with Salmon | Teriyaki Chicken Power Bowls |
| Day 2 | Pumpkin Chocolate Chunk Oatmeal Muffins | Harvest Ginger Salad with Salmon | Tuscan White Bean & Spaghetti Squash Skillet |
| Day 3 | Pumpkin Chocolate Chunk Oatmeal Muffins | Harvest Ginger Salad with Salmon | Teriyaki Chicken Power Bowls |
| Day 4 | Pumpkin Chocolate Chunk Oatmeal Muffins | Harvest Ginger Salad with Salmon | Tuscan White Bean & Spaghetti Squash Skillet |
| Day 5 | Pumpkin Chocolate Chunk Oatmeal Muffins | Teriyaki Chicken Power Bowls | Tuscan White Bean & Spaghetti Squash Skillet |
| Day 6 | Pumpkin Chocolate Chunk Oatmeal Muffins | Teriyaki Chicken Power Bowls | Tuscan White Bean & Spaghetti Squash Skillet |

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 Chocolate Chunk Oatmeal Muffins



Prep Time
15 mins

Cook Time
30 mins

Total Time
45 mins

Servings: 6 jumbo muffins Calories: 247kcal



4.89 from 9 votes

Ingredients

- 2 cups rolled oats (160 grams)
- 2 scoops PE Science Select Vanilla Plant Based Protein Powder (56 grams)
- 1/3 cup Guittard 64% Cacao Semi-Sweet Baking Bar, chopped (50 grams)
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp pumpkin pie spice
- 3/4 cup pumpkin puree (180 grams)
- 3/4 cup unsweetened applesauce (183 grams)
- 1 egg
- 2 egg whites
- 1/2 cup unsweetened vanilla almond milk (4 fl oz)
- 3 tbsp maple syrup (1 1/2 fl oz)
- 1 tsp vanilla extract

Instructions

1. Pre-heat oven to 350°. Arrange 6 jumbo non-stick, parchment muffin liners in a jumbo muffin baking tin. Set aside.
2. Combine all dry ingredients except chocolate chunks. Add wet ingredients and mix until just combined, then fold in chocolate chunks. Scoop batter into baking cups.
3. Bake at 350 degrees for 35 minutes or until tops just begin to brown.

Notes

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



Nutrition

Serving: 130g | Calories: 247kcal | Carbohydrates: 36g | Protein: 13g | Fat: 6g | Cholesterol: 31mg
| Sodium: 262mg | Potassium: 139mg | Fiber: 5g | Sugar: 13g

Teriyaki Chicken Power Bowls

Servings: 6 servings Calories: 347kcal



4.55 from 11 votes

Ingredients

- 2 lb chicken breast, raw
- 2 cups shelled edamame (340 grams)
- 1 large red bell pepper, chopped (165 grams)
- 3 cups broccoli florets (234 grams)
- 3 medium carrots, julienned (250 grams)
- 1 small red onion, roughly chopped (100 grams)
- 1 1/4 cup Wegmans Organic Teriyaki Sauce, divided (10 fl oz)
- 3 tbsp low sodium soy sauce
- 2 tbsp rice vinegar
- 2 tsp sesame oil
- Optional: rice for serving

Instructions

1. **Marinate chicken.** Add chicken to a resealable container or zip top bag. Pour 1/2 cup of the teriyaki sauce, soy sauce, and rice vinegar over the chicken and mix around with your hands until well incorporated and evenly coated. Set aside to marinate in the refrigerator for at least 2 hours or up to 6 hours.
2. Set aside 2-3 tbsp teriyaki sauce in a small bowl with a brush for grilling.
3. **Grill chicken.** After chicken has marinated, pre-heat grill to 400°. Spray grill grates with grill-safe non-stick spray. Allow excess marinade to drip off of chicken, then place on sprayed or oiled grill grates. Close grill and cook for 6 minutes, then flip chicken, brush with additional teriyaki sauce, and continue cooking for 5-6 more minutes or until internal temperature barely reaches 165°. Set aside to rest for at least 5 minutes before slicing.
4. **Prepare veggies.** As the chicken cools, heat a large skillet over medium high (7-8 out of 10) heat. Add 1 tsp sesame oil. Once hot, add julienned carrots and cook, flipping and stirring frequently for 2-3 minutes or until carrots begin to soften. Add pepper and onion and continue cooking for another 1-2 minutes. Remove to a large bowl and set aside.
5. In the same hot skillet, add remaining sesame oil. Once hot, add broccoli florets and toss to coat evenly. Cover with a lid to trap the steam and continue cooking and flipping broccoli until it's tender crisp, about 3 minutes. Add a tablespoon or 2 of water if needed to help it steam and cook. Remove to the bowl with the cooked carrots, pepper, and onion.
6. Add shelled edamame to bowl with veggies and pour remaining teriyaki sauce over top. Mix to coat evenly.
7. **Assemble.** Serve over rice and add sliced chicken on top. Garnish with sesame seeds, if desired.

Notes

Note: The nutrition info listed for this recipe does NOT include rice so you can add as much or little as you like (or serve over something else), but I included barcodes for both with and without rice.

[Click here to log this food WITHOUT rice in My Fitness Pal.](#)

[Click here or scan the barcode below to log this food WITH 1 cup \(180 grams\) uncooked Lundberg Organic Brown Jasmine Rice - cooked and divided among 6 servings - in My Fitness Pal.](#)

Nutrition

Calories: 347kcal | Carbohydrates: 28g | Protein: 42g | Fat: 7g | Cholesterol: 209mg | Sodium: 795mg | Potassium: 1577mg | Fiber: 5g | Sugar: 16g

With Rice



Without Rice



Tuscan White Bean & Spaghetti Squash Skillet

Prep Time
20 mins

Cook Time
50 mins

Total Time
1 hr 10 mins

Servings: 5 servings Calories: 386kcal



4.24 from 13 votes

Ingredients

- 1 1/4 lb raw chicken breast, thinly sliced
- 1 medium spaghetti squash (500 grams flesh)
- 1 15.5 oz can cannellini beans, drained
- 4 cups kale, trimmed and roughly chopped (270 grams)
- 2 oz sun dried tomatoes, sliced
- 1 1/4 cup light coconut milk
- 1 cup low sodium chicken broth
- 1/2 cup dry white wine (I like Sauvignon Blanc)
- 1/2 medium onion, chopped (55 grams)
- 2 tbsp white whole wheat flour (6 grams)
- 3 tbsp unsalted butter (1 1/2 oz)
- 2 tsp olive oil (0.33 oz)
- 4 cloves garlic, minced (16 grams)
- 2 tsp Oh My Spice! Lemon Pepper Dill Seasoning
- 1/2 tsp ground mustard
- 1/4 tsp red pepper flakes

Instructions

1. Optional (but recommended): Brine chicken breasts for 5-12 hours. Get recipe/instructions here.
2. Pre-heat oven to 400 degrees. Cut spaghetti squash in half and scoop out seeds. Rub cut sides with 1 tsp olive oil and season with 1/2 tsp lemon pepper seasoning. Bake for 35-40 minutes until flesh flakes away easily with a fork.
3. Heat remaining olive oil in a large skillet over medium-high heat. Season chicken breast on both sides with salt, pepper, and 1/2 tsp lemon pepper seasoning, then add to skillet and brown on each side for 1-2 minutes, then set chicken aside.
4. Add butter to skillet until melted and hot, then add onion and garlic and sauté until tender. Stir in flour until it is absorbed, then gradually whisk in wine, chicken broth, and coconut milk.
5. Add sun dried tomatoes and remaining spices to skillet. Stir well, then add cannellini beans to the skillet and stir to combine. Return chicken to skillet and spoon sauce over chicken. Lower heat to a simmer for 10-15 minutes until chicken is cooked through. Stir the kale in during the last 5-10 minutes of cooking, then remove from heat.
6. Remove chicken from skillet and allow to rest for a few minutes before slicing. While the chicken rests, add spaghetti squash to skillet and stir until well combined and heated through.
7. Divide into 5 servings and add sliced chicken on top. Top with parmesan cheese before serving, if desired.

Notes

Click here or scan the barcode below to log this meal into My Fitness Pal.



Nutrition

Calories: 386kcal | Carbohydrates: 27g | Protein: 35g | Fat: 15g | Cholesterol: 85mg | Sodium: 323mg | Potassium: 1189mg | Fiber: 8g | Sugar: 5g

Harvest Ginger Salad with Salmon

A hearty kale salad is topped with flaky, tender salmon and fall toppings like pumpkin seeds and dried cranberries.



Prep Time
25 mins

Cook Time
12 mins

Total Time
37 mins

Course: Main Course, Salad Cuisine: American

Keyword: fall, kale, salad, salmon Servings: 4 servings Calories: 536kcal

★★★★★
5 from 2 votes

Ingredients

- 1 lb Atlantic salmon, skin on, sliced into 4 fillets (approx. 14 oz without skin)
- 8 cups chopped Lacinato kale, stems removed (536 grams)
- 1/3 cup crystalized ginger, cut into small chunks (53 grams)
- 1/3 cup 50% reduced sugar Craisins (53 grams)
- 1/3 cup roasted, salted pumpkin seeds (21 grams)
- 3 tbsp slivered almonds (23 grams)
- About 2 tsp olive oil for massaging kale

Honey Mustard Dressing

- 3 tbsp Dijon mustard
- 2 tbsp honey
- 2 tbsp olive oil
- 2 tbsp apple cider vinegar
- 1 tsp garlic powder
- Salt & pepper to taste

Instructions

1. Preheat oven to 400°F. Line a baking sheet with aluminum foil.
2. Arrange salmon, skin side down, on the lined baking sheet. Bake at 400° for 11-13 minutes or until it flakes apart easily. While still hot, remove salmon flesh from the skin.
3. Add kale to a large bowl and pour some olive oil into your hands. Massage kale gently until it is dark green (it only takes a couple minutes for the whole bowl).
4. Arrange salad by layering kale at the bottom of a serving bowl. Top with almonds, Craisins, and crystallized ginger. Place salmon on top, then pour dressing over the salad. Finish with roasted pumpkin seeds.

Notes

Scan the barcode below or search "Peanut Butter and Fitness Harvest Ginger Salad with Salmon" to log this food in My Fitness Pal.

Nutrition

Calories: 536kcal | Carbohydrates: 49g | Protein: 27g | Fat: 29g | Saturated Fat: 5g | Polyunsaturated Fat: 6g | Monounsaturated Fat: 13g | Cholesterol: 53mg | Sodium: 416mg | Potassium: 1057mg | Fiber: 7g | Sugar: 25g



Weekly GROCERY LIST



Week of September 7th, 2025

Produce

- Red bell pepper: 1 large
 - Broccoli: 3 cups florets
 - Carrots: 3 medium
 - Red onion: 1 small
 - Spaghetti squash: 1 medium
 - Lacinato kale: 12 cups
 - Sweet onion: 1/2 medium
 - Garlic: 4 cloves
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Proteins

- Chicken breast: 3 1/4 lbs
 - Atlantic salmon: 1 lb
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Dairy

- Unsweetened vanilla almond milk: 1/2 cup
 - Eggs: 3
 - Unsalted butter: 3 tbsp
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Frozen

- Shelled edamame: 2 cups
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Pantry & Dry Goods

- Rolled oats: 2 cups
- PEScience Select Vegan Vanilla Protein Powder: 2 scoops
- Guittard 64% Cacao Semi-Sweet Baking Bar: 50 grams
- Baking powder: 1 tsp

- Unsweetened applesauce: 3/4 cup
 - Pumpkin puree: 3/4 cup
 - Maple syrup: 3 tbsp
 - Vanilla extract: 1 tsp
 - Cannelini beans: 15.5 oz can
 - Sun dried tomatoes: 2 oz
 - Light coconut milk: 1 1/4 cups
 - White whole wheat flour: 2 tbsp
 - Crystalized ginger: 1/3 cup
 - Reduced sugar dried cranberries: 1/3 cup
 - Roasted, salted pumpkin seeds: 1/3 cup
 - Slivered almonds: 3 tbsp
 - Rice: as desired for Teriyaki bowls
 - Honey: 2 tbsp
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Oils, Sauces & Condiments

- Olive oil
 - Wegmans Organic Teriyaki Sauce: 1 1/4 cup
 - Low sodium soy sauce: 3 tbsp
 - Rice vinegar: 2 tbsp
 - Sesame oil: 2 tsp
 - Dijon mustard: 3 tbsp
 - Apple cider vinegar: 2 tbsp
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Spices & Seasonings

- Salt and black pepper
- Oh My Spice! Lemon Pepper Seasoning: 2 tsp
- Garlic powder: 1 tsp
- Pumpkin pie spice: 1/2 tsp
- Ground mustard: 1/2 tsp
- Red pepper flakes: 1/4 tsp