

Weekly MEAL PLAN



Week of September 14th, 2025

	Breakfast	Lunch	Dinner
Day 1	Mixed Berry Oatmeal Muffins	Turkey Taco Salad with Avocado Ranch Dressing	High Protein Roasted Red Pepper Pasta
Day 2	Mixed Berry Oatmeal Muffins	Spaghetti Squash Pad Thai	Turkey Taco Salad with Avocado Ranch Dressing
Day 3	Mixed Berry Oatmeal Muffins	High Protein Roasted Red Pepper Pasta	Spaghetti Squash Pad Thai
Day 4	Mixed Berry Oatmeal Muffins	Turkey Taco Salad with Avocado Ranch Dressing	High Protein Roasted Red Pepper Pasta
Day 5	Mixed Berry Oatmeal Muffins	Spaghetti Squash Pad Thai	Turkey Taco Salad with Avocado Ranch Dressing
Day 6	Mixed Berry Oatmeal Muffins	High Protein Roasted Red Pepper Pasta	Spaghetti Squash Pad Thai

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!



High Protein Roasted Red Pepper Pasta

Pasta is made with red pepper sauce, chicken & sausage. Cottage cheese replaces heavy cream in a decadent tasting high protein sauce.



Prep Time
15 mins

Cook Time
20 mins

Total Time
35 mins

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No ratings yet

Course: Main Course Cuisine: American, Italian

Keyword: high protein, pasta, red peppers Servings: 8 servings Calories: 498kcal

Ingredients

- 1 lb dry, short cut pasta like mezze rigatoni
- 1 lb lean ground chicken
- 1 lb mild Italian pork sausage, casings removed
- 3/4 cup grated parmesan cheese (32 grams)
- 1/2 cup dry white wine (4 fl oz)
- 1 tsp olive oil
- fresh chopped basil for serving

Roasted Red Pepper Sauce

- 1 1/2 cups Breakstone's 4% Cottage Cheese (351 grams)
- 12.9 oz jar of roasted red peppers, drained (360 grams)
- 6-8 fresh basil leaves
- 3/4 tsp garlic and herb mixed seasoning
- 1/2 tsp salt
- 1/4 tsp red pepper flakes

Instructions

1. Add all sauce ingredients to a blender and blend until smooth. Set aside.
2. Cook pasta to about 1 minute shy of al dente in salted boiling water (follow package directions).
3. While the pasta cooks, heat olive oil in a large skillet over medium high heat. Once shimmery, add ground chicken and sausage. Break the chicken and sausage apart into small chunks as they cook, until cooked through.
4. Make a space in the middle of the skillet and add white wine to deglaze and cook off the alcohol. Add sauce to the skillet, stir, and lower heat to low and allow the sauce to simmer while pasta finishes cooking.
5. Once pasta is cooked, reserve about a cup of the pasta water and set aside. Drain the

pasta, then immediately add to the skillet with the sauce. Turn the heat off and stir in the parmesan cheese until melted. Add reserved pasta water as desired to increase the sauce volume and help it thicken.

6. Serve with additional parmesan cheese and fresh chopped basil, if desired.

Notes

Yield: This recipe yields a total of about 14 cups.

Storage: After cooling, store the pasta in an airtight container in the refrigerator for up to 5 days.

Reheating: Microwave on high for 2 minutes, stirring halfway through. Add a splash of stock or half and half and stir to revive it and make it really creamy.

Nutrition: Scan the barcode below or search for "Peanut Butter and Fitness High Protein Roasted Red Pepper Pasta" to log this food in My Fitness Pal.

Nutrition

Calories: 498kcal | Carbohydrates: 46g | Protein: 39g | Fat: 16g | Saturated Fat: 8g |
Monounsaturated Fat: 1g | Cholesterol: 102mg | Sodium: 1295mg | Potassium: 539mg | Fiber: 4g
| Sugar: 4g



Spaghetti Squash Pad Thai

Recreate a lower carb, high protein version of your favorite Thai takeout at home with this Spaghetti Squash Pad Thai. Great for meal prep!



5 from 3 votes

Prep Time	Cook Time	Total Time
30 mins	40 mins	1 hr 10 mins

Course: Main Course Cuisine: American, Asian

Keyword: chicken, high protein, low carb, pad thai, spaghetti squash

Servings: 5 servings Calories: 335kcal

Ingredients

- 1.25 lb boneless skinless chicken thighs, excess fat trimmed and sliced very thinly
- 1 medium spaghetti squash (500 grams flesh)
- 1 tsp olive oil
- 1 1/2 cups bean sprouts (128 grams)
- 1 cup julienned carrots (85 grams)
- 3 eggs, whisked
- 1/2 medium onion (55 grams)
- 4 cloves garlic (16 grams)
- 1 tbsp avocado oil

Sauce

- 1/4 cup coconut sugar (48 grams)
- 3 tbsp tamarind concentrate (45 grams)
- 2 tbsp low sodium soy sauce (1 oz)
- 1 1/2 tbsp Skippy Natural Creamy Peanut Butter (24 grams)
- 1 tbsp fish sauce
- 1/2 tsp crushed red pepper flakes
- 1 lime, juiced

Recommended Toppings (not included in nutrition info)

- chopped peanuts
- chopped green onions
- cilantro

Instructions

1. 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 Flavor God seasoning. Bake for 35-40 minutes until flesh flakes away easily with a fork.

2. Heat half of the avocado oil in a large pan over medium high heat. Sauté garlic and onion until fragrant, then add chicken. Sauté until cooked through. Remove from pan and set aside.
3. Add remaining avocado oil to pan. Once hot, add carrots and saute for about 2 minutes. Push carrots to the side of the pan, then add eggs to the other side of the pan. Scramble/chop the eggs as they cook with a wooden spatula.
4. Once eggs are cooked through, add bean sprouts to the pan and mix with carrots and eggs. Return chicken to pan and add sauce. Stir to combine, then remove from heat and toss with spaghetti squash.
5. Top with green onions, chopped peanuts, and cilantro before serving, if desired.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Spaghetti Squash Pad Thai" to log this food in My Fitness Pal.

Nutrition

Serving: 340g | Calories: 335kcal | Carbohydrates: 30g | Protein: 27g | Fat: 13g | Cholesterol: 187mg | Sodium: 860mg | Potassium: 534mg | Fiber: 3g | Sugar: 17g



Turkey Taco Salad with Avocado Ranch Dressing

Prep Time
15 mins

Cook Time
10 mins

Total Time
25 mins



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No ratings yet

Servings: 4 servings Calories: 470kcal

Ingredients

- 1 lb 94% lean ground turkey (0.45 kg)
- 7 oz Ortega Taco Skillet Sauce (198 grams)
- 10 cups green leaf lettuce, chopped (360 grams)
- 1 1/3 cup cherry tomatoes, halved (160 grams)
- 1 1/3 cup low sodium black beans, drained and rinsed (173 grams)
- 1 1/3 cup frozen corn kernels, thawed (160 grams)
- 3/4 cup Avocado Ranch Dressing (216 grams)
- 1 cup Fresh Gourmet Santa Fe Style Tortilla Strips (56 grams)
- 1/2 cup red onion, sliced or chopped (64 grams)
- 1/2 tbsp olive oil (7 grams)
- 1 tsp Oh My Spice! Spicy Fajita Seasoning

Instructions

1. Layer lettuce, cherry tomatoes, black beans, red onions, and corn in 4 serving dishes.
2. Heat a large skillet over medium-high heat and add about olive oil. Once the oil is shimmering and hot, add ground turkey and season with fajita seasoning. Continue to cook, breaking apart with a wooden spatula until nearly cooked through, then add skillet sauce and finish cooking.
3. Serve over salad, then top with Avocado Ranch Dressing and tortilla strips before serving.

Notes

Click here or scan the barcode below to log this food WITH Avocado Ranch Dressing into My Fitness Pal. Click here or scan the 2nd barcode to log it WITHOUT Avocado Ranch Dressing.

Nutrition

Calories: 470kcal | Carbohydrates: 44g | Protein: 38g | Fat: 19g | Cholesterol: 65mg | Sodium: 966mg | Potassium: 716mg | Fiber: 9g | Sugar: 7g



With Dressing



Without Dressing

Avocado Ranch Dressing

Prep Time
10 mins

Total Time
10 mins

Servings: 8 servings (1/4 cup per serving) Calories: 92kcal

Ingredients

- 1 cup low fat buttermilk (8 fl oz)
- 1/4 cup plain, non-fat Greek yogurt (2 fl oz)
- 1/4 cup Duke's Light Mayonnaise (2 fl oz)
- 1 medium Haas avocado (150 grams)
- 1 lime, zested and juiced
- 2 cloves garlic (8 grams)
- 2 tbsp fresh cilantro, packed
- 2 tbsp fresh parsley, packed
- 1 tbsp fresh chives
- 1 tbsp fresh dill
- 1 tsp salt
- 1/2 tsp black pepper

Instructions

1. Add all ingredients to a food processor and pulse until smooth.

Notes

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

Nutrition

Serving: 72grams | Calories: 92kcal | Carbohydrates: 6g | Protein: 3g | Fat: 7g | Cholesterol: 7mg | Sodium: 357mg | Potassium: 210mg | Fiber: 2g | Sugar: 2g



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No ratings yet



Weekly GROCERY LIST



Week of September 14th, 2025

Produce

- Strawberries: $\frac{3}{4}$ cup
 - Blueberries: $\frac{3}{4}$ cup
 - Fresh basil: 1 bunch
 - Spaghetti squash: 1 medium
 - Bean sprouts: 1 $\frac{1}{2}$ cups
 - Matchstick carrots: 1 cup
 - Onion: $\frac{1}{2}$ medium
 - Garlic: 4 cloves
 - Lime: 1
 - Green leaf lettuce: 10 cups
 - Cherry tomatoes: 1 $\frac{1}{3}$ cup
 - Red onion: $\frac{1}{2}$ cup
-

Proteins

- Boneless, skinless chicken thighs: 1 $\frac{1}{4}$ lbs
 - 94% lean ground turkey: 1 lb
 - Lean ground chicken: 1 lb
 - Mild Italian pork sausage: 1 lb
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Dairy

- Unsweetened vanilla almond milk: $\frac{3}{4}$ cup
 - Eggs: 3
 - Egg whites: 2
 - Parmesan cheese: $\frac{3}{4}$ cup
 - Breakstone's 4% cottage cheese: 1 $\frac{1}{2}$ cups
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Freezer

- Frozen corn kernels: 1 $\frac{1}{3}$ 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: 4 $\frac{1}{2}$ tbsp
 - Short cut pasta: 1 lb
 - Roasted red peppers: 12.9 oz jar
 - Coconut sugar: $\frac{1}{4}$ cup
 - Canned low sodium black beans: 1 $\frac{1}{3}$ cup
 - Fresh Gourmet Santa Fe Style Tortilla Strips: 1 cup
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Oils, Sauces & Condiments

- Olive oil
 - Avocado oil: 1 tbsp
 - Tamarind concentrate: 3 tbsp
 - Low sodium soy sauce: 2 tbsp
 - Fish sauce: 1 tbsp
 - Ortega Taco Skillet Sauce: 7 oz
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Spices & Seasonings

- Salt and black pepper
 - [Homemade brine mix](#): 3 tbsp
 - Garlic & herb seasoning: $\frac{3}{4}$ tsp
 - Red pepper flakes: $\frac{3}{4}$ tsp
 - Oh My Spice! Spicy Fajita Seasoning: 1 tsp
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Weekly GROCERY LIST



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Wine & Spirits

- Dry white wine: ½ cup
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Optional Toppings:

- Chopped peanuts
- Chopped green onions
- Cilantro

**Note: List does not include ingredients
for Avocado Ranch Dressing*