

# Weekly MEAL PLAN



Week of October 19th, 2025

	Breakfast	Lunch	Dinner
Day 1	Stovetop Caramel Apple Oatmeal	Juicy Grilled Chicken with Apple & Pear Chopped Kale Salad	High Protein Roasted Red Pepper Pasta
Day 2	Stovetop Caramel Apple Oatmeal	Sheet Pan Chicken Fajitas with rice and chili beans	Juicy Grilled Chicken with Apple & Pear Chopped Kale Salad
Day 3	Stovetop Caramel Apple Oatmeal	High Protein Roasted Red Pepper Pasta	Sheet Pan Chicken Fajitas with rice and chili beans
Day 4	Stovetop Caramel Apple Oatmeal	Juicy Grilled Chicken with Apple & Pear Chopped Kale Salad	High Protein Roasted Red Pepper Pasta
Day 5	Stovetop Caramel Apple Oatmeal	Sheet Pan Chicken Fajitas with rice and chili beans	Juicy Grilled Chicken with Apple & Pear Chopped Kale Salad
Day 6	Stovetop Caramel Apple Oatmeal	High Protein Roasted Red Pepper Pasta	Sheet Pan Chicken Fajitas with rice and chili beans
Click on the <b>bold</b> recipe name to jump to that recipe page or head to <b>Peanut Butter and Fitness</b> for more meal prep friendly recipe ideas!			

# Caramel Apple Oatmeal

Prep Time  
10 mins

Cook Time  
25 mins

Total Time  
35 mins

Servings: 6 servings    Calories: 256kcal



No ratings yet

## Ingredients

### Oatmeal

- 2 cups rolled oats (162 grams)
- 4 cups water (32 fl oz)
- 1 1/2 cups Fairlife Lactose Free Fat Free Ultra Filtered Milk (12 fl oz)
- 1/2 cup apple butter (4 fl oz)
- 2 tsp maple extract
- 1 tsp apple pie spice
- 1 cinnamon stick
- 1/2 tsp salt
- Optional: caramel for drizzling and flakey sea salt

### Caramelized Apples

- 3 small Honeycrisp apples (386 grams yield)
- 3 tbsp brown sugar (41 grams)
- 2 tbsp butter (29 grams)
- 1 tbsp lemon juice (0.5 fl oz)
- 1/4 tsp apple pie spice

## Instructions

### Caramelize the Apples.

1. Core the apples and slice them into thin slices. Toss apple slices with lemon juice to prevent browning and set aside.
2. Heat a large skillet or sauté pan over medium-high heat. Add butter, stirring until melted and bubbly, then add apple slices and distribute evenly in the skillet, in a single layer if possible. Sprinkle with apple pie spice and brown sugar.
3. Cook apples for 3-5 minutes without stirring, then toss to coat apples evenly with sauce. Continue cooking for another 3-5 minutes or until apples are tender and sauce has reduced and thickened slightly. Set aside.

### Make the Oatmeal.

1. In a large pot, bring the water and salt to a boil over medium-high heat, then lower heat to a simmer and add the oats and cinnamon stick. Cook for 10-12 minutes, stirring occasionally.

2. Remove oatmeal from heat and stir in milk, apple butter, maple extract, and apple pie spice. The oats will thicken and absorb the milk as they rest and cool.
3. Serve oatmeal with caramelized apples. If desired, top with a drizzle of caramel, a dollop of whipped cream, chopped pecans, and flakey sea salt.

## Notes

- **Yield:** The oatmeal recipe yields 6 cups, so there is 1 cup oatmeal per serving, plus about 1/2 cup of apples with sauce.
- **Nutrition:** Scan the barcode below or search for "Peanut Butter and Fitness Caramel Apple Oatmeal" to log this food in My Fitness Pal.

## Nutrition

Serving: 1.5cups | Calories: 256kcal | Carbohydrates: 46g | Protein: 7g | Fat: 6g | Saturated Fat: 3g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Cholesterol: 12mg | Sodium: 228mg | Potassium: 208mg | Fiber: 5g | Sugar: 24g



# 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	Cook Time	Total Time
15 mins	20 mins	35 mins

☆☆☆☆☆  
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



# 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.

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



★★★★★  
5 from 2 votes

## 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



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# 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

# Apple & Pear Chopped Kale Salad

Prep Time  
20 mins

Total Time  
20 mins

Servings: 8 servings    Calories: 220kcal

## Ingredients

- 1 bunch curly kale, stems removed and torn into 2-3" pieces (200 grams)
- 2 cups brussels sprouts, trimmed (150 grams)
- 1 large green apple, chopped (250 grams)
- 1 large pear, Anjou or Bosc variety, chopped (230 grams)
- 4 oz apple smoked cheddar cheese, chopped into ~3/8" squares
- 1/2 cup rosemary Marcona almonds (60 grams)
- 1/2 cup crispy fried onions (21 grams)

## Apple Crisp Dressing

- 1/2 cup Homemade Apple Crisp Syrup (4 fl oz)
- 1/4 cup olive oil (2 fl oz)
- 1/4 cup dijon mustard (2 fl oz)
- 1 lemon, zested and juiced
- 1 tsp salt
- 1 tsp Oh My Spice! Lemon Pepper Seasoning

## Instructions

1. **Prepare dressing.** Add all dressing ingredients to a shaker and shake until well combined. Set aside.
2. **Prepare kale and brussels sprouts.** Add slicing blade to your food processor. Load trimmed brussels sprouts into the feeder tube, then pulse, gently pushing the brussels sprouts down toward the blade using your food processor's pusher. Repeat until all brussels sprouts are shredded. Remove the slicing blade from the food processor and remove the Brussels sprouts to a large bowl; set aside.
3. Add kale to the food processor, being careful not to overload the food processor bowl. Pulse the kale 5-10 times until the leaves are chopped into <1" pieces (many will be smaller). Repeat until all the kale is shredded, then remove to the bowl with the Brussels sprouts.
4. **Assemble the salad.** To the bowl with the kale and brussels sprouts, add chopped apples, pears, and cheese. Top with dressing and toss with tongs. Once the dressing has evenly coated the salad, top with Marcona almonds and crispy fried onions before serving.

## Notes

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

## Nutrition

Serving: 1.5cups | Calories: 220kcal | Carbohydrates: 25g | Protein: 7g | Fat: 11g | Cholesterol: 15mg | Sodium: 395mg | Potassium: 298mg | Fiber: 4g | Sugar: 16g



★★★★★  
5 from 1 vote



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# Apple Crisp Syrup

Make this easy Apple Crisp Syrup Starbucks-dupe at home with apples, fall spices, apple cider, and sugar. Use it in drinks and dressings!



No ratings yet

Prep Time	Cook Time	Total Time
5 mins	20 mins	25 mins

Course: Drinks    Cuisine: American

Keyword: apple cider, apples, coffee, fall, iced coffee, simple syrup, spices

Servings: 12 servings (2 tbsp per serving)    Calories: 75kcal

## Ingredients

- 1 cup apple cider
- 1 cup dark brown sugar
- 2 Honeycrisp apples, sliced
- 3 cinnamon sticks
- 1 whole nutmeg, smashed into 3-4 large pieces

## Instructions

1. Add all ingredients to a medium saucepan and bring to a boil over medium-high heat. Stir, then reduce heat medium-low so that the mixture simmers vigorously, uncovered, for 20 minutes.
2. Strain the solids from the syrup, using the back of a spoon to press any liquid from the apple slices. Set syrup aside to cool.

## Notes

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

## Nutrition

Serving: 1fl oz | Calories: 75kcal | Carbohydrates: 20g | Sugar: 19g



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# Weekly **GROCERY LIST** | *Peanut Butter* & FITNESS

Week of October 19th, 2025

## Produce

- ☐ Honeycrisp apples: 5
  - ☐ Green apple: 1 large
  - ☐ Anjou or Bosc pear: 1 large
  - ☐ Lemons: 2
  - ☐ Limes: 1
  - ☐ Fresh basil: 1 bunch
  - ☐ Bell peppers: 3 large
  - ☐ Red onion: 1 medium
  - ☐ Curly kale: 1 bunch
  - ☐ Brussels sprouts: 2 cups
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- ☐ Brown sugar: 1 cup + 3 tbsp
  - ☐ Short cut pasta like mezze rigatoni: 1 lb dry
  - ☐ Roasted red peppers: 12.9 oz jar
  - ☐ Rice: if desired for Sheet Pan Chicken Fajitas
  - ☐ Chili seasoned black beans: if desired for Sheet Pan Chicken Fajitas
  - ☐ Rosemary Marcona almonds: ½ cup
  - ☐ Crispy fried onions (salad topper): ½ cup
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## Proteins

- ☐ Lean ground chicken: 1 lb
  - ☐ Mild Italian pork sausage: 1 lb
  - ☐ Chicken breast: 2 ½ lbs
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## Oils, Sauces & Condiments

- ☐ Olive oil
  - ☐ Apple butter: ½ cup
  - ☐ Dijon mustard: ¼ cup
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## Dairy

- ☐ Fairlife Fat Free milk: 1 ½ cups
  - ☐ Unsalted butter: 2 tbsp
  - ☐ Grated parmesan cheese: ¾ cup
  - ☐ Breakstone's 4% cottage cheese: 1 ½ cups
  - ☐ Apple smoked cheddar cheese: 4 oz
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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 ½ tsp
  - ☐ Chili powder: ¼ tsp
  - ☐ Apple pie spice: 1 ¼ tsp
  - ☐ Cinnamon sticks: 4
  - ☐ Whole nutmeg pod: 1
  - ☐ Garlic and herb seasoning: ¾ tsp
  - ☐ Red pepper flakes: ¼ tsp
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## Frozen & Refrigerated

- ☐ Apple cider: 1 cup
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## Wine & Beer

## Pantry & Dry Goods

- ☐ Rolled oats: 2 cups
- ☐ Maple extract: 2 tsp

- ☐ Dry white wine: ½ cup