

Weekly MEAL PLAN



Week of October 5th, 2025

	Breakfast	Lunch	Dinner
Day 1	Pear & Chai Baked Oatmeal	Juicy Grilled Chicken with Grilled Asparagus & Roasted Delicata Squash	Butternut Squash and Sausage Pasta
Day 2	Pear & Chai Baked Oatmeal	Turkey Taco Salad with Avocado Ranch Dressing	Juicy Grilled Chicken with Grilled Asparagus & Roasted Delicata Squash
Day 3	Pear & Chai Baked Oatmeal	Butternut Squash and Sausage Pasta	Turkey Taco Salad with Avocado Ranch Dressing
Day 4	Pear & Chai Baked Oatmeal	Juicy Grilled Chicken with Grilled Asparagus & Roasted Delicata Squash	Butternut Squash and Sausage Pasta
Day 5	Pear & Chai Baked Oatmeal	Turkey Taco Salad with Avocado Ranch Dressing	Juicy Grilled Chicken with Grilled Asparagus & Roasted Delicata Squash
Day 6	Pear & Chai Baked Oatmeal	Butternut Squash and Sausage Pasta	Turkey Taco Salad with Avocado Ranch Dressing

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!

Chai and Pear Baked Oatmeal

Prep Time
15 mins

Cook Time
40 mins

Total Time
55 mins

Servings: 6 servings Calories: 320kcal

Ingredients

- 2 1/4 cups rolled oats (216 grams)
- 2 scoops PE Science Select Vegan Vanilla Protein Powder (59 grams)
- 3 chai tea bags
- 1/2 tsp each: baking powder, cinnamon, ground ginger
- 1/4 tsp each: cardamom, nutmeg, all spice
- 1 1/2 cups Bosc pear, chopped (220 grams)
- 1 cup unsweetened vanilla almond milk (8 fl oz)
- 3/4 cup unsweetened applesauce (183 grams)
- 1/4 cup maple syrup (2 fl oz)
- 3 tbsp unsalted butter (42 grams)
- 2 large eggs
- 1 tsp maple extract

Instructions

1. Pre-heat oven to 350°F. Grease an 8x11" casserole dish with butter or coconut oil and set aside.
2. Heat almond milk to the point of almost boiling, then add tea bags and steep for 5 minutes. Remove bags and allow almond milk to cool.
3. Combine dry ingredients in a bowl, then mix in chopped pears. In another bowl, whisk wet ingredients until combined, being careful to whisk in the hot milk slowly to avoid cooking the eggs. Add wet ingredients to dry and mix until combined. Pour into greased casserole dish and spread evenly. If desired, press a few pecans into the top of the mixture.
4. Bake at 350°F for 40-45 minutes or until no longer very soft to the touch in the center. Serve with maple syrup and whipped cream, if desired.

Notes

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

Nutrition

Serving: 1slice | Calories: 320kcal | Carbohydrates: 43g | Protein: 14g | Fat: 10g | Saturated Fat: 4g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Cholesterol: 84mg | Sodium: 166mg | Potassium: 210mg | Fiber: 6g | Sugar: 15g



☆☆☆☆☆
No ratings yet



Butternut Squash and Sausage Pasta Bake



Easy creamy butternut squash pasta sauce pairs with sausage & ground chicken then topped with bubbly cheese in this made-for-fall pasta bake.

Prep Time 20 mins	Cook Time 40 mins	Total Time 1 hr
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4.41 from 20 votes

Course: Main Course Cuisine: American

Keyword: butternut squash, fall, meal prep, pasta, sausage Servings: 10 servings

Calories: 503kcal

Ingredients

- 17.6 oz dry sagne a pezzi pasta (500 g)
- 1 lb 98% lean ground chicken
- 1 lb Wegmans Italian Classics Organic Hot Pork Italian Sausage
- 5 oz baby spinach (142 g)
- 1/2 vidalia onion, sliced (127 g)
- 1/2 cup shaved parmesan cheese (or combo of parmesan, asiago, and romano cheeses) (40 g)
- 1 tbsp olive oil, divided
- 1 tsp kosher salt
- salt and pepper to taste

Butternut Squash Sauce

- 4 lb butternut squash, peeled and seeds removed (1100 g)
- 2 cups reserved pasta water (16 fl oz)
- 1 cup half and half (8 fl oz)
- 1 cup dry white wine, like Sauvignon Blanc (8 fl oz)
- 1 medium shallot, diced (68 g)
- 1 1/2 tbsp fresh chopped sage
- 1 tbsp unsalted butter
- 1 tsp Oh My Spice! Lemon Pepper Seasoning
- 1 tsp ground mustard
- 1 tsp Better Than Bouillon Low Sodium Chicken Stock
- 1 tsp sea salt
- 1/2 tsp red pepper flakes

Instructions

1. **Caramelize the onion (optional).** In a large skillet over medium heat, add the sliced onions and As the onions begin to brown, add some water 1-2 tbsp at a time to help loosen the onions. Allow the water to dissolve before adding more water. Stir frequently, continuing to add water to loosen the onions until the onions are tender and browned. Set aside.
2. **Boil the pasta.** Bring about 2 quarts of water to a rolling boil and add 1 tsp of kosher salt. Then add pasta and return to a boil, stirring occasionally for 5 minutes. Reserve 2 cups of the water, then immediately drain. Toss with 1/2 tbsp olive oil. Set aside.
3. **Brown the chicken and sausage.** Turn the stove to medium high and add remaining 1/2 tbsp of olive oil to the pot. Once the oil is hot and shimmery, add sausage and ground chicken. Break meat apart with a wooden spoon as it cooks, continuing until the meat is cooked through. Drain the excess fat from the pot, then remove to a paper towel lined bowl. Set aside.
4. **Make the sauce.** Add butter to the pot over medium-high heat until melted and bubbling. Add shallots and sauté until softened, about 2-3 minutes. Add sage until fragrant, then add wine to deglaze. Add reserved pasta water, chicken bouillon, seasonings, fresh thyme, and butternut squash. Cover and boil for 8-10 minutes until squash is fork tender.
5. Pre-heat oven to 400°. Spray and 9x13 inch casserole dish with non-stick cooking spray and set aside.
6. Remove the thyme sprigs, then using an immersion blender, blend until smooth. Add half and half and blend again until well combined. Add spinach and stir in to coat completely in sauce. Then add meat, pasta, and caramelized onions and mix until well combined. Add more salt to taste as needed.
7. **Build the casserole.** Add the pasta mixture to the prepared casserole dish. Top with shaved cheese.
8. **Bake and serve.** Broil for about 5 minutes or until cheese is melted and the top begins to turn golden brown. Garnish with fried sage leaves before serving, if desired.

Notes

- **Make it ahead:** Complete steps 1-3 and 5 as directed above. Place the pasta mixture in the prepared casserole dish and allow to cool, then cover tightly with plastic wrap and refrigerate overnight or freeze for up to 3 months.
- Scan the barcode below or search for "Peanut Butter and Fitness Butternut Squash and Sausage Pasta Bake" to log this food in My Fitness Pal.

Nutrition

Serving: 350grams | Calories: 503kcal | Carbohydrates: 55g | Protein: 33g | Fat: 17g |
Cholesterol: 64mg | Sodium: 463mg | Potassium: 774mg | Fiber: 11g | Sugar: 8g



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 Delicata Squash with Cheese

Prep Time
15 mins

Cook Time
25 mins

Total Time
40 mins

Servings: 4 servings Calories: 131kcal

Ingredients

- 2 medium delicata squash, ends trimmed and seeds removed (900 grams)
- 1/4 cup Parmigiano Reggiano and Pecorino Romano cheese blend (26 grams)
- 1 tbsp olive oil
- 1/2 tsp sea salt
- 1/2 tsp black pepper
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- Optional: fresh parsley for serving



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5 from 2 votes

Instructions

1. Preheat oven to 425°. Line a large baking sheet with foil or parchment paper. Set aside.
2. Slice the squash in half lengthwise and scoop out the seeds. Slice the squash halves into 1/4 to 1/2-inch thick slices (half moon shape).
3. Add squash to a large bowl, then add olive oil, cheese, and seasoning, tossing to coat the squash evenly. You may need to press the squash into the cheese to help it stick.
4. Arrange sliced squash in a single layer on prepared baking sheet. Bake for 20-25 minutes until squash is golden brown. Top with fresh chopped parsley before serving, if desired.

Notes

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



Nutrition

Calories: 131kcal | Carbohydrates: 19g | Protein: 3g | Fat: 5g | Cholesterol: 7mg | Sodium: 417mg | Fiber: 4g | Sugar: 6g

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

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 October 5th, 2025

Produce

- Bosc pears: 2
 - Butternut squash: 4 lb
 - Baby spinach: 5 oz
 - Vidalia onion: ½ medium
 - Shallot: 1 medium
 - Fresh sage: 1 ½ tbsp
 - Delicata squash: 2 medium
 - Asparagus: 1 bunch
 - Green leaf lettuce: 10 cups
 - Cherry tomatoes: 1 ⅓ cup
 - Red onion: ½ cup sliced
-

Proteins

- Lean ground chicken: 1 lb
 - Wegmans Italian Classics Organic Hot Pork Italian Sausage: 1 lb
 - Chicken breast: 1 lb raw
 - 94% lean ground turkey: 1 lb
-

Dairy

- Unsalted butter: 4 tbsp
 - Eggs: 2 large
 - Shaved parmesan, asiago, and romano cheese blend: ½ cup
 - Parmigiano Reggiano & Pecorino Romao cheese blend: ¼ cup
 - Half and half: 1 cup
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Frozen & Refrigerated

- Unsweetened vanilla almond milk: 1 cup
- Frozen corn kernels: 1 ⅓ cup

Pantry & Dry Goods

- Rolled oats: 2 ¼ cups
 - PE Science Select Vegan Vanilla Protein Powder: 2 scoops
 - Baking powder: ½ tsp
 - Chai tea bags: 3
 - Unsweetened applesauce: ¾ cup
 - Maple syrup: ¼ cup
 - Maple extract: 1 tsp
 - Short, curly pasta: 17.6 oz
 - Better Than Bouillon Low Sodium Chicken Stock: 1 tsp
 - Low sodium black beans: 1 ⅓ cup
 - Fresh Gourmet Santa Fe STyle Tortilla Strips: 1 cup
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Oils, Sauces & Condiments

- Olive oil
 - Ortega Taco Skillet Sauce: 7 oz
 - [Avocado Ranch Dressing](#): ¾ cup*
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Spices & Seasonings

- Salt and pepper
- Cinnamon: ½ tsp
- Ground ginger: ½ tsp
- Cardamom: ¼ tsp
- Nutmeg: ¼ tsp
- All spice: ¼ tsp
- [Homemade brine mix](#): 3 tbsp
- Oh My Spice! Lemon Pepper Dill Seasoning: 2 ½ tsp
- Oh My Spice! Spicy Fajita Seasoning: 1 tsp
- Red pepper flakes: ½ tsp
- Chili powder: ¼ tsp

Weekly GROCERY LIST



Week of October 5th, 2025

Wine & Beer

- Sauvignon Blanc: 1 cup

**Note: The Avocado Ranch Dressing recipe is not included in this grocery list.*