

# Weekly MEAL PLAN



Week of November 16th, 2025

	Breakfast	Lunch	Dinner
Day 1	Dairy Free Cranberry Orange Oatmeal Muffins	Juicy Air Fryer Chicken with Roasted Butternut Squash and Kale Salad	Roasted Pumpkin Curry Soup with chicken sausage
Day 2	Dairy Free Cranberry Orange Oatmeal Muffins	Sheet Pan Chicken Fajitas with chili beans and rice	Juicy Air Fryer Chicken with Roasted Butternut Squash and Kale Salad
Day 3	Dairy Free Cranberry Orange Oatmeal Muffins	Roasted Pumpkin Curry Soup with chicken sausage	Sheet Pan Chicken Fajitas with chili beans and rice
Day 4	Dairy Free Cranberry Orange Oatmeal Muffins	Juicy Air Fryer Chicken with Roasted Butternut Squash and Kale Salad	Roasted Pumpkin Curry Soup with chicken sausage
Day 5	Dairy Free Cranberry Orange Oatmeal Muffins	Sheet Pan Chicken Fajitas with chili beans and rice	Juicy Air Fryer Chicken with Roasted Butternut Squash and Kale Salad
Day 6	Dairy Free Cranberry Orange Oatmeal Muffins	Roasted Pumpkin Curry Soup with chicken sausage	Sheet Pan Chicken Fajitas with chili beans and rice

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!

# Dairy-Free Cranberry Orange Oatmeal Muffins

Meal prep dairy free oatmeal muffins for breakfast! Cranberry and orange channel the season's vibes with 12 grams protein each.



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No ratings yet

Prep Time  
15 mins

Cook Time  
35 mins

Total Time  
50 mins

Course: Breakfast Cuisine: American

Keyword: breakfast, cranberries, fall, muffins Servings: 7 muffins

Calories: 245kcal

## Ingredients

- 2 1/4 cups rolled oats (225 grams)
- 2 scoops PEScience Select Vegan Vanilla Indulgence Protein Powder (60 grams)
- 1 cup fresh cranberries, chopped (100 grams)
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp cinnamon
- 1 cup unsweetened applesauce (246 grams)
- 1/3 cup unsweetened vanilla almond milk (2.66 fl oz)
- 1/4 cup maple syrup (2 fl oz)
- 1 orange, zested
- 2 tbsp orange juice (1 fl oz)
- 2 large eggs
- 1 tbsp coconut oil, melted
- 1 tsp vanilla extract

## Instructions

1. Pre-heat oven to 350°F. Arrange 7 jumbo silicone baking cups on a baking sheet and set aside.
2. Mix all dry ingredients in a bowl, including the chopped cranberries, then set aside. In another bowl, whisk together all wet ingredients until combined. Add wet ingredients to dry and mix until no dry spots remain. Divide batter evenly into 7 jumbo baking cups.
3. Bake for 35-40 minutes or until tops begin to turn golden brown.

## Notes

- **Storage:** After cooling completely, store these muffins in an air tight container in the refrigerator for up to 7 days.
- **Nutrition:** Scan the barcode below or search for "Peanut Butter and Fitness Dairy Free Cranberry Orange Oatmeal Muffins 2025" to log this food in My Fitness Pal.

## Nutrition

Serving: 1muffin | Calories: 245kcal | Carbohydrates: 37g | Protein: 12g | Fat: 6g | Saturated Fat: 3g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Cholesterol: 59mg | Sodium: 230mg | Potassium: 209mg | Fiber: 5g | Sugar: 11g



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# Roasted Pumpkin Curry Soup

Prep Time  
20 mins

Cook Time  
1 hr

Total Time  
1 hr 20 mins

Servings: 6 servings    Calories: 225kcal

## Ingredients

- 2 medium sugar pumpkins, halved and seeds removed (5 cups / 1177 grams cooked yield)
- 4 cups vegetable broth (960 mL)
- 14 fl oz coconut milk (400 mL)
- 3 tbsp Thai red curry paste (60 grams)
- 1 medium yellow onion (111 grams)
- 1/4 cup light brown sugar (48 grams)
- 1 1/2 tbsp olive oil (22 mL)
- 1 tbsp fresh grated ginger
- 1/2 tsp salt

## Optional garnishes

- coconut milk
- roasted pumpkin seeds
- chili crisp
- cilantro

## Instructions

1. Pre-heat oven to 400°F. Line a baking sheet with foil and set aside.
2. Rub the flesh side of the pumpkin halves with olive oil, then season with salt and pepper. Place on the prepared baking sheet, cut side up. Roast for 40-50 minutes or until the flesh is very tender when poked with a fork. Set aside to cool slightly.
3. Once the pumpkin halves have cooled slightly, use a spoon to scoop the flesh from the skin and set aside. You'll need 5 packed cups of pumpkin.
4. In a large pot, heat olive oil over medium high heat. Add onions and sauté until soft, about 3-4 minutes. Move the onions to the sides of the pot and add the red curry paste and ginger, sautéing for about a minute then mixing in with the onions until evenly coated.
5. Add vegetable broth, coconut milk, roasted pumpkin flesh, brown sugar, and salt to the pot and stir to combine. Lower heat to medium low and simmer for 20 minutes.
6. Use an immersion blender to puree the soup until smooth, or carefully transfer the soup to a high speed blender to puree. Top with desired garnishes before serving.

## Notes

Scan the barcode below or search for "Peanut Butter and Fitness Roasted Pumpkin Curry Soup" on My Fitness Pal.

## Nutrition

Serving: 1.8cups | Calories: 225kcal | Carbohydrates: 24g | Protein: 2g | Fat: 13g | Saturated Fat: 8g |  
Monounsaturated Fat: 2g | Sodium: 1003mg | Potassium: 44mg | Fiber: 3g | Sugar: 14g



☆☆☆☆☆  
No ratings yet



# 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.



★★★★★  
5 from 2 votes

Prep Time  
15 mins

Cook Time  
15 mins

Total Time  
30 mins

Course: Main Course Cuisine: American, southwest

Keyword: chicken, high protein, sheet pan meals, southwestern, weeknight dinner

Servings: 5 servings Calories: 272kcal

## 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



# 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 and Kale Salad (No Chicken)



Prep Time	Cook Time	Total Time
30 mins	20 mins	50 mins

Servings: 4 servings    Calories: 335kcal

## Ingredients

- 8 cups kale, stems trimmed and chopped (537 grams)
- 2 cups butternut squash, cubed (325 grams)
- 1/2 cup 50% less sugar dried cranberries (80 grams)
- 1/3 cup crumbled goat cheese (37 grams)
- 1/3 cup Fresh Gourmet Honey Roasted Pecan Pieces (37 grams)
- 1/2 tsp Flavor God Garlic Lover's Seasoning
- 2 tsp olive oil, divided
- Salt and pepper to taste

## Honey Mustard Dressing

- 2 1/2 tbsp olive oil
- 2 tbsp Dijon mustard
- 2 tbsp honey
- 1 tbsp apple cider vinegar
- 1 tsp garlic powder

## Instructions

1. Pre-heat oven to 400 degrees. Add butternut squash to a foil-lined baking sheet, then drizzle with 1 tsp olive oil and 1/2 tsp Flavor God Seasoning. Toss until evenly coated, then bake for 20 minutes.
2. Whisk together all vinaigrette ingredients and set aside.
3. Gently massage kale with 1 tsp olive oil. Set aside.
4. Divide all ingredients except pecans evenly into 4 serving bowls and toss until evenly coated with dressing. Top with honey roasted pecans before serving.

## Notes

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



## Nutrition

Calories: 335kcal | Carbohydrates: 43g | Protein: 7g | Fat: 18g | Cholesterol: 7mg | Sodium: 318mg | Potassium: 678mg | Fiber: 10g | Sugar: 21g

★★★★☆  
4 from 4 votes

# Weekly GROCERY LIST



Week of November 16th, 2025

## Produce

- Cranberries: 1 cup
  - Orange: 1
  - Sugar (pie) pumpkins: 2 medium
  - Yellow onion: 1 medium
  - Ginger: 1 tbsp grated
  - Bell peppers: 3 large
  - Red onion: 1 medium
  - Limes: 1
  - Kale: 8 cups
  - Butternut squash: 2 cups cubed
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## Proteins

- Chicken sausage: 1 lb (links)
  - Chicken breast: 2 ½ lbs
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## Dairy

- Unsweetened vanilla almond milk: ⅓ cup
  - Eggs: 2
  - Goat cheese: ⅓ cup crumbled
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## Pantry & Dry Goods

- Rolled oats: 2 ¼ cups
- PEScience Select Vegan Vanilla Protein Powder: 2 scoops
- Baking powder: 1 tsp
- Baking soda: ½ tsp
- Unsweetened applesauce: 1 cup
- Maple syrup: ¼ cup
- Light brown sugar: ¼ cup
- Vanilla extract: 1 tsp
- Vegetable broth: 4 cups
- Coconut milk: 14 fl oz

- Rice: if desired for Sheet Pan Chicken Fajitas
  - Chili seasoned black beans: if desired for Sheet Pan Chicken Fajitas
  - Dried cranberries: ½ cup
  - Honey roasted pecan pieces: ⅓ cup
  - Honey: 2 tbsp
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## Oils, Sauces & Condiments

- Olive oil
  - Coconut oil: 1 tbsp
  - Thai red curry paste: 3 tbsp
  - Dijon mustard: 2 tbsp
  - Apple cider vinegar: 1 tbsp
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## Spices & Seasonings

- Salt and black pepper
  - Cinnamon: ½ tsp
  - [Homemade brine mix](#): 3 tbsp
  - Oh My Spice! Spicy Fajita Seasoning: 4 tsp
  - Oh My Spice! Lemon Pepper Seasoning: ½ tsp
  - Chili powder: ¼ tsp
  - Flavor God Garlic Lover's Seasoning: ½ tsp
  - Garlic powder: 1 tsp
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## Optional Toppings

- Roasted pumpkin seeds
- Chili crisp
- Cilantro
- Coconut milk