

Weekly MEAL PLAN



Week of December 7th, 2025

	Breakfast	Lunch	Dinner
Day 1	Cranberry Orange Baked Oatmeal	Juicy Air Fryer Chicken with Roasted Butternut Squash and Kale Salad	Lemon Garlic Chicken & Wild Rice
Day 2	Cranberry Orange Baked Oatmeal	Egg Roll in a Bowl	Juicy Air Fryer Chicken with Roasted Butternut Squash and Kale Salad
Day 3	Cranberry Orange Baked Oatmeal	Lemon Garlic Chicken & Wild Rice	Egg Roll in a Bowl
Day 4	Cranberry Orange Baked Oatmeal	Juicy Air Fryer Chicken with Roasted Butternut Squash and Kale Salad	Lemon Garlic Chicken & Wild Rice
Day 5	Cranberry Orange Baked Oatmeal	Egg Roll in a Bowl	Juicy Air Fryer Chicken with Roasted Butternut Squash and Kale Salad
Day 6	Cranberry Orange Baked Oatmeal	Lemon Garlic Chicken & Wild Rice	Egg Roll in a Bowl

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!

Cranberry Orange Baked Oatmeal

Prep Time
15 mins

Cook Time
40 mins

Total Time
55 mins



☆☆☆☆☆
No ratings yet

Servings: 6 servings Calories: 315kcal

Ingredients

- 2 1/4 cups rolled oats (216 grams)
- 2 scoops PEScience Select Vegan Vanilla Indulgence Protein Powder (76 grams)
- 1 tsp baking powder (2 grams)
- 1/4 tsp salt
- 1 1/2 cups roughly chopped cranberries (135 grams)
- 1 orange, zested and 1/2 the orange juiced
- 3/4 cup unsweetened vanilla almond milk (6 fl oz)
- 3/4 cup unsweetened applesauce (183 grams)
- 1/4 cup pure maple syrup (2 fl oz)
- 3 tbsp unsalted butter, melted
- 2 large eggs
- 1 egg white
- 1 tsp vanilla extract

Optional Orange Icing (Not included in nutrition info)

- 3/4 cup powdered sugar (90 grams)
- 1 1/2 tsp orange juice
- 1 1/2 tsp almond milk

Instructions

1. Pre-heat oven to 350 degrees. Grease an 8x11" baking dish with non-stick cooking spray and set aside.
2. In a large bowl, combine all dry ingredients and chopped cranberries. Set aside.
3. In a medium bowl, whisk together all wet ingredients, being careful to continuously whisk while adding the melted butter so it doesn't cook the eggs.
4. Add wet ingredients to the dry ingredients and mix until just combined. Pour into prepared casserole dish and spread evenly.
5. Bake at 350 degrees for 40-45 minutes or until a toothpick inserted into the center comes out clean.
6. As oatmeal bakes, make the orange icing by whisking together all ingredients until smooth. Add more almond milk if needed to reach desired consistency. Set aside.
7. Allow to cool slightly, then cut into 6 pieces for serving. Drizzle with orange icing before serving.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Cranberry Orange Baked Oatmeal" to log this food in My Fitness Pal. There you'll find options to log it with or without the Orange Icing.

Nutrition

Serving: 1 slice | Calories: 315kcal | Carbohydrates: 42g | Protein: 14g | Fat: 10g | Saturated Fat: 5g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Cholesterol: 84mg | Sodium: 281mg | Potassium: 242mg | Fiber: 5g | Sugar: 13g



With Icing



No Icing

Lemon Garlic Chicken & Rice

Juicy chicken thighs and hearty wild rice combine in this cozy one-pot meal that has deep, rich flavors that are perfect for cold weather.



Prep Time	Cook Time	Total Time
20 mins	1 hr	1 hr 20 mins

Course: Main Course Cuisine: American

Keyword: chicken, cozy, dinner, one pot meals Servings: 6 servings

Calories: 377kcal



No ratings yet

Ingredients

- 6 bone-in, skinless chicken thighs (about 1 1/2 lbs)
- 1 1/2 cups Lundberg Organic Wild Rice Blend (270 grams)
- 2 1/2 cups Swanson Vegetable Stock (20 fl oz)
- 1/2 large red onion, diced (180 grams)
- 2 large carrots, chopped (140 grams)
- 3 stalks celery, chopped (98 grams)
- 6 cloves garlic, minced (24 grams)
- 3 lemons, divided
- 2 tbsp vegetable oil (1 fl oz)
- 1 1/2 tsp salt, divided
- 1 tsp Oh My Spice! Lemon Pepper Dill Seasoning
- 1/2 tsp each: black pepper, smoked paprika
- 2 sprigs fresh rosemary
- 2 sprigs fresh thyme

Instructions

1. Pre-heat oven to 375°F.
2. Combine 1 tsp of salt, Lemon Pepper Dill Seasoning, black pepper, and smoked paprika until mixed. In a medium bowl, season chicken with the spice mix and rub them in to distribute evenly. Set aside.
3. Heat a large oven safe skillet (one that has an oven safe lid) over medium-high heat (8 out of 10). Add vegetable oil and heat until shimmery. Add chicken thighs, "smooth" side down, being careful not to overcrowd the skillet. Sear for 2-3 minutes until the chicken is browned on one side and releases from the skillet. Remove the chicken to a plate and set aside.
4. Add onion, carrot, and celery to the hot skillet. Sauté for 2-3 minutes until fragrant, then add garlic and rice. Sauté for another 1-2 minutes to toast the rice.
5. Add broth, juice of 1 lemon, and remaining 1/2 tsp of salt to the skillet. Stir, scraping up

any browned bits from the bottom of the pan. Cover and bring to a boil over medium-high heat (7 out of 10) for 5 minutes.

6. Turn off the heat, then add sprigs of thyme and rosemary and nestle the chicken thighs and 3-4 lemon halves (cut side up) on top of the rice mixture.
7. Cover the skillet and bake at 375°F for 40-45 minutes or until the rice has absorbed most of the liquid. Uncover and broil for about 5 minutes to brown the chicken and lemons. Remove from the oven and rest for 5-10 minutes. Top with flakey sea salt before serving, if desired.

Notes

- **Substitutions:** The cooking time was developed for the specific type of wild rice listed in the ingredients - subbing it out may impact the cook time. Check out all my notes on substitutions here.
- **Nutrition:** The nutrition info for this recipe may vary significantly depending on how much skin or fat is left on the chicken thighs. Scan the barcode below or search for "Peanut Butter and Fitness Lemon Garlic Chicken & Rice" to log this food in My Fitness Pal.

Nutrition

Calories: 377kcal | Carbohydrates: 42g | Protein: 24g | Fat: 13g | Saturated Fat: 3g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 2g | Cholesterol: 85mg | Sodium: 790mg | Potassium: 325mg | Fiber: 4g | Sugar: 3g



Egg Roll in a Bowl

Prep Time
20 mins

Cook Time
15 mins

Total Time
35 mins

Servings: 6 servings Calories: 312kcal

Ingredients

- 1 lb 99% extra lean ground turkey
- 1 lb ground pork
- 1 13.5 oz bag coleslaw mix (no dressing) (397 grams)
- 1 12 oz bag broccoli slaw (340 grams)
- 1 6 oz bag snow peas, sliced (170 grams)
- 5 cloves garlic, minced (20 grams)
- 1 1/2 tbsp fresh grated ginger
- 1 tbsp sesame oil, divided (1/2 oz)

Sauces

- 6 tbsp low sodium soy sauce (3 oz)
- 2 tbsp rice wine vinegar (1 oz)
- 1 tbsp sriracha sauce (1/2 oz)
- 1 tbsp hoisin sauce (1/2 oz)

Optional Toppings (Not Included in Nutrition Info)

- sriracha mayo
- wonton strips
- green onion, chopped
- sesame seeds

Instructions

1. Heat 1 tsp sesame oil in a large sauté pan over medium high heat. Add broccoli slaw and snow peas, tossing to distribute the oil. Cover and sauté for 3-5 minutes or until broccoli is tender crisp (add 1-2 tbsp of water to help it along if needed). Add to a large bowl and set aside to cool.
2. Heat remaining sesame oil in the same large sauté pan over medium high heat. Add garlic and sauté until it becomes fragrant, about 1 minute.
3. Add ground turkey, ground pork, sriracha, and ginger to the sauté pan. Break meat apart with wooden spatula as it cooks, ensuring sriracha and ginger are distributed throughout the meat chunks.
4. When meat is mostly cooked through but still has spots of pink, add soy sauce, rice wine vinegar, and hoisin sauce. Continue stirring and breaking apart meat until cooked through, about 7-10 minutes total.
5. Once meat is cooked, add coleslaw and mix until combined with meat. Add broccoli slaw and snow peas back into sauté pan and mix until combined.
6. Divide mixture evenly into 6 serving dishes or meal prep containers. Top with and desired optional toppings before serving.

Notes

- If you don't have hoisin sauce on hand or can't find it, use 1/2 tbsp brown sugar instead. It doesn't have the same flavor, but will lend some of the same sweetness.
- For a lower fat version, use only lean ground turkey.
- Click here or scan the barcode below to log this food in My Fitness Pal.



4.50 from 8 votes

Nutrition

Calories: 312kcal | Carbohydrates: 12g | Protein: 33g | Fat: 15g | Cholesterol: 83mg | Sodium: 719mg | Potassium: 632mg | Fiber: 3g | Sugar: 7g



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.

★★★★☆
4 from 4 votes

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

Weekly GROCERY LIST



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Produce

- Cranberries: 1 ½ cups
 - Orange: 1
 - Red onion: ½ large
 - Carrots: 2 large
 - Celery: 3 stalks
 - Garlic: 11 cloves
 - Lemons: 3
 - Fresh rosemary: 2 sprigs
 - Fresh thyme: 2 sprigs
 - Coleslaw mix: 13.5 oz bag
 - Broccoli slaw: 12 oz bag
 - Snow peas: 6 oz
 - Ginger: 1 ½ tbsp
 - Kale: 8 cups
 - Butternut squash: 2 cups cubed
-

Proteins

- Bone-in, skinless chicken thighs: 6 (about 1 ½ lbs)
 - Chicken breast: 1 lb
 - 99% lean ground turkey: 1 lb
 - Ground pork: 1 lb
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Dairy

- Unsweetened vanilla almond milk: ¾ cup
 - Eggs: 3
 - Fat free feta cheese: ½ cup
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Pantry & Dry Goods

- Rolled oats: 2 ¼ cups
- PEScience Select Vegan Vanilla Protein Powder: 2 scoops

- Baking powder: 1 tsp
 - Unsweetened applesauce: ¾ cup
 - Maple syrup: ¼ cup
 - Vanilla extract: 1 tsp
 - Swanson Vegetable Stock: 2 ½ cups
 - Low sugar dried cranberries: ½ cup
 - Fresh Gourmet Honey Roasted Pecan Pieces: ⅓ cup
 - Honey: 2 tbsp
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Oils, Sauces & Condiments

- Olive oil
 - Vegetable oil: 2 tbsp
 - Sesame oil: 1 tbsp
 - Low sodium soy sauce: 6 tbsp
 - Rice wine vinegar: 2 tbsp
 - Sriracha sauce: 1 tbsp
 - Hoisin sauce: 1 tbsp
 - Dijon mustard: 2 tbsp
 - Apple cider vinegar: 1 tbsp
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Spices & Seasonings

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

- Powdered sugar: ¾ cup
- Sriracha mayo

Weekly **GROCERY LIST**



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- Wonton strips (salad toppings section)
- Green onion
- Sesame seeds