

# Weekly MEAL PLAN



Week of January 11th, 2026

	Breakfast	Lunch	Dinner
Day 1	Mixed Berry Oatmeal Muffins	Harvest Ginger Salad with Salmon	Sheet Pan Honey Dijon Chicken
Day 2	Mixed Berry Oatmeal Muffins	Harvest Ginger Salad with Salmon	3 Cheese Pizza Chicken Bake
Day 3	Mixed Berry Oatmeal Muffins	Harvest Ginger Salad with Salmon	Sheet Pan Honey Dijon Chicken
Day 4	Mixed Berry Oatmeal Muffins	Harvest Ginger Salad with Salmon	3 Cheese Pizza Chicken Bake
Day 5	Mixed Berry Oatmeal Muffins	Sheet Pan Honey Dijon Chicken	3 Cheese Pizza Chicken Bake
Day 6	Mixed Berry Oatmeal Muffins	Sheet Pan Honey Dijon Chicken	3 Cheese Pizza Chicken Bake

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!



# 3 Cheese Pizza Chicken Bake

Goopy cheese and crispy pepperoni top spaghetti squash, peppers, onions, sauce, and chicken. Weeknight family dinner is served!



Prep Time	Cook Time	Total Time
20 mins	1 hr 5 mins	1 hr 25 mins

Course: Main Course    Cuisine: American



4.80 from 5 votes

Keyword: chicken, easy meals, high protein, low carb, meal prep, pizza, weeknight dinner

Servings: 4 servings    Calories: 443kcal

## Ingredients

- 1 lb raw chicken breast, sliced or pounded to ~ 1/2" thin
- 3 1/2 lb spaghetti squash (yields 675 grams flesh)
- 13 oz Rao's Margherita Pizza Sauce
- 10 oz arrabbiata pasta sauce (or your favorite tomato based pasta sauce)
- 1 medium green bell pepper, sliced (125 grams)
- 1/2 pint cherry tomatoes, halved (150 grams)
- 1/2 medium onion, sliced (55 grams)
- 3 cloves garlic, minced (12 grams)
- 12 slices turkey pepperoni (21 grams)
- 3/4 cup part skim mozzarella cheese, shredded (84 grams)
- 1/2 cup Parmesan cheese, grated (0.5 oz)
- 1/3 cup Fontina cheese, shredded (0.85 oz)
- 1 tbsp olive oil, divided

## Spices

- 2 tsp dried oregano
- 1 tsp Flavor God Garlic Lover's Seasoning
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 1/4 tsp red pepper flakes

## Instructions

1. Optional (but recommended): Brine chicken breasts for 5-12 hours to make them as juicy and flavorful as possible. Get recipe/instructions here.
2. Pre-heat oven to 400°. Cut spaghetti squash in half and scoop out seeds. Rub cut sides with 1 tsp olive oil and season with 1/2 tsp Flavor God Garlic Lover's seasoning. Bake for 35-40 minutes until flesh flakes away easily with a fork. Once cooled enough to handle, scrape spaghetti squash strands from shell with a fork. Set aside.

3. In a skillet, heat 1 tsp of olive oil over medium high heat. Add peppers and onions and sauté until tender and slightly browned, about 3-4 minutes. Set aside.
4. Mix pizza and pasta sauces until well combined. Add a thin layer of sauce to the bottom of a 9x13" baking dish. Top with spaghetti squash, halved tomatoes, garlic, and sautéed peppers and onions, then toss to gently combine. Top with another layer of sauce, reserving about half of what remains to go on top of the chicken. Sprinkle about 2/3 of the spices on top of the sauce at this point. Set aside.
5. In a large skillet, heat final 1 tsp of olive oil over high heat (8 out of 10). Once hot, add chicken breasts to the skillet, being careful not to crowd them. Sear for about 1 minute per side or until the chicken begins to brown nicely. Add chicken breasts on top of the spaghetti squash mixture in the baking dish.
6. Top chicken with remaining sauce, cheese, seasoning, and pepperoni. Bake at 400° for 25-35 minutes or until the internal temperature of the chicken breasts reaches 165°. If the cheese is not browning and pepperoni doesn't develop crisp edges toward the end of baking, turn your oven to a broil (but be careful not to burn it!).

## Notes

Scan the barcode below or search for "Peanut Butter and Fitness 3 Cheese Pizza Chicken Bake" to log this food in My Fitness Pal.

## Nutrition

Calories: 443kcal | Carbohydrates: 25g | Protein: 40g | Fat: 21g | Cholesterol: 30mg | Sodium: 856mg | Potassium: 674mg | Fiber: 6g | Sugar: 12g



# Sheet Pan Honey Dijon Chicken

Prep Time  
20 mins

Cook Time  
30 mins

Total Time  
50 mins

Servings: 4 servings    Calories: 428kcal

## Ingredients

- 1 1/4 lb chicken breast
- 1 medium to large butternut squash, cut into 1/2-3/4" cubes (700 grams yield)
- 4 cups broccoli florets (360 grams)
- 4 tbsp olive oil, divided (2 fl oz)
- 3 tbsp honey (1.5 fl oz)
- 3 tbsp coarse or stone ground dijon mustard (1.5 fl oz)
- 1 tbsp balsamic vinegar (0.5 fl oz)
- 1 tsp Flavor God Garlic Lover's Seasoning
- 1/2 tsp sea salt



☆☆☆☆☆  
No ratings yet

## Instructions

1. Optional but recommended: Brine the chicken in my homemade brine for 3-5 hours.
2. Pre-heat oven to 425°F. Line a baking sheet with foil or spray it with non-stick cooking spray. Set aside.
3. Whisk 3 tbsp of olive oil, honey, dijon mustard, balsamic vinegar, 1/4 tsp salt, and garlic seasoning until emulsified. Toss the butternut squash and broccoli in remaining olive oil and 1-2 tbsp of the honey dijon sauce. Set aside.
4. While the oven pre-heats, pat the chicken breasts dry with a paper towel and pound to an even thickness. Slather the chicken with 2-3 tbsp of the honey dijon sauce and season with 1/4 tsp salt. Set aside.
5. Once the oven is pre-heated, add the chicken and butternut squash to the baking sheet in a single layer. Bake at 425°F for 10 minutes, then brush the chicken with more honey dijon sauce. Add the broccoli and continue baking for 13-18 minutes or until the chicken reaches an internal temperature of 165°F in the thickest part of the chicken.
6. Brush the chicken with more honey dijon sauce before serving.

## Notes

- **Brining vs marinating:** If you skip the brine, be sure to marinate the chicken in the honey dijon sauce for at least 30 mins to 2 hours. You may want to make extra sauce to fully coat the chicken while marinating.
- **Mustard types:** I used a combination of 1 1/2 tbsp Dijon Mustard, 1 tbsp Grey Poupon (stoneground mustard), and 1/2 tbsp whole grain mustard to achieve the sauce you see pictured here.
- **For deeper browning** on the butternut squash, bake the squash alone for 10 minutes before adding the chicken to the sheet pan, or bake it on a separate sheet pan to reduce crowding.
- **Nutrition:** Scan the barcode below or search for "Peanut Butter and Fitness Sheet Pan Honey Dijon Chicken" to log this food in My Fitness Pal.

## Nutrition

Calories: 428kcal | Carbohydrates: 31g | Protein: 36g | Fat: 18g | Saturated Fat: 3g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 11g | Cholesterol: 103mg | Sodium: 428mg | Potassium: 1557mg | Fiber: 3g | Sugar: 20g



# Harvest Ginger Salad with Salmon

A hearty kale salad is topped with flaky, tender salmon and fall toppings like pumpkin seeds and dried cranberries.



★★★★★  
5 from 2 votes

Prep Time  
25 mins

Cook Time  
12 mins

Total Time  
37 mins

Course: Main Course, Salad Cuisine: American

Keyword: fall, kale, salad, salmon Servings: 4 servings Calories: 536kcal

## Ingredients

- 1 lb Atlantic salmon, skin on, sliced into 4 fillets (approx. 14 oz without skin)
- 8 cups chopped Lacinato kale, stems removed (536 grams)
- 1/3 cup crystalized ginger, cut into small chunks (53 grams)
- 1/3 cup 50% reduced sugar Craisins (53 grams)
- 1/3 cup roasted, salted pumpkin seeds (21 grams)
- 3 tbsp slivered almonds (23 grams)
- About 2 tsp olive oil for massaging kale

## Honey Mustard Dressing

- 3 tbsp Dijon mustard
- 2 tbsp honey
- 2 tbsp olive oil
- 2 tbsp apple cider vinegar
- 1 tsp garlic powder
- Salt & pepper to taste

## Instructions

1. Preheat oven to 400°F. Line a baking sheet with aluminum foil.
2. Arrange salmon, skin side down, on the lined baking sheet. Bake at 400° for 11-13 minutes or until it flakes apart easily. While still hot, remove salmon flesh from the skin.
3. Add kale to a large bowl and pour some olive oil into your hands. Massage kale gently until it is dark green (it only takes a couple minutes for the whole bowl).
4. Arrange salad by layering kale at the bottom of a serving bowl. Top with almonds, Craisins, and crystallized ginger. Place salmon on top, then pour dressing over the salad. Finish with roasted pumpkin seeds.

## Notes

Scan the barcode below or search "Peanut Butter and Fitness Harvest Ginger Salad with Salmon" to log this food in My Fitness Pal.

## Nutrition

Calories: 536kcal | Carbohydrates: 49g | Protein: 27g | Fat: 29g | Saturated Fat: 5g | Polyunsaturated Fat: 6g | Monounsaturated Fat: 13g | Cholesterol: 53mg | Sodium: 416mg | Potassium: 1057mg | Fiber: 7g | Sugar: 25g



# Weekly GROCERY LIST



Week of January 11th, 2026

## Produce

- Blueberries:  $\frac{3}{4}$  cup
  - Strawberries:  $\frac{3}{4}$  cup
  - Spaghetti squash: 3  $\frac{1}{2}$  lbs
  - Green bell pepper: 1 medium
  - Cherry tomatoes:  $\frac{1}{2}$  pint
  - Onion: 1 medium
  - Garlic: 3 cloves
  - Broccoli: 4 cups florets
  - Butternut squash: 1 medium to large
  - Lacinato kale: 8 cups
- 

## Proteins

- Chicken breast: 2  $\frac{1}{4}$  lbs
  - Turkey pepperoni: 12 slices
  - Atlantic salmon: 1 lb
- 

## Dairy

- Unsweetened vanilla almond milk:  $\frac{3}{4}$  cup
  - Egg whites: 2
  - Part skim mozzarella cheese:  $\frac{3}{4}$  cup
  - Parmesan cheese:  $\frac{1}{2}$  cup
  - Fontina cheese:  $\frac{1}{3}$  cup
- 

## 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
- Unsweetened applesauce: 1 cup
- Maple syrup:  $\frac{1}{4}$  cup

- Skippy Natural Creamy Peanut Butter: 3 tbsp
  - Vanilla extract: 1 tsp
  - Crystalized ginger:  $\frac{1}{3}$  cup
  - Reduced sugar dried cranberries:  $\frac{1}{3}$  cup
  - Roasted, salted pumpkin seeds:  $\frac{1}{3}$  cup
  - Slivered almonds: 3 tbsp
  - Honey: 5 tbsp
- 

## Oils, Sauces & Condiments

- Olive oil
  - Wegmans Organic Teriyaki Sauce:  $\frac{1}{4}$  cup
  - Rao's Margherita Pizza Sauce: 13 oz
  - Arrabbiata pasta sauce: 10 oz
  - Dijon mustard: 3 tbsp
  - Coarse or stone ground dijon mustard: 3 tbsp
  - Balsamic vinegar: 1 tbsp
  - Apple cider vinegar: 2 tbsp
- 

## Spices & Seasonings

- Salt and black pepper
- Cinnamon:  $\frac{1}{2}$  tsp
- Flavor God Garlic Lover's Seasoning: 2 tsp
- Oregano: 2 tsp
- Oh My Spice! Lemon Pepper Seasoning: 2 tsp
- Ground mustard:  $\frac{1}{2}$  tsp
- Red pepper flakes:  $\frac{1}{4}$  tsp