

Weekly MEAL PLAN



Week of January 18th, 2026

	Breakfast	Lunch	Dinner
Day 1	Mixed Berry Oatmeal Muffins	Air Fryer Sesame Orange Salmon with Air Fryer Broccoli and Rice	Easy Greek Chicken Salad
Day 2	Mixed Berry Oatmeal Muffins	Air Fryer Sesame Orange Salmon with Air Fryer Broccoli and Rice	Egg Roll in a Bowl
Day 3	Mixed Berry Oatmeal Muffins	Air Fryer Sesame Orange Salmon with Air Fryer Broccoli and Rice	Easy Greek Chicken Salad
Day 4	Mixed Berry Oatmeal Muffins	Air Fryer Sesame Orange Salmon with Air Fryer Broccoli and Rice	Egg Roll in a Bowl
Day 5	Mixed Berry Oatmeal Muffins	Easy Greek Chicken Salad	Egg Roll in a Bowl
Day 6	Mixed Berry Oatmeal Muffins	Easy Greek Chicken Salad	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!

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!



Air Fryer Sesame Orange Salmon

Prep Time
10 mins

Cook Time
12 mins

Total Time
22 mins

Servings: 2 servings Calories: 285kcal

Ingredients

- 9 oz Atlantic salmon, skin on, sliced into 2 fillets (approx. 8 oz without skin)
- 2 tbsp orange marmalade
- 1 tsp sesame oil
- 1 tsp rice vinegar
- 1/2 tsp orange zest
- 1 pinch cayenne pepper
- green onion and sesame seeds for garnish



☆☆☆☆☆
No ratings yet

Instructions

1. **Prepare the sesame orange glaze.** In a small bowl, whisk together the orange marmalade, sesame oil, rice vinegar, orange zest, and cayenne pepper. Divide mixture evenly into two bowls. Set aside.
2. **Create a foil sling for your air fryer** to prevent sticking and make cleanup a breeze. Fold a long piece of foil into thirds so it's about 4 inches wide. Place this into the bottom of your air fryer so that the long ends reach up the sides. Fold the edges down if they extend past the top of the air fryer basket. Next, fold a 2nd piece of foil to roughly cover the bottom of the basket and place it on top of the sling.
3. **Air fry the salmon.** Pre-heat the air fryer to 400°F. Once pre-heated, place the salmon fillets on top of the foil, skin side down. Brush with 1/2 of the the orange sesame glaze. Air fry for 10-14 minutes, depending on thickness, or until cooked through to an internal temperature of 125°F. (Mine took 12 mins.)
4. **Serve.** Using the foil sling like handles, remove the salmon from the air fryer basket. Gently slide a knife along the bottom of the salmon flesh, above the skin to remove the skin. Plate the cooked salmon fillets and brush with remaining orange sesame glaze. Garnish with sesame seeds and green onion before serving.

Notes

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



Nutrition

Serving: 1fillet | Calories: 285kcal | Carbohydrates: 13g | Protein: 25g | Fat: 15g | Cholesterol: 67mg | Sodium: 67mg | Potassium: 411mg | Sugar: 12g

Air Fryer Broccoli

Prep Time
10 mins

Cook Time
10 mins

Total Time
20 mins

Servings: 4 servings Calories: 65kcal

Ingredients

- 6 cups broccoli florets (528 grams)
- 2 tsp olive oil (9 grams)
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/2 tsp salt

Instructions

1. Pre-heat air fryer to 380°F.
2. Toss broccoli florets in olive oil and seasonings until evenly distributed. Once air fryer is pre-heated, add broccoli into the air fryer basket in a single layer (you may need to do more than 1 batch).
3. Air fry for 8-10 minutes or until the broccoli reaches desired browning levels, shaking the basket to toss the broccoli halfway through cooking.

Notes

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



Nutrition

Calories: 65kcal | Carbohydrates: 9g | Protein: 4g | Fat: 3g | Sodium: 342mg | Potassium: 417mg | Fiber: 3g | Sugar: 2g



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No ratings yet

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



Easy Greek Chicken Salad

Prep Time
20 mins

Cook Time
10 mins

Total Time
30 mins

Servings: 4 servings Calories: 342kcal

Ingredients

Salad Ingredients

- 7 oz green leaf lettuce, chopped (about 8 cups chopped)
- 1 cup cherry tomatoes, halved (170 grams)
- 1 cup English cucumber, chopped (150 grams)
- 1/2 cup Farmer Boy Greek Dressing (4 fl oz)
- 1/2 cup fat free feta cheese (56 grams)
- 1/3 cup red onion, sliced
- 1/3 cup kalamata olives, halved (61 grams)

Juicy Air Fryer Chicken

- 1 lb raw chicken breast
- 3 tbsp homemade brine mix
- 1 tsp olive oil
- 1 tsp Oh My Spice! Lemon Pepper Dill Seasoning
- 1/2 tsp chili powder
- salt and pepper to taste

Instructions

Juicy Air Fryer Chicken

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. Air fry the chicken at 380 degrees for 11 minutes, flipping halfway through (sometimes I up the temp to 390 degrees after flipping the chicken for crispier edges). Set aside to cool for about 5 minutes before slicing.

Assemble

1. Divide lettuce, cucumbers, tomatoes, chicken, olives, and feta cheese (if desired) into 4 serving dishes. Top with Greek Dressing before serving. Serve with pita bread and hummus if desired.

Notes

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



★★★★☆
4 from 10 votes

Nutrition

Calories: 342kcal | Carbohydrates: 23g | Protein: 31g | Fat: 14g | Cholesterol: 2mg | Sodium: 595mg | Potassium: 271mg | Fiber: 3g | Sugar: 8g



Weekly GROCERY LIST



Week of January 18th, 2026

Produce

- Strawberries: $\frac{3}{4}$ cup
 - Blueberries: $\frac{3}{4}$ cup
 - Broccoli florets: 6 cups
 - Orange zest: $\frac{1}{2}$ tsp
 - Green onion: 3 stalks
 - Garlic: 7 cloves
 - Fresh ginger: 1 $\frac{1}{2}$ tbsp
 - Coleslaw mix: 13.5 oz
 - Broccoli slaw: 12 oz
 - Snow peas: 6 oz
 - Green leaf lettuce: 8 cups
 - Cherry tomatoes: 1 cup
 - English cucumber: 1 cup
 - Red onion: $\frac{1}{3}$ cup
-

Proteins

- Chicken breast: 1 lb
 - Ground turkey (99% lean): 1 lb
 - Ground pork: 1 lb
 - Atlantic salmon: 9 oz
 - Eggs: 3 large
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Dairy

- Unsweetened vanilla almond milk: $\frac{3}{4}$ cup
 - Eggs: 2 large
 - Fat free feta cheese: $\frac{1}{2}$ cup
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Pantry & Dry Goods

- Rolled oats: 2 $\frac{1}{4}$ cups
- PEScience Select Vegan Protein Powder, Vanilla: 2 scoops

- Baking powder: $\frac{1}{2}$ tsp
 - Baking soda: $\frac{1}{2}$ tsp
 - Applesauce, unsweetened: 1 cup
 - Maple syrup: $\frac{1}{4}$ cup
 - Skippy Natural Creamy Peanut Butter: 3 tbsp
 - Vanilla extract: 1 tsp
 - Kalamata olives: $\frac{1}{3}$ cup
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Oils, Sauces & Condiments

- Olive oil
 - Sesame oil: 1 tbsp + 2 tsp
 - Rice vinegar: ~3 tbsp
 - Orange marmalade: 2 tbsp
 - Hoisin sauce: 1 tbsp
 - Soy sauce (low sodium): 6 tbsp
 - Sriracha sauce: 1 tbsp
 - Farmer Boy Greek Dressing: $\frac{1}{2}$ cup
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Spices & Seasonings

- Salt and pepper
 - [Homemade brine mix](#): 3 tbsp
 - Cinnamon: $\frac{1}{2}$ tbsp
 - Oh My Spice! Lemon Pepper Seasoning: 1 $\frac{1}{2}$ tsp
 - Chili powder: $\frac{1}{2}$ tsp
 - Cayenne pepper: pinch
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Optional Garnishes

- Sesame seeds
- Sriracha mayo
- Wonton strips