

Weekly MEAL PLAN



Week of January 4th, 2026

| | Breakfast | Lunch | Dinner |
|-------|--|---|---|
| Day 1 | Strawberry Cheesecake Baked Oatmeal | Juicy Air Fryer Chicken with Roasted Delicata Squash and Grilled Asparagus | Lemon Garlic Chicken & Wild Rice |
| Day 2 | Strawberry Cheesecake Baked Oatmeal | Turkey Taco Salad with Avocado Ranch Dressing | Juicy Air Fryer Chicken with Roasted Delicata Squash and Grilled Asparagus |
| Day 3 | Strawberry Cheesecake Baked Oatmeal | Lemon Garlic Chicken & Wild Rice | Turkey Taco Salad with Avocado Ranch Dressing |
| Day 4 | Strawberry Cheesecake Baked Oatmeal | Juicy Air Fryer Chicken with Roasted Delicata Squash and Grilled Asparagus | Lemon Garlic Chicken & Wild Rice |
| Day 5 | Strawberry Cheesecake Baked Oatmeal | Turkey Taco Salad with Avocado Ranch Dressing | Juicy Air Fryer Chicken with Roasted Delicata Squash and Grilled Asparagus |
| Day 6 | Strawberry Cheesecake Baked Oatmeal | Lemon Garlic Chicken & Wild Rice | 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!

Strawberry Cheesecake Baked Oatmeal

A gorgeous, tasty, and healthy option for Mother's Day brunch! The cheesecake & strawberry jam swirl will have her coming back for more!



4.92 from 12 votes

Prep Time
15 mins

Cook Time
45 mins

Total Time
45 mins

Course: Breakfast Cuisine: American

Keyword: baked oatmeal, breakfast, brunch, cheesecake, mothers day, spring, strawberries, summer

Servings: 6 servings Calories: 321kcal

Ingredients

- 2 cups rolled oats (192 grams)
- 2 scoops PEScience Select Vegan Plant Based Protein Powder, Vanilla (60 grams)
- 1/2 tsp baking powder (2 grams)
- 1/2 tsp cinnamon
- 1/4 tsp salt
- 1 cup unsweetened vanilla almond milk (8 oz)
- 2/3 cup Dannon Light and Fit Vanilla Greek Yogurt (5.36 oz)
- 2 cups strawberries, chopped (290 grams)
- 3 tbsp pure maple syrup (1.5 oz)
- 3 tbsp unsalted butter, melted (42 grams)
- 1 large egg
- 1 large egg white
- 1 tsp vanilla extract

Cheesecake Swirl

- 1/4 cup Smuckers Low Sugar Strawberry Preserves (53 grams)
- 4 oz Philadelphia Reduced Fat Cream Cheese
- 3 tbsp powdered sugar (23 grams)
- 1 tbsp unsweetened vanilla almond milk
- 1/2 tsp vanilla extract

Instructions

1. Pre-heat oven to 350 degrees. Grease an 8x11" baking dish with coconut oil and set aside.
2. In a small bowl, whisk all cheesecake swirl ingredients except strawberry preserves until smooth. Set aside.

3. In a large bowl, add all dry ingredients (including strawberries) and mix. In a separate bowl, add wet ingredients and whisk until smooth. Pour into prepared casserole dish and spread evenly.
4. Dollop cream cheese mixture on top of oatmeal mixture. Add dollops of strawberry preserves beside or on top of the cream cheese mixture, then swirl with a knife, being careful not to overmix.
5. Cover dish with foil and bake at 350 degrees for 20 minutes. Remove foil and continue baking for another 20-25 minutes or until the center of the oatmeal appears mostly firm with very little movement when the dish is jiggled.
6. Allow to cool for at least 15 minutes, then cut into 6 pieces for serving.

Notes

[Click here](#) or scan the barcode below to log this food in My Fitness Pal.

I used a casserole dish like this to make mine.

Nutrition

Serving: 234g | Calories: 321kcal | Carbohydrates: 43g | Protein: 15g | Fat: 10g | Cholesterol: 50mg | Sodium: 226mg | Potassium: 261mg | Fiber: 5g | Sugar: 18g



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 shimmering. 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



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



★★★★★
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



☆☆☆☆☆
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



☆☆☆☆☆
No ratings yet



Weekly GROCERY LIST



Week of January 4th, 2026

Produce

- Strawberries: 2 cups
 - Red onion: 1 large
 - Carrots: 2 large
 - Celery: 3 stalks
 - Garlic: 6 cloves
 - Lemons: 3
 - Rosemary: 2 sprigs
 - Thyme: 2 sprigs
 - Delicata squash: 2 medium
 - Asparagus: 1 bunch
 - Green leaf lettuce: 10 cups
 - Cherry tomatoes: 1 1/3 cup
 - Red onion: 1/2 cup sliced
-

Proteins

- Bone-in, skinless chicken thighs: 6 (approx. 1 1/2 lbs)
 - Chicken breast: 1 lb raw
 - 94% lean ground turkey: 1 lb
-

Dairy

- Unsalted butter: 3 tbsp
 - Eggs: 2 large
 - Dannon Light and Fit Vanilla Greek Yogurt: 5.3 oz
 - Philadelphia Reduced Fat Cream Cheese: 4 oz
 - Parmigiano Reggiano and Pecorino Romano cheese blend: 1/4 cup
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Frozen & Refrigerated

- Unsweetened vanilla almond milk: 1 cup + 1 tbsp

- Frozen corn kernels: 1 1/3 cup
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Pantry & Dry Goods

- Rolled oats: 2 cups
 - PE Science Select Vegan Vanilla Protein Powder: 2 scoops
 - Baking powder: 1/2 tsp
 - Maple syrup: 3 tbsp
 - Vanilla extract: 1 1/2 tsp
 - Powdered sugar: 3 tbsp
 - Lundberg Organic Wild Rice Blend: 1 1/2 cups
 - Swanson Vegetable Stock: 2 1/2 cups
 - Low sodium black beans: 1 1/3 cup
 - Fresh Gourmet Santa Fe Style Tortilla Strips: 1 cup
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Oils, Sauces & Condiments

- Olive oil
 - Vegetable oil
 - Smuckers Low Sugar Strawberry Preserves: 1/4 cup
 - Ortega Taco Skillet Sauce: 7 oz
 - [Avocado Ranch Dressing](#): 3/4 cup*
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Spices & Seasonings

- Salt and pepper
- Cinnamon: 1/2 tsp
- [Homemade brine mix](#): 3 tbsp
- Oh My Spice! Lemon Pepper Dill Seasoning: 2 1/2 tsp
- Oh My Spice! Spicy Fajita Seasoning: 1 tsp
- Smoked paprika: 1/2 tsp
- Chili powder: 1/4 tsp

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