Weekly MEAL PLAN | Peanut Butter & FITNESS

Week of February 1st, 2026

	Breakfast	Lunch	Dinner
Day 1	**Bagel Cottage Cheese Breakfast Bowl**	**Turkey Taco Salad** with **Avocado Ranch Dressing**	**Hearty Slow Cooker Chicken Soup**
Day 2	**Tropical Cottage Cheese Breakfast Bowl**	**Instant Pot Thai Peanut Chicken**	**Turkey Taco Salad** with **Avocado Ranch Dressing**
Day 3	**BAE Cottage Cheese Breakfast Bowl**	**Hearty Slow Cooker Chicken Soup**	**Instant Pot Thai Peanut Chicken**
Day 4	**PB Banana Cottage Cheese Breakfast Bowl**	**Turkey Taco Salad** with **Avocado Ranch Dressing**	**Hearty Slow Cooker Chicken Soup**
Day 5	**Berry Cottage Cheese Breakfast Bowl**	**Instant Pot Thai Peanut Chicken**	**Turkey Taco Salad** with **Avocado Ranch Dressing**
Day 6	**Berry Cottage Cheese Breakfast Bowl**	**Hearty Slow Cooker Chicken Soup**	**Instant Pot Thai Peanut Chicken**

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!

Bagel Cottage Cheese Breakfast Bowl

This savory breakfast bowl brings together the flavors of a smoked salmon bagel in a high protein, meal prep-friendly bowl.

Prep Time	Total Time
10 mins	10 mins

☆☆☆☆☆
No ratings yet

Course: Breakfast Cuisine: American
Keyword: breakfast, cottage cheese, high protein
Servings: 1 serving Calories: 270kcal

Ingredients

- 1 cup Breakstone's 2% Milkfat Cottage Cheese (234 grams)
- 1 oz smoked salmon (28 grams)
- 1/2 cup cucumber, sliced (60 grams)
- 1 1/2 tbsp red onion, finely chopped (15 grams)
- 1/2 tsp fresh chopped dill
- 1/2 tsp everything bagel seasoning

Instructions

1. Add cottage cheese to the bowl and layer with toppings.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Bagel Cottage Cheese Breakfast Bowl" to log this food in My Fitness Pal.

Nutrition

Serving: 1bowl | Calories: 270kcal | Carbohydrates: 20g | Protein: 33g | Fat: 8g | Saturated Fat: 4g | Cholesterol: 33mg | Sodium: 1057mg | Potassium: 390mg | Fiber: 2g | Sugar: 10g

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PB Banana Cottage Cheese Breakfast Bowl

This wholesome breakfast bowl features banana, peanut butter, and cottage cheese in a high protein, meal prep-friendly bowl.

Prep Time	Total Time
10 mins	10 mins

No ratings yet

Course: Breakfast Cuisine: American
Keyword: breakfast, cottage cheese, high protein Servings: 1 serving Calories: 463kcal

Ingredients

- 2/3 cup Breakstone's 2% Milkfat Cottage Cheese (157 grams)
- 5.3 oz vanilla non-fat Greek yogurt
- 1/2 medium banana, sliced (60 grams)
- 1 1/2 tbsp creamy peanut butter, melted (24 grams)
- 1 tbsp roasted peanuts, chopped (10 grams)

Instructions

1. Add cottage cheese to the bowl and mix in Greek yogurt. Top with sliced banana, melted peanut butter, and chopped peanuts.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Cottage Cheese PB Banana Breakfast Bowl" to log this food in My Fitness Pal.

Nutrition

Serving: 1bowl | Calories: 463kcal | Carbohydrates: 32g | Protein: 38g | Fat: 20g | Saturated Fat: 5g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Cholesterol: 23mg | Sodium: 576mg | Potassium: 278mg | Fiber: 4g | Sugar: 22g

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Tropical Cottage Cheese Breakfast Bowl

This wholesome breakfast bowl features kiwi, coconut, and pineapple in a high protein, cottage cheese bowl.

Prep Time	Total Time
10 mins	10 mins

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No ratings yet

Course: Breakfast Cuisine: American
Keyword: breakfast, cottage cheese, high protein Servings: 1 serving Calories: 348kcal

Ingredients

- 2/3 cup Breakstone's 2% Milkfat Cottage Cheese (157 grams)
- 5.3 oz toasted coconut vanilla non-fat Greek yogurt
- 1 small kiwi, peeled and sliced (76 grams)
- 4 oz pineapple tidbits, drained
- 2 tbsp sweetened coconut flakes
- 1/4 tsp lime zest

Instructions

1. Add cottage cheese to the bowl and mix in Greek yogurt. Top with sliced kiwi, pineapple, coconut, and lime zest.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Cottage Cheese Tropical Breakfast Bowl" to log this food in My Fitness Pal.

Nutrition

Serving: 1bowl | Calories: 348kcal | Carbohydrates: 36g | Protein: 30g | Fat: 7g | Saturated Fat: 6g | Cholesterol: 23mg | Sodium: 469mg | Potassium: 156mg | Fiber: 5g | Sugar: 26g

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BAE Cottage Cheese Breakfast Bowl

This savory breakfast bowl brings together bacon, avocado, and egg (BAE!) in a high protein, meal prep-friendly bowl.

Prep Time	Total Time
10 mins	10 mins

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No ratings yet

Course: Breakfast Cuisine: American
Keyword: breakfast, cottage cheese, high protein
Servings: 1 serving Calories: 461kcal

Ingredients

- 1 cup Breakstone's 2% Milkfat Cottage Cheese (234 grams)
- 1/2 medium avocado, sliced (75 grams)
- 1 slice crispy bacon, chopped (13 grams cooked)
- 1 hard or soft boiled egg (50 grams)
- 1 tbsp fresh chopped chives
- 1 tsp chili crisp (5 grams)

Instructions

1. Add cottage cheese to the bowl and layer with toppings.

Notes

- Pictured here is a 4 minute egg from my Instant Pot Hard or Soft Boiled Egg recipe.
- Scan the barcode below or search for "Peanut Butter and Fitness Cottage Cheese BAE Breakfast Bowl" to log this food in My Fitness Pal.

Nutrition

Serving: 1bowl | Calories: 461kcal | Carbohydrates: 11g | Protein: 36g | Fat: 27g | Saturated Fat: 7g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 9g | Cholesterol: 214mg | Sodium: 752mg | Potassium: 520mg | Fiber: 5g | Sugar: 9g

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Berry Cottage Cheese Breakfast Bowl

This wholesome breakfast bowl features berries, chia seeds, and honey in a high protein, meal prep-friendly bowl.

Prep Time	Cook Time	Total Time
10 mins	2 mins	12 mins

No ratings yet

Course: Breakfast Cuisine: American
Keyword: breakfast, cottage cheese, high protein
Servings: 1 serving Calories: 457kcal

Ingredients

- 1 cup Breakstone's 2% Milkfat Cottage Cheese (234 grams)
- 1 cup frozen mixed berries (130 grams)
- 1/4 cup honey pecan granola
- 1 tbsp honey
- 1/2 tsp chia seeds

Instructions

1. Add the frozen berries to a microwave safe bowl and microwave for 1-2 minutes or until berries have softened. Mash the berries with the back of a spoon and mix in chia seeds. Set aside in the refrigerator for 10-15 minutes.
2. Add cottage cheese to the bowl and layer with berries mixture and honey. Top with granola just before serving.

Notes

- The granola I used here is the Honey Pecan flavor from Granola Factory, which adds 130 calories per 1/4 cup serving. I've included barcodes below for both with and without the granola.
- Scan the barcode below or search for "Peanut Butter and Fitness Cottage Cheese Berry Breakfast Bowl" to log this food in My Fitness Pal.

Nutrition

Serving: 1bowl | Calories: 457kcal | Carbohydrates: 54g | Protein: 29g | Fat: 13g | Saturated Fat: 6g | Cholesterol: 31mg | Sodium: 671mg | Potassium: 176mg | Fiber: 8g | Sugar: 40g

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With Granola

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No Granola

Hearty Slow Cooker Chicken Soup

Tender shredded chicken pairs with veggies, potatoes, and beans for a high fiber, high protein meal that'll warm you up this winter.

Prep Time	Slow Cooker Time	Total Time
25 mins	8 hrs	8 hrs 25 mins

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No ratings yet

Course: Main Course, Soup Cuisine: American
Keyword: chicken, slow cooker, soup Servings: 9 servings
Calories: 305kcal

Ingredients

- 2 lbs chicken breast, raw
- 2 lbs Yukon gold potatoes, cut into 1/2" cubes
- 8 cups Swanson Chicken Stock 64 fl oz
- 2 15 oz cans cannelini beans, drained
- 3 oz baby spinach, roughly chopped
- 3 large carrots, chopped 315 grams
- 1 small yellow onion, chopped 200 grams
- 3 stalks celery, chopped 100 grams
- 1 small shallot, diced 50 grams
- 2 sprigs fresh thyme or 1/2 tsp dried thyme
- 2 tbsp fresh dill, chopped
- 1 tsp salt
- 1 tsp Oh My Spice! Lemon Pepper Dill Seasoning
- 1/2 tsp black pepper
- 2 bay leaves

Instructions

1. Add prepared onions, shallot, celery, and carrots to the bottom of a 6-7 quart slow cooker. Layer chicken on top of the veggies, then season with salt, lemon pepper seasoning, and black pepper and add the bay leaves and fresh thyme sprigs.
2. On top of the chicken, add the cubed potatoes. Pour the chicken stock over top, trying to avoid pouring directly over the seasoned chicken breasts so you don't wash off the seasoning. Cover and set slow cooker to low for 6-8 hours.
3. In the last 30 minutes of cooking, remove the chicken breasts to a cutting board. They should shred easily with 2 forks. Shred the chicken and return it to the slow cooker.
4. Using a heat safe measuring cup, remove 1-2 cups of liquid from the slow cooker (it's okay if you get some veggies too). Add 1/2 a can of drained cannellini beans to the liquid and blend with an immersion blender. Return the blended mixture to the slow cooker

along with the remaining cannellini beans and baby spinach. Continue cooking on low for 20-30 minutes or until the beans are heated through.

5. Serve with a dollop of sour cream and fresh chopped dill.

Notes

Blending: If you don't have an immersion blender, you can either skip that step or use a small food processor instead. I like the added creaminess of blending some of the beans, but the recipe will still turn out great without that extra step.

Storage: Once cooled, store this soup in the fridge for up to a week in airtight containers. Leftovers also freeze well using Souper Cubes.

Nutrition: Scan the barcode below or search for "Peanut Butter and Fitness Hearty Slow Cooker Chicken Soup" to log this food in My Fitness Pal.

Nutrition

Serving: 2cups | Calories: 305kcal | Carbohydrates: 40g | Protein: 35g | Fat: 2g | Saturated Fat: 1g | Cholesterol: 59mg | Sodium: 1026mg | Potassium: 1517mg | Fiber: 9g | Sugar: 4g

Instant-Pot Thai Peanut Chicken

Tender pulled chicken and sautéed veggies are drenched in a creamy peanut butter sauce with a hint of spice. Ready in 30 minutes!

Prep Time	Cook Time	Total Time
15 mins	15 mins	30 mins

Course: Main Course Cuisine: American, Thai
Keyword: chicken, high protein, instant pot, weeknight dinner Servings: 5 servings
Calories: 390kcal

★★★★★
4.57 from 23 votes

Ingredients

- 1 1/4 lb raw chicken breast
- 1 medium red bell pepper, sliced (130 grams)
- 4 cups HEB broccoli slaw (340 grams)
- 1 cup Lundberg Organic Brown Jasmine Rice, cooked according to package directions (180 grams dry measure)
- 1/3 cup green onions, chopped
- 2 tbsp fresh cilantro, chopped
- Optional: 1/4 cup crushed peanuts

Sauce

- 1 cup light coconut milk (8 fl oz)
- 1/3 cup PB2 powdered peanut butter (32 grams)
- 3 cloves garlic, minced (12 grams)
- 2 tbsp Skippy Natural Creamy Peanut Butter (32 grams)
- 2 tbsp low sodium soy sauce (1 fl oz)
- 1 tbsp rice vinegar (1/2 fl oz)
- 1 tbsp Thai Kitchen red curry paste (15 grams)
- 1 tbsp ginger paste (9 grams)
- 1 lime, juiced

Instructions

1. In a small bowl, whisk all sauce ingredients except PB2 and peanut butter (they will burn if you put them in before cooking). Pour 1/2 of the sauce into the bottom of the Instant Pot. Add chicken, then add remaining sauce.
2. Set Instant Pot to high pressure for 12-14 minutes (do 14 mins for thicker pieces of chicken), followed by manual release. Remove chicken, shred, and set aside. Pour the sauce into a bowl and whisk in PB2 and peanut butter.
3. Set Instant Pot to sauté and add bell pepper and broccoli slaw. Sauté for 5 minutes or until pepper begins to soften slightly. Return sauce to the Instant Pot and mix.
4. Return chicken to mixture and stir to coat. Add a little chicken stock if the sauce is too thick.
5. Serve chicken mixture over a bed of rice and top with fresh cilantro, green onions, and peanuts (if desired).

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Instant Pot Thai Peanut Chicken" to log this food in My Fitness Pal. There are options available for with or without rice.

Nutrition

Calories: 390kcal | Carbohydrates: 41g | Protein: 36g | Fat: 9g | Cholesterol: 66mg | Sodium: 473mg | Potassium:

451mg | Fiber: 4g | Sugar: 6g

With Rice

Without Rice

Turkey Taco Salad with Avocado Ranch Dressing

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No ratings yet

Prep Time	Cook Time	Total Time
15 mins	10 mins	25 mins

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

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With Dressing

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Without Dressing

Avocado Ranch Dressing

Prep Time	Total Time
10 mins	10 mins

Servings: 8 servings (1/4 cup per serving) Calories: 92kcal

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No ratings yet

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.

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Nutrition

Serving: 72grams | Calories: 92kcal | Carbohydrates: 6g | Protein: 3g | Fat: 7g | Cholesterol: 7mg | Sodium: 357mg | Potassium: 210mg | Fiber: 2g | Sugar: 2g

Weekly GROCERY LIST | Peanut Butter & FITNESS

Week of January 25th, 2026

Produce

- [ ] Cucumber: ½ cup sliced**
- [ ] Dill: ~3 tbsp
- [ ] Banana: ½ medium
- [ ] Kiwi: 1 small
- [ ] Lime: 1
- [ ] Avocado: ½ medium
- [ ] Chives: 1 tbsp
- [ ] Yukon gold potatoes: 2 lbs
- [ ] Baby spinach: 3 oz
- [ ] Carrots: 3 large
- [ ] Yellow onion: 1 small
- [ ] Red onion: 1 medium
- [ ] Celery: 3 stalks
- [ ] Shallot: 1 small
- [ ] Fresh thyme: 2 sprigs
- [ ] Red bell pepper: 1 medium
- [ ] Green onions: ⅓ cup
- [ ] Fresh cilantro: 2 tbsp
- [ ] Broccoli slaw: 12 oz
- [ ] Garlic: 3 cloves
- [ ] Fresh ginger: 1 tbsp grated
- [ ] Green leaf lettuce: 10 cups
- [ ] Cherry tomatoes: 1 ⅓ cup

Proteins

- [ ] Smoked salmon: 1 oz
- [ ] Bacon: 1 slice
- [ ] Eggs: 1
- [ ] Chicken breast: 3 ¼ lbs raw
- [ ] 94% lean ground turkey: 1 lb

Dairy

- [ ] Breakstone's 2% Milkfat cottage cheese: 5 ⅓ cups (~43 oz)
- [ ] Vanilla non-fat Greek yogurt: 5.3 oz
- [ ] Toasted coconut vanilla non-fat Greek yogurt: 5.3 oz

Frozen & Refrigerated

- [ ] Frozen mixed berries: 2 cups
- [ ] Frozen corn kernels: 1 ⅓ cup

Pantry & Dry Goods

- [ ] Roasted peanuts: 5 tbsp
- [ ] Pineapple tidbits: 4 oz
- [ ] Sweetened coconut flakes: 2 tbsp
- [ ] Honey pecan granola: ½ cup
- [ ] Chia seeds: 1 tsp
- [ ] Swanson Chicken Stock: 8 cups / 64 fl oz
- [ ] Cannelini beans: 2 x 15oz cans
- [ ] Lundberg Organic Brown Jasmine Rice: 1 cup
- [ ] Low sodium black beans: 1 ⅓ cup
- [ ] Fresh Gourmet Santa Fe Style Tortilla Strips: 1 cup

Oils, Sauces & Condiments

- [ ] Olive oil
- [ ] Peanut butter: 3 ½ tbsp
- [ ] Honey: 2 tbsp
- [ ] Chili crisp: 1 tsp
- [ ] Low sodium soy sauce: 2 tbsp
- [ ] Rice vinegar: 1 tbsp
- [ ] Thai Kitchen red curry paste: 1 tbsp
- [ ] Ortega Taco Skillet Sauce: 7 oz
- [ ] Avocado Ranch Dressing: ¾ cup*

Weekly GROCERY LIST | Peanut Butter & FITNESS

Week of January 25th, 2026

Spices & Seasonings

- ☐ Salt and pepper
- ☐ Everything bagel seasoning: ½ tsp
- ☐ Homemade brine mix: 3 tbsp
- ☐ Oh My Spice! Lemon Pepper Dill Seasoning: 1 tsp
- ☐ Bay leaves: 2
- ☐ Oh My Spice! Spicy Fajita Seasoning: 1 tsp

**Note 1: The Avocado Ranch Dressing recipe is not included in this grocery list.*

***Note 2: Ingredients for all 5 versions of the cottage cheese breakfast bowls are included here. I recommend picking 2 or 3 versions you like to reduce the amount of ingredients you need to buy.*