

Weekly MEAL PLAN



Week of February 15th, 2026

	Breakfast	Lunch	Dinner
Day 1	Mixed Berry Baked Oatmeal	Turkey Taco Salad with Avocado Ranch Dressing	Sheet Pan Greek Chicken Dinner
Day 2	Mixed Berry Baked Oatmeal	Lasagna Soup	Turkey Taco Salad with Avocado Ranch Dressing
Day 3	Mixed Berry Baked Oatmeal	Sheet Pan Greek Chicken Dinner	Lasagna Soup
Day 4	Mixed Berry Baked Oatmeal	Turkey Taco Salad with Avocado Ranch Dressing	Sheet Pan Greek Chicken Dinner
Day 5	Mixed Berry Baked Oatmeal	Lasagna Soup	Turkey Taco Salad with Avocado Ranch Dressing
Day 6	Mixed Berry Baked Oatmeal	Sheet Pan Greek Chicken Dinner	Lasagna Soup

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 Baked Oatmeal

This Mixed Berry Baked Oatmeal is packed with fresh summer berries and has 15 grams protein per serving! Perfect meal prep breakfast.



Prep Time	Cook Time	Total Time
15 mins	35 mins	45 mins

Course: Breakfast, brunch Cuisine: American



4.80 from 5 votes

Keyword: baked oatmeal, blueberries, breakfast, high protein, meal prep, oatmeal

Servings: 6 servings Calories: 284kcal

Ingredients

- 2 cups rolled oats (192 grams)
- 2 scoops Optimum Nutrition Vanilla Plant Based Protein Powder (76 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 unsweetened applesauce (163 grams)
- 2/3 cup strawberries, chopped (100 grams)
- 2/3 cup blueberries (100 grams)
- 2/3 cup raspberries (85 grams)
- 3 tbsp pure maple syrup (1.5 oz)
- 2 tbsp Skippy Natural Peanut Butter (32 grams)
- 1 egg
- 1 egg white
- 1 tsp vanilla extract
- Optional: almond slivers for topping

Instructions

1. Pre-heat oven to 350 degrees. Grease an 8x11" baking dish with coconut oil and set aside.
2. Combine all dry ingredients, then add wet ingredients and mix until just combined. Pour into prepared casserole dish and spread evenly.
3. Bake at 350 degrees for 40-45 minutes or until a toothpick inserted into the center comes out clean. If desired, press almond slivers into the top of the mixture about halfway through the baking time.
4. Allow to cool, then cut into 6 pieces for serving.

Notes

I used a casserole dish like this to make mine.

Scan the barcode below or search for "Peanut Butter and Fitness Mixed Berry Oatmeal Bake" to log this food in My Fitness Pal.



Nutrition

Calories: 284kcal | Carbohydrates: 40g | Protein: 15g | Fat: 7g | Cholesterol: 31mg | Sodium: 139mg | Potassium: 285mg | Fiber: 5g | Sugar: 12g

Sheet Pan Greek Chicken Dinner

Prep Time
20 mins

Cook Time
35 mins

Total Time
55 mins



5 from 1 vote

Course: Main Course Cuisine: American, Mediterranean

Keyword: chicken, high protein, mediterranean, sheet pan meals, weeknight dinner

Servings: 5 servings Calories: 441kcal

Ingredients

- 1 1/2 lbs chicken breast
- 1 1/2 lbs baby red potatoes, quartered
- 1 medium zucchini, chopped (200 grams)
- 1 pint cherry tomatoes (300 grams)
- 1/2 medium red onion, sliced into wedges (55 grams)
- 3 oz feta cheese, crumbled
- 1/2 cup pitted kalamata olives (75 grams)
- 1 lemon, sliced
- fresh chopped parsley for garnish

Marinade

- 6 tbsp olive oil (3 fl oz)
- 4 cloves garlic, minced (16 grams)
- 1 lemon, juiced
- 1/2 tbsp Grey Poupon dijon mustard (8 grams)
- 1 tsp each: oregano, thyme, sea salt
- 1/2 tsp black pepper

Instructions

1. Pound chicken to an even thickness, about 1/2-3/4". Whisk marinade ingredients and pour 2/3 of the marinade over the chicken, tossing to coat evenly. Cover and set aside in the refrigerator.
2. Pre-heat oven to 425°F.
3. Toss the veggies with the remaining marinade and spread in a single layer on the sheet pan. *Optional: use 2 sheet pans to spread the veggies out more and increase browning.*
4. Bake the vegetables for 15 minutes, toss with a spatula and move the vegetables to the side. Add the marinated chicken (and any remaining marinade) and bake for another 16-18 minutes. Turn the oven to broil and broil for 2-4 minutes to help brown the chicken.

5. Add the feta cheese and olives to the sheet pan and serve.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Sheet Pan Greek Chicken Dinner" to log this food in My Fitness Pal.



Nutrition

Calories: 441kcal | Carbohydrates: 27g | Protein: 30g | Fat: 24g | Saturated Fat: 5g |
Polyunsaturated Fat: 2g | Monounsaturated Fat: 11g | Cholesterol: 94mg | Sodium: 841mg |
Potassium: 605mg | Fiber: 4g | Sugar: 3g

Lasagna Soup

This cozy soup has all the flavors of classic lasagna in an easy, one-pot format that comes together for weeknight dinner!



Prep Time
25 mins

Cook Time
20 mins

Total Time
45 mins

Course: Main Course, Soup Cuisine: American, Italian

Keyword: high protein, lasagna, soup Servings: 6 servings

Calories: 439kcal



No ratings yet

Ingredients

- 1 lb 93/7 ground beef
- 9 oz reginetti pasta
- 4 cups beef stock 32 fl oz
- 14 oz crushed tomatoes with basil
- 14 oz tomato sauce
- 3 oz baby spinach roughly chopped
- 1 small onion diced (200 grams)
- 3 cloves garlic minced (12 grams)
- 1 tbsp tomato paste
- 2 tsp olive oil
- 1 tbsp Homemade Italian Seasoning
- 1/2 tsp salt
- 2 bay leaves
- 1 parmesan rind (optional)

Cheese Topping

- 3/4 cup part skim ricotta cheese (186 grams)
- 1/2 cup part skim shredded mozzarella cheese (56 grams)
- 1/4 cup grated parmesan cheese (8 grams)
- 1 tbsp fresh basil chopped

Instructions

1. In a large pot or dutch oven, heat **2 tsp olive oil** over medium high heat until shimmering. Add **1 lb 93/7 ground beef** (and sausage if using), breaking apart as it cooks. When the beef is about half cooked, add **1 small onion** and continue breaking beef apart until almost completely cooked through, then add **3 cloves garlic, 1 tbsp tomato paste, 1/2 tsp salt**, and **1 tbsp Homemade Italian Seasoning**. Mix and cook another 1-2 minutes.
2. Add **14 oz crushed tomatoes with basil, 14 oz tomato sauce**, and **4 cups beef stock**, stirring until well combined. Add **2 bay leaves** and **1 parmesan rind (optional)**, then

cover and bring mixture to a boil.

3. Add **9 oz reginetti pasta** to the mixture and stir, then lower heat slightly to medium. Cover and continue to boil for 9-10 minutes or until pasta is very al dente.
4. While the pasta is cooking, make the Cheese Topping. In a medium bowl, combine **3/4 cup part skim ricotta cheese, 1/2 cup part skim shredded mozzarella cheese, 1/4 cup grated parmesan cheese,** and **1 tbsp fresh basil.** Set aside.
5. Once the pasta is cooked, remove it from heat and remove the parmesan rind and bay leaves. Add **3 oz baby spinach,** stir and rest for at least 5 minutes. Add a scoop of the Cheese Topping over the soup for serving.

Notes

Flavor: For a more robust flavor, add 1/4 lb of hot Italian sausage during the same step as the beef. Note that if you skip the sausage, the bay leaves are critical and adding parmesan rind while the pasta cooks is highly recommended.

Make it ahead or freeze: Check out my recommendations for leftovers or meal prep here.

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



Nutrition

Serving: 2cups | Calories: 439kcal | Carbohydrates: 50g | Protein: 32g | Fat: 13g | Saturated Fat: 6g | Monounsaturated Fat: 4g | Cholesterol: 66mg | Sodium: 1353mg | Potassium: 1048mg | Fiber: 6g | Sugar: 8g

Turkey Taco Salad with Avocado Ranch Dressing



Hearty taco salad made with high protein ground turkey paired with corn, black beans, tomatoes, and topped with Avocado Ranch Dressing.

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

★★★★★
5 from 2 votes

Course: Main Course, Salad Cuisine: American, Mexican

Keyword: high protein, salad, summer, taco salad 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

Scan the barcode below or search for "Peanut Butter and Fitness Turkey Taco Salad with Avocado Ranch Dressing" to log this food in My Fitness Pal.



With Dressing



Without Dressing

Nutrition

Calories: 470kcal | Carbohydrates: 44g | Protein: 38g | Fat: 19g | Cholesterol: 65mg | Sodium: 966mg | Potassium: 716mg | Fiber: 9g | Sugar: 7g

Avocado Ranch Dressing

Classic buttermilk ranch dressing gets a zesty twist with the addition of cilantro, lime, and creamy avocado in this Homemade Avocado Ranch Dressing.



5 from 2 votes

Prep Time
10 mins

Total Time
10 mins

Course: Dips and Sauces Cuisine: American

Keyword: avocado, dressing, salad

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

Scan the barcode below or search for "Peanut Butter and Fitness Avocado Ranch Dressing" 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

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Produce

- Strawberries: $\frac{2}{3}$ cup
 - Blueberries: $\frac{2}{3}$ cup
 - Raspberries: $\frac{2}{3}$ cup
 - Baby red potatoes: 1 $\frac{1}{2}$ lbs
 - Zucchini: 1 medium
 - Cherry tomatoes: 2 pints
 - Red onion: 1 medium
 - Yellow onion: 1 small
 - Lemons: 2
 - Garlic: 7 cloves
 - Fresh basil: 1 tbsp
 - Green leaf lettuce: 10 cups
-

Proteins

- Eggs: 2
 - Chicken breast: 1 $\frac{1}{2}$ lbs raw
 - 93/7 ground beef: 1 lb
 - 94% lean ground turkey: 1 lb
-

Dairy

- Part skim ricotta cheese: $\frac{3}{4}$ cup
 - Part skim mozzarella cheese: $\frac{1}{2}$ cup
 - Parmesan cheese: $\frac{1}{4}$ cup
 - Parmesan rind: 1
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Frozen & Refrigerated

- Unsweetened vanilla almond milk: 1 cup
 - [Avocado Ranch Dressing](#): $\frac{3}{4}$ cup*
 - Frozen corn kernels: 1 $\frac{1}{3}$ cup
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Pantry & Dry Goods

- Rolled oats: 2 cups
 - Optimum Nutrition Vanilla Plant Based Protein Powder: 2 scoops
 - Baking powder: $\frac{1}{2}$ tsp
 - Unsweetened applesauce: $\frac{2}{3}$ cup
 - Maple syrup: 3 tbsp
 - Vanilla extract: 1 tsp
 - Reginetti pasta: 9 oz
 - Beef stock: 4 cups
 - Crushed tomatoes with basil: 14 oz
 - Tomato sauce: 14 oz
 - Tomato paste: 1 tbsp
 - Low sodium black beans: 1 $\frac{1}{3}$ cup
 - Fresh Gourmet Santa Fe Style Tortilla Strips: 1 cup
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Oils, Sauces & Condiments

- Olive oil
 - Peanut butter: 2 tbsp
 - Grey Poupon dijon mustard: $\frac{1}{2}$ tbsp
 - Ortega Taco Skillet Sauce: 7 oz
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Spices & Seasonings

- Salt and pepper
 - Cinnamon: $\frac{1}{2}$ tsp
 - Oregano: 1 tsp
 - Thyme: 1 tsp
 - [Homemade Italian seasoning](#): 1 tbsp
 - Bay leaves: 2
 - Oh My Spice! Spicy Fajita Seasoning: 1 tsp
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Weekly GROCERY LIST



Week of January 25th, 2026

Optional Toppings

- Almond slivers
- Fresh chopped parsley

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