

Weekly MEAL PLAN



Week of February 22nd, 2026

	Breakfast	Lunch	Dinner
Day 1	Carrot Cake Baked Oatmeal	Italian Grinder Salad	Hearty Slow Cooker Chicken Soup
Day 2	Carrot Cake Baked Oatmeal	Korean Inspired Ground Beef Bowl	Italian Grinder Salad
Day 3	Carrot Cake Baked Oatmeal	Hearty Slow Cooker Chicken Soup	Korean Inspired Ground Beef Bowl
Day 4	Carrot Cake Baked Oatmeal	Italian Grinder Salad	Hearty Slow Cooker Chicken Soup
Day 5	Carrot Cake Baked Oatmeal	Korean Inspired Ground Beef Bowl	Italian Grinder Salad
Day 6	Carrot Cake Baked Oatmeal	Hearty Slow Cooker Chicken Soup	Korean Inspired Ground Beef 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!

Carrot Cake Baked Oatmeal

Prep Time
15 mins

Cook Time
40 mins

Total Time
55 mins

Servings: 6 servings Calories: 311kcal

Ingredients

- 2 cups rolled oats (160 grams)
- 2 scoops PE Science Select Vanilla Plant Based Protein Powder (56 grams)
- 1/2 cup raisins (80 grams)
- 1 tsp baking powder (2 grams)
- 1 tsp cinnamon
- 1/2 tsp all spice
- 1/4 tsp salt
- 1 cup unsweetened vanilla almond milk (8 fl oz)
- 1 cup grated carrots (150 grams)
- 1/2 cup unsweetened applesauce (122 grams)
- 1/4 cup unsalted butter, melted (2 oz)
- 1/4 cup pure maple syrup (2 oz)
- 2 eggs (100 grams)
- 1 tsp vanilla extract

Instructions

1. Pre-heat oven to 350°. 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. (Note: just be careful not to pour hot butter over raw eggs.) Pour into prepared casserole dish and spread evenly.
3. Bake at 350 degrees for 40-45 minutes or until the middle is set and the top begins to brown (you can test for doneness by pressing your finger into it gently). If desired, press pecan pieces into the top of the mixture about halfway through the baking time.
4. Allow to cool, 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.
- Baking time will vary if you use a different type of protein powder. One brand required almost a full 60 minutes in the oven to set. Keep an eye on it and pull it out when it's set in the middle and begins to brown on top.



4.50 from 6 votes



Nutrition

Calories: 311kcal | Carbohydrates: 43g | Protein: 13g | Fat: 11g | Cholesterol: 82mg | Sodium: 266mg | Potassium: 261mg | Fiber: 5g | Sugar: 20g

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

Course: Main Course, Soup Cuisine: American

Keyword: chicken, slow cooker, soup Servings: 9 servings

Calories: 305kcal



No ratings yet

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



Korean Inspired Ground Beef Bowls

Prep Time
10 mins

Cook Time
10 mins

Total Time
20 mins

Servings: 4 servings Calories: 392kcal

Ingredients

Korean Inspired Ground Beef

- 1 lb 93/7 ground beef
- 1 bunch green onions, chopped and divided (100 grams)
- 1/4 cup low sodium soy sauce (2 fl oz)
- 3 tbsp light or dark brown sugar (45 grams)
- 1 tbsp fresh grated ginger (15 grams)
- 3 cloves garlic, minced (15 grams)
- 1/2 tbsp olive oil (7 grams)
- 2 tsp red pepper powder/Gochugaru (5 grams)
- 1 tsp sesame oil (5 grams)
- 1/2 tsp red pepper flakes
- 1/4 tsp black pepper

Other Ingredients

- 4 cups broccoli florets (370 grams)
- 1 pouch Ben's Original Ready Rice Long Grain White (8.8 oz)
- 1 medium carrot, peeled into ribbons (70 grams)
- Optional sauce: chipotle mayonnaise (not included in nutrition info)

Instructions

1. **Prepare the beef.** Whisk soy sauce, brown sugar, sesame oil, ginger, garlic, red pepper powder, and red pepper flakes together in a small bowl until well combined. Set aside.
2. Heat olive oil over medium-high heat in a large skillet until hot and shimmering. Add ground beef in chunks and cook, breaking apart with a spatula into small pieces until cooked through and no red remains.
3. Add sauce and 1/2 of the green onions. Stir to coat the ground beef and simmer for another 1-2 minutes to let the sauce thicken slightly. Remove from heat and serve.
4. **Prepare the sides and assemble.** Place broccoli florets in a microwave safe dish and cover with a very damp paper towel. Microwave on high for 2 to 2 1/2 minutes or until broccoli is bright green and fork tender. Set aside.
5. Prepare rice according to package instructions. Add to bottom of serving dish. Top with broccoli and beef. Add carrot ribbons and top with remaining green onions and any desired sauces, like chipotle mayonnaise.

Notes

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



Nutrition

Calories: 392kcal | Carbohydrates: 41g | Protein: 30g | Fat: 13g | Cholesterol: 65mg | Sodium: 691mg | Fiber: 7g | Sugar: 17g



4.25 from 16 votes

Italian Grinder Salad

Combine the classic flavors of an Italian grinder sandwich in this TikTok viral salad recipe.



Prep Time
20 mins

Total Time
20 mins

Course: Main Course, Salad Cuisine: American, Italian Keyword: low carb, salad
Servings: 4 servings Calories: 333kcal

☆☆☆☆☆
No ratings yet

Ingredients

- 6 slices Hormel Natural Choice Deli Turkey, chopped 4 oz
- 4 slices provolone cheese, chopped 4 oz
- 4 slices Wegmans Uncured Genoa Salami, chopped 2 oz
- 12 slices Hormel Turkey Pepperoni, sliced 21 grams
- 2 heads romaine hearts, shredded
- 1/2 head iceberg lettuce, shredded
- 1/2 cup banana peppers, chopped (62 grams)
- 1/2 cup red onion, finely diced (65 grams)
- 1 cup cherry tomatoes, quartered (180 grams)

Creamy Italian Dressing

- 6 tbsp Duke's Light Mayonnaise 3 fl oz
- 2 tbsp banana pepper liquid 1 fl oz
- 2 tbsp grated parmesan cheese
- 1/2 tbsp red wine vinegar 1/4 fl oz
- 1/2 tsp salt
- 1/4 tsp each: garlic powder, dried oregano, dried basil, dried thyme, dried parsley
- 1/8 tsp each: red pepper flakes, black pepper

Instructions

1. Add all dressing ingredients to a small mason jar and shake until completely combined. Set aside.
2. Add all salad ingredients to a large bowl and toss with dressing. Serve immediately.

Notes

The dressing recipe yields about 10 tbsp, or about 2.5 tbsp per serving.

Scan the barcode below or search for "Peanut Butter and Fitness Italian Grinder Salad" to log this food in My Fitness Pal.

Nutrition

Calories: 333kcal | Carbohydrates: 14g | Protein: 21g | Fat: 22g | Saturated Fat: 9g | Polyunsaturated Fat: 5g | Monounsaturated Fat: 2g | Cholesterol: 77mg | Sodium: 1439mg | Potassium: 834mg | Fiber: 4g | Sugar: 5g



Week of January 25th, 2026

Produce

- Carrots: 6 large
 - Yukon gold potatoes: 2 lbs
 - Baby spinach: 3 oz
 - Yellow onion: 1 small
 - Red onion: 1 medium
 - Celery: 3 stalks
 - Shallot: 1 small
 - Fresh thyme: 2 sprigs
 - Fresh dill: 2 tbsp
 - Broccoli: 4 cups
 - Green onions: 1 bunch
 - Ginger: 1 tbsp grated
 - Garlic: 3 cloves
 - Romaine hearts: 2 heads
 - Iceberg lettuce: ½ head
 - Red onion: ½ cup
 - Cherry tomatoes: 1 cup
-

Proteins

- 93/7 ground beef: 1 lb
 - Eggs: 2
 - Chicken breast: 2 lbs raw
 - 94% lean ground turkey: 1 lb
 - Deli turkey: 6 slices / 4 oz
 - Uncured Genoa salami: 4 slices / 2 oz
 - Turkey pepperoni: 12 slices
-

Dairy

- Unsalted butter: ¼ cup
- Provolone cheese: 4 slices / 4 oz
- Parmesan cheese: 2 tbsp grated
- Unsweetened vanilla almond milk: 1 cup
- Optional: sour cream for topping

Pantry & Dry Goods

- Rolled oats: 2 cups
 - PE Science Select Vanilla Plant Based Protein Powder: 2 scoops
 - Raisins: ½ cup
 - Baking powder: 1 tsp
 - Unsweetened applesauce: ½ cup
 - Maple syrup: ¼ cup
 - Vanilla extract: 1 tsp
 - Swanson Chicken Stock: 8 cups / 64 fl oz
 - Cannelini beans: 2 x 15oz cans
 - Brown sugar: 3 tbsp
 - Ben's Original Ready Rice Long Grain White: 1 (8.8 oz) pouch
 - Banana peppers: ½ cup + liquid
-

Oils, Sauces & Condiments

- Olive oil
 - Low sodium soy sauce: ¼ cup
 - Sesame oil: 1 tsp
 - Duke's Light Mayo: 6 tbsp
 - Red wine vinegar: ½ tbsp
 - Optional: Chipotle or sriracha mayo
-

Spices & Seasonings

- Salt and pepper
- Cinnamon: 1 tsp
- All spice: ½ tsp
- Lemon Pepper Dill Seasoning: 1 tsp
- Bay leaves: 2
- Korean red pepper powder (gochugaru): 2 tsp
- Red pepper flakes: ½ tsp
- [Homemade Italian Seasoning](#): 1 ½ tsp