

# Weekly MEAL PLAN



Week of March 1st, 2026

	Breakfast	Lunch	Dinner
Day 1	Mixed Berry Oatmeal Muffins	Big Mac Salad	Sheet Pan Hawaiian Chicken Dinner
Day 2	Mixed Berry Oatmeal Muffins	Tuscan White Bean & Spaghetti Squash Skillet	Big Mac Salad
Day 3	Mixed Berry Oatmeal Muffins	Sheet Pan Hawaiian Chicken Dinner	Tuscan White Bean & Spaghetti Squash Skillet
Day 4	Mixed Berry Oatmeal Muffins	Big Mac Salad	Sheet Pan Hawaiian Chicken Dinner
Day 5	Mixed Berry Oatmeal Muffins	Tuscan White Bean & Spaghetti Squash Skillet	Big Mac Salad
Day 6	Mixed Berry Oatmeal Muffins	Sheet Pan Hawaiian Chicken Dinner	Tuscan White Bean & Spaghetti Squash Skillet

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!



# Hawaiian Chicken Sheet Pan Dinner

Take your weeknight dinner to the islands with this Hawaii-inspired sheet pan meal.



Prep Time  
20 mins

Cook Time  
20 mins

Total Time  
40 mins

Course: Main Course Cuisine: American



No ratings yet

Keyword: chicken, high protein, meal prep, sheet pan meals, summer

Servings: 6 servings

Calories: 439kcal

## Ingredients

- 1 3/4 lbs chicken breast, cut into 1" cubes
- 3 cups chopped pineapple (500 grams)
- 2 bell peppers, chopped (360 grams)
- 1 medium red onion, cut into chunks (250 grams)
- 1 pouch Ben's Original Ready Rice Jasmine Family Size Rice

## Sauce

- 6 tbsp low sodium soy sauce
- 1/4 cup brown sugar
- 1 1/2 tbsp sesame oil
- 1 tbsp fresh ground ginger
- 2 tsp cornstarch
- 1 tsp garlic powder
- 1/2 tsp red pepper flakes

## Instructions

1. Add all sauce ingredients to a jar, seal, and shake vigorously until all ingredients are combined and no chunks remain. Pour half of the sauce over the chicken in a bowl and toss until evenly combined. Set aside to marinate while you chop the veggies.
2. Pre-heat oven to 425°F. Line a baking sheet (or 2) with aluminum foil. Set aside.
3. Once pineapple and veggies are chopped, toss with the remaining sauce. You can do this in the same bowl as the chicken if you want to avoid dirtying more dishes.
4. Spread chicken and veggies on the prepared sheet pan in a single layer. *Optional: use 2 sheet pans to spread the chicken and veggies out more and increase browning; see note below.*
5. Bake for 20 minutes, turning the oven to broil for the last 2-3 minutes of cooking time to increase browning. Serve over rice and garnish with green onions and sesame seeds

before serving.

## Notes

I recommend splitting the chicken and veggies between 2 sheet pans. For the one with chicken, use enough foil to go all the way up the sides of the sheet pan to catch the juices. After baking, you'll have a rich sauce mixed in with chicken drippings. Strained that sauce through a mesh strainer and whisk in 1 tsp cornstarch, then pour it over the chicken and veggies for an even saucier dish.

Scan the barcode below or search for "Peanut Butter and Fitness Hawaiian Chicken Sheet Pan Dinner" to log this food in My Fitness Pal. There are options for with and without rice.

## Nutrition

Calories: 439kcal | Carbohydrates: 56g | Protein: 34g | Fat: 8g | Saturated Fat: 1g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 2g | Cholesterol: 96mg | Sodium: 647mg | Potassium: 708mg | Fiber: 3g | Sugar: 20g



With Rice



No Rice

# Tuscan White Bean & Spaghetti Squash Skillet

Prep Time  
20 mins

Cook Time  
50 mins

Total Time  
1 hr 10 mins

Servings: 5 servings    Calories: 386kcal



4.24 from 13 votes

## Ingredients

- 1 1/4 lb raw chicken breast, thinly sliced
- 1 medium spaghetti squash (500 grams flesh)
- 1 15.5 oz can cannellini beans, drained
- 4 cups kale, trimmed and roughly chopped (270 grams)
- 2 oz sun dried tomatoes, sliced
- 1 1/4 cup light coconut milk
- 1 cup low sodium chicken broth
- 1/2 cup dry white wine (I like Sauvignon Blanc)
- 1/2 medium onion, chopped (55 grams)
- 2 tbsp white whole wheat flour (6 grams)
- 3 tbsp unsalted butter (1 1/2 oz)
- 2 tsp olive oil (0.33 oz)
- 4 cloves garlic, minced (16 grams)
- 2 tsp Oh My Spice! Lemon Pepper Dill Seasoning
- 1/2 tsp ground mustard
- 1/4 tsp red pepper flakes

## Instructions

1. Optional (but recommended): Brine chicken breasts for 5-12 hours. Get recipe/instructions here.
2. Pre-heat oven to 400 degrees. Cut spaghetti squash in half and scoop out seeds. Rub cut sides with 1 tsp olive oil and season with 1/2 tsp lemon pepper seasoning. Bake for 35-40 minutes until flesh flakes away easily with a fork.
3. Heat remaining olive oil in a large skillet over medium-high heat. Season chicken breast on both sides with salt, pepper, and 1/2 tsp lemon pepper seasoning, then add to skillet and brown on each side for 1-2 minutes, then set chicken aside.
4. Add butter to skillet until melted and hot, then add onion and garlic and sauté until tender. Stir in flour until it is absorbed, then gradually whisk in wine, chicken broth, and coconut milk.
5. Add sun dried tomatoes and remaining spices to skillet. Stir well, then add cannellini beans to the skillet and stir to combine. Return chicken to skillet and spoon sauce over chicken. Lower heat to a simmer for 10-15 minutes until chicken is cooked through. Stir the kale in during the last 5-10 minutes of cooking, then remove from heat.
6. Remove chicken from skillet and allow to rest for a few minutes before slicing. While the chicken rests, add spaghetti squash to skillet and stir until well combined and heated through.
7. Divide into 5 servings and add sliced chicken on top. Top with parmesan cheese before serving, if desired.

## Notes

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



## Nutrition

Calories: 386kcal | Carbohydrates: 27g | Protein: 35g | Fat: 15g | Cholesterol: 85mg | Sodium: 323mg | Potassium: 1189mg | Fiber: 8g | Sugar: 5g

# Big Mac Salad

Servings: 4 servings    Calories: 398kcal

## Ingredients

### Burger Mixture

- 1 lb 93/7 ground beef
- 2 tbsp ketchup (1 fl oz)
- 1 tbsp low sodium soy sauce (0.5 fl oz)
- 1 tbsp house burger seasoning (recipe in notes)
- 1/2 tbsp olive oil (0.25 fl oz)

### Salad Ingredients

- 8 cups green leaf lettuce, chopped (300 grams)
- 2 large Roma tomatoes, chopped (300 grams)
- 1 cup pickles, chopped (I like Bread & Butter) (170 grams)
- 1/2 cup red onion, chopped (80 grams)
- 1/2 cup extra sharp cheddar cheese, shredded (56 grams)
- 1/2 cup low fat Thousand Island dressing (4 fl oz)

## Instructions

1. Heat olive oil in a large skillet over medium-high heat. Once oil is shimmery and hot, add ground beef and season with burger seasoning. Break ground beef apart with a wooden spatula as it cooks.
2. Once ground beef is almost completely cooked, drain excess fat from the skillet. Return to heat and add soy sauce and ketchup, mixing to coat the beef evenly. Continue cooking until beef is cooked through. Set aside.
3. Assemble salad to serve. If meal prepping in a mason jar, add salad dressing to the bottom of the jar first, then add: beef, onions, tomatoes, pickles, cheese, and lettuce.

## Notes

### House Burger Seasoning

- 1 tbsp Flavor God Garlic Lover's Seasoning
- 1/2 tbsp smoked paprika
- 1/2 tbsp chili powder
- 1/2 tbsp Mexican oregano
- 1/2 tbsp ground mustard
- 3/4 tsp salt
- 3/4 tsp black pepper

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

## Nutrition

Calories: 398kcal | Carbohydrates: 24g | Protein: 30g | Fat: 21g | Cholesterol: 93mg | Sodium: 1059mg | Potassium: 521mg | Fiber: 3g | Sugar: 13g



★★★★★  
5 from 4 votes



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# Weekly GROCERY LIST



Week of March 1st, 2026

## Produce

- Strawberries:  $\frac{3}{4}$  cup
  - Blueberries:  $\frac{3}{4}$  cup
  - Pineapple: 3 cups, chopped
  - Bell peppers: 2 (any color)
  - Red onion: 1 medium +  $\frac{1}{2}$  cup
  - Yellow onion:  $\frac{1}{2}$  medium
  - Spaghetti squash: 1 medium
  - Kale: 4 cups
  - Garlic: 4 cloves
  - Green leaf lettuce: 8 cups
  - Roma tomatoes: 2 large
- 

## Proteins

- Chicken breast: 3 lbs
  - 93/7 ground beef: 1 lb
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## Dairy & Refrigerated

- Egg whites: 2
  - Unsalted butter: 3 tbsp
  - Unsweetened vanilla almond milk:  $\frac{3}{4}$  cup
  - Extra sharp cheddar 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
- Unsweetened applesauce: 1 cup
- Maple syrup:  $\frac{1}{4}$  cup
- Skippy Natural Creamy Peanut Butter: 3 tbsp

- Vanilla extract: 1 tsp
  - Ben's Original Ready Rice Jasmine Family Size: 1
  - Brown sugar:  $\frac{1}{4}$  cup
  - Cornstarch: 2 tsp
  - Sun dried tomatoes: 2 oz
  - Light coconut milk: 1  $\frac{1}{4}$  cup
  - Low sodium chicken broth: 1 cup
  - Flour: 2 tbsp
  - Bread & butter pickles: 1 cup
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## Oils, Sauces & Condiments

- Olive oil
  - Sesame oil: 1  $\frac{1}{2}$  tbsp
  - Low sodium soy sauce: 7 tbsp
  - Ketchup: 2 tbsp
  - Low fat thousand island dressing:  $\frac{1}{2}$  cup
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## Spices & Seasonings

- Salt and black pepper
- Cinnamon:  $\frac{1}{2}$  tsp
- Ground ginger: 1 tbsp
- Garlic powder: 1 tsp
- Red pepper flakes:  $\frac{3}{4}$  tsp
- Oh My Spice! Lemon Pepper Seasoning: 2 tsp
- Ground mustard:  $\frac{1}{2}$  tsp
- [House Burger Seasoning](#): 1 tbsp