

Weekly MEAL PLAN



Week of March 15th, 2026

	Breakfast	Lunch	Dinner
Day 1	Ham & Cottage Cheese Egg Casserole with fruit	Easy Greek Chicken Salad	Instant Pot Thai Peanut Chicken
Day 2	Ham & Cottage Cheese Egg Casserole with fruit	Tex-Mex Unstuffed Pepper Bowl	Easy Greek Chicken Salad
Day 3	Ham & Cottage Cheese Egg Casserole with fruit	Instant Pot Thai Peanut Chicken	Tex-Mex Unstuffed Pepper Bowl
Day 4	Ham & Cottage Cheese Egg Casserole with fruit	Easy Greek Chicken Salad	Instant Pot Thai Peanut Chicken
Day 5	Ham & Cottage Cheese Egg Casserole with fruit	Tex-Mex Unstuffed Pepper Bowl	Easy Greek Chicken Salad
Day 6	Ham & Cottage Cheese Egg Casserole with fruit	Instant Pot Thai Peanut Chicken	Tex-Mex Unstuffed Pepper 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!

Ham & Cottage Cheese Egg Casserole

This breakfast casserole is full of good-for-you protein thanks to cottage cheese and eggs. Perfect for serving a crowd or meal prep!



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No ratings yet

Prep Time
15 mins

Cook Time
45 mins

Total Time
1 hr

Course: Breakfast Cuisine: American

Keyword: breakfast, cottage cheese, eggs, ham Servings: 8 servings

Calories: 213kcal

Ingredients

- 1 1/2 cups liquid egg whites 12 fl oz
- 8 large eggs
- 1 cup Breakstone's 2% Milkfat Cottage Cheese 234 grams
- 1/4 cup half and half 2 fl oz
- 6 oz ham steak, cubed
- 3 cups baby spinach, roughly chopped 45 grams
- 4 oz sharp cheddar cheese, shredded and divided
- 1/3 cup green onions, chopped
- 1/2 tsp salt
- 1/2 tsp garlic powder
- 1/4 tsp black pepper

Instructions

1. Pre-heat oven to 400°F. Spray the inside of a 9x13" casserole dish with non-stick cooking spray. Set aside.
2. In a large bowl, whisk **1 1/2 cups liquid egg whites, 8 large eggs, 1 cup Breakstone's 2% Milkfat Cottage Cheese, 1/4 cup half and half, 3 cups baby spinach, roughly chopped**, half of the **shredded cheddar cheese, 1/3 cup green onions, chopped, 1/2 tsp salt, 1/2 tsp garlic powder, and 1/4 tsp black pepper**.
3. Pour egg mixture into the prepared casserole dish. Add the **6 oz ham steak, cubed** on top, spreading it out evenly. Top with the remaining **shredded cheddar cheese**. Bake at 400°F for 45 minutes or until the middle is cooked through.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Ham & Cottage Cheese Egg Casserole" to log this food in My Fitness Pal.



Nutrition

Calories: 213kcal | Carbohydrates: 3g | Protein: 22g | Fat: 12g | Saturated Fat: 6g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Cholesterol: 202mg | Sodium: 612mg | Potassium: 198mg | Sugar: 2g

Tex-Mex Unstuffed Pepper Bowls

These high protein, high fiber Unstuffed Pepper Bowls have your favorite Tex-Mex flavors for a quick and easy meal prep.



Prep Time	Cook Time	Total Time
20 mins	15 mins	35 mins

Course: Main Course Cuisine: American, Mexican

Keyword: high protein, meal prep, turkey, weeknight dinner

Servings: 4 servings Calories: 438kcal



4.41 from 5 votes

Ingredients

- 1 lb 94/6 ground turkey
- 2 medium bell peppers, chopped (300 grams total)
- 1/2 medium sweet onion, diced (75 grams)
- 1 15.5 oz can low sodium black beans, rinsed and drained
- 1 cup frozen corn kernels (135 grams)
- 1 16 oz jar chunky salsa
- 2 tsp olive oil, divided (9 grams)
- 3/4 tsp chile powder
- 1/2 tsp cumin
- 1/2 tsp Oh My Spice! Spicy Fajita seasoning

Toppings

- 1 cup Tillamook Mexican 4 Cheese Blend (112 grams)
- 1/3 cup green onion, chopped (33 grams)
- 1/4 cup cilantro, chopped

Instructions

1. Add **1 15.5 oz can low sodium black beans, rinsed and drained** and **1 cup frozen corn kernels** to a large bowl. Set aside.
2. Heat **1 tsp olive oil** in a large skillet over medium-high heat. Once the oil is hot, add **2 medium bell peppers, chopped** and **1/2 medium sweet onion, diced**. Sauté for 2-3 minutes until slightly tender, but still crisp enough to hold their shape well. Add pepper mixture to the bowl with the beans and corn and stir.
3. Add remaining **1 tsp of olive oil** to the skillet. Once hot, add **1 lb 94/6 ground turkey** and season with **3/4 tsp chile powder**, **1/2 tsp cumin**, and **1/2 tsp Oh My Spice! Spicy Fajita seasoning**. Break the ground turkey apart with a wooden spoon or spatula as it cooks.
4. While the turkey cooks, pre-heat oven to 450°F and arrange 4 oven safe meal prep containers on a rimmed sheet pan.
5. When the turkey is mostly cooked through but still has some spots of pink, add **1 16 oz jar**

chunky salsa and stir to coat the turkey evenly. Cook the turkey through, then remove to the bowl with other ingredients and stir until well combined.

6. Divide the mixture evenly between the 4 meal prep containers and top with **1 cup Tillamook Mexican 4 Cheese Blend**. Bake at 450°F for 5-10 minutes or until the cheese is melted and beginning to get golden brown.
7. Top with **1/3 cup green onion, chopped** and **1/4 cup cilantro, chopped** before serving.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Tex-Mex Unstuffed Pepper Bowls" to log this meal into My Fitness Pal.



Nutrition

Calories: 438kcal | Carbohydrates: 37g | Protein: 37g | Fat: 17g | Saturated Fat: 8g |
Monounsaturated Fat: 2g | Cholesterol: 25mg | Sodium: 1228mg | Potassium: 520mg | Fiber: 12g
| Sugar: 9g

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!



4.57 from 23 votes

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

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



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With Rice



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Without Rice

Easy Greek Chicken Salad

Prep Time
20 mins

Cook Time
10 mins

Total Time
30 mins

Servings: 4 servings Calories: 342kcal

Ingredients

Salad Ingredients

- 7 oz green leaf lettuce, chopped (about 8 cups chopped)
- 1 cup cherry tomatoes, halved (170 grams)
- 1 cup English cucumber, chopped (150 grams)
- 1/2 cup Farmer Boy Greek Dressing (4 fl oz)
- 1/2 cup fat free feta cheese (56 grams)
- 1/3 cup red onion, sliced
- 1/3 cup kalamata olives, halved (61 grams)

Juicy Air Fryer Chicken

- 1 lb raw chicken breast
- 3 tbsp homemade brine mix
- 1 tsp olive oil
- 1 tsp Oh My Spice! Lemon Pepper Dill Seasoning
- 1/2 tsp chili powder
- salt and pepper to taste

Instructions

Juicy Air Fryer Chicken

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. Air fry the chicken at 380 degrees for 11 minutes, flipping halfway through (sometimes I up the temp to 390 degrees after flipping the chicken for crispier edges). Set aside to cool for about 5 minutes before slicing.

Assemble

1. Divide lettuce, cucumbers, tomatoes, chicken, olives, and feta cheese (if desired) into 4 serving dishes. Top with Greek Dressing before serving. Serve with pita bread and hummus if desired.

Notes

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



★★★★☆
4 from 10 votes

Nutrition

Calories: 342kcal | Carbohydrates: 23g | Protein: 31g | Fat: 14g | Cholesterol: 2mg | Sodium: 595mg | Potassium: 271mg | Fiber: 3g | Sugar: 8g



Weekly GROCERY LIST



Week of March 15th, 2026

Produce

- Baby spinach: 3 cups
 - Green onions: 1 cup chopped
 - Bell peppers: 3 medium (orange, green, and red)
 - Sweet onion: ½ medium
 - Fresh cilantro: 6 tbsp
 - Broccoli slaw: 12 oz
 - Garlic: 3 cloves
 - Fresh ginger: 1 tbsp grated
 - Lime: 1
 - Green leaf lettuce: 8-10 cups
 - Cherry tomatoes: 1 cup
 - English cucumber: 1 cup
 - Red onion: ⅓ cup
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Proteins

- Liquid egg whites: 1 ½ cups
 - Eggs: 8 large
 - Ham steak: 6 oz
 - 94% lean ground turkey: 1 lb
 - Chicken breast: 2 ¼ lbs raw
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Dairy

- Breakstone's 2% Milkfat cottage cheese: 1 cup
 - Half and half: ¼ cup
 - Sharp cheddar cheese: 4 oz
 - Tillamook Mexican 4 Cheese Blend: 1 cup
 - Fat free feta cheese: ½ cup
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Frozen & Refrigerated

- Frozen corn kernels: 1 cup

Pantry & Dry Goods

- Low sodium black beans: 15.5 oz can
 - Chunky salsa: 16 oz jar
 - Lundberg Organic Brown Jasmine Rice: 1 cup
 - Optional: ¼ cup crushed peanuts
 - Light coconut milk: 1 cup
 - PB2 powdered peanut butter: ⅓ cup
 - Kalamata olives (halved or sliced): ⅓ cup
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Oils, Sauces & Condiments

- Olive oil
 - Skippy Natural Creamy Peanut Butter: 2 tbsp
 - Low sodium soy sauce: 2 tbsp
 - Rice vinegar: 1 tbsp
 - Thai Kitchen red curry paste: 1 tbsp
 - Farmer Boy Greek Dressing: ½ cup
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Spices & Seasonings

- Salt and pepper
- Garlic powder: ½ tsp
- Chili powder: 1 ¼ tsp
- Cumin: ½ tsp
- Oh My Spice! Spicy Fajita Seasoning: ½ tsp
- [Homemade brine mix](#): 3 tbsp
- Oh My Spice! Lemon Pepper Dill Seasoning: 1 tsp