

# Weekly MEAL PLAN



Week of March 29th, 2026

	Breakfast	Lunch	Dinner
Day 1	Carrot Cake Oatmeal Muffins	Easy Greek Chicken Salad	Juicy Air Fryer Chicken with Spring Veggie Couscous Salad
Day 2	Carrot Cake Oatmeal Muffins	Tex-Mex Unstuffed Pepper Bowl	Easy Greek Chicken Salad
Day 3	Carrot Cake Oatmeal Muffins	Juicy Air Fryer Chicken with Spring Veggie Couscous Salad	Tex-Mex Unstuffed Pepper Bowl
Day 4	Carrot Cake Oatmeal Muffins	Easy Greek Chicken Salad	Juicy Air Fryer Chicken with Spring Veggie Couscous Salad
Day 5	Carrot Cake Oatmeal Muffins	Tex-Mex Unstuffed Pepper Bowl	Easy Greek Chicken Salad
Day 6	Carrot Cake Oatmeal Muffins	Juicy Air Fryer Chicken with Spring Veggie Couscous Salad	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!

# Carrot Cake Oatmeal Muffins

Your favorite spring dessert got a healthier breakfast makeover with these Carrot Cake Oatmeal Muffins. Each muffin has 12g protein!



Prep Time	Cook Time	Total Time
15 mins	35 mins	50 mins

Course: Breakfast    Cuisine: American  
Keyword: breakfast, carrot cake, muffins, spring  
Servings: 7 jumbo muffins    Calories: 296kcal

☆☆☆☆☆  
No ratings yet

## Ingredients

- 2 1/4 cups rolled oats (227 grams)
- 2 scoops PEScience Select Vegan Plant Based Protein Powder, Vanilla Indulgence (60 grams)
- 1/2 cup raisins (80 grams)
- 1 tsp cinnamon
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp nutmeg
- 1/4 tsp salt
- 1 cup unsweetened applesauce (244 grams)
- 1 cup grated carrots (122 grams)
- 1/2 cup unsweetened vanilla almond milk (4 fl oz)
- 1/4 cup light brown sugar (48 grams)
- 2 large eggs
- 2 tbsp coconut oil, melted (30 grams)
- 1 tsp vanilla extract
- Optional: 1/4 cup chopped pecans for topping

## Instructions

1. Pre-heat oven to 400°F. Line jumbo muffin tins with 7 parchment muffin liners and set aside.
2. In a small to medium bowl, whisk together **1 cup unsweetened applesauce, 1/2 cup unsweetened vanilla almond milk, 1/4 cup light brown sugar, 2 large eggs, 2 tbsp coconut oil, melted, and 1 tsp vanilla extract** until well combined. Set aside.
3. In a large bowl, combine **2 1/4 cups rolled oats, 2 scoops PEScience Select Vegan Plant Based Protein Powder, Vanilla Indulgence, 1/2 cup raisins, 1 tsp cinnamon, 1 tsp baking powder, 1/2 tsp baking soda, 1/4 tsp nutmeg, and 1/4 tsp salt**. Once mixed, add **1 cup grated carrots** and stir until the carrots are evenly distributed in the dry

ingredients, then add wet ingredients and mix until combined.

4. Divide batter evenly into 7 muffin liners. If desired, top with chopped pecans. Bake at 400°F for 5 minutes, then lower heat to 350°F and bake for another 30 minutes (leave the muffins in the oven the entire time as the temperature adjusts).

## Notes

Scan the barcode below or search for "Peanut Butter and Fitness Carrot Cake Oatmeal Muffins 2026" to log this food in My Fitness Pal.



## Nutrition

Serving: 1jumbo muffin | Calories: 296kcal | Carbohydrates: 44g | Protein: 12g | Fat: 8g | Saturated Fat: 5g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Cholesterol: 53mg | Sodium: 329mg | Potassium: 318mg | Fiber: 5g | Sugar: 19g

# 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  
20 mins

Cook Time  
15 mins

Total Time  
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

# Juicy Air Fryer (or Grilled) Chicken

Prep Time  
10 mins

Cook Time  
12 mins

Total Time  
22 mins



4.58 from 14 votes

Servings: 4 servings    Calories: 120kcal

## Ingredients

- 1 lb chicken breast, raw
- 3 tbsp homemade brine mix
- 1 tsp olive oil
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/4 tsp chili powder
- salt and pepper to taste
- water

## Instructions

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. Pre-heat the air fryer to 400°F.
5. Air fry the chicken at 400°F for 11-12 minutes, or until chicken reaches 160° in the thickest part of the chicken, flipping the chicken halfway through. Set aside to rest for about 3-5 minutes before slicing.

## Notes

**Grill instructions:** Follow the same instructions above through Step 3. Pre-heat grill to 400°. Grill chicken 6 minutes on first side, then flip and grill 4-5 minutes on other side until chicken reaches 160° in the thickest part of the breast. Allow chicken to rest for 3-5 minutes before slicing.

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



## Nutrition

Calories: 120kcal | Protein: 25g | Fat: 2g | Cholesterol: 80mg | Sodium: 153mg

# Spring Veggie Couscous Salad

Prep Time  
30 mins

Cook Time  
20 mins

Total Time  
50 mins

Servings: 10 servings (generous 3/4 cup per serving)    Calories: 169kcal



4.86 from 7 votes

## Ingredients

- 2 cups pearl couscous (300 grams)
- 2 cups asparagus (1 bunch / 200 grams)
- 1 cup corn, roasted on the cob and cob removed (150 grams)
- 1 cup cucumber, chopped (135 grams)
- 10 oz baby heirloom tomatoes, halved (284 grams)
- 3 tbsp parsley, chopped
- 3 garlic cloves, minced
- 1 tsp olive oil

## Dressing

- 2 tbsp olive oil
- 2 tbsp champagne or sweet white wine vinegar
- 1 lemon, juiced and zested
- 1 tsp Flavor God Lemon and Garlic Seasoning

## Instructions

1. Pre-heat oven to 400 degrees. Line a baking sheet with aluminum foil. Toss tomatoes with 1 tsp olive oil and minced garlic. Season with salt and pepper. Roast for 20 minutes, then set aside to cool.
2. Whisk dressing ingredients in a small bowl.
3. Cook couscous according to package directions, then rinse with cold water and toss with dressing in a large bowl.
4. Place trimmed asparagus in a microwave safe dish and cover with a very damp paper towel. Microwave for 2 1/2 minutes until asparagus is bright green. Add asparagus to an ice bath to stop the cooking. Drain and pat dry, then chop into 1-2" chunks.
5. Add all remaining ingredients to the couscous and toss until evenly coated with dressing.

## Nutrition

Calories: 169kcal | Carbohydrates: 29g | Protein: 5g | Fat: 4g | Sodium: 16mg | Potassium: 155mg | Fiber: 1g | Sugar: 2g



# 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 mintes 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



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## Produce

- Carrots: 1 cup grated (2-3 med)
  - Bell peppers: 2 medium (orange and green)
  - Sweet onion: ½ medium
  - Green onions: ⅓ cup chopped
  - Fresh cilantro: ¼ cup chopped
  - Asparagus: 1 bunch
  - Cucumber: 2 cups chopped
  - Baby heirloom tomatoes: 10 oz
  - Cherry tomatoes: 1 cup
  - Fresh parsley: 3 tbsp
  - Garlic: 3 cloves
  - Lemon: 1
  - Green leaf lettuce: 8-10 cups
  - Red onion: ⅓ cup
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## Proteins

- Eggs: 2 large
  - 94% lean ground turkey: 1 lb
  - Chicken breast: 2 lbs raw
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## Dairy

- Tillamook Mexican 4 Cheese Blend: 1 cup
  - Fat free feta cheese: ½ cup
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## Frozen & Refrigerated

- Unsweetened vanilla almond milk: ½ cup
  - Frozen corn kernels: 2 cups (or fresh)
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## Pantry & Dry Goods

- Rolled oats: 2 ¼ cups
  - PEScience Select Vegan Plant Based Protein Powder, Vanilla Indulgence: 2 scoops
  - Raisins: ½ cup
  - Unsweetened applesauce: 1 cup
  - Baking powder: 1 tsp
  - Baking soda: ½ tsp
  - Light brown sugar: ¼ cup
  - Vanilla extract: 1 tsp
  - Optional: ¼ cup chopped pecans
  - Low sodium black beans: 15.5 oz can
  - Chunky salsa: 16 oz jar
  - Pearl couscous: 2 cups
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  - Kalamata olives (halved or sliced): ⅓ cup
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## Oils, Sauces & Condiments

- Olive oil
  - Coconut oil: 2 tbsp
  - Champagne or sweet white wine vinegar: 2 tbsp
  - Farmer Boy Greek Dressing: ½ cup
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## Spices & Seasonings

- Salt and pepper
- Cinnamon: 1 tsp
- Nutmeg: ¼ tsp
- Chili powder: 1 ½ tsp
- Cumin: ½ tsp
- Oh My Spice! Spicy Fajita Seasoning: ½ tsp

# Weekly **GROCERY LIST**



Week of March 29th, 2026

- [Homemade brine mix](#): 6 tbsp
- Oh My Spice! Lemon Pepper Dill  
Seasoning: 1 ½ tsp
- Flavor God Lemon Garlic  
Seasoning: 1 tsp