

Weekly MEAL PLAN



Week of March 8th, 2026

	Breakfast	Lunch	Dinner
Day 1	High Protein Baked Egg Bowls	Juicy Air Fryer Chicken, Garlic Herb Air Fryer Potatoes, and Air Fryer Broccoli	Sheet Pan Chicken Fajitas
Day 2	High Protein Baked Egg Bowls	Turkey Taco Salad with Avocado Ranch Dressing	Juicy Air Fryer Chicken, Garlic Herb Air Fryer Potatoes, and Air Fryer Broccoli
Day 3	High Protein Baked Egg Bowls	Sheet Pan Chicken Fajitas	Turkey Taco Salad with Avocado Ranch Dressing
Day 4	High Protein Baked Egg Bowls	Juicy Air Fryer Chicken, Garlic Herb Air Fryer Potatoes, and Air Fryer Broccoli	Sheet Pan Chicken Fajitas
Day 5	High Protein Baked Egg Bowls	Turkey Taco Salad with Avocado Ranch Dressing	Juicy Air Fryer Chicken, Garlic Herb Air Fryer Potatoes, and Air Fryer Broccoli
Day 6	High Protein Baked Egg Bowls	Sheet Pan Chicken Fajitas	Turkey Taco Salad with Avocado Ranch Dressing

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!

High Protein Baked Egg Bowls

Prep Time
20 mins

Cook Time
40 mins

Total Time
1 hr



Servings: 4 servings Calories: 282kcal

Ingredients

- 1 1/2 cups egg whites (12 fl oz)
- 1 cup fat free cottage cheese (8 fl oz)
- 8 links Applegate Naturals Savory Turkey Breakfast Sausages, sliced
- 6 large eggs (300 grams)
- 1 cup baby spinach, roughly chopped (25 grams)
- 1/2 cup sharp cheddar cheese, shredded (40 grams)
- 1/2 small red bell pepper, diced (75 grams)
- 2 tbsp chives or green onions, chopped
- 1/4 tsp salt
- 1/4 tsp Flavor God Garlic Lover's Seasoning



No ratings yet

Instructions

1. Pre-heat oven to 350°F. Spray 4 oven safe bowls (at least 2 cup capacity) with non-stick cooking spray and arrange on a baking sheet. Set aside.
2. Add cottage cheese and eggs to a blender or food processor and blend until smooth. Stir in egg whites until evenly combined. Set aside.
3. Add spinach to the bottom of the prepared bowls, then top with bell pepper and sausage. Season with salt and garlic seasoning, then divide the egg and cottage cheese mixture evenly among the 4 bowls. Top with cheese and chives.
4. Bake at 350°F for 40-45 minutes, covered with foil for the first 20 minutes. While baking, the eggs will puff up in the middle and runny egg mixture will ooze up the sides of the bowls onto the edges of the already baked eggs - once that mixture is cooked and the cheese is golden brown, the eggs are done.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness High Protein Baked Egg Bowls" to log this food in My Fitness Pal.



Nutrition

Serving: 1bowl | Calories: 282kcal | Carbohydrates: 14g | Protein: 33g | Fat: 5g | Saturated Fat: 6g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 3g | Cholesterol: 351mg | Sodium: 913mg | Potassium: 474mg | Sugar: 2g

Sheet Pan Chicken Fajitas

30 minute weeknight dinner! Serve these easy fajitas on tortillas with guac and sour cream or in a bowl with rice and beans for meal prep.



★★★★★
5 from 2 votes

Prep Time	Cook Time	Total Time
15 mins	15 mins	30 mins

Course: Main Course Cuisine: American, southwest

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

Servings: 5 servings Calories: 272kcal

Ingredients

- 1 1/2 lbs chicken breast, thinly sliced
- 3 bell peppers, sliced (540 grams yield)
- 1 medium red onion, sliced (250 grams)
- 2 1/2 tbsp olive oil (34 grams)
- 1 fl oz lime juice
- 4 tsp Oh My Spice! Spicy Fajita Seasoning
- 3/4 tsp salt

Instructions

1. Line a large baking sheet with aluminum foil and set aside. Pre-heat oven to 400°F.
2. Add all ingredients to the lined baking sheet and toss to coat evenly.
3. Bake for 10 minutes at 400°F, toss the ingredients, and turn the oven to broil. Continue to cook for about 5 minutes on an upper rack, watching closely during the last 1-2 minutes to ensure it doesn't burn.

Notes

Toppings and sides: This simple base recipe can be served how you like it, including on tortillas or over rice and beans. Excellent toppings options include guacamole, sour cream, pico de Gallo, cotija cheese, and fresh cilantro.

Seasoning: If you prefer make your own fajita seasoning at home, here's a good starting point: 2 tsp chili powder, 1/2 tsp cumin, 1/2 tsp paprika, 1/2 tsp garlic powder, 1/4 tsp onion powder, 1/4 tsp oregano

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

Nutrition

Calories: 272kcal | Carbohydrates: 11g | Protein: 32g | Fat: 11g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 6g | Cholesterol: 99mg | Sodium: 559mg | Potassium: 747mg | Fiber: 3g | Sugar: 6g



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

Air Fryer Potatoes with Garlic Herb Butter

Prep Time
10 mins

Cook Time
20 mins

Total Time
30 mins

Servings: 6 servings Calories: 204kcal

Ingredients

- 2 lbs baby gold potatoes
- 2 tbsp olive oil
- 1 tsp Flavor God Garlic Lover's Seasoning
- 1 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp dried oregano

Garlic Herb Butter

- 1 small head of garlic for roasting
- 3 tbsp unsalted butter
- 1 tsp fresh thyme, chopped
- 1 tsp fresh rosemary, chopped
- 1 tsp olive oil

Instructions

1. **Cut potatoes.** Wash potatoes, then halve them. Some of the larger ones may need to be quartered or cut into thirds to get all the pieces about the same size. Place the cut potatoes into a bowl of cold water and set aside.
2. **Prepare garlic for roasting.** Cut the top off the head of garlic to expose the cloves inside. Place on top of a piece of foil and drizzle with 1 tsp olive oil. Wrap the foil around the garlic head loosely. Set aside.
3. **Prepare potatoes.** Drain the potatoes in a colander, and rinse with cold water. Allow excess water to drip off, then pat the potatoes dry with a paper towel. Be sure to get them as dry as possible.

Toss potatoes with 2 tbsp olive oil, salt, pepper, Flavor God seasoning, and oregano. Set aside.

4. **Air fry.** Pre-heat the air fryer to 400°F. Add the foil wrapped garlic head (cut side up) to the corner of the air fryer, then add the potatoes in a single layer. You may need to do this in more than 1 batch so you don't overcrowd the air fryer.

Air fry for 10 minutes, then remove the garlic to toss the potatoes. Return the garlic to the air fryer and continue cooking for another 8-10 minutes, checking around 7 minutes to ensure the potatoes do not burn.

5. **Prepare garlic herb butter.** Add the butter, thyme, and rosemary to a microwave safe bowl. Cover with a paper towel and microwave for 30-45 seconds or until the butter is completely melted.

Carefully remove the garlic head from the foil and squeeze 4-5 cloves into the butter and herb mixture. Using the back of a fork, mash the garlic cloves into the butter and herbs until completely combined.

6. **Serve.** Drizzle the garlic herb butter over the potatoes before serving.



☆☆☆☆☆
No ratings yet

Notes

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



Nutrition

Serving: 1cup | Calories: 204kcal | Carbohydrates: 27g | Protein: 3g | Fat: 10g | Cholesterol: 15mg | Sodium: 8mg | Potassium: 630mg | Fiber: 2g | Sugar: 1g

Air Fryer Broccoli

Prep Time
10 mins

Cook Time
10 mins

Total Time
20 mins

Servings: 4 servings Calories: 65kcal

Ingredients

- 6 cups broccoli florets (528 grams)
- 2 tsp olive oil (9 grams)
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/2 tsp salt

Instructions

1. Pre-heat air fryer to 380°F.
2. Toss broccoli florets in olive oil and seasonings until evenly distributed. Once air fryer is pre-heated, add broccoli into the air fryer basket in a single layer (you may need to do more than 1 batch).
3. Air fry for 8-10 minutes or until the broccoli reaches desired browning levels, shaking the basket to toss the broccoli halfway through cooking.

Notes

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



Nutrition

Calories: 65kcal | Carbohydrates: 9g | Protein: 4g | Fat: 3g | Sodium: 342mg | Potassium: 417mg | Fiber: 3g | Sugar: 2g



☆☆☆☆☆
No ratings yet

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 15 mins	Cook Time 10 mins	Total Time 25 mins
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★★★★★
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

Weekly GROCERY LIST



Week of March 8th, 2026

Produce

- Baby spinach: 1 cup
 - Bell peppers: 3 ½ (red, orange, green)
 - Chives: 2 tbsp
 - Red onion: 1 medium + ½ cup
 - Lime: 1
 - Baby gold potatoes: 2 lbs
 - Garlic: 1 small head
 - Fresh thyme: 1 tsp
 - Fresh rosemary: 1 tsp
 - Broccoli: 6 cups
 - Green leaf lettuce: 10 cups
 - Cherry tomatoes: 1 ⅓ cup
-

Proteins

- Chicken breast: 2 ½ lb
 - 94% ground turkey: 1 lb
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Dairy

- Liquid egg whites: 1 ½ cups
 - Eggs: 6 large
 - Fat free cottage cheese: 1 cup
 - Sharp cheddar cheese: ½ cup shredded
 - Unsalted butter: 3 tbsp
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Freezer

- Applegate Naturals Savory Turkey Breakfast Sausages: 8 links
 - Frozen corn kernels: 1 ⅓ cup
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Oils, Sauces & Condiments

- Olive oil
 - Ortega Taco Skillet Sauce: 7 oz
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Pantry & Dry Goods

- Rice: if desired for Sheet Pan Chicken Fajitas
 - Chili seasoned black beans: if desired for Sheet Pan Chicken Fajitas
 - Canned low sodium black beans: 1 ⅓ cup
 - Fresh Gourmet Santa Fe Style Tortilla Strips: 1 cup
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Spices & Seasonings

- Salt and black pepper
- [Homemade brine mix](#): 3 tbsp
- Flavor God Garlic Lover's Seasoning: 1 ¼ tsp
- Oh My Spice! Spicy Fajita Seasoning: 5 tsp
- Oh My Spice! Lemon Pepper Seasoning: 1 tsp
- Chili powder: 1/4 tsp
- Dried oregano: ½ tsp
- Cinnamon: ½ tsp
- Smoked paprika: ⅓ tsp
- Garlic powder: ⅓ tsp

**Note: List does not include ingredients for [Avocado Ranch Dressing](#)*