

Weekly MEAL PLAN



Week of April 12th, 2026

	Breakfast	Lunch	Dinner
Day 1	Lemon Raspberry Oatmeal Muffins with Ham & Cottage Cheese Egg Casserole	Sheet Pan Honey Dijon Chicken	Thai Tofu Bowl with Spicy Peanut Sauce
Day 2	Lemon Raspberry Oatmeal Muffins with Ham & Cottage Cheese Egg Casserole	Turkey Taco Salad with Avocado Ranch Dressing	Sheet Pan Honey Dijon Chicken
Day 3	Lemon Raspberry Oatmeal Muffins with Ham & Cottage Cheese Egg Casserole	Thai Tofu Bowl with Spicy Peanut Sauce	Turkey Taco Salad with Avocado Ranch Dressing
Day 4	Lemon Raspberry Oatmeal Muffins with Ham & Cottage Cheese Egg Casserole	Sheet Pan Honey Dijon Chicken	Thai Tofu Bowl with Spicy Peanut Sauce
Day 5	Lemon Raspberry Oatmeal Muffins with Ham & Cottage Cheese Egg Casserole	Turkey Taco Salad with Avocado Ranch Dressing	Sheet Pan Honey Dijon Chicken
Day 6	Lemon Raspberry Oatmeal Muffins with Ham & Cottage Cheese Egg Casserole	Thai Tofu Bowl with Spicy Peanut Sauce	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!

Raspberry Lemon Oatmeal Muffins

A perfect spring or summer breakfast, these bright and tangy muffins have an added protein boost to keep you fueled for the day ahead!



Prep Time	Cook Time	Total Time
15 mins	40 mins	55 mins

Course: Breakfast Cuisine: American
Keyword: high protein, muffins, vegetarian
Servings: 7 jumbo muffins Calories: 252kcal

☆☆☆☆☆
No ratings yet

Ingredients

Dry Ingredients

- 2 1/4 cups rolled oats (225 grams)
- 2 scoops PEScience Select Vegan Vanilla Indulgence Protein Powder (60 grams)
- 2 cups raspberries (220 grams)
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- pinch salt

Wet Ingredients

- 1 cup unsweetened applesauce (244 grams)
- 2/3 cup unsweetened vanilla almond milk (5.36 fl oz)
- 3 tbsp honey (63 grams)
- 2 egg whites
- 2 tbsp melted coconut oil (1 fl oz)
- 2 lemons, zested
- 1 tsp vanilla extract

Instructions

1. Pre-heat oven to 425°. Line jumbo muffin tins with 7 parchment paper liners. Set aside.
2. In a large bowl, mix **2 1/4 cups rolled oats, 2 scoops PEScience Select Vegan Vanilla Indulgence Protein Powder, 1/2 tsp baking powder, 1/2 tsp baking soda, and pinch salt**. Once combined, gently mix in **2 cups raspberries**. Set aside.
3. In a medium bowl, whisk together **1 cup unsweetened applesauce, 2/3 cup unsweetened vanilla almond milk, 3 tbsp honey, 2 egg whites, 2 tbsp melted coconut oil, 2 lemons, zested, and 1 tsp vanilla extract**. Pour into dry ingredients and mix until combined. Divide batter evenly into 7 muffin cups.
4. Bake at 425° for 5 minutes, then lower heat to 350 degrees and continue baking for 30-35 minutes until muffin tops are golden brown and resist collapsing when pressed lightly

on top with your finger.

Notes

- **2026 Update:** This recipe was updated to switch from using whey and casein protein to plant based protein. The plant based protein allows the muffins to rise more and I personally like the flavor better for this recipe. If you prefer to use whey and casein, use 1 scoop of each and reduce the amount of almond milk to 1/2 cup.
- **Storage:** Store leftovers in an airtight container in the refrigerator for up to 1 week.
- **Nutrition:** Scan the barcode below or search for "Peanut Butter and Fitness Raspberry Lemon Oatmeal Muffins" to log this food in My Fitness Pal.



Nutrition

Serving: 1jumbo muffin | Calories: 252kcal | Carbohydrates: 38g | Protein: 11g | Fat: 7g | Saturated Fat: 4g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Sodium: 240mg | Potassium: 216mg | Fiber: 6g | Sugar: 12g

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

Sheet Pan Honey Dijon Chicken

Prep Time
20 mins

Cook Time
30 mins

Total Time
50 mins

Servings: 4 servings Calories: 428kcal

Ingredients

- 1 1/4 lb chicken breast
- 1 medium to large butternut squash, cut into 1/2-3/4" cubes (700 grams yield)
- 4 cups broccoli florets (360 grams)
- 4 tbsp olive oil, divided (2 fl oz)
- 3 tbsp honey (1.5 fl oz)
- 3 tbsp coarse or stone ground dijon mustard (1.5 fl oz)
- 1 tbsp balsamic vinegar (0.5 fl oz)
- 1 tsp Flavor God Garlic Lover's Seasoning
- 1/2 tsp sea salt



☆☆☆☆☆
No ratings yet

Instructions

1. Optional but recommended: Brine the chicken in my homemade brine for 3-5 hours.
2. Pre-heat oven to 425°F. Line a baking sheet with foil or spray it with non-stick cooking spray. Set aside.
3. Whisk 3 tbsp of olive oil, honey, dijon mustard, balsamic vinegar, 1/4 tsp salt, and garlic seasoning until emulsified. Toss the butternut squash and broccoli in remaining olive oil and 1-2 tbsp of the honey dijon sauce. Set aside.
4. While the oven pre-heats, pat the chicken breasts dry with a paper towel and pound to an even thickness. Slather the chicken with 2-3 tbsp of the honey dijon sauce and season with 1/4 tsp salt. Set aside.
5. Once the oven is pre-heated, add the chicken and butternut squash to the baking sheet in a single layer. Bake at 425°F for 10 minutes, then brush the chicken with more honey dijon sauce. Add the broccoli and continue baking for 13-18 minutes or until the chicken reaches an internal temperature of 165°F in the thickest part of the chicken.
6. Brush the chicken with more honey dijon sauce before serving.

Notes

- **Brining vs marinating:** If you skip the brine, be sure to marinate the chicken in the honey dijon sauce for at least 30 mins to 2 hours. You may want to make extra sauce to fully coat the chicken while marinating.
- **Mustard types:** I used a combination of 1 1/2 tbsp Dijon Mustard, 1 tbsp Grey Poupon (stoneground mustard), and 1/2 tbsp whole grain mustard to achieve the sauce you see pictured here.
- **For deeper browning** on the butternut squash, bake the squash alone for 10 minutes before adding the chicken to the sheet pan, or bake it on a separate sheet pan to reduce crowding.
- **Nutrition:** Scan the barcode below or search for "Peanut Butter and Fitness Sheet Pan Honey Dijon Chicken" to log this food in My Fitness Pal.

Nutrition

Calories: 428kcal | Carbohydrates: 31g | Protein: 36g | Fat: 18g | Saturated Fat: 3g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 11g | Cholesterol: 103mg | Sodium: 428mg | Potassium: 1557mg | Fiber: 3g | Sugar: 20g



Thai Tofu Bowls with Spicy Peanut Sauce

Prep Time
20 mins

Cook Time
40 mins

Total Time
1 hr

Servings: 4 servings Calories: 679kcal

Ingredients

- 28 oz extra firm tofu, cut into 1/2" cubes
- 10 oz frozen edamame, thawed
- 3/4 cup Spicy Thai Peanut Sauce (6 fl oz)
- 2 cups red cabbage, shaved (140 grams)
- 2 large carrots, cleaned and shaved into ribbons (120 grams)
- 2/3 jasmine rice, prepared according to package directions (124 grams dry)
- 2 small avocados, peeled and sliced (220 grams)
- 1 lime, juiced
- 1/3 cup cilantro, chopped
- 1 tsp sugar
- 1/2 tsp salt

Tofu Sauce

- 3 tbsp low sodium soy sauce (1.5 fl oz)
- 3 tbsp chili garlic paste (1.5 fl oz)
- 1 1/2 tbsp fresh grated ginger (0.75 fl oz)
- 1 tbsp honey (0.5 fl oz)
- 1/2 tbsp sesame oil
- 1/2 tsp fish sauce

Instructions

1. **Press tofu.** Place tofu on a paper towel lined plate, then cover with another paper towel, and place another plate on top to press the excess liquid out of the tofu. Set aside in the refrigerator for 20 mins.
2. **Prepare tofu sauce.** Whisk together all sauce ingredients until smooth. Set aside.
3. **Bake tofu.** After the tofu has been pressed, remove from refrigerator and cut into bite size chunks (about 1/2" square). Pre-heat oven to 425°F and line a baking sheet with SILPAT (if desired). Toss tofu chunks with tofu sauce and bake for 20 minutes at 425°F. Flip tofu, then reduce heat to 350°F and bake another 15-20 minutes or until crisp and edges of tofu are browned.
4. **Prep cabbage.** While the tofu bakes, toss shaved cabbage with juice of 1 lime, 1 tsp sugar, and 1/2 tsp salt. Set aside.
5. **Assemble bowls.** Layer rice, edamame, cabbage, carrots, and avocado in a serving dish. Top with tofu, Spicy Thai Peanut Sauce, cilantro, and crushed peanuts (optional) before serving.

Notes

Click here or scan the barcode below to log this food WITH RICE in My Fitness Pal. Click here to log it WITHOUT RICE.

Nutrition

Calories: 679kcal | Carbohydrates: 59g | Protein: 38g | Fat: 33g | Sodium: 904mg | Potassium: 842mg | Fiber: 17g | Sugar: 13g



☆☆☆☆☆
No ratings yet

With Rice



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Without Rice

Spicy Thai Peanut Sauce

Prep Time
5 mins

Total Time
5 mins



Servings: 9 servings Calories: 95kcal

Ingredients

- 1/2 cup Skippy Natural Creamy Peanut Butter, melted (128 grams)
- 2 tbsp low sodium soy sauce (1 fl oz)
- 2 tbsp lime juice (1 fl oz)
- 2 tbsp water (1 fl oz)
- 1 tbsp chili garlic paste or sambal (15 grams)
- 1 tbsp freshly grated ginger
- 1 tbsp honey
- 1 clove garlic, grated
- 1 tsp seasoned rice vinegar
- 1/2 tsp fish sauce



No ratings yet

Instructions

1. Whisk all ingredients together until well combined. Store in an airtight container in the refrigerator for up to 10 days.

Notes

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



Nutrition

Serving: 2tbsp | Calories: 95kcal | Carbohydrates: 5g | Protein: 3g | Fat: 7g | Sodium: 262mg | Potassium: 51mg | Fiber: 1g | Sugar: 3g

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



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Produce

- Raspberries: 2 cups
 - Lemons: 2
 - Baby spinach: 3 cups
 - Green onions: $\frac{1}{3}$ cup
 - Broccoli florets: 4 cups
 - Butternut squash: 1 medium
 - Red cabbage: 2 cups
 - Carrots: 2 large
 - Avocados: 2 small
 - Limes: 2
 - Cilantro: $\frac{1}{3}$ cup
 - Fresh ginger: 2 $\frac{1}{2}$ tbsp
 - Garlic: 1 clove
 - Green leaf lettuce: 10 cups
 - Cherry tomatoes: 1 $\frac{1}{3}$ cups
 - Red onion: $\frac{1}{2}$ cup chopped
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Proteins

- Eggs: 8 large
 - Egg whites: 1 $\frac{3}{4}$ cups
 - Ham steak: 6 oz
 - Chicken breast: 1 $\frac{1}{4}$ lbs
 - Extra firm tofu: 28 oz
 - Ground turkey (94% lean): 1 lb
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Frozen & Refrigerated

- Unsweetened vanilla almond milk: $\frac{2}{3}$ cup
 - Frozen shelled edamame: 10 oz
 - Frozen corn kernels: 1 $\frac{1}{3}$ cup
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Dairy

- Breakstone's 2% Cottage Cheese: 1 cup
 - Half and half: $\frac{1}{4}$ cup
 - Sharp cheddar cheese: 4 oz
-

Pantry & Dry Goods

- Rolled oats: 2 $\frac{1}{4}$ cups
 - PEScience Select Vegan Vanilla Indulgence Protein Powder: 2 scoops
 - Baking powder: $\frac{1}{2}$ tsp
 - Baking soda: $\frac{1}{2}$ tsp
 - Unsweetened applesauce: 1 cup
 - Honey: $\frac{1}{2}$ cup
 - Vanilla extract: 1 tsp
 - Sugar: 1 tsp
 - Black beans (canned, low sodium): 1 $\frac{1}{3}$ cups
 - Fresh Gourmet Santa Fe Style Tortilla Strips: 1 cup
 - Ortega Taco Skillet Sauce: 7 oz
-

Oils, Sauces & Condiments

- Olive oil
 - Coconut oil: 2 tbsp
 - Stone ground dijon mustard: 3 tbsp
 - Balsamic vinegar: 1 tbsp
 - Low sodium soy sauce: 5 tbsp
 - Chili garlic paste: $\frac{1}{4}$ cup
 - Sesame oil: $\frac{1}{2}$ tbsp
 - Fish sauce: 1 tsp
 - Skippy Natural Creamy Peanut Butter: $\frac{1}{2}$ cup
 - Seasoned rice vinegar: 1 tsp
-

Weekly GROCERY LIST



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Spices & Seasonings

- Salt and pepper
 - Garlic powder: ½ tsp
 - Flavor God Garlic Lover's Seasoning: 1 tsp
 - Oh My Spice! Spicy Fajita Seasoning: 1 tsp
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Optional

- [Homemade Brine Mix](#): 3 tbsp

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