

Weekly MEAL PLAN



Week of April 19th, 2026

	Breakfast	Lunch	Dinner
Day 1	Blueberry Cottage Cheese Overnight Oats	Easy Greek Chicken Salad	Harissa Honey Chicken Bowl
Day 2	Blueberry Cottage Cheese Overnight Oats	Egg Roll in a Bowl	Easy Greek Chicken Salad
Day 3	Blueberry Cottage Cheese Overnight Oats	Harissa Honey Chicken Bowl	Egg Roll in a Bowl
Day 4	Blueberry Cottage Cheese Overnight Oats	Easy Greek Chicken Salad	Harissa Honey Chicken Bowl
Day 5	Blueberry Cottage Cheese Overnight Oats	Egg Roll in a Bowl	Easy Greek Chicken Salad
Day 6	Blueberry Cottage Cheese Overnight Oats	Harissa Honey Chicken Bowl	Egg Roll in a 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!

Blueberry Cottage Cheese Overnight Oats

These quick and easy overnight oats have 11 grams of protein and give cheesecake vibes thanks to cottage cheese!

Prep Time
15 mins

Total Time
15 mins



★★★★★
5 from 1 vote

Course: Breakfast Cuisine: American

Keyword: cottage cheese, high protein, meal prep, overnight oats

Servings: 6 servings Calories: 256kcal

Ingredients

- 2 cup rolled oats (162 grams)
- 1.5 cup frozen wild blueberries (201grams)
- 1.5 cup unsweetened vanilla almond milk (12 fl oz)
- 1.5 cup Breakstone's 2% Milkfat Cottage Cheese (351 grams)
- 9 tbsp maple syrup (4 1/2 fl oz)
- 3 tsp chia seeds (12 grams)
- 3 tsp vanilla extract
- 0.38 tsp each: salt and cinnamon
- Optional: zest of 1 1/2 lemons

Instructions

1. Divide all ingredients except blueberries between 6 jars or airtight containers and mix until combined. Set aside.
2. Microwave wild blueberries for 30 seconds, then divide and spoon over the overnight oats mixture. *Note: microwaving is optional since the berries will thaw in the refrigerator overnight, but this creates extra blueberry juice which makes the oats more colorful.*
3. Refrigerate overnight, then stir and serve. I like to heat mine in the microwave for 30 seconds before serving.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Blueberry Cottage Cheese Overnight Oats" to log this food in My Fitness Pal.

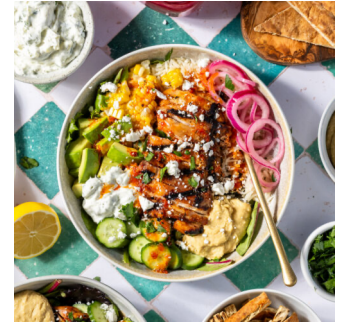


Nutrition

Calories: 256kcal | Carbohydrates: 45g | Protein: 11g | Fat: 4g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Cholesterol: 5mg | Sodium: 320mg | Potassium: 192mg | Fiber: 5g | Sugar: 18g

Harissa Honey Chicken Bowl

This copycat Cava recipe is totally crave-worthy with juicy grilled chicken thighs, rice, and plenty of veggies, all topped off with a spicy harissa vinaigrette.



No ratings yet

Prep Time
45 mins

Cook Time
15 mins

Total Time
1 hr

Course: Main Course Cuisine: American, Mediterranean

Keyword: cava copycat, chicken, power bowl Servings: 6 servings

Calories: 534kcal

Ingredients

Harissa Honey Chicken

- 1 1/2 lbs chicken thighs, extra fat trimmed
- 2 tbsp Mina Harissa Moroccan Red Pepper Sauce (1 fl oz)
- 2 tbsp honey (1 fl oz)
- 2 tbsp olive oil (1 fl oz)
- 2 garlic cloves, sliced (8 grams)
- 1 tsp kosher salt

Bowl Ingredients

- 8 cups spring mix (150 grams)
- 1 17.3 oz bag Ben's Original Ready Rice Basmati Family Size Rice
- 3/4 cup Sabra Original Hummus (6 fl oz)
- 3/4 cup Easy Tzatziki Dip (6 fl oz)
- 2 avocados, chopped (300 grams)
- 6 mini cucumbers, sliced (300 grams)
- 1 cup Pickled Red Onions
- 4 small ears of corn on the cob (300 grams yield)
- 3/4 cup fat free feta cheese, crumbled (84 grams)

Harissa Vinaigrette

- 1/4 cup Mina Harissa Moroccan Red Pepper Sauce (2 fl oz)
- 3 tbsp olive oil (1.5 fl oz)
- 2 tbsp lemon juice (1 fl oz)
- 1 tbsp red wine vinegar (0.5 fl oz)
- 1 tbsp honey (0.5 fl oz)
- 1/2 tsp each: sea salt, garlic powder, oregano
- 1/4 tsp cumin

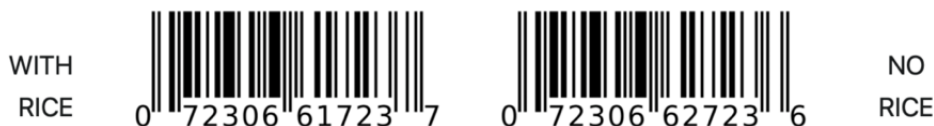
Instructions

1. **Marinate the Chicken.** In a jar, add **2 tbsp Mina Harissa Moroccan Red Pepper Sauce, 2 tbsp honey, 2 tbsp olive oil, 2 garlic cloves, sliced,** and **1 tsp kosher salt.** Shake until well combined, then pour over **1 1/2 lbs chicken thighs, extra fat trimmed** in a resealable container. Cover and set aside in the refrigerator to marinate for at least 2 hours or up to overnight.
2. **Make the Dressing.** In the same jar you used for the marinade, add **1/4 cup Mina Harissa Moroccan Red Pepper Sauce, 3 tbsp olive oil, 2 tbsp lemon juice, 1 tbsp red wine vinegar, 1 tbsp honey, 1/2 tsp each: sea salt, garlic powder, oregano,** and **1/4 tsp cumin.** Shake well until the oil is emulsified. Set aside.
3. **Grill the Chicken and Corn.** Pre-heat the grill to about 450°F. Once pre-heated, use grill tongs and a bunched up paper towel to brush the grill grates with vegetable oil. Add the marinated chicken thighs "nice" side down to the oiled grill grates and grill for about 6 minutes per side or until cooked through. Set aside to cool for at least 5 minutes, then slice for serving.
4. Add **4 small ears of corn on the cob** and grill for 6-8 mins or until the corn is tender and lightly charred, turning frequently to cook evenly and avoid burning. Once the corn has cooled enough to be handled, cut the kernels from the cob for serving. *Optional: brush the corn with a bit of olive oil and season with salt before grilling.*
5. **Assemble the Bowls.** In a wide shallow bowl like a pasta bowl, add rice, spring mix, chicken, corn, and all desired toppings like avocados, cucumbers, pickled red onions, hummus, tzatziki, and feta cheese. Top with prepared dressing and serve immediately.

Notes

Meal prep: Check out my tips here for meal prepping this recipe.

Nutrition: Scan the barcode below or search for "Peanut Butter and Fitness Harissa Honey Chicken Bowl" to log this food in My Fitness Pal. There are options for with and without rice.



Nutrition

Calories: 534kcal | Carbohydrates: 42g | Protein: 34g | Fat: 26g | Saturated Fat: 5g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 10g | Cholesterol: 109mg | Sodium: 718mg | Potassium: 798mg | Fiber: 7g | Sugar: 12g

Pickled Red Onion

Prep Time
10 mins

Total Time
10 mins



Servings: 8 servings

Ingredients

- 1 medium red onion, sliced (100 grams)
- 2 cup water (8 oz)
- 1 cup apple cider vinegar (4 oz)
- 4 tbsp sugar (24 grams)
- 4 tsp salt (10 grams)



5 from 1 vote

Instructions

1. Microwave water in a microwave safe dish until almost boiling, about 1-2 minutes.
2. Add sugar and salt to hot water and stir until completely dissolved. Add apple cider vinegar and stir.
3. Place onion slices in a resealable glass jar and pour pickling liquid over top until onions are covered in liquid.
4. Refrigerate at least 3 hours or overnight before serving.

Easy Tzatziki Dip

Easy tzatziki dip packs a ton of refreshing flavor thanks to shredded cucumber, fresh dill, and tangy Greek yogurt.



Prep Time
15 mins

Total Time
15 mins

Course: Dips and Sauces Cuisine: Mediterranean

Keyword: dip, greek yogurt, tzatziki Servings: 8 servings (1/3 cup per serving)

Calories: 37kcal

☆☆☆☆☆
No ratings yet

Ingredients

- 1 1/2 cups plain 2% fat Greek yogurt (340 grams)
- 1 English cucumber, seeds removed, peeled, and shredded (144 grams shredded)
- 2 cloves garlic, grated (8 grams)
- 1 tbsp fresh dill, chopped
- 1 tsp lemon zest
- 1 tsp red wine vinegar
- 1/2 tsp salt, plus more to taste
- 1/4 tsp black pepper

Instructions

1. Spread the shredded cucumber onto a paper towel lined plate or fine mesh strainer. Evenly season the cucumber with 1/2 tsp of salt and let it rest while you measure out the other ingredients, about 5-10 minutes.
2. Add all remaining ingredients to a bowl and set aside.
3. Using a fresh paper towel, squeeze the liquid out of the shredded cucumber, then add it to the bowl with the remaining ingredients. Mix until well combined and season with additional salt to taste.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Easy Tzatziki Dip" to log this food in My Fitness Pal.



Nutrition

Serving: 0.33cup | Calories: 37kcal | Carbohydrates: 4g | Protein: 4g | Fat: 1g | Cholesterol: 4mg | Sodium: 20mg | Potassium: 81mg | Sugar: 2g

Egg Roll in a Bowl

Prep Time
20 mins

Cook Time
15 mins

Total Time
35 mins

Servings: 6 servings Calories: 312kcal

Ingredients

- 1 lb 99% extra lean ground turkey
- 1 lb ground pork
- 1 13.5 oz bag coleslaw mix (no dressing) (397 grams)
- 1 12 oz bag broccoli slaw (340 grams)
- 1 6 oz bag snow peas, sliced (170 grams)
- 5 cloves garlic, minced (20 grams)
- 1 1/2 tbsp fresh grated ginger
- 1 tbsp sesame oil, divided (1/2 oz)

Sauces

- 6 tbsp low sodium soy sauce (3 oz)
- 2 tbsp rice wine vinegar (1 oz)
- 1 tbsp sriracha sauce (1/2 oz)
- 1 tbsp hoisin sauce (1/2 oz)

Optional Toppings (Not Included in Nutrition Info)

- sriracha mayo
- wonton strips
- green onion, chopped
- sesame seeds

Instructions

1. Heat 1 tsp sesame oil in a large sauté pan over medium high heat. Add broccoli slaw and snow peas, tossing to distribute the oil. Cover and sauté for 3-5 minutes or until broccoli is tender crisp (add 1-2 tbsp of water to help it along if needed). Add to a large bowl and set aside to cool.
2. Heat remaining sesame oil in the same large sauté pan over medium high heat. Add garlic and sauté until it becomes fragrant, about 1 minute.
3. Add ground turkey, ground pork, sriracha, and ginger to the sauté pan. Break meat apart with wooden spatula as it cooks, ensuring sriracha and ginger are distributed throughout the meat chunks.
4. When meat is mostly cooked through but still has spots of pink, add soy sauce, rice wine vinegar, and hoisin sauce. Continue stirring and breaking apart meat until cooked through, about 7-10 minutes total.
5. Once meat is cooked, add coleslaw and mix until combined with meat. Add broccoli slaw and snow peas back into sauté pan and mix until combined.
6. Divide mixture evenly into 6 serving dishes or meal prep containers. Top with and desired optional toppings before serving.

Notes

- If you don't have hoisin sauce on hand or can't find it, use 1/2 tbsp brown sugar instead. It doesn't have the same flavor, but will lend some of the same sweetness.
- For a lower fat version, use only lean ground turkey.
- Click here or scan the barcode below to log this food in My Fitness Pal.



4.50 from 8 votes

Nutrition

Calories: 312kcal | Carbohydrates: 12g | Protein: 33g | Fat: 15g | Cholesterol: 83mg | Sodium: 719mg | Potassium: 632mg | Fiber: 3g | Sugar: 7g



Easy Greek Chicken Salad

Prep Time
20 mins

Cook Time
10 mins

Total Time
30 mins

Servings: 4 servings Calories: 342kcal



★★★★☆
4 from 10 votes

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.



Nutrition

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

Weekly GROCERY LIST



Week of April 19th, 2026

Produce

- Lemons: 2
 - Garlic: 7 cloves
 - Spring mix: 8 cups
 - Avocados: 2
 - Mini cucumbers: 8
 - Red onion: 1 ½ medium
 - Corn on the cob: 4 small ears
 - Coleslaw mix: 13.5 oz bag
 - Snow peas: 6 oz
 - Ginger: 1 ½ tbsp
 - English cucumber: 1 cup
 - Green leaf lettuce: 8 cups
 - Cherry tomatoes: 1 cup
-

Proteins

- Boneless, skinless chicken thighs: 1 ½ lbs
 - 99% lean ground turkey: 1 lb
 - Ground pork: 1 lb
 - Chicken breast: 1 lb
-

Dairy, Refrigerator, & Freezer

- Breakstone's 2% cottage cheese: 1 ½ cups
 - Unsweetened vanilla almond milk: 1 ½ cups
 - Frozen wild blueberries: 1 ½ cups
 - Hummus: ¾ cup
 - [Tzatziki](#): ¾ cup
 - Fat free feta cheese: 1 ¼ cup
-

Pantry & Dry Goods

- Rolled oats: 2 cups

- Maple syrup: ½ cup + 1 tbsp
 - Chia seeds: 1 tbsp
 - Vanilla extract: 1 tbsp
 - Ben's Original Ready Rice Basmati Family Size: (1) 17.3 oz bag
 - Honey: 3 tbsp
 - Sugar: ¼ cup
 - Kalamata olives: ⅓ cup
-

Oils, Sauces & Condiments

- Olive oil
 - Mina Harissa sauce (mild): 3 fl oz
 - Apple cider vinegar: 1 cup
 - Red wine vinegar: 1 tbsp
 - Sesame oil: 1 tbsp
 - Low sodium soy sauce: 6 tbsp
 - Rice wine vinegar: 2 tbsp
 - Sriracha sauce: 1 tbsp
 - Hoisin sauce: 1 tbsp
 - Farmer Boy Greek Dressing: ½ cup
-

Spices & Seasonings

- Salt and black pepper
 - Cinnamon: ⅜ tsp
 - Garlic powder: ½ tsp
 - Oregano: ½ tsp
 - Cumin: ¼ tsp
 - [Homemade brine mix](#): 3 tbsp
 - Oh My Spice! Lemon Pepper Seasoning: 1 tsp
 - Chili powder: ½ tsp
-

Optional Toppings

- Sriracha mayo

Weekly GROCERY LIST



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- Wonton strips (salad toppings section)
- Green onion
- Sesame seeds

**Note: List does not include ingredients for [Easy Tzatziki Dip](#) recipe*