

# Weekly MEAL PLAN



Week of May 3rd, 2026

	Breakfast	Lunch	Dinner
Day 1	<b>Mixed Berry Baked Oatmeal</b>	<b>Turkey Taco Salad with Avocado Ranch Dressing</b>	<b>Sheet Pan Miso Glazed Salmon</b>
Day 2	<b>Mixed Berry Baked Oatmeal</b>	<b>Juicy Air Fryer Chicken with Air Fryer Veggies and Copycat Chick-Fil-A Sauce</b>	<b>Sheet Pan Miso Glazed Salmon</b>
Day 3	<b>Mixed Berry Baked Oatmeal</b>	<b>Turkey Taco Salad with Avocado Ranch Dressing</b>	<b>Sheet Pan Miso Glazed Salmon</b>
Day 4	<b>Mixed Berry Baked Oatmeal</b>	<b>Juicy Air Fryer Chicken with Air Fryer Veggies and Copycat Chick-Fil-A Sauce</b>	<b>Sheet Pan Miso Glazed Salmon</b>
Day 5	<b>Mixed Berry Baked Oatmeal</b>	<b>Turkey Taco Salad with Avocado Ranch Dressing</b>	<b>Juicy Air Fryer Chicken with Air Fryer Veggies and Copycat Chick-Fil-A Sauce</b>
Day 6	<b>Mixed Berry Baked Oatmeal</b>	<b>Turkey Taco Salad with Avocado Ranch Dressing</b>	<b>Juicy Air Fryer Chicken with Air Fryer Veggies and Copycat Chick-Fil-A Sauce</b>

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!

# Mixed Berry Baked Oatmeal

This Mixed Berry Baked Oatmeal is packed with fresh summer berries and has 15 grams protein per serving! Perfect meal prep breakfast.



Prep Time	Cook Time	Total Time
15 mins	35 mins	45 mins

Course: Breakfast, brunch    Cuisine: American



4.80 from 5 votes

Keyword: baked oatmeal, blueberries, breakfast, high protein, meal prep, oatmeal

Servings: 6 servings    Calories: 284kcal

## Ingredients

- 2 cups rolled oats (192 grams)
- 2 scoops Optimum Nutrition Vanilla Plant Based Protein Powder (76 grams)
- 1/2 tsp baking powder (2 grams)
- 1/2 tsp cinnamon
- 1/4 tsp salt
- 1 cup unsweetened vanilla almond milk (8 oz)
- 2/3 cup unsweetened applesauce (163 grams)
- 2/3 cup strawberries, chopped (100 grams)
- 2/3 cup blueberries (100 grams)
- 2/3 cup raspberries (85 grams)
- 3 tbsp pure maple syrup (1.5 oz)
- 2 tbsp Skippy Natural Peanut Butter (32 grams)
- 1 egg
- 1 egg white
- 1 tsp vanilla extract
- Optional: almond slivers for topping

## Instructions

1. Pre-heat oven to 350 degrees. Grease an 8x11" baking dish with coconut oil and set aside.
2. Combine all dry ingredients, then add wet ingredients and mix until just combined. Pour into prepared casserole dish and spread evenly.
3. Bake at 350 degrees for 40-45 minutes or until a toothpick inserted into the center comes out clean. If desired, press almond slivers into the top of the mixture about halfway through the baking time.
4. Allow to cool, then cut into 6 pieces for serving.

## Notes

I used a casserole dish like this to make mine.

Scan the barcode below or search for "Peanut Butter and Fitness Mixed Berry Oatmeal Bake" to log this food in My Fitness Pal.



## Nutrition

Calories: 284kcal | Carbohydrates: 40g | Protein: 15g | Fat: 7g | Cholesterol: 31mg | Sodium: 139mg | Potassium: 285mg | Fiber: 5g | Sugar: 12g

# Sheet Pan Miso Glazed Salmon

Prep Time  
15 mins

Cook Time  
30 mins

Total Time  
45 mins

Course: Main Course Cuisine: Asian

Keyword: dinner, salmon, sheet pan meals, weeknight dinner Servings: 4 servings

Calories: 354kcal



★★★★★  
5 from 3 votes

## Ingredients

- 1.1 lb salmon (only 1 lb if using skinless)
- 18 oz rainbow baby carrots (510 grams)
- 1 1/2 cups sugar snap peas (255 grams)
- 1 large red bell pepper, chopped (135 grams)
- 1/2 tbsp olive oil
- 1/2 tsp garlic powder
- Salt and pepper to taste

## Miso Glaze

- 1 tbsp light brown sugar (12 grams)
- 1 tbsp low sodium soy sauce (1/2 oz)
- 1 tbsp mirin (or rice vinegar) (1/2 oz)
- 1/2 tbsp yellow or red miso paste (7.5 grams)
- 1/2 tbsp fresh grated ginger
- 1/2 tsp garlic powder

## Instructions

1. Pre-heat oven to 400 degrees. Line a baking sheet with foil and set aside.
2. Toss baby carrots with half of the olive oil and half of the garlic powder, then arrange in a single layer on the baking sheet. Bake for 18 minutes.
3. While the carrots bake, add the glaze ingredients to a small pan and bring to a boil over medium-high heat. Lower heat to a simmer and stir until brown sugar is melted. Set aside to cool in the refrigerator.
4. After the carrots have baked for 18 minutes, add sugar snap peas and red bell peppers and toss. Add the sliced salmon onto baking sheet and brush with half of the glaze, reserving the rest for after baking.
5. Bake the salmon and veggies for an additional 12-14 minutes or until salmon is cooked through.
6. Divide evenly into 4 servings and drizzle salmon and veggies with remaining glaze before serving.

## Notes

Scan the barcode below or search for "Peanut Butter and Fitness Sheet Pan Miso Glazed Salmon" to log this food in My Fitness Pal. There are options for with or without rice.

With Rice



Without Rice

## Nutrition

Calories: 354kcal | Carbohydrates: 23g | Protein: 29g | Fat: 16g | Cholesterol: 72mg | Sodium: 401mg | Potassium: 932mg | Fiber: 6g | Sugar: 15g

# 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 Veggies

Prep Time  
10 mins

Cook Time  
8 mins

Total Time  
18 mins

Servings: 4 servings (1.75 cups per serving)    Calories: 104kcal

## Ingredients

- 4 cups broccoli florets (365 g)
- 1 medium zucchini, sliced (196 g)
- 1 medium orange bell pepper (136 g)
- 1/2 medium red onion, chopped into 1" chunks (100 g)
- 1 tbsp olive oil (0.5 fl oz)
- 3/4 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/4 tsp chili powder
- salt and pepper to taste

## Instructions

1. Pre-heat air fryer to 370°. In a large bowl, toss all ingredients until evenly coated with oil.
2. Spread the veggies evenly in the air fryer basket. For the crispiest results, do this in 2 batches (or more for a smaller air fryer). Air fry for 8 minutes, shaking the basket halfway through.

## Notes

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



★★★★★  
5 from 1 vote

## Nutrition

Serving: 1.75cups | Calories: 104kcal | Carbohydrates: 13g | Protein: 4g | Fat: 4g | Fiber: 4g | Sugar: 6g



# Copycat Chick-fil-A Sauce

Prep Time  
5 mins

Total Time  
5 mins

Servings: 8 servings (2 tbsp per serving)    Calories: 70kcal



No ratings yet

## Ingredients

- 1/2 cup Duke's Light Mayonnaise
- 1/4 cup Stubb's Original Barbecue Sauce
- 1 1/2 tbsp honey
- 1 tbsp Dijon mustard
- 2 tsp yellow mustard
- 2 tsp apple cider vinegar
- 1/4 tsp salt
- 1/8 tsp smoked paprika
- 1/8 tsp garlic powder

## Instructions

1. Whisk all ingredients together until smooth.

## Notes

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



## Nutrition

Serving: 2tbsp | Calories: 70kcal | Carbohydrates: 6g | Fat: 5g | Cholesterol: 10mg | Sodium: 272mg | Potassium: 8mg | Sugar: 4g

# 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** | Peanut Butter & FITNESS

Week of May 3rd, 2026

## Produce

- Strawberries:  $\frac{2}{3}$  cup
  - Blueberries:  $\frac{2}{3}$  cup
  - Raspberries:  $\frac{2}{3}$  cup
  - Rainbow baby carrots: 18 oz
  - Sugar snap peas: 1  $\frac{1}{2}$  cups
  - Red bell pepper: 1 large
  - Orange bell pepper: 1 medium
  - Fresh ginger:  $\frac{1}{2}$  tbsp
  - Broccoli florets: 4 cups
  - Zucchini: 1 medium
  - Red onion: 1 medium
  - Green leaf lettuce: 10 cups
  - Cherry tomatoes: 1  $\frac{1}{3}$  cups
- 

## Proteins

- Eggs: 2 large
  - Atlantic salmon: 1.1 lb (with skin)
  - Chicken breast: 1 lbs
  - Ground turkey (94% lean): 1 lb
- 

## Frozen & Refrigerated

- Unsweetened vanilla almond milk: 1 cup
  - Frozen corn kernels: 1  $\frac{1}{3}$  cup
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## Pantry & Dry Goods

- Rolled oats: 2 cups
- Optimum Nutrition Vanilla Plant Based Protein Powder: 2 scoops
- Baking powder:  $\frac{1}{2}$  tsp
- Unsweetened applesauce:  $\frac{2}{3}$  cup
- Maple syrup: 3 tbsp
- Vanilla extract: 1 tsp

- Light brown sugar: 1 tbsp
  - Rice (optional with Miso Glazed Salmon)
  - 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
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## Oils, Sauces & Condiments

- Olive oil
  - Skippy Natural Peanut Butter: 2 tbsp
  - Low sodium soy sauce: 1 tbsp
  - Mirin: 1 tbsp
  - Yellow or red miso paste:  $\frac{1}{2}$  tbsp
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## Spices & Seasonings

- Salt and pepper
  - [Homemade Brine Mix](#): 3 tbsp
  - Cinnamon:  $\frac{1}{2}$  tsp
  - Garlic powder: 1 tsp
  - Oh My Spice! Lemon Pepper Seasoning: 1  $\frac{1}{4}$  tsp
  - Chili powder:  $\frac{1}{2}$  tsp
  - Oh My Spice! Spicy Fajita Seasoning: 1 tsp
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*\*Note: List does not include ingredients for [Copycat Chick-fil-A Sauce](#) or [Avocado Ranch Dressing](#)*