

Weekly MEAL PLAN



Week of May 17th, 2026

| | Breakfast | Lunch | Dinner |
|-------|---------------------------------|---------------------------------------------------------------------------|---------------------------------------------------------------------------|
| Day 1 | Lemon Raspberry Oatmeal Muffins | Juicy Grilled Chicken with Roasted Butternut Squash and Grilled Asparagus | Chicken Bulgogi Bowl with Creamy Gochujang Sauce |
| Day 2 | Lemon Raspberry Oatmeal Muffins | Turkey Taco Salad with Avocado Ranch Dressing | Juicy Grilled Chicken with Roasted Butternut Squash and Grilled Asparagus |
| Day 3 | Lemon Raspberry Oatmeal Muffins | Chicken Bulgogi Bowl with Creamy Gochujang Sauce | Turkey Taco Salad with Avocado Ranch Dressing |
| Day 4 | Lemon Raspberry Oatmeal Muffins | Juicy Grilled Chicken with Roasted Butternut Squash and Grilled Asparagus | Chicken Bulgogi Bowl with Creamy Gochujang Sauce |
| Day 5 | Lemon Raspberry Oatmeal Muffins | Turkey Taco Salad with Avocado Ranch Dressing | Juicy Grilled Chicken with Roasted Butternut Squash and Grilled Asparagus |
| Day 6 | Lemon Raspberry Oatmeal Muffins | Chicken Bulgogi Bowl with Creamy Gochujang 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

Chicken Bulgogi Bowls

| | | | |
|-----------|-----------|---------------|---------------|
| Prep Time | Cook Time | Marinade Time | Total Time |
| 20 mins | 12 mins | 2 hrs | 2 hrs 32 mins |

Servings: 4 servings Calories: 481kcal



☆☆☆☆☆
No ratings yet

Ingredients

- 1 lb boneless, skinless chicken thighs, excess fat trimmed
- 2/3 cup dry jasmine rice, cooked according to package directions (124 grams)
- 2 cups Mother-in-Law's House Kimchi (448 grams)
- 1 medium cucumber, sliced thinly (200 grams)
- 1 large avocado, diced (150 grams)
- 1/4 cup green onions, chopped
- 1/2 cup Creamy Gochujang Sauce (4 fl oz)

Bulgogi Marinade

- 1/4 cup low sodium soy sauce (2 fl oz)
- 2 tbsp brown sugar (27 grams)
- 2 tbsp mirin (1 fl oz)
- 1 tbsp sesame oil (0.5 fl oz)
- 1 tbsp gochujang (0.5 fl oz)
- 1 tbsp fresh grated ginger (0.5 fl oz)
- 2 cloves garlic, sliced (8 grams)

Instructions

1. Add all marinade ingredients to a jar and shake until oil has emulsified. Pour over chicken thighs in a resealable airtight container and toss until chicken is evenly coated. Cover and set aside in refrigerator for at least 30 mins or up to overnight.
2. Pre-heat grill to 400°F. Generously oil the grill grates to prevent sticking, then add marinated chicken thighs, allowing excess marinade to drip off before placing on the grill. Grill for approx. 6 minutes per side or until internal temperature of thickest part of chicken thigh reaches 165°F.
3. Assemble the bowls by layering rice, kimchi, cucumbers, avocado, and sliced chicken in the bowl. Top with Creamy Gochujang Sauce, green onions, and sesame seeds, if desired.

Notes

The overall spice level of this dish is mild as written, but can be made spicier depending on the kimchi you use.

Nutrition

Calories: 481kcal | Carbohydrates: 48g | Protein: 26g | Fat: 22g | Cholesterol: 103mg | Sodium: 1277mg | Potassium: 331mg | Fiber: 5g | Sugar: 10g



With Rice



No Rice

Creamy Gochujang Sauce

Prep Time
5 mins

Total Time
5 mins



Servings: 6 servings Calories: 82kcal

Ingredients

- 1/2 cup Duke's Light Mayonnaise (118 mL)
- 1 1/2 tbsp O'Food Gochujang Korean Chili Sauce (22 mL)
- 1 tbsp low sodium soy sauce (15 mL)
- 2 tsp mirin (10 mL)
- 1/2 tsp granulated sugar (2 grams)



No ratings yet

Instructions

1. Whisk all ingredients together until smooth. Store leftovers in an airtight container in the refrigerator for up to 2 weeks.

Notes

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

Nutrition

Serving: 2tbsp | Calories: 82kcal | Carbohydrates: 5g | Fat: 7g | Cholesterol: 13mg | Sodium: 342mg | Potassium: 15mg | Sugar: 3g



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

Roasted Butternut Squash

Prep Time
10 mins

Cook Time
35 mins

Total Time
45 mins



Servings: 4 servings Calories: 77kcal

Ingredients

- 1 medium to large butternut squash (700 grams yield)
- 1 tbsp olive oil (0.5 fl oz)
- 1/2 tsp salt
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/4 tsp black pepper



No ratings yet

Instructions

1. Pre-heat oven to 400°F. Line a baking sheet with foil, if desired. Set aside.
2. Cut the butternut squash in half lengthwise and scoop out the seeds, then peel the skin off the butternut squash. Chop into 1/2-3/4" cubes.
3. Toss butternut squash with olive oil and seasonings, then spread onto baking sheet in a single layer, keeping the squash cubes separated if possible for maximum browning.
4. Roast at 400°F for 30-35 minutes, flipping halfway through. The roasted squash should be golden and fork-tender when done.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Roasted Butternut Squash (September 2024)" in My Fitness Pal.

Nutrition

Serving: 1cup | Calories: 77kcal | Carbohydrates: 11g | Protein: 2g | Fat: 3g | Saturated Fat: 1g | Monounsaturated Fat: 2g | Sodium: 313mg | Potassium: 595mg | Fiber: 1g | Sugar: 5g



Grilled Asparagus

Prep Time
5 mins

Cook Time
7 mins

Total Time
12 mins

Servings: 4 servings Calories: 36kcal



No ratings yet

Ingredients

- 1 bunch asparagus, trimmed (400 grams)
- 1/2 tbsp olive oil
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/4 tsp salt
- 1/8 tsp black pepper

Instructions

1. Add a grill topper to the grill, then pre-heat grill to 400°F.
2. Drizzle the trimmed asparagus with olive oil, then season with lemon pepper seasoning, salt, and black pepper. Toss to coat evenly.
3. Grill the asparagus for 5-7 minutes atop the grill topper, flipping every 1-2 minutes. The asparagus is done when it turns bright green and has some charring and is tender, but still crisp. Be careful not to over-grill!

Notes

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



Nutrition

Serving: 0.25bunch | Calories: 36kcal | Carbohydrates: 4g | Protein: 2g | Fat: 1.5g | Sodium: 155mg | Potassium: 202mg | Fiber: 2g | Sugar: 2g

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 | Cook Time | Total Time |
|-----------|-----------|------------|
| 15 mins | 10 mins | 25 mins |

★★★★★
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 May 17th, 2026

Produce

- Raspberries: 2 cups
 - Lemons: 2
 - Cucumber: 1 medium
 - Avocado: 1 large
 - Green onions: ¼ cup
 - Fresh ginger: 1 tbsp
 - Garlic: 2 cloves
 - Butternut squash: 1 medium
 - Asparagus: 1 bunch
 - Green leaf lettuce: 10 cups
 - Cherry tomatoes: 1 1/3 cups
 - Red onion: 1/2 cup sliced
-

Proteins

- Egg whites: 2
 - Boneless, skinless chicken thighs: 1 lb
 - Chicken breast: 1 lb
 - Ground turkey (94% lean): 1 lb
-

Frozen & Refrigerated

- Unsweetened vanilla almond milk: ⅔ cup
 - Mother-in-Law's House Kimchi: 2 cups
 - Frozen corn kernels: 1 ⅓ cup
-

Pantry & Dry Goods

- Rolled oats: 2 ¼ cups
- PEScience Select Vegan Vanilla Indulgence Protein Powder: 2 scoops
- Baking powder: ½ tsp

- Baking soda: ½ tsp
 - Unsweetened applesauce: 1 cup
 - Honey: 3 tbsp
 - Vanilla extract: 1 tsp
 - Jasmine rice: ⅔ cup
 - Sugar: ½ tsp
 - Black beans (canned, low sodium): 1 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
 - Coconut oil: 2 tbsp
 - Low sodium soy sauce: 5 tbsp
 - Mirin: 2 tbsp + 2 tsp
 - Sesame oil: 1 tbsp
 - Gochujang: 2 ½ tbsp
 - Duke's Light Mayonnaise: ½ cup
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Spices & Seasonings

- Salt and pepper
 - [Homemade Brine Mix](#): 3 tbsp
 - Oh My Spice! Lemon Pepper Seasoning: 1 ½ tsp
 - Chili powder: ¼ tsp
 - Oh My Spice! Spicy Fajita Seasoning: 1 tsp
-

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