

Weekly MEAL PLAN



Week of June 28th, 2026

| | Breakfast | Lunch | Dinner |
|-------|---------------------------|--|--|
| Day 1 | Mixed Berry Baked Oatmeal | Cherry Berry Summer Chicken Salad | Grilled BBQ Chicken with Grilled Corn and Zucchini |
| Day 2 | Mixed Berry Baked Oatmeal | Korean Inspired Ground Beef Bowl | Cherry Berry Summer Chicken Salad |
| Day 3 | Mixed Berry Baked Oatmeal | Grilled BBQ Chicken with Grilled Corn and Zucchini | Korean Inspired Ground Beef Bowl |
| Day 4 | Mixed Berry Baked Oatmeal | Cherry Berry Summer Chicken Salad | Grilled BBQ Chicken with Grilled Corn and Zucchini |
| Day 5 | Mixed Berry Baked Oatmeal | Korean Inspired Ground Beef Bowl | Cherry Berry Summer Chicken Salad |
| Day 6 | Mixed Berry Baked Oatmeal | Grilled BBQ Chicken with Grilled Corn and Zucchini | Korean Inspired Ground Beef 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!

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

Korean Inspired Ground Beef Bowls

Prep Time
10 mins

Cook Time
10 mins

Total Time
20 mins

Servings: 4 servings Calories: 392kcal

Ingredients

Korean Inspired Ground Beef

- 1 lb 93/7 ground beef
- 1 bunch green onions, chopped and divided (100 grams)
- 1/4 cup low sodium soy sauce (2 fl oz)
- 3 tbsp light or dark brown sugar (45 grams)
- 1 tbsp fresh grated ginger (15 grams)
- 3 cloves garlic, minced (15 grams)
- 1/2 tbsp olive oil (7 grams)
- 2 tsp red pepper powder/Gochugaru (5 grams)
- 1 tsp sesame oil (5 grams)
- 1/2 tsp red pepper flakes
- 1/4 tsp black pepper

Other Ingredients

- 4 cups broccoli florets (370 grams)
- 1 pouch Ben's Original Ready Rice Long Grain White (8.8 oz)
- 1 medium carrot, peeled into ribbons (70 grams)
- Optional sauce: chipotle mayonnaise (not included in nutrition info)

Instructions

1. **Prepare the beef.** Whisk soy sauce, brown sugar, sesame oil, ginger, garlic, red pepper powder, and red pepper flakes together in a small bowl until well combined. Set aside.
2. Heat olive oil over medium-high heat in a large skillet until hot and shimmering. Add ground beef in chunks and cook, breaking apart with a spatula into small pieces until cooked through and no red remains.
3. Add sauce and 1/2 of the green onions. Stir to coat the ground beef and simmer for another 1-2 minutes to let the sauce thicken slightly. Remove from heat and serve.
4. **Prepare the sides and assemble.** Place broccoli florets in a microwave safe dish and cover with a very damp paper towel. Microwave on high for 2 to 2 1/2 minutes or until broccoli is bright green and fork tender. Set aside.
5. Prepare rice according to package instructions. Add to bottom of serving dish. Top with broccoli and beef. Add carrot ribbons and top with remaining green onions and any desired sauces, like chipotle mayonnaise.

Notes

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



Nutrition

Calories: 392kcal | Carbohydrates: 41g | Protein: 30g | Fat: 13g | Cholesterol: 65mg | Sodium: 691mg | Fiber: 7g | Sugar: 17g



4.25 from 16 votes

Grilled BBQ Chicken Breast

This foolproof BBQ chicken breast recipe yields perfectly juicy meat with a sticky BBQ sauce glaze - perfect for summer barbecues!



| | | | |
|-----------|-----------|--------------|---------------|
| Prep Time | Cook Time | Resting Time | Total Time |
| 10 mins | 12 mins | 8 hrs | 8 hrs 22 mins |

Course: Protein Cuisine: American

Keyword: barbecue, chicken, high protein, summer

Servings: 4 servings Calories: 240kcal



No ratings yet

Ingredients

- 1 1/4 lb chicken breast, raw
- 1/3 cup Sweet Baby Ray's Original Barbecue Sauce (96 grams)
- 1/2 tbsp olive oil
- 2 tbsp brown sugar
- 1 1/4 tsp kosher salt
- 1/2 tsp each: smoked paprika, ground mustard, cumin, garlic powder
- 1/4 tsp each: chili powder, black pepper

Instructions

1. Place **1 1/4 lb chicken breast, raw** on a small rimmed baking sheet with paper towels under and over it. With a mallet or closed fist, pound the chicken to even thickness. Add a wire rack under the chicken on the baking sheet, then season both sides with **1 1/4 tsp kosher salt**. Set aside in the refrigerator, uncovered, to dry brine for at least 6 hours or up to 24 hours.
2. Mix **2 tbsp brown sugar, 1/2 tsp each: smoked paprika, ground mustard, cumin, garlic powder**, and **1/4 tsp each: chili powder, black pepper** on a plate. Press the dry-brined chicken breasts into the dry rub mixture to coat on both sides. Return the chicken to the wire rack and baking sheet. Refrigerate, uncovered, for an additional 1-3 hours.
3. After the chicken has rested in the dry rub, pat both sides dry with a paper towel again and rub with **1/2 tbsp olive oil**. Set aside at room temperature while heating the grill.
4. Pre-heat the grill to 450-500°F. Rub the grill grates with vegetable oil or spray with non-stick grill spray. Add the prepared chicken, "nice" side down, and cook for 6 minutes.
5. Flip the chicken, then brush with **1/3 cup Sweet Baby Ray's Original Barbecue Sauce**. Lower the heat to about 400°F and continue to grill for 5-7 minutes or until the chicken is cooked through. Set aside to rest for 5 minutes before serving.

Notes

One way to know the chicken is done dry-brining is that the surface should look dry, letting

you know that the salt solution has completely reabsorbed back into the meat. It's okay if there are still a few wet spots, as long as most of the chicken breast surface appears dry.

Scan the barcode below or search for "Peanut Butter and Fitness Grilled BBQ Chicken Breast" to log this food in My Fitness Pal.



Nutrition

Calories: 240kcal | Carbohydrates: 14g | Protein: 32g | Fat: 5g | Saturated Fat: 1g |

Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Cholesterol: 103mg | Sodium: 856mg |

Potassium: 476mg | Sugar: 13g

Grilled Corn on the Cob

Prep Time
5 mins

Cook Time
7 mins

Total Time
12 mins



Servings: 4 servings Calories: 104kcal

Ingredients

- 4 ears corn on the cob, husks and stems removed (410 grams)
- 1/2 tbsp olive oil (7 grams)
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/4 tsp salt
- 1/8 tsp black pepper



No ratings yet

Instructions

1. Pre-heat grill to 400°F.
2. Drizzle the corn with olive oil, then season with lemon pepper seasoning, salt, and black pepper. Toss to coat evenly.
3. Grill directly on grates at 400°F for 6-8 mins or the corn is tender and lightly charred, turning frequently to cook evenly and avoid burning.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Grilled Corn on the Cob" to log this food in My Fitness Pal.



Nutrition

Serving: 1 ear | Calories: 104kcal | Carbohydrates: 19g | Protein: 3g | Fat: 3g | Sodium: 168mg | Potassium: 277mg | Fiber: 2g | Sugar: 6g

Grilled Zucchini

Prep Time
5 mins

Cook Time
6 mins

Total Time
11 mins

Servings: 4 servings Calories: 36kcal



No ratings yet

Ingredients

- 4 small zucchini (475 grams)
- 1/2 tbsp olive oil
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/2 tsp salt, divided
- 1/8 tsp black pepper

Instructions

1. Cut zucchini in half lengthwise. Season cut halves with 1/4 tsp of sea salt, then place face down on a paper towel lined plate and set aside for 5-10 minutes.
2. Pre-heat grill to 400°F.
3. Once zucchini has rested, rub with olive oil, then season with lemon pepper seasoning, remaining salt, and black pepper.
4. Place the zucchini halves, cut side down, directly on the grill grates. Grill for 2 minutes, then flip and grill for 1-2 minutes, then flip again and grill for another 1-2 minutes, or until the zucchini is tender but still has some bite.
5. Serve as halves or chop into half-moon shapes.

Notes

- Resting the salted zucchini halves face-down on paper towel draws out moisture, which helps allow the zucchini to get char marks. This step is totally optional if you're in a time crunch!
- Be sure not to over-grill the zucchini or it will become mushy.
- Scan the barcode below or search for "Peanut Butter and Fitness Grilled Zucchini" to log this food in My Fitness Pal.



Nutrition

Serving: 1zucchini | Calories: 36kcal | Carbohydrates: 4g | Protein: 1g | Fat: 2g | Sodium: 208mg | Potassium: 310mg | Fiber: 1g | Sugar: 3g

Cherry Berry Summer Chicken Salad

A refreshing summer salad with tart cherries, sweet blueberries, creamy goat cheese, and a deliciously tangy vinaigrette. Great for sharing!



No ratings yet

| Prep Time | Cook Time | Total Time |
|-----------|-----------|------------|
| 20 mins | 10 mins | 30 mins |

Course: Main Course, Salad Cuisine: American

Keyword: high protein, salad, summer Servings: 4 servings

Calories: 449kcal

Ingredients

Salad Ingredients

- 10 cups spring mix (425 grams)
- 1 1/2 cups cherries, pitted and halved (206 grams)
- 1 cup blueberries (73 grams)
- 1/2 cup Wegmans Pomegranate Blueberry Vinaigrette (4 fl oz)
- 1/2 cup mild goat cheese, crumbled (56 grams)
- 1/3 cup red onion, sliced (48 grams)
- 1/2 cup Salad Pizazz! Honey Roasted Sliced Almonds (56 grams)

Juicy Grilled or Air Fryer Chicken

- 1 lb raw chicken breast
- 3 tbsp homemade brine mix
- 1 tbsp olive oil
- 1 tsp Oh My Spice! Lemon Pepper Dill Seasoning
- 1/2 tsp chili powder
- salt and pepper to taste

Instructions

Juicy Grilled or Air Fryer Chicken

1. Bring 2 cups water to a boil. Add **3 tbsp homemade brine mix** and stir until dissolved. Pour over ice in a flat bottomed resealable container. Add **1 lb raw chicken breast**, 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 tbsp olive oil** until evenly coated. Season with **salt and pepper to taste, 1/2 tsp chili powder, and 1 tsp Oh My Spice! Lemon Pepper Dill Seasoning.**

4. Air fry the chicken at 380°F for 11 minutes, flipping halfway through (sometimes I up the temp to 390° after flipping the chicken for crispier edges). Set aside to cool for about 5 minutes before slicing.

Assemble

1. Divide **10 cups spring mix, 1 1/2 cups cherries, pitted and halved, 1 cup blueberries, chicken, 1/2 cup mild goat cheese, crumbled, and 1/3 cup red onion, sliced** into 4 serving dishes. Top with **1/2 cup Wegmans Pomegranate Blueberry Vinaigrette** and **1/2 cup Salad Pizazz! Honey Roasted Sliced Almonds** before serving.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Cherry Berry Summer Chicken Salad" to log this food in My Fitness Pal.



Nutrition

Calories: 449kcal | Carbohydrates: 26g | Protein: 33g | Fat: 25g | Cholesterol: 95mg | Sodium: 377mg | Potassium: 547mg | Fiber: 6g | Sugar: 15g

Weekly GROCERY LIST



Week of June 28th, 2026

Produce

- Strawberries: $\frac{2}{3}$ cup
 - Blueberries: 1 $\frac{2}{3}$ cup
 - Raspberries: $\frac{2}{3}$ cup
 - Broccoli: 4 cups
 - Green onions: 1 bunch
 - Ginger: 1 tbsp grated
 - Garlic: 3 cloves
 - Carrot: 1 medium
 - Corn on the cob: 4 ears
 - Zucchini: 4 small
 - Spring mix: 10 cups
 - Cherries: 1 $\frac{1}{2}$ cups
 - Red onion: $\frac{1}{3}$ cup
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Proteins

- 93/7 ground beef: 1 lb
 - Eggs: 2
 - Chicken breast: 2 $\frac{1}{4}$ lbs raw
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Dairy & Refrigerated

- Unsweetened vanilla almond milk: 1 cup
 - Mild goat cheese: $\frac{1}{2}$ 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
- Vanilla extract: 1 tsp
- Brown sugar: 5 tbsp

- Ben's Original Ready Rice Long Grain White: 1 (8.8 oz) pouch
 - Salad Pizazz! Honey Roasted Sliced Almonds: $\frac{1}{2}$ cup
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Oils, Sauces & Condiments

- Olive oil
 - Maple syrup: 3 tbsp
 - Skippy Natural Peanut Butter: 2 tbsp
 - Low sodium soy sauce: $\frac{1}{4}$ cup
 - Sesame oil: 1 tsp
 - Sweet Baby Ray's Original BBQ Sauce: $\frac{1}{3}$ cup
 - Wegmans Pomegranate Blueberry Vinaigrette: $\frac{1}{2}$ cup
 - Optional: Chipotle or sriracha mayo
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Spices & Seasonings

- Salt and pepper
- Kosher salt: 1 $\frac{1}{4}$ tsp
- Cinnamon: $\frac{1}{2}$ tsp
- Korean red pepper powder (gochugaru): 2 tsp
- Red pepper flakes: $\frac{1}{2}$ tsp
- Smoked paprika: $\frac{1}{2}$ tsp
- Ground mustard: $\frac{1}{2}$ tsp
- Cumin: $\frac{1}{2}$ tsp
- Garlic powder: $\frac{1}{2}$ tsp
- Chili powder: $\frac{3}{4}$ tsp
- Oh My Spice: Lemon Pepper Dill Seasoning: 2 tsp
- [Homemade brine mix](#): 3 tbsp