

Weekly MEAL PLAN



Week of June 7th, 2026

	Breakfast	Lunch	Dinner
Day 1	Chocolate Covered Strawberry Oatmeal Muffins	Juicy Grilled Chicken with Copycat Olive Garden Salad	Teriyaki Chicken Power Bowl
Day 2	Chocolate Covered Strawberry Oatmeal Muffins	Tex-Mex Unstuffed Pepper Bowls	Juicy Grilled Chicken with Copycat Olive Garden Salad
Day 3	Chocolate Covered Strawberry Oatmeal Muffins	Teriyaki Chicken Power Bowl	Tex-Mex Unstuffed Pepper Bowls
Day 4	Chocolate Covered Strawberry Oatmeal Muffins	Juicy Grilled Chicken with Copycat Olive Garden Salad	Teriyaki Chicken Power Bowl
Day 5	Chocolate Covered Strawberry Oatmeal Muffins	Tex-Mex Unstuffed Pepper Bowls	Juicy Grilled Chicken with Copycat Olive Garden Salad
Day 6	Chocolate Covered Strawberry Oatmeal Muffins	Teriyaki Chicken Power Bowl	Tex-Mex Unstuffed Pepper Bowls

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!

Chocolate Covered Strawberry Oatmeal Muffins

Prep Time
15 mins

Cook Time
30 mins

Total Time
45 mins



4.86 from 7 votes

Servings: 6 jumbo muffins Calories: 272kcal

Ingredients

- 2 cups rolled oats (160 grams)
- 2 scoops Optimum Nutrition Gold Standard Plant-Based Chocolate Protein Powder (64 grams)
- 1/2 cup Scharffen Berger Dark Chocolate (62% Cocoa), cut into chunks (70 grams)
- 3 tbsp dutch cocoa powder (17 grams)
- 1 tsp instant espresso
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1 1/2 cup strawberries, chopped (220 grams)
- 1 cup unsweetened applesauce (244 grams)
- 2/3 cup unsweetened vanilla almond milk (5.33 fl oz)
- 2 egg whites
- 2 tbsp maple syrup (1 fl oz)
- 2 tbsp Skippy Natural Creamy Peanut Butter, melted (32 grams)
- 1 tsp vanilla extract
- pinch salt

Instructions

1. Pre-heat oven to 350 degrees. Arrange jumbo parchment muffin liners inside jumbo muffin tin. Set aside.
2. Mix all dry ingredients except chocolate chunks, then add wet ingredients and mix until combined. Fold in chocolate chunks. Scoop batter evenly into baking cups.
3. Bake for 35 minutes or until a toothpick inserted into the center of a muffin comes out mostly clean.

Notes

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



Nutrition

Serving: 180grams | Calories: 272kcal | Carbohydrates: 37g | Protein: 15g | Fat: 9g | Sodium: 283mg | Potassium: 154mg | Fiber: 6g | Sugar: 13g

Teriyaki Chicken Power Bowls

Servings: 6 servings Calories: 347kcal



4.55 from 11 votes

Ingredients

- 2 lb chicken breast, raw
- 2 cups shelled edamame (340 grams)
- 1 large red bell pepper, chopped (165 grams)
- 3 cups broccoli florets (234 grams)
- 3 medium carrots, julienned (250 grams)
- 1 small red onion, roughly chopped (100 grams)
- 1 1/4 cup Wegmans Organic Teriyaki Sauce, divided (10 fl oz)
- 3 tbsp low sodium soy sauce
- 2 tbsp rice vinegar
- 2 tsp sesame oil
- Optional: rice for serving

Instructions

1. **Marinate chicken.** Add chicken to a resealable container or zip top bag. Pour 1/2 cup of the teriyaki sauce, soy sauce, and rice vinegar over the chicken and mix around with your hands until well incorporated and evenly coated. Set aside to marinate in the refrigerator for at least 2 hours or up to 6 hours.
2. Set aside 2-3 tbsp teriyaki sauce in a small bowl with a brush for grilling.
3. **Grill chicken.** After chicken has marinated, pre-heat grill to 400°. Spray grill grates with grill-safe non-stick spray. Allow excess marinade to drip off of chicken, then place on sprayed or oiled grill grates. Close grill and cook for 6 minutes, then flip chicken, brush with additional teriyaki sauce, and continue cooking for 5-6 more minutes or until internal temperature barely reaches 165°. Set aside to rest for at least 5 minutes before slicing.
4. **Prepare veggies.** As the chicken cools, heat a large skillet over medium high (7-8 out of 10) heat. Add 1 tsp sesame oil. Once hot, add julienned carrots and cook, flipping and stirring frequently for 2-3 minutes or until carrots begin to soften. Add pepper and onion and continue cooking for another 1-2 minutes. Remove to a large bowl and set aside.
5. In the same hot skillet, add remaining sesame oil. Once hot, add broccoli florets and toss to coat evenly. Cover with a lid to trap the steam and continue cooking and flipping broccoli until it's tender crisp, about 3 minutes. Add a tablespoon or 2 of water if needed to help it steam and cook. Remove to the bowl with the cooked carrots, pepper, and onion.
6. Add shelled edamame to bowl with veggies and pour remaining teriyaki sauce over top. Mix to coat evenly.
7. **Assemble.** Serve over rice and add sliced chicken on top. Garnish with sesame seeds, if desired.

Notes

Note: The nutrition info listed for this recipe does NOT include rice so you can add as much or little as you like (or serve over something else), but I included barcodes for both with and without rice.

[Click here to log this food WITHOUT rice in My Fitness Pal.](#)

[Click here or scan the barcode below to log this food WITH 1 cup \(180 grams\) uncooked Lundberg Organic Brown Jasmine Rice - cooked and divided among 6 servings - in My Fitness Pal.](#)

Nutrition

Calories: 347kcal | Carbohydrates: 28g | Protein: 42g | Fat: 7g | Cholesterol: 209mg | Sodium: 795mg | Potassium: 1577mg | Fiber: 5g | Sugar: 16g

With Rice



Without Rice



Tex-Mex Unstuffed Pepper Bowls

These high protein, high fiber Unstuffed Pepper Bowls have your favorite Tex-Mex flavors for a quick and easy meal prep.



Prep Time
20 mins

Cook Time
15 mins

Total Time
35 mins

Course: Main Course Cuisine: American, Mexican

Keyword: high protein, meal prep, turkey, weeknight dinner

Servings: 4 servings Calories: 438kcal



4.41 from 5 votes

Ingredients

- 1 lb 94/6 ground turkey
- 2 medium bell peppers, chopped (300 grams total)
- 1/2 medium sweet onion, diced (75 grams)
- 1 15.5 oz can low sodium black beans, rinsed and drained
- 1 cup frozen corn kernels (135 grams)
- 1 16 oz jar chunky salsa
- 2 tsp olive oil, divided (9 grams)
- 3/4 tsp chile powder
- 1/2 tsp cumin
- 1/2 tsp Oh My Spice! Spicy Fajita seasoning

Toppings

- 1 cup Tillamook Mexican 4 Cheese Blend (112 grams)
- 1/3 cup green onion, chopped (33 grams)
- 1/4 cup cilantro, chopped

Instructions

1. Add **1 15.5 oz can low sodium black beans, rinsed and drained** and **1 cup frozen corn kernels** to a large bowl. Set aside.
2. Heat **1 tsp olive oil** in a large skillet over medium-high heat. Once the oil is hot, add **2 medium bell peppers, chopped** and **1/2 medium sweet onion, diced**. Sauté for 2-3 minutes until slightly tender, but still crisp enough to hold their shape well. Add pepper mixture to the bowl with the beans and corn and stir.
3. Add remaining **1 tsp of olive oil** to the skillet. Once hot, add **1 lb 94/6 ground turkey** and season with **3/4 tsp chile powder**, **1/2 tsp cumin**, and **1/2 tsp Oh My Spice! Spicy Fajita seasoning**. Break the ground turkey apart with a wooden spoon or spatula as it cooks.
4. While the turkey cooks, pre-heat oven to 450°F and arrange 4 oven safe meal prep containers on a rimmed sheet pan.
5. When the turkey is mostly cooked through but still has some spots of pink, add **1 16 oz jar**

chunky salsa and stir to coat the turkey evenly. Cook the turkey through, then remove to the bowl with other ingredients and stir until well combined.

6. Divide the mixture evenly between the 4 meal prep containers and top with **1 cup Tillamook Mexican 4 Cheese Blend**. Bake at 450°F for 5-10 minutes or until the cheese is melted and beginning to get golden brown.
7. Top with **1/3 cup green onion, chopped** and **1/4 cup cilantro, chopped** before serving.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Tex-Mex Unstuffed Pepper Bowls" to log this meal into My Fitness Pal.



Nutrition

Calories: 438kcal | Carbohydrates: 37g | Protein: 37g | Fat: 17g | Saturated Fat: 8g |
Monounsaturated Fat: 2g | Cholesterol: 25mg | Sodium: 1228mg | Potassium: 520mg | Fiber: 12g
| Sugar: 9g

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

Olive Garden Salad

Prep Time
15 mins

Total Time
15 mins

Servings: 4 servings Calories: 225kcal



No ratings yet

Ingredients

- 8 cups romaine lettuce, sliced (340 grams)
- 1 cup Homemade Croutons
- 1/2 cup Light Olive Garden Italian salad dressing (4 oz)
- 1/2 cup red onion, sliced (73 grams)
- 1/3 cup shredded Parmesan cheese (27 grams)
- 24 low sodium pitted black olives (72 grams)
- 9 Pepperoncini peppers, sliced (90 grams)
- 2 Roma tomatoes, chopped (124 grams)

Instructions

1. Layer salad ingredients in serving dishes or meal prep containers, setting aside croutons, cheese, and dressing until ready to serve.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Copycat Olive Garden Salad" to log this food in My Fitness Pal.

Nutrition

Calories: 225kcal | Carbohydrates: 22g | Protein: 6g | Fat: 11g | Saturated Fat: 3g |
Monounsaturated Fat: 4g | Cholesterol: 10mg | Sodium: 978mg | Potassium: 107mg | Fiber: 3g |
Sugar: 5g



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Homemade Croutons

Prep Time
10 mins

Cook Time
15 mins

Total Time
25 mins

Servings: 16 servings Calories: 96kcal



☆☆☆☆☆
No ratings yet

Ingredients

- 4 cups San Francisco style sourdough bread, cut into 3/4" pieces (1 lb)
- 1/4 cup olive oil (2 fl oz)
- 3 cloves garlic, sliced (12 grams)
- 3 sprigs fresh thyme
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/2 tsp sea salt
- 1/4 tsp black pepper

Instructions

1. In a small pan, heat olive oil over medium high heat. Once the oil is hot (small bubbles should begin to form and rise), add sliced garlic and thyme sprigs. Allow them to cook for 1-2 minutes, then turn off the heat and rest until the oil is no longer sizzling and bubbling. Strain out and discard the garlic and thyme, reserving the olive oil; set aside.
2. Pre-heat oven to 375°F.
3. Toss the bread chunks with olive oil, lemon pepper seasoning, salt, and pepper. Arrange in a single layer on a baking sheet.
4. Bake for 14-18 minutes or until golden, flipping once halfway through.

Notes

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

Nutrition

Serving: 0.25cup | Calories: 96kcal | Carbohydrates: 12g | Protein: 2g | Fat: 4g | Sodium: 113mg



Weekly GROCERY LIST



Week of June 7th, 2026

Produce

- Strawberries: 1 ½ cups
 - Bell peppers: 3 large (red, orange, and green)
 - Broccoli: 3 cups
 - Carrots: 3 medium
 - Red onion: 1 small + ½ cup sliced
 - Sweet onion: ½ medium
 - Green onion: ⅓ cup
 - Cilantro: ¼ cup
 - Romaine lettuce: 8 cups
 - Roma tomatoes: 2 medium
-

Proteins

- Chicken breast: 3 lbs
 - 94/6 ground turkey: 1 lb
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Dairy, Refrigerator, & Freezer

- Unsweetened vanilla almond milk: ⅔ cup
 - Egg whites: 2
 - Frozen shelled edamame: 2 cups
 - Frozen sweet corn kernels: 1 cup
 - Tillamook Mexican 4 Cheese Blend: 1 cup
 - Parmesan cheese: ⅓ cup shredded
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Pantry & Dry Goods

- Rolled oats: 2 cups
- [Optimum Nutrition Gold Standard Plant-Based Chocolate Protein Powder](#): 2 scoops
- 62% chocolate bar: ½ cup
- Dutch cocoa powder: 3 tbsp

- Instant espresso: 1 tsp
 - Baking powder: ½ tsp
 - Baking soda: ½ tsp
 - Unsweetened applesauce: 1 cup
 - Maple syrup: 2 tbsp
 - Creamy peanut butter: 2 tbsp
 - Vanilla extract: 1/2 tsp
 - Optional: jasmine rice for serving with teriyaki bowls
 - Low sodium black beans: 15.5oz can
 - Chunky salsa: 16 oz
 - Croutons (or [Homemade Croutons](#))
 - Pitted black olives: 24
 - Pepperoncini peppers: 9
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Spices & Seasonings

- [Homemade brine mix](#): 6 tbsp
 - Chili powder: 1 tsp
 - Cumin: ½ tsp
 - Oh My Spice! Spicy Fajita Seasoning: ½ tsp
 - Oh My Spice! Lemon Pepper Seasoning: ½ tsp
 - Salt and pepper
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Oils, Sauces, & Condiments

- Olive oil
- Teriyaki sauce: 1 ¼ cup
- Low sodium soy sauce: 3 tbsp
- Rice vinegar: 2 tbsp
- Sesame oil: 2 tsp
- Light Olive Garden Italian salad dressing: ½ cup