

Weekly MEAL PLAN



Week of July 12th, 2026

	Breakfast	Lunch	Dinner
Day 1	Zucchini Chocolate Chunk Baked Oatmeal	BBQ Ranch Chicken Salad	Grilled Adobo Chicken with Pickled Corn Relish and Grilled Zucchini
Day 2	Zucchini Chocolate Chunk Baked Oatmeal	Egg Roll in a Bowl	BBQ Ranch Chicken Salad
Day 3	Zucchini Chocolate Chunk Baked Oatmeal	Grilled Adobo Chicken with Pickled Corn Relish and Grilled Zucchini	Egg Roll in a Bowl
Day 4	Zucchini Chocolate Chunk Baked Oatmeal	BBQ Ranch Chicken Salad	Grilled Adobo Chicken with Pickled Corn Relish and Grilled Zucchini
Day 5	Zucchini Chocolate Chunk Baked Oatmeal	Egg Roll in a Bowl	BBQ Ranch Chicken Salad
Day 6	Zucchini Chocolate Chunk Baked Oatmeal	Grilled Adobo Chicken with Pickled Corn Relish and Grilled Zucchini	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!			

Zucchini Chocolate Chunk Baked Oatmeal

Prep Time
15 mins

Cook Time
40 mins

Total Time
55 mins

Servings: 6 servings Calories: 347kcal

Ingredients

- 2 1/4 cups rolled oats (216 grams)
- 1 1/2 scoops Optimum Nutrition Vanilla Plant Based Protein Powder (57 grams)
- 2 oz Ghirardelli 60% chocolate, chopped (56 grams)
- 1/2 tsp baking powder (2 grams)
- 1/2 tsp cinnamon
- 1/4 tsp salt
- 1 cup unsweetened vanilla almond milk (8 fl oz)
- 1/2 cup unsweetened applesauce (122 grams)
- 1 medium zucchini, finely grated (170 grams)
- 1/4 cup pure maple syrup (2 fl oz)
- 3 tbsp unsalted butter, melted (42 grams)
- 2 large eggs (100 grams)
- 1 tsp vanilla extract



☆☆☆☆☆
No ratings yet

Instructions

1. Pre-heat oven to 350 degrees. Grease an 8x11" baking dish with coconut oil and set aside.
2. Place grated zucchini on top of a double-layered paper towel and squeeze the most of the liquid from it. Don't completely wring it out - some liquid should remain in the zucchini. Set aside.
3. In a medium bowl, combine all wet ingredients except the zucchini, carefully whisking in the melted butter last so it doesn't cook the eggs. Set aside.
4. In a large bowl, combine all dry ingredients except chocolate chunks. Add drained grated zucchini, using your fingers to break the zucchini apart and toss in the dry ingredients to separate. Add the wet ingredients and mix until just combined, then fold in the chocolate chunks. Pour into prepared casserole dish and spread evenly.
5. Bake at 350 degrees for 40-45 minutes or until the top of the baked oatmeal is lightly golden and has some give but does not collapse easily when gently poked with a finger.
6. Allow to cool, then cut into 6 pieces for serving.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Zucchini Chocolate Chunk Baked Oatmeal" to log this food in My Fitness Pal.

Nutrition

Serving: 1 slice | Calories: 347kcal | Carbohydrates: 43g | Protein: 14g | Fat: 14g | Cholesterol: 84mg | Sodium: 150mg | Potassium: 367mg | Fiber: 6g | Sugar: 14g



0 72305 57723 5

Grilled Adobo Chicken

This spicy Grilled Adobo Chicken is made with chipotles in adobo and totally gives Chipotle house chicken vibes. Perfect for meal prep!

Prep Time	Cook Time	Marinade Time	Total Time
15 mins	11 mins	4 hrs	4 hrs 26 mins

Course: Main Course Cuisine: American, Mexican

Keyword: chicken, grill recipes, summer Servings: 5 servings Calories: 196kcal



☆☆☆☆☆
No ratings yet

Ingredients

- 1 1/2 lbs chicken breast
- 2 chipotles in adobo
- 3 tbsp sauce from chipotles in adobo
- 2 tbsp lime juice
- 2 tbsp honey
- 2 cloves garlic
- 1 tbsp olive oil
- 1 tsp salt
- 1/2 tsp each: Mexican oregano, cumin

Instructions

1. Add **2 chipotles in adobo, 3 tbsp sauce from chipotles in adobo, 2 tbsp lime juice, 2 tbsp honey, 2 cloves garlic, 1 tbsp olive oil, 1 tsp salt**, and **1/2 tsp each: Mexican oregano, cumin** to a small food processor and blend until smooth.
2. Pound **1 1/2 lbs chicken breast** to even thickness and place in a resealable container or bag.
3. Pour marinade over chicken and massage until it is evenly coated. Cover and set aside to rest in the refrigerator for at least 4 hours or up to 8 hours.
4. Remove chicken from refrigerator while you preheat the grill. Pre-heat the grill to 450°F.
5. Rub the grill grates with oil or spray with non-stick grill spray. Allow excess marinade to drip from the chicken before adding it, "nice" side down to the grill. Grill for 6 minutes on one side, then flip and grill for another 5-6 minutes or until the chicken is cooked through.
6. Allow the chicken to rest for 5 minutes before slicing and serving.

Notes

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



Nutrition

Calories: 196kcal | Carbohydrates: 5g | Protein: 31g | Fat: 5g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Cholesterol: 99mg | Sodium: 352mg | Potassium: 463mg | Fiber: 1g | Sugar: 4g

Pickled Corn Relish

This Pickled Corn Relish combines fresh summer flavors in a bright and tangy topping for grilled meats and veggies for your next barbecue!

Prep Time	Marinating Time	Total Time
20 mins	1 hr	1 hr 20 mins

Course: Dips and Sauces, Side Dish Cuisine: American
Keyword: corn, relish, summer Calories: 81kcal



☆☆☆☆☆
No ratings yet

Ingredients

- 2 cups corn kernels (340 grams)
- 1/2 cup red onion diced (57 grams)
- 1/2 medium red bell pepper diced (58 grams)
- 1/4 cup cilantro chopped
- 1 jalapeño pepper seeded and diced (15 grams)
- 2 cloves garlic minced (8 grams)
- 3/4 cup water (6 oz)
- 1/2 cup apple cider vinegar (4 fl oz)
- 2 tbsp sugar (25 grams)
- 1 tsp salt (6 grams)
- 1/2 tsp Flavor God Garlic Lovers Seasoning
- 1/4 tsp black pepper

Instructions

1. Add **2 cups corn kernels**, **1/2 cup red onion**, **1/2 medium red bell pepper**, **1 jalapeño pepper**, and **2 cloves garlic** to a bowl. Set aside.
2. Bring **3/4 cup water** almost to a boil, then add **2 tbsp sugar** and **1 tsp salt** and stir until dissolved. Add **1/2 cup apple cider vinegar**, **1/2 tsp Flavor God Garlic Lovers Seasoning**, and **1/4 tsp black pepper** and stir.
3. Pour pickling liquid over corn mixture and mix, then push the corn mixture under the liquid as much as possible. Cover and marinate for at least 1 hour.
4. Before serving corn relish, stir in **1/4 cup cilantro**.

Notes

Storage: Store this in an airtight container in the refrigerator for up to 2 weeks. The relish will still be safe to eat beyond 2 weeks, but the veggies start to lose their crispness after that.

Nutrition: Scan the barcode below or search for "Peanut Butter and Fitness Pickled Corn Relish" to log this food in My Fitness Pal.



Nutrition

Serving: 0.5cup | Calories: 81kcal | Carbohydrates: 16g | Protein: 2g | Fat: 1g | Sodium: 202mg | Potassium: 174mg | Fiber: 2g | Sugar: 4g

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

Egg Roll in a Bowl

Prep Time	Cook Time	Total Time
20 mins	15 mins	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



BBQ Ranch Chicken Salad

Juicy grilled BBQ chicken is served over a classic southwestern salad, including charred corn for the ultimate summer lunch!

Prep Time	Cook Time	Total Time
30 mins	12 mins	42 mins

Course: Main Course, Salad Cuisine: American

Keyword: barbecue, high protein, salad, summer

Servings: 4 servings Calories: 525kcal



No ratings yet

Ingredients

For the Chicken

- 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 tsp kosher salt
- 1/2 tsp each: smoked paprika, ground mustard, cumin, garlic powder
- 1/4 tsp each: chili powder, black pepper

For the Salad

- 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)
- 4 small ears sweet corn (300 grams yield)
- 1 cup Fresh Gourmet Santa Fe Style Tortilla Strips (56 grams)
- 1/2 cup red onion sliced or chopped (64 grams)
- 5 tbsp Hidden Valley Light Ranch Dressing
- 3 tbsp Sweet Baby Ray's Original Barbecue Sauce
- 1 tsp olive oil
- Optional: avocado slices and shredded Monterey Jack cheese

Instructions

Prepare the chicken.

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 tsp kosher salt**. Set aside in the refrigerator, uncovered, to dry brine for at least 6 hours or up to 24 hours.

2. After the chicken has dry brined, 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 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 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.

Assemble the salad.

1. While the chicken is grilling, drizzle **4 small ears sweet corn** with **1 tsp olive oil** and season with salt and pepper, if desired. Add to the grill with the chicken, turning frequently to avoid burning. Cook for 6-8 minutes or until lightly charred and tender. Set aside to cool.
2. Once the corn has cooled slightly, cut the kernels off the cob. Once the chicken has rested for at least 5 minutes, slice for serving.
3. Layer **10 cups green leaf lettuce, 1 1/3 cup cherry tomatoes, 1 1/3 cup low sodium black beans, 1/2 cup red onion,** and grilled corn in 4 serving dishes. Top with prepared chicken, then drizzle with **5 tbsp Hidden Valley Light Ranch Dressing, 3 tbsp Sweet Baby Ray's Original Barbecue Sauce.** Top with **1 cup Fresh Gourmet Santa Fe Style Tortilla Strips** and serve immediately.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness BBQ Ranch Chicken Salad" to log this food in My Fitness Pal. Note: the avocado and shredded Monterey Jack cheese are optional ingredients and are not included in the nutrition info.



Nutrition

Calories: 525kcal | Carbohydrates: 63g | Protein: 41g | Fat: 14g | Saturated Fat: 2g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 3g | Cholesterol: 106mg | Sodium: 1434mg | Potassium: 1254mg | Fiber: 7g | Sugar: 27g

Weekly **GROCERY LIST** | *Peanut Butter* & FITNESS

Week of July 12th, 2026

Produce

- ☐ Zucchini: 1 medium + 4 small
- ☐ Limes: 1
- ☐ Garlic: 9 cloves
- ☐ Red onion: ½ cup diced + ½ cup sliced
- ☐ Red bell pepper: ½ medium
- ☐ Jalapeño pepper: 1
- ☐ Fresh ginger: 1 1/2 tbsp
- ☐ Coleslaw mix: 13.5 oz
- ☐ Broccoli slaw: 12 oz
- ☐ Snow peas: 6 oz
- ☐ Green leaf lettuce: 10 cups
- ☐ Cherry tomatoes: 1 ⅓ cup
- ☐ Sweet corn: 4 small ears

Proteins

- ☐ Chicken breast: 2 ¾ lb
- ☐ Ground turkey (99% lean): 1 lb
- ☐ Ground pork: 1 lb

Dairy, Refrigerated, & Frozen

- ☐ Unsweetened vanilla almond milk: 1 cup
- ☐ Butter, unsalted: 3 tbsp
- ☐ Eggs: 2 large
- ☐ Frozen corn kernels: 2 cups

Pantry & Dry Goods

- ☐ Rolled oats: 2 ¼ cups
- ☐ Optimum Nutrition Plant Based Protein Powder, Vanilla: 1 ½ scoops

- ☐ Ghirardelli 60% chocolate: 2 oz
- ☐ Baking powder: ½ tsp
- ☐ Applesauce, unsweetened: ½ cup
- ☐ Vanilla extract: 1 tsp
- ☐ Chipotle peppers in adobo sauce: 7 oz can
- ☐ Sugar: 2 tbsp
- ☐ Brown sugar: 2 tbsp
- ☐ Low sodium black beans: 1 ⅓ cup
- ☐ Fresh Gourmet Santa Fe Style Tortilla Strips: 1 cup

Oils, Sauces & Condiments

- ☐ Olive oil
- ☐ Maple syrup: ¼ cup
- ☐ Honey: 2 tbsp
- ☐ Apple cider vinegar: ½ cup
- ☐ Sesame oil: 1 tbsp
- ☐ Hoisin sauce: 1 tbsp
- ☐ Soy sauce (low sodium): 6 tbsp
- ☐ Sriracha sauce: 1 tbsp
- ☐ Rice wine vinegar: 2 tbsp
- ☐ Sweet Baby Ray's Original BBQ Sauce: ½ cup
- ☐ Hidden Valley Light Ranch Dressing: 5 tbsp

Spices & Seasonings

- ☐ Salt and pepper
- ☐ Kosher salt: 1 tsp
- ☐ Cinnamon: 1/2 tsp
- ☐ Mexican oregano: ½ tsp
- ☐ Cumin: 1 tsp
- ☐ Flavor God Garlic Lovers Seasoning: ½ tsp
- ☐ Oh My Spice! Lemon Pepper Seasoning: ½ tsp

Weekly GROCERY LIST



Week of July 12th, 2026

- ☐ Smoked paprika: ½ tsp
 - ☐ Ground mustard: ½ tsp
 - ☐ Garlic powder: ½ tsp
 - ☐ Chili powder: ¼ tsp
-

Optional Toppings

- ☐ Sesame seeds
- ☐ Sriracha mayo
- ☐ Wonton strips
- ☐ Avocado
- ☐ Shredded Monterey Jack cheese