

Weekly MEAL PLAN



Week of July 19th, 2026

	Breakfast	Lunch	Dinner
Day 1	Blueberry Cottage Cheese Overnight Oats	Juicy Grilled Chicken, Grilled Zucchini and Corn, and Chimichurri	Teriyaki Chicken Power Bowl
Day 2	Blueberry Cottage Cheese Overnight Oats	Turkey Taco Salad with Avocado Ranch Dressing	Juicy Grilled Chicken, Grilled Zucchini and Corn, and Chimichurri
Day 3	Blueberry Cottage Cheese Overnight Oats	Teriyaki Chicken Power Bowl	Turkey Taco Salad with Avocado Ranch Dressing
Day 4	Blueberry Cottage Cheese Overnight Oats	Juicy Grilled Chicken, Grilled Zucchini and Corn, and Chimichurri	Teriyaki Chicken Power Bowl
Day 5	Blueberry Cottage Cheese Overnight Oats	Turkey Taco Salad with Avocado Ranch Dressing	Juicy Grilled Chicken, Grilled Zucchini and Corn, and Chimichurri
Day 6	Blueberry Cottage Cheese Overnight Oats	Teriyaki Chicken Power Bowl	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!			

Blueberry Cottage Cheese Overnight Oats

These quick and easy overnight oats have 11 grams of protein and give cheesecake vibes thanks to cottage cheese!

Prep Time
15 mins

Total Time
15 mins



★★★★★
5 from 1 vote

Course: Breakfast Cuisine: American

Keyword: cottage cheese, high protein, meal prep, overnight oats

Servings: 6 servings Calories: 256kcal

Ingredients

- 2 cup rolled oats (162 grams)
- 1.5 cup frozen wild blueberries (201grams)
- 1.5 cup unsweetened vanilla almond milk (12 fl oz)
- 1.5 cup Breakstone's 2% Milkfat Cottage Cheese (351 grams)
- 9 tbsp maple syrup (4 1/2 fl oz)
- 3 tsp chia seeds (12 grams)
- 3 tsp vanilla extract
- 0.38 tsp each: salt and cinnamon
- Optional: zest of 1 1/2 lemons

Instructions

1. Divide all ingredients except blueberries between 6 jars or airtight containers and mix until combined. Set aside.
2. Microwave wild blueberries for 30 seconds, then divide and spoon over the overnight oats mixture. *Note: microwaving is optional since the berries will thaw in the refrigerator overnight, but this creates extra blueberry juice which makes the oats more colorful.*
3. Refrigerate overnight, then stir and serve. I like to heat mine in the microwave for 30 seconds before serving.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Blueberry Cottage Cheese Overnight Oats" to log this food in My Fitness Pal.



Nutrition

Calories: 256kcal | Carbohydrates: 45g | Protein: 11g | Fat: 4g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Cholesterol: 5mg | Sodium: 320mg | Potassium: 192mg | Fiber: 5g | Sugar: 18g

Teriyaki Chicken Power Bowls

Servings: 6 servings Calories: 347kcal

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



4.55 from 11 votes

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



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

Grilled Corn on the Cob

Prep Time
5 mins

Cook Time
7 mins

Total Time
12 mins

Servings: 4 servings Calories: 104kcal



No ratings yet

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

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

Chimichurri Sauce

This herby, spicy Argentinian sauce is perfect on top of grilled steak or veggies. Made with just a few simple ingredients!



5 from 1 vote

Prep Time	Total Time
10 mins	10 mins

Course: Dips and Sauces Cuisine: Latin

Keyword: herbs, sauce, summer Servings: 7 servings (2/3 cup)

Calories: 56kcal

Ingredients

- 1/2 cup parsley, packed (20 grams / approx. 1 bunch, stems removed)
- 1/2 cup cilantro, packed (15 grams / approx. 1 bunch, stems removed)
- 3 tbsp olive oil (1 1/2 oz)
- 2 tbsp red wine vinegar (1 oz)
- 3 cloves garlic, chopped (12 grams)
- 1 tsp red pepper flakes, generous
- 1/2 tsp salt, generous
- 1/2 tsp black pepper, generous
- 1/2 tsp Mexican oregano, generous

Instructions

1. Add parsley, cilantro, garlic, and spices to a food processor and blend until herbs are chopped into about 1/8-1/4" pieces (or desired size).
2. Remove to a bowl and stir in olive oil and vinegar.

Notes

- For best results, check out my tips in the "Method" section above.
- The flavors are best after the sauce has sat in the refrigerator overnight.
- Scan the barcode below or search for "Peanut Butter and Fitness Chimichurri Sauce" to log this food in My Fitness Pal.



Nutrition

Serving: 1.5tbsp | Calories: 56kcal | Carbohydrates: 1g | Fat: 6g | Sodium: 181mg | Potassium: 38mg

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.



★★★★★
5 from 2 votes

Prep Time	Cook Time	Total Time
15 mins	10 mins	25 mins

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.

Prep Time
10 mins

Total Time
10 mins



5 from 2 votes

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 July 19th, 2026

Produce

- ☐ Lemons: 2
 - ☐ Red bell pepper: 1 large
 - ☐ Broccoli florets: 3 cups
 - ☐ Carrots: 3 medium
 - ☐ Red onion: 1 small + ½ cup sliced
 - ☐ Corn on the cob: 4 ears
 - ☐ Green leaf lettuce: 10 cups
 - ☐ Zucchini: 4 small
 - ☐ Parsley: ½ cup packed
 - ☐ Cilantro: ½ cup packed
 - ☐ Garlic: 3 cloves
 - ☐ Green leaf lettuce: 10 cups
 - ☐ Cherry tomatoes: 1 ⅓ cup
-

Proteins

- ☐ Chicken breast: 3 lb
 - ☐ 94% ground turkey: 1 lb
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Dairy, Refrigerated, & Frozen

- ☐ Unsweetened vanilla almond milk: 1 ½ cups
 - ☐ 2% cottage cheese: 1 ½ cups
 - ☐ Frozen shelled edamame: 2 cups
 - ☐ Frozen wild blueberries: 1 ½ cups
 - ☐ Frozen corn kernels: 1 ⅓ cup
-

Oils, Sauces & Condiments

- ☐ Olive oil
- ☐ Maple syrup: 9 tbsp
- ☐ Wegmans Organic Teriyaki Sauce: 1 ¼ cups
- ☐ Lower sodium soy sauce: 3 tbsp

- ☐ Rice vinegar: 2 tbsp
 - ☐ Sesame oil: 2 tsp
 - ☐ Red wine vinegar: 2 tbsp
 - ☐ Ortega Taco Skillet Sauce: 7 oz
-

Pantry & Dry Goods

- ☐ Rolled oats: 2 cups
 - ☐ Chia seeds: 3 tsp
 - ☐ Vanilla extract: 3 tsp
 - ☐ Optional: Rice for serving with teriyaki chicken
 - ☐ Canned low sodium black beans: 1 ⅓ cup
 - ☐ Fresh Gourmet Santa Fe Style Tortilla Strips: 1 cup
-

Spices & Seasonings

- ☐ Salt and black pepper
- ☐ [Homemade brine mix](#): 3 tbsp
- ☐ Cinnamon: ½ tsp
- ☐ Oh My Spice! Lemon Pepper Seasoning: 1 ½ tsp
- ☐ Oh My Spice! Spicy Fajita Seasoning: 1 tsp
- ☐ Chili powder: 1/4 tsp
- ☐ Red pepper flakes: 1 tsp
- ☐ Mexican oregano: ½ tsp

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