

Weekly MEAL PLAN



Week of August 2nd, 2026

	Breakfast	Lunch	Dinner
Day 1	Chocolate Covered Strawberry Oatmeal Muffins	Juicy Grilled Chicken with Air Fryer Broccoli, Air Fryer Butternut Squash, & Copycat Chick-Fil-A Sauce	Juicy Grilled Chicken Burger with Veggies and Ranch
Day 2	Chocolate Covered Strawberry Oatmeal Muffins	Turkey Taco Salad with Avocado Ranch Dressing	Juicy Grilled Chicken with Air Fryer Broccoli, Air Fryer Butternut Squash, & Copycat Chick-Fil-A Sauce
Day 3	Chocolate Covered Strawberry Oatmeal Muffins	Juicy Grilled Chicken Burger with Veggies and Ranch	Turkey Taco Salad with Avocado Ranch Dressing
Day 4	Chocolate Covered Strawberry Oatmeal Muffins	Juicy Grilled Chicken with Air Fryer Broccoli, Air Fryer Butternut Squash, & Copycat Chick-Fil-A Sauce	Juicy Grilled Chicken Burger with Veggies and Ranch
Day 5	Chocolate Covered Strawberry Oatmeal Muffins	Turkey Taco Salad with Avocado Ranch Dressing	Juicy Grilled Chicken with Air Fryer Broccoli, Air Fryer Butternut Squash, & Copycat Chick-Fil-A Sauce
Day 6	Chocolate Covered Strawberry Oatmeal Muffins	Juicy Grilled Chicken Burger with Veggies and Ranch	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!

Chocolate Covered Strawberry Oatmeal Muffins

Prep Time
15 mins

Cook Time
30 mins

Total Time
45 mins

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



4.86 from 7 votes

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

Juicy Grilled Chicken Burgers

This ultimate juicy grilled chicken burger recipe will make you forget any pre-conceived notions about chicken burgers being dry and boring!

Prep Time	Cook Time	Total Time
30 mins	10 mins	40 mins

Course: Main Course Cuisine: American

Keyword: burgers, chicken, grilling, sandwiches, summer

Servings: 4 burgers Calories: 600kcal



5 from 1 vote

Ingredients

Chicken Burgers

- 1 lb 90/10 ground chicken
- 1/2 cup Cabot Classic Cut Shredded Cheddar Cheese (56 grams)
- 1/4 cup finely diced onion (40 grams)
- 3 cloves garlic, minced (12 grams)
- 1 1/2 tbsp fresh thyme, chopped
- 1 1/2 tbsp Grey Poupon Country Dijon Mustard (23 grams)
- 1 tbsp lemon zest
- 1 tsp smoked paprika
- 1/2 tsp salt
- 1/2 tsp black pepper

Toppings

- 4 Wegmans Brioche Rolls (296 grams)
- 4 slices Wegmans Thin Sliced Colby Jack Cheese (92 grams)
- 4 leaves green leaf lettuce, washed and trimmed (80 grams)
- 1 medium tomato, sliced (120 grams)
- 4 slices red onion (56 grams)
- 1/2 cup Ultimate Homemade Burger Sauce (4 fl oz)

Instructions

1. Add all burger ingredients to a bowl and mix with hands just until ingredients are incorporated evenly into the chicken. Form 4 burger patties and place on a parchment lined baking sheet, then refrigerate for 20-30 minutes.
2. Place a cleaned grill topper on top of the grill grates, then pre-heat grill to about 430°F.
3. Once grill is pre-heated, bunch up a paper towel with a pair of grill tongs; dip it in a bowl of vegetable oil (you need the higher smoke point of vegetable oil as opposed to olive oil); and then run it over the hot, clean grates or grill topper to create a nonstick surface.

4. Once the burger patties have rested in the refrigerator, flip them onto the oiled grill topper. Grill 6 minutes on one side, then flip and grill for an additional 4-5 minutes or until cooked through.
5. Top burgers with cheese during last 1 to 2 minutes of cooking to melt cheese. Serve with lettuce, tomato, red onion, and burger sauce on a brioche bun.

Notes

- The burger mixture will be very sticky, so don't skip refrigerating the patties before grilling. Be sure to check out all my tips in the post for how to make amazing chicken burgers!
- Scan the barcode below or search for "Peanut Butter and Fitness Juicy Grilled Chicken Burger" to log this food in My Fitness Pal. There are options for the full burger with bun and toppings or just the burger patty.

Nutrition

Serving: 1burger | Calories: 600kcal | Carbohydrates: 47g | Protein: 36g | Fat: 30g | Cholesterol: 163mg | Sodium: 1177mg | Potassium: 765mg | Fiber: 1g | Sugar: 8g



With bun and toppings



Burger patty only

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

Air Fryer Butternut Squash

Prep Time
10 mins

Cook Time
20 mins

Total Time
30 mins

Calories: 76kcal



☆☆☆☆☆
No ratings yet

Ingredients

- 5 cups butternut squash, chopped into 1/4-1/2" cubes (700 grams)
- 1 tbsp olive oil (0.5 fl oz)
- 1/2 tsp Flavor God Garlic Lover's Seasoning
- 1/2 tsp sea salt
- 1/4 tsp pepper

Instructions

1. Pre-heat air fryer to 400°F.
2. Toss butternut squash with olive oil, garlic seasoning, salt, and pepper until evenly coated. Add in a single layer to the air fryer basket (you may need to do more than 1 batch).
3. Air fry for 10 minutes, then shake the basket, and air fry for an additional 5-10 minutes or until edges are golden brown and squash is fork tender.

Notes

Oven directions: Bake at 425°F for 20 minutes, flipping once halfway through baking (optional).

Nutrition: Scan the barcode below or search MFP for "Peanut Butter and Fitness Air Fryer Butternut Squash" to log this food in My Fitness Pal.

Nutrition

Serving: 1cup | Calories: 76kcal | Carbohydrates: 10g | Protein: 1g | Fat: 4g | Sodium: 167mg | Potassium: 476mg | Fiber: 2g | Sugar: 4g



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Air Fryer Broccoli

Prep Time	Cook Time	Total Time
10 mins	10 mins	20 mins

Servings: 4 servings Calories: 65kcal

Ingredients

- 6 cups broccoli florets (528 grams)
- 2 tsp olive oil (9 grams)
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/2 tsp salt

Instructions

1. Pre-heat air fryer to 380°F.
2. Toss broccoli florets in olive oil and seasonings until evenly distributed. Once air fryer is pre-heated, add broccoli into the air fryer basket in a single layer (you may need to do more than 1 batch).
3. Air fry for 8-10 minutes or until the broccoli reaches desired browning levels, shaking the basket to toss the broccoli halfway through cooking.

Notes

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



Nutrition

Calories: 65kcal | Carbohydrates: 9g | Protein: 4g | Fat: 3g | Sodium: 342mg | Potassium: 417mg | Fiber: 3g | Sugar: 2g



☆☆☆☆☆
No ratings yet

Copycat Chick-fil-A Sauce

Prep Time
5 mins

Total Time
5 mins

Servings: 8 servings (2 tbsp per serving) Calories: 70kcal



☆☆☆☆☆
No ratings yet

Ingredients

- 1/2 cup Duke's Light Mayonnaise
- 1/4 cup Stubb's Original Barbecue Sauce
- 1 1/2 tbsp honey
- 1 tbsp Dijon mustard
- 2 tsp yellow mustard
- 2 tsp apple cider vinegar
- 1/4 tsp salt
- 1/8 tsp smoked paprika
- 1/8 tsp garlic powder

Instructions

1. Whisk all ingredients together until smooth.

Notes

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



Nutrition

Serving: 2tbsp | Calories: 70kcal | Carbohydrates: 6g | Fat: 5g | Cholesterol: 10mg | Sodium: 272mg | Potassium: 8mg | Sugar: 4g

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 August 2nd, 2026

Produce

- ☐ Strawberries: 1 ½ cups
 - ☐ Onion: ¼ cup diced
 - ☐ Garlic: 3 cloves
 - ☐ Fresh thyme: 1 ½ tbsp
 - ☐ Lemon: 1 for zest
 - ☐ Butternut squash: 5 cups chopped
 - ☐ Broccoli florets: 6 cups
 - ☐ Red onion: ½ cup diced
 - ☐ Green leaf lettuce: 10 cups
 - ☐ Cherry tomatoes: 1 ⅓ cup
-

Proteins

- ☐ 90/10 ground chicken: 1 lb
 - ☐ Chicken breast: 1 lb
 - ☐ 94% ground turkey: 1 lb
-

Dairy, Refrigerated, & Frozen

- ☐ Unsweetened vanilla almond milk: ⅔ cup
 - ☐ Egg whites: 2
 - ☐ Cabot Classic Cut Shredded Cheddar Cheese: ½ cup
 - ☐ Frozen corn kernels: 1 ⅓ cup
-

Pantry & Dry Goods

- ☐ Rolled oats: 2 cups
- ☐ Optimum Nutrition Gold Standard Plant-Based Chocolate Protein Powder: 2 scoops
- ☐ Dark chocolate (62%): ½ cup chunks
- ☐ Dutch cocoa powder: 3 tbsp
- ☐ Instant espresso: 1 tsp
- ☐ Baking powder: ½ tsp

- ☐ Baking soda: ½ tsp
 - ☐ Unsweetened applesauce: 1 cup
 - ☐ Vanilla extract: 1 tsp
 - ☐ Canned low sodium black beans: 1 ⅓ cup
 - ☐ Fresh Gourmet Santa Fe Style Tortilla Strips: 1 cup
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Oils, Sauces & Condiments

- ☐ Olive oil
 - ☐ Maple syrup: 2 tbsp
 - ☐ Skippy Natural Creamy Peanut Butter: 2 tbsp
 - ☐ Grey Poupon Country Dijon Mustard: 1 ½ tbsp
 - ☐ Duke's Light Mayonnaise: ½ cup
 - ☐ Barbecue sauce: ¼ cup
 - ☐ Honey: 1 ½ tbsp
 - ☐ Dijon mustard: 1 tbsp
 - ☐ Yellow mustard: 2 tsp
 - ☐ Apple cider vinegar: 2 tsp
 - ☐ Ortega Taco Skillet Sauce: 7 oz
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Spices & Seasonings

- ☐ Salt and black pepper
- ☐ [Homemade brine mix](#): 3 tbsp
- ☐ Smoked paprika: 1 ⅛ tsp
- ☐ Oh My Spice! Lemon Pepper Seasoning: 1 tsp
- ☐ Flavor God Garlic Lover's Seasoning: ½ tsp
- ☐ Oh My Spice! Spicy Fajita Seasoning: 1 tsp
- ☐ Chili powder: 1/4 tsp
- ☐ Garlic powder: ⅓ tsp

**Note: List does not include burger buns/toppings or ingredients for [Avocado Ranch Dressing](#)*