

Weekly MEAL PLAN



Week of August 23rd, 2026

	Breakfast	Lunch	Dinner
Day 1	Blueberry Buttermilk Protein Waffles	Tuna Salad with crackers and grapes	Chicken Tzatziki Bowl
Day 2	Blueberry Buttermilk Protein Waffles	Turkey Taco Salad with Avocado Ranch Dressing	Tuna Salad with crackers and grapes
Day 3	Blueberry Buttermilk Protein Waffles	Chicken Tzatziki Bowl	Turkey Taco Salad with Avocado Ranch Dressing
Day 4	Blueberry Buttermilk Protein Waffles	Tuna Salad with crackers and grapes	Chicken Tzatziki Bowl
Day 5	Blueberry Buttermilk Protein Waffles	Turkey Taco Salad with Avocado Ranch Dressing	Tuna Salad with crackers and grapes
Day 6	Blueberry Buttermilk Protein Waffles	Chicken Tzatziki 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!

Buttermilk Blueberry Protein Waffles

Prep Time
10 mins

Cook Time
20 mins

Total Time
30 mins

Course: Breakfast Cuisine: American Keyword: breakfast, high protein, waffles
Servings: 5 waffles Calories: 325kcal



4.58 from 7 votes

Ingredients

- 1 1/4 cup white whole wheat flour (150 grams)
- 1 scoop Cellucor Whipped Vanilla Whey Protein (32 grams)
- 1 scoop Dymatize Elite Casein Protein Powder (33 grams)
- 2 tsp baking powder
- 1 tsp cinnamon
- Pinch salt
- 1 1/4 cups blueberries, frozen or fresh (185 grams)
- 1 1/4 cup low fat (1%) buttermilk (10 fl oz)
- 1 cup unsweetened applesauce (246 grams)
- 1 tbsp light brown sugar (12 grams)
- 3 tbsp unsalted butter, melted (1 1/2 oz)
- 2 eggs
- 2 egg whites
- 1 1/2 tsp vanilla extract

Instructions

1. Pre-heat waffle iron to medium-high heat (I set mine to about 5 out of 6).
2. In a small bowl, whisk wet ingredients (except blueberries) together until smooth.
3. In a larger bowl, mix all dry ingredients, then add mixed wet ingredients and stir until just combined. Fold in blueberries.
4. Spray waffle iron with non-stick cooking spray. Pour 1/5 of waffle batter into waffle iron (~1/2 cup), flip waffle maker to other side and repeat. Cook for about 4 minutes or until waffle is cooked through (depending on your waffle maker, it will beep when it's ready). Repeat with final waffle.
5. Serve waffles with maple syrup, butter, and fruit, if desired.

Notes

The whey and casein protein brands listed are the ones used to calculate the nutrition info, but use any brand you like. You could also use the same amount of a pre-blended whey/casein mix like this.

Nutrition: Scan the barcode below or search for "Peanut Butter and Fitness Blueberry Buttermilk Protein Waffles" to log this food in My Fitness Pal.



Nutrition

Serving: 1waffle | Calories: 325kcal | Carbohydrates: 36g | Protein: 20g | Fat: 11g | Cholesterol: 107mg | Sodium: 398mg | Potassium: 133mg | Fiber: 5g | Sugar: 13g

Chicken Tzatziki Bowls

Prep Time
30 mins

Cook Time
10 mins

Total Time
40 mins

Servings: 4 servings Calories: 380kcal

Ingredients

- 1 lb chicken tenderloins
- 1 8.5 oz bag Ben's Original Ready Rice Jasmine (240 grams)
- 1 1/2 cups Easy Tzatziki Dip (12 fl oz)
- 6 cups romaine lettuce, shredded (210 grams)
- 1 1/2 cups cherry tomatoes, halved (110 grams)
- 1 1/2 cups cucumber, sliced (180 grams)
- 1 cup fat free feta cheese, crumbled (112 grams)
- Optional: pickled red onions

Marinade

- 1/4 cup plain non-fat Greek yogurt (2 fl oz)
- 1/4 cup olive oil (2 fl oz)
- 1 lemon, juiced and zested
- 1 tsp dried rosemary
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1/2 tsp oregano

Instructions

1. Whisk marinade ingredients until well combined, then pour over chicken tenderloins in an airtight container, massaging the marinade to coat the chicken evenly. Cover and refrigerate for 30 minutes to 2 hours.
2. After the chicken has marinated, pre-heat a grill to 400°F. 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 grill grates to create a nonstick surface.
3. Allow excess marinade to drip off the chicken before placing it in a single layer on the grill. Grill for 3-5 minutes per side, depending on the thickness of the chicken tenderloins, until cooked through. Remove from grill and set aside to rest.
4. While the chicken rests, prepare rice according to package directions, then divide into 4 serving bowls.
5. Layer lettuce, cherry tomatoes, and cucumbers on top of the rice. Add whole or chopped grilled chicken, then top with feta cheese, tzatziki dip, and pickled red onions (if desired).

Notes

Click here or scan the barcode below to log this food WITH RICE in My Fitness Pal. Click here or scan the 2nd barcode below to log it WITHOUT RICE.

Nutrition

Calories: 380kcal | Carbohydrates: 33g | Protein: 37g | Fat: 10g | Cholesterol: 86mg | Sodium: 752mg | Potassium: 385mg | Fiber: 2g | Sugar: 6g



☆☆☆☆☆
No ratings yet



With Rice



Without Rice

Easy Tzatziki Dip

Easy tzatziki dip packs a ton of refreshing flavor thanks to shredded cucumber, fresh dill, and tangy Greek yogurt.

Prep Time	Total Time
15 mins	15 mins

Course: Dips and Sauces Cuisine: Mediterranean
Keyword: dip, greek yogurt, tzatziki Servings: 8 servings (1/3 cup per serving)
Calories: 37kcal



☆☆☆☆☆
No ratings yet

Ingredients

- 1 1/2 cups plain 2% fat Greek yogurt (340 grams)
- 1 English cucumber, seeds removed, peeled, and shredded (144 grams shredded)
- 2 cloves garlic, grated (8 grams)
- 1 tbsp fresh dill, chopped
- 1 tsp lemon zest
- 1 tsp red wine vinegar
- 1/2 tsp salt, plus more to taste
- 1/4 tsp black pepper

Instructions

1. Spread the shredded cucumber onto a paper towel lined plate or fine mesh strainer. Evenly season the cucumber with 1/2 tsp of salt and let it rest while you measure out the other ingredients, about 5-10 minutes.
2. Add all remaining ingredients to a bowl and set aside.
3. Using a fresh paper towel, squeeze the liquid out of the shredded cucumber, then add it to the bowl with the remaining ingredients. Mix until well combined and season with additional salt to taste.

Notes

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



Nutrition

Serving: 0.33cup | Calories: 37kcal | Carbohydrates: 4g | Protein: 4g | Fat: 1g | Cholesterol: 4mg | Sodium: 20mg | Potassium: 81mg | Sugar: 2g

Pickled Red Onion

Prep Time
10 mins

Total Time
10 mins

Servings: 8 servings

Ingredients

- 1 medium red onion, sliced (100 grams)
- 2 cup water (8 oz)
- 1 cup apple cider vinegar (4 oz)
- 4 tbsp sugar (24 grams)
- 4 tsp salt (10 grams)

Instructions

1. Microwave water in a microwave safe dish until almost boiling, about 1-2 minutes.
2. Add sugar and salt to hot water and stir until completely dissolved. Add apple cider vinegar and stir.
3. Place onion slices in a resealable glass jar and pour pickling liquid over top until onions are covered in liquid.
4. Refrigerate at least 3 hours or overnight before serving.



5 from 1 vote

Tuna Salad Meal Prep Box

Prep Time
15 mins

Total Time
15 mins

Servings: 5 servings (212 g tuna salad per serving) Calories: 264kcal



5 from 1 vote

Ingredients

Tuna Salad

- 15 oz chunk white albacore tuna, drained
- 11 oz chunk light tuna, drained
- 0.625 cups Duke's Light Mayonnaise (1/2 cup plus 2 tbsp)
- 1/4 cup celery, chopped (35 grams)
- 1/4 cup red onion, chopped (35 grams)
- 2 tbsp sweet relish (1 oz)
- 1 tbsp Dijon mustard (0.5 oz)
- 1 tsp lemon zest
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/2 tsp salt

Instructions

1. Add all tuna salad ingredients to a bowl and mix until well combined. Serve with crackers and grapes, if desired.

Notes

- The tuna salad recipe yields about 4 cups or 1060 grams total.
- Click here or scan the barcode below to log this food in My Fitness Pal.



Nutrition

Serving: 212grams | Calories: 264kcal | Carbohydrates: 4g | Protein: 35g | Fat: 12g | Cholesterol: 66mg | Sodium: 790mg | Potassium: 29mg | Sugar: 2g

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 23rd, 2026

Produce

- ☐ Blueberries: 1 ¼ cups
 - ☐ Romaine lettuce: 6 cups
 - ☐ Cherry tomatoes: 3 cups
 - ☐ English cucumber: 1 whole + 1 ½ cups sliced
 - ☐ Red onion: 1 medium + ¾ cup diced
 - ☐ Lemons: 2
 - ☐ Garlic: 2 cloves
 - ☐ Dill: 1 tbsp
 - ☐ Celery: ¼ cup
 - ☐ Optional: seedless red grapes to serve with tuna salad
 - ☐ Green leaf lettuce: 10 cups
-

Proteins

- ☐ Chicken tenderloins: 1 lb
 - ☐ 94% lean ground turkey: 1 lb
 - ☐ Chunk white albacore tuna: 15 oz
 - ☐ Chunk light tuna: 11 oz
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Dairy, Refrigerated, & Frozen

- ☐ Low fat buttermilk: 1 ¼ cups
 - ☐ Unsalted butter: 3 tbsp
 - ☐ Eggs: 2
 - ☐ Egg whites: 2
 - ☐ Fat free feta cheese: 1 cup
 - ☐ Plain non-fat Greek yogurt: ¼ cup
 - ☐ Plain 2% fat Greek yogurt: 1 ½ cups
 - ☐ Frozen corn kernels: 1 ⅓ cup
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Pantry & Dry Goods

- ☐ White whole wheat flour: 1 ¼ cups
- ☐ Vanilla whey protein: 1 scoop

- ☐ Vanilla casein protein: 1 scoop
 - ☐ Baking powder: 2 tsp
 - ☐ Unsweetened applesauce: 1 cup
 - ☐ Light brown sugar: 1 tbsp
 - ☐ Vanilla extract: 1 ½ tsp
 - ☐ Ben's Original Ready Rice Jasmine: (1) 8.5 oz bag
 - ☐ Granulated sugar: ¼ cup
 - ☐ Optional: Pretzel crisps to serve with tuna salad
 - ☐ 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
 - ☐ Red wine vinegar: 1 tsp
 - ☐ Apple cider vinegar: 1 cup
 - ☐ Duke's Light Mayonnaise: ½ cup + 2 tbsp
 - ☐ Sweet relish: 2 tbsp
 - ☐ Dijon mustard: 1 tbsp
 - ☐ Ortega Taco Skillet Sauce: 7 oz
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Spices & Seasonings

- ☐ Salt and black pepper
- ☐ Cinnamon: 1 tsp
- ☐ Rosemary: 1 tsp
- ☐ Oregano: ½ tsp
- ☐ Oh My Spice! Lemon Pepper Seasoning: ½ tsp
- ☐ Oh My Spice! Spicy Fajita Seasoning: 1 tsp

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