

Weekly MEAL PLAN



Week of August 30th, 2026

	Breakfast	Lunch	Dinner
Day 1	Mixed Berry Oatmeal Muffins	Grilled Adobo Chicken with Pickled Corn Relish and Grilled Zucchini	Easy Greek Chicken Salad
Day 2	Mixed Berry Oatmeal Muffins	Egg Roll in a Bowl	Grilled Adobo Chicken with Pickled Corn Relish and Grilled Zucchini
Day 3	Mixed Berry Oatmeal Muffins	Easy Greek Chicken Salad	Egg Roll in a Bowl
Day 4	Mixed Berry Oatmeal Muffins	Grilled Adobo Chicken with Pickled Corn Relish and Grilled Zucchini	Easy Greek Chicken Salad
Day 5	Mixed Berry Oatmeal Muffins	Egg Roll in a Bowl	Grilled Adobo Chicken with Pickled Corn Relish and Grilled Zucchini
Day 6	Mixed Berry Oatmeal Muffins	Easy Greek Chicken Salad	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!			

Mixed Berry Oatmeal Muffins

These dairy free and gluten free muffins are like a bowl of comforting oatmeal in baked form. Packed with berries and great for meal prep.



Prep Time	Cook Time	Total Time
10 mins	35 mins	45 mins

Course: Breakfast Cuisine: American



No ratings yet

Keyword: brunch, high protein, muffins, oats, spring, strawberries, summer

Servings: 7 jumbo muffins

Ingredients

- 2 1/4 cups rolled oats (225 grams)
- 2 scoops PEScience Select Vegan Plant Based Protein Powder, Vanilla Indulgence (60 grams)
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp cinnamon
- 1 cup unsweetened applesauce (244 grams)
- 3/4 cup unsweetened vanilla almond milk (6 fl oz)
- 3/4 cup blueberries (113 grams)
- 3/4 cup strawberries, chopped (113 grams)
- 1/4 cup maple syrup (2 oz)
- 2 egg whites
- 3 tbsp Skippy Natural Creamy Peanut Butter (48 grams)
- 1 tsp vanilla extract

Instructions

1. Pre-heat oven to 350°F. Arrange 7 jumbo silicone baking cups on a baking sheet.
2. Mix all dry ingredients, then add wet ingredients and mix until combined. Divide evenly into 7 baking cups.
3. Bake for 35 minutes or until tops of muffins begin to brown slightly. Allow to cool slightly before removing from silicone cups and serving.

Notes

- Scan the barcode below or search for "Peanut Butter and Fitness Mixed Berry Oatmeal Muffins 2025" to log this food in My Fitness Pal.
- I recommend these jumbo silicone baking cups!



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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



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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



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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



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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

This low carb recipe sensation packs a huge protein and flavor punch! Plus it's incredibly easy to make, so it's perfect for weeknight dinner or meal prep.

Prep Time	Cook Time	Total Time
20 mins	15 mins	35 mins



4.60 from 10 votes

Course: Main Course Cuisine: American, Asian

Keyword: easy meals, high protein, meal prep, weeknight dinner

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

Storage: Store in an airtight container in the refrigerator for 4-5 days. When meal prepped, I often store it for up to 6 days.

Nutrition: Scan the barcode below or search for "Peanut Butter and Fitness Egg Roll in a Bowl" to log this food in My Fitness Pal.



Nutrition

Calories: 312kcal | Carbohydrates: 12g | Protein: 33g | Fat: 15g | Cholesterol: 83mg | Sodium: 719mg | Potassium: 632mg | Fiber: 3g | Sugar: 7g

Easy Greek Chicken Salad

Prep Time
20 mins

Cook Time
10 mins

Total Time
30 mins

Servings: 4 servings Calories: 342kcal

Ingredients

Salad Ingredients

- 7 oz green leaf lettuce, chopped (about 8 cups chopped)
- 1 cup cherry tomatoes, halved (170 grams)
- 1 cup English cucumber, chopped (150 grams)
- 1/2 cup Farmer Boy Greek Dressing (4 fl oz)
- 1/2 cup fat free feta cheese (56 grams)
- 1/3 cup red onion, sliced
- 1/3 cup kalamata olives, halved (61 grams)

Juicy Air Fryer Chicken

- 1 lb raw chicken breast
- 3 tbsp homemade brine mix
- 1 tsp olive oil
- 1 tsp Oh My Spice! Lemon Pepper Dill Seasoning
- 1/2 tsp chili powder
- salt and pepper to taste

Instructions

Juicy Air Fryer Chicken

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. Air fry the chicken at 380 degrees for 11 minutes, flipping halfway through (sometimes I up the temp to 390 degrees after flipping the chicken for crispier edges). Set aside to cool for about 5 minutes before slicing.

Assemble

1. Divide lettuce, cucumbers, tomatoes, chicken, olives, and feta cheese (if desired) into 4 serving dishes. Top with Greek Dressing before serving. Serve with pita bread and hummus if desired.

Notes

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



★★★★☆
4 from 10 votes



Nutrition

Calories: 342kcal | Carbohydrates: 23g | Protein: 31g | Fat: 14g | Cholesterol: 2mg | Sodium: 595mg | Potassium: 271mg | Fiber: 3g | Sugar: 8g

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

Week of August 30th, 2026

Produce

- ☐ Blueberries: $\frac{3}{4}$ cup
 - ☐ Strawberries: $\frac{3}{4}$ cup
 - ☐ Limes: 1
 - ☐ Garlic: 9 cloves
 - ☐ Red onion: $\frac{1}{2}$ cup diced + $\frac{1}{3}$ cup sliced
 - ☐ Red bell pepper: $\frac{1}{2}$ medium
 - ☐ Jalapeño pepper: 1
 - ☐ Zucchini: 4 small
 - ☐ Fresh ginger: 1 $\frac{1}{2}$ tbsp
 - ☐ Coleslaw mix: 13.5 oz
 - ☐ Broccoli slaw: 12 oz
 - ☐ Snow peas: 6 oz
 - ☐ Green leaf lettuce: 8 cups
 - ☐ Cherry tomatoes: 1 cup
 - ☐ English cucumber: 1 cup
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Proteins

- ☐ Chicken breast: 2 $\frac{1}{2}$ lb
 - ☐ Ground turkey (99% lean): 1 lb
 - ☐ Ground pork: 1 lb
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Dairy, Refrigerated, & Frozen

- ☐ Unsweetened vanilla almond milk: $\frac{3}{4}$ cup
 - ☐ Egg whites: 2 large
 - ☐ Frozen corn kernels: 2 cups
 - ☐ Fat free feta cheese: $\frac{1}{2}$ cup
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Pantry & Dry Goods

- ☐ Rolled oats: 2 $\frac{1}{4}$ cups
- ☐ PEScience Select Plant Based Protein Powder, Vanilla: 2 scoops

- ☐ Baking powder: $\frac{1}{2}$ tsp
 - ☐ Baking soda: $\frac{1}{2}$ tsp
 - ☐ Applesauce, unsweetened: 1 cup
 - ☐ Vanilla extract: 1 tsp
 - ☐ Chipotle peppers in adobo sauce: 7 oz can
 - ☐ Sugar: 2 tbsp
 - ☐ Kalamata olives: $\frac{1}{3}$ cup
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Oils, Sauces & Condiments

- ☐ Olive oil
 - ☐ Maple syrup: $\frac{1}{4}$ cup
 - ☐ Skippy Natural Peanut Butter: 3 tbsp
 - ☐ Honey: 2 tbsp
 - ☐ Apple cider vinegar: $\frac{1}{2}$ cup
 - ☐ Sesame oil: 1 tbsp
 - ☐ Hoisin sauce: 1 tbsp
 - ☐ Soy sauce (low sodium): 6 tbsp
 - ☐ Sriracha sauce: 1 tbsp
 - ☐ Rice wine vinegar: 2 tbsp
 - ☐ Farmer Boy Greek Dressing: $\frac{1}{2}$ cup
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Spices & Seasonings

- ☐ Salt and pepper
- ☐ Cinnamon: $\frac{1}{2}$ tsp
- ☐ Mexican oregano: $\frac{1}{2}$ tsp
- ☐ Cumin: 1 tsp
- ☐ Flavor God Garlic Lovers Seasoning: $\frac{1}{2}$ tsp
- ☐ Oh My Spice! Lemon Pepper Seasoning: 1 $\frac{1}{2}$ tsp
- ☐ [Homemade brine mix](#): 3 tbsp
- ☐ Chili powder: $\frac{1}{2}$ tsp

Weekly GROCERY LIST



Week of August 30th, 2026

Optional Toppings

- ☐ Sesame seeds
- ☐ Sriracha mayo
- ☐ Wonton strips