

# Weekly MEAL PLAN



Week of August 9th, 2026

|       | Breakfast                            | Lunch                    | Dinner                   |
|-------|--------------------------------------|--------------------------|--------------------------|
| Day 1 | <b>Peach Blueberry Baked Oatmeal</b> | Easy Greek Chicken Salad | Chicken Bulgogi Bowl     |
| Day 2 | <b>Peach Blueberry Baked Oatmeal</b> | Tuna Salad Bento Box     | Easy Greek Chicken Salad |
| Day 3 | <b>Peach Blueberry Baked Oatmeal</b> | Chicken Bulgogi Bowl     | Tuna Salad Bento Box     |
| Day 4 | <b>Peach Blueberry Baked Oatmeal</b> | Easy Greek Chicken Salad | Chicken Bulgogi Bowl     |
| Day 5 | <b>Peach Blueberry Baked Oatmeal</b> | Tuna Salad Bento Box     | Easy Greek Chicken Salad |
| Day 6 | <b>Peach Blueberry Baked Oatmeal</b> | Chicken Bulgogi Bowl     | Tuna Salad Bento Box     |

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!

# Peach Blueberry Baked Oatmeal

Summer breakfasts just got better with this Peach Blueberry Baked Oatmeal! Blueberries & peaches are baked into a higher protein oatmeal.



5 from 6 votes

| Prep Time | Cook Time | Total Time |
|-----------|-----------|------------|
| 15 mins   | 35 mins   | 45 mins    |

Course: Breakfast    Cuisine: American

Keyword: baked oatmeal, blueberries, breakfast, high protein, peaches, summer

Servings: 6 servings    Calories: 282kcal

## Ingredients

- 2 cups rolled oats (192 grams)
- 2 scoops Optimum Nutrition Vanilla Plant Based Protein Powder (76 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)
- 2/3 cup unsweetened applesauce (163 grams)
- 1 cup peaches, skin removed and chopped (165 grams)
- 2/3 cup blueberries (100 grams)
- 3 tbsp pure maple syrup (1.5 fl oz)
- 2 tbsp Skippy Natural Peanut Butter (32 grams)
- 1 large egg
- 1 large egg white
- 1 tsp vanilla extract
- Optional: additional sliced peaches for topping

## Blueberry Syrup (Optional - Not included in nutrition info)

- 1/2 cup blueberries (75 grams)
- 2 tbsp maple syrup (1 fl oz)
- 1 tbsp fresh squeezed lemon juice (0.5 fl oz)

## Instructions

1. Pre-heat oven to 350 degrees. Grease a 8x11" baking dish with coconut oil and set aside.
2. Combine all dry ingredients, then add wet ingredients and mix until just combined. Pour into prepared casserole dish and spread evenly. If desired, add peach slices on top.
3. Bake at 350 degrees for 40-45 minutes or until a toothpick inserted into the center comes out clean.
4. As oatmeal bakes, make blueberry syrup if desired. Add blueberries, maple syrup, and

lemon juice to a small pan and bring to a boil over medium heat, then lower heat to a simmer for about 10 minutes until blueberries can be mashed easily with the back of a spoon. Set aside to cool.

5. Allow to cool, then cut into 6 pieces for serving.

## Notes

**Storage:** Cover leftovers and store in the refrigerator for up to 7 days. Check out my tips here for freezing them.

**Nutrition:** Scan the barcode below or search for "Peanut Butter and Fitness Peach Blueberry Baked Oatmeal" to log this food in My Fitness Pal.



## Nutrition

Serving: 170grams | Calories: 282kcal | Carbohydrates: 40g | Protein: 16g | Fat: 7g | Cholesterol: 31mg | Sodium: 192mg | Fiber: 6g | Sugar: 13g

# Chicken Bulgogi Bowls

|           |           |               |               |
|-----------|-----------|---------------|---------------|
| Prep Time | Cook Time | Marinade Time | Total Time    |
| 20 mins   | 12 mins   | 2 hrs         | 2 hrs 32 mins |

Servings: 4 servings    Calories: 481kcal

## Ingredients

- 1 lb boneless, skinless chicken thighs, excess fat trimmed
- 2/3 cup dry jasmine rice, cooked according to package directions (124 grams)
- 2 cups Mother-in-Law's House Kimchi (448 grams)
- 1 medium cucumber, sliced thinly (200 grams)
- 1 large avocado, diced (150 grams)
- 1/4 cup green onions, chopped
- 1/2 cup Creamy Gochujang Sauce (4 fl oz)

## Bulgogi Marinade

- 1/4 cup low sodium soy sauce (2 fl oz)
- 2 tbsp brown sugar (27 grams)
- 2 tbsp mirin (1 fl oz)
- 1 tbsp sesame oil (0.5 fl oz)
- 1 tbsp gochujang (0.5 fl oz)
- 1 tbsp fresh grated ginger (0.5 fl oz)
- 2 cloves garlic, sliced (8 grams)

## Instructions

1. Add all marinade ingredients to a jar and shake until oil has emulsified. Pour over chicken thighs in a resealable airtight container and toss until chicken is evenly coated. Cover and set aside in refrigerator for at least 30 mins or up to overnight.
2. Pre-heat grill to 400°F. Generously oil the grill grates to prevent sticking, then add marinated chicken thighs, allowing excess marinade to drip off before placing on the grill. Grill for approx. 6 minutes per side or until internal temperature of thickest part of chicken thigh reaches 165°F.
3. Assemble the bowls by layering rice, kimchi, cucumbers, avocado, and sliced chicken in the bowl. Top with Creamy Gochujang Sauce, green onions, and sesame seeds, if desired.

## Notes

The overall spice level of this dish is mild as written, but can be made spicier depending on the kimchi you use.

## Nutrition

Calories: 481kcal | Carbohydrates: 48g | Protein: 26g | Fat: 22g | Cholesterol: 103mg | Sodium: 1277mg | Potassium: 331mg | Fiber: 5g | Sugar: 10g



No ratings yet



With Rice

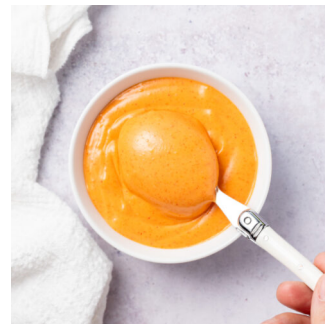


No Rice

# Creamy Gochujang Sauce

Prep Time  
5 mins

Total Time  
5 mins



Servings: 6 servings    Calories: 82kcal

## Ingredients

- 1/2 cup Duke's Light Mayonnaise (118 mL)
- 1 1/2 tbsp O'Food Gochujang Korean Chili Sauce (22 mL)
- 1 tbsp low sodium soy sauce (15 mL)
- 2 tsp mirin (10 mL)
- 1/2 tsp granulated sugar (2 grams)



No ratings yet

## Instructions

1. Whisk all ingredients together until smooth. Store leftovers in an airtight container in the refrigerator for up to 2 weeks.

## Notes

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

## Nutrition

Serving: 2tbsp | Calories: 82kcal | Carbohydrates: 5g | Fat: 7g | Cholesterol: 13mg | Sodium: 342mg | Potassium: 15mg | Sugar: 3g



# 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

# 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 9th, 2026

## Produce

- ☐ Peaches, chopped: 1 cup
  - ☐ Blueberries:  $\frac{2}{3}$  cup
  - ☐ Mother-in-Law's House Kimchi: 2 cups
  - ☐ Seedless cucumber: 1 large
  - ☐ Avocado: 1 large
  - ☐ Green onions:  $\frac{1}{4}$  cup
  - ☐ Ginger: 1 tbsp grated
  - ☐ Garlic: 2 cloves
  - ☐ Celery:  $\frac{1}{4}$  cup
  - ☐ Red onion: 1 medium
  - ☐ Lemon: 1
  - ☐ Red seedless grapes (for serving with tuna salad)
  - ☐ Green leaf lettuce: 8 cups
  - ☐ Cherry tomatoes: 1 cup
- 

## Proteins

- ☐ Boneless, skinless chicken thighs: 1 lb
  - ☐ Chicken breast: 1 lb
- 

## Dairy, Refrigerated, & Frozen

- ☐ Unsweetened vanilla almond milk: 1 cup
  - ☐ Eggs: 1 large, 1 egg white
  - ☐ Fat free feta cheese:  $\frac{1}{2}$  cup
- 

## Pantry & Dry Goods

- ☐ Rolled oats: 2 cups
- ☐ PEScience Select Vegan Vanilla Protein Powder: 2 scoops
- ☐ Baking powder:  $\frac{1}{2}$  tsp

- ☐ Unsweetened applesauce:  $\frac{2}{3}$  cup
  - ☐ Vanilla extract: 1 tsp
  - ☐ Jasmine rice:  $\frac{2}{3}$  cup
  - ☐ Granulated sugar:  $\frac{1}{2}$  tsp
  - ☐ Chunk white albacore tuna: 15 oz
  - ☐ Chunk light tuna: 11 oz
  - ☐ Pretzel crisps (for serving with tuna salad)
  - ☐ Kalamata olives:  $\frac{1}{3}$  cup
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## Oils, Sauces & Condiments

- ☐ Olive oil
  - ☐ Maple syrup: 3 tbsp
  - ☐ Skippy Natural Peanut Butter: 2 tbsp
  - ☐ Low sodium soy sauce: 5 tbsp
  - ☐ Sesame oil: 1 tbsp
  - ☐ Gochujang: 2  $\frac{1}{2}$  tbsp
  - ☐ Duke's Light Mayonnaise: 1 cup + 2 tbsp
  - ☐ Mirin: 2 tbsp + 2 tsp
  - ☐ Sweet relish: 2 tbsp
  - ☐ Dijon mustard: 1 tbsp
  - ☐ Farmer Boy Greek Dressing:  $\frac{1}{2}$  cup
- 

## Spices & Seasonings

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