

Weekly MEAL PLAN



Week of September 13th, 2026

	Breakfast	Lunch	Dinner
Day 1	Sausage & Cheddar Cornbread Muffin with fruit	Juicy Grilled Chicken with Roasted Butternut Squash and Grilled Asparagus	Harissa Honey Chicken Bowl
Day 2	Sausage & Cheddar Cornbread Muffin with fruit	Turkey Taco Salad with Avocado Ranch Dressing	Juicy Grilled Chicken with Roasted Butternut Squash and Grilled Asparagus
Day 3	Sausage & Cheddar Cornbread Muffin with fruit	Harissa Honey Chicken Bowl	Turkey Taco Salad with Avocado Ranch Dressing
Day 4	Sausage & Cheddar Cornbread Muffin with fruit	Juicy Grilled Chicken with Roasted Butternut Squash and Grilled Asparagus	Harissa Honey Chicken Bowl
Day 5	Sausage & Cheddar Cornbread Muffin with fruit	Turkey Taco Salad with Avocado Ranch Dressing	Juicy Grilled Chicken with Roasted Butternut Squash and Grilled Asparagus
Day 6	Sausage & Cheddar Cornbread Muffin with fruit	Harissa Honey Chicken 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!

Sausage & Cheddar Cornbread Muffins

These sweet & savory muffins are packed with breakfast goodness, with 15g protein per muffin. A great grab-and-go option for busy mornings!



☆☆☆☆☆
No ratings yet

Prep Time	Cook Time	Total Time
20 mins	21 mins	41 mins

Course: Breakfast, Snack Cuisine: American
Keyword: breakfast, cottage cheese, muffins Servings: 12 muffins
Calories: 258kcal

Ingredients

- 1 cup all purpose flour 125 grams
- 1 cup cornmeal 120 grams
- 1 lb turkey breakfast sausage
- 1 1/2 cups extra sharp cheddar, shredded 168 grams
- 1 cup Breakstone's 2% Cottage Cheese
- 6 tbsp honey
- 1 large jalapeño, chopped
- 2 large eggs
- 2 tbsp unsalted butter, melted
- 1 tsp baking powder
- 1/2 tsp each: salt, baking soda, onion powder

Instructions

1. Pre-heat oven to 425°F.
2. In a large skillet, cook the **1 lb turkey breakfast sausage** until browned and cooked through, breaking apart as it cooks. Set aside to cool.
3. Add **1 cup all purpose flour**, **1 cup cornmeal**, **1 tsp baking powder**, and **1/2 tsp each: salt, baking soda, onion powder** to a large mixing bowl and whisk until combined. Set aside.
4. Add **1 cup Breakstone's 2% Cottage Cheese**, **6 tbsp honey**, **2 large eggs**, and **2 tbsp unsalted butter, melted** to a food processor and blend until smooth.
5. Add cooled sausage, **1 1/2 cups extra sharp cheddar, shredded**, and **1 large jalapeño, chopped** to the flour mixture and mix until they are evenly distributed. Add cottage cheese mixture and mix just until the flour is incorporated. Scoop the muffin mixture into 12 silicone muffin cavities.
6. Bake at 425°F for 5 minutes, then lower heat to 350°F (keeping muffins in the oven as the temperature adjusts) and continue baking for 16-18 minutes or until a toothpick inserted into the center of a muffin comes out clean and the tops begin to brown.

Notes

Batter: The batter for these muffins will be super thick and it may seem like there's not enough liquid to incorporate all the flour, but it is! Just use your spatula to fold in the loose flour.

Serving: These muffins are best served warm. If you're grabbing them from the fridge, just pop them in the microwave for about 20 seconds, then enjoy!

Nutrition: Scan the barcode below or search for "Peanut Butter and Fitness Sausage & Cheddar Cornbread Muffins" to log this food in My Fitness Pal.



Nutrition

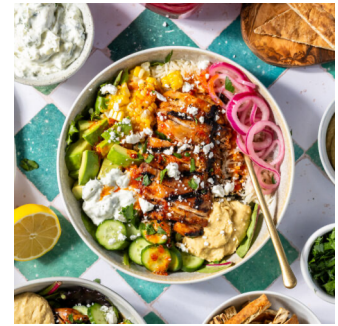
Serving: 1muffin | Calories: 258kcal | Carbohydrates: 27g | Protein: 15g | Fat: 10g | Saturated Fat: 4g |
Monounsaturated Fat: 1g | Cholesterol: 72mg | Sodium: 468mg | Potassium: 88mg | Fiber: 1g | Sugar: 10g

Harissa Honey Chicken Bowl

This copycat Cava recipe is totally crave-worthy with juicy grilled chicken thighs, rice, and plenty of veggies, all topped off with a spicy harissa vinaigrette.

Prep Time	Cook Time	Total Time
45 mins	15 mins	1 hr

Course: Main Course Cuisine: American, Mediterranean
Keyword: cava copycat, chicken, power bowl Servings: 6 servings
Calories: 534kcal



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No ratings yet

Ingredients

Harissa Honey Chicken

- 1 1/2 lbs chicken thighs, extra fat trimmed
- 2 tbsp Mina Harissa Moroccan Red Pepper Sauce (1 fl oz)
- 2 tbsp honey (1 fl oz)
- 2 tbsp olive oil (1 fl oz)
- 2 garlic cloves, sliced (8 grams)
- 1 tsp kosher salt

Bowl Ingredients

- 8 cups spring mix (150 grams)
- 1 17.3 oz bag Ben's Original Ready Rice Basmati Family Size Rice
- 3/4 cup Sabra Original Hummus (6 fl oz)
- 3/4 cup Easy Tzatziki Dip (6 fl oz)
- 2 avocados, chopped (300 grams)
- 6 mini cucumbers, sliced (300 grams)
- 1 cup Pickled Red Onions
- 4 small ears of corn on the cob (300 grams yield)
- 3/4 cup fat free feta cheese, crumbled (84 grams)

Harissa Vinaigrette

- 1/4 cup Mina Harissa Moroccan Red Pepper Sauce (2 fl oz)
- 3 tbsp olive oil (1.5 fl oz)
- 2 tbsp lemon juice (1 fl oz)
- 1 tbsp red wine vinegar (0.5 fl oz)
- 1 tbsp honey (0.5 fl oz)
- 1/2 tsp each: sea salt, garlic powder, oregano
- 1/4 tsp cumin

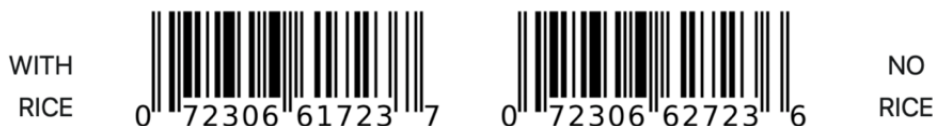
Instructions

1. **Marinate the Chicken.** In a jar, add **2 tbsp Mina Harissa Moroccan Red Pepper Sauce, 2 tbsp honey, 2 tbsp olive oil, 2 garlic cloves, sliced,** and **1 tsp kosher salt.** Shake until well combined, then pour over **1 1/2 lbs chicken thighs, extra fat trimmed** in a resealable container. Cover and set aside in the refrigerator to marinate for at least 2 hours or up to overnight.
2. **Make the Dressing.** In the same jar you used for the marinade, add **1/4 cup Mina Harissa Moroccan Red Pepper Sauce, 3 tbsp olive oil, 2 tbsp lemon juice, 1 tbsp red wine vinegar, 1 tbsp honey, 1/2 tsp each: sea salt, garlic powder, oregano,** and **1/4 tsp cumin.** Shake well until the oil is emulsified. Set aside.
3. **Grill the Chicken and Corn.** Pre-heat the grill to about 450°F. Once pre-heated, use grill tongs and a bunched up paper towel to brush the grill grates with vegetable oil. Add the marinated chicken thighs "nice" side down to the oiled grill grates and grill for about 6 minutes per side or until cooked through. Set aside to cool for at least 5 minutes, then slice for serving.
4. Add **4 small ears of corn on the cob** and grill for 6-8 mins or until the corn is tender and lightly charred, turning frequently to cook evenly and avoid burning. Once the corn has cooled enough to be handled, cut the kernels from the cob for serving. *Optional: brush the corn with a bit of olive oil and season with salt before grilling.*
5. **Assemble the Bowls.** In a wide shallow bowl like a pasta bowl, add rice, spring mix, chicken, corn, and all desired toppings like avocados, cucumbers, pickled red onions, hummus, tzatziki, and feta cheese. Top with prepared dressing and serve immediately.

Notes

Meal prep: Check out my tips here for meal prepping this recipe.

Nutrition: Scan the barcode below or search for "Peanut Butter and Fitness Harissa Honey Chicken Bowl" to log this food in My Fitness Pal. There are options for with and without rice.



Nutrition

Calories: 534kcal | Carbohydrates: 42g | Protein: 34g | Fat: 26g | Saturated Fat: 5g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 10g | Cholesterol: 109mg | Sodium: 718mg | Potassium: 798mg | Fiber: 7g | Sugar: 12g

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



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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

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

Juicy Air Fryer (or Grilled) Chicken

Prep Time
10 mins

Cook Time
12 mins

Total Time
22 mins

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



4.58 from 14 votes



Roasted Butternut Squash

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

Servings: 4 servings Calories: 77kcal



No ratings yet

Ingredients

- 1 medium to large butternut squash (700 grams yield)
- 1 tbsp olive oil (0.5 fl oz)
- 1/2 tsp salt
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/4 tsp black pepper

Instructions

1. Pre-heat oven to 400°F. Line a baking sheet with foil, if desired. Set aside.
2. Cut the butternut squash in half lengthwise and scoop out the seeds, then peel the skin off the butternut squash. Chop into 1/2-3/4" cubes.
3. Toss butternut squash with olive oil and seasonings, then spread onto baking sheet in a single layer, keeping the squash cubes separated if possible for maximum browning.
4. Roast at 400°F for 30-35 minutes, flipping halfway through. The roasted squash should be golden and fork-tender when done.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Roasted Butternut Squash (September 2024)" in My Fitness Pal.

Nutrition

Serving: 1cup | Calories: 77kcal | Carbohydrates: 11g | Protein: 2g | Fat: 3g | Saturated Fat: 1g | Monounsaturated Fat: 2g | Sodium: 313mg | Potassium: 595mg | Fiber: 1g | Sugar: 5g



Grilled Asparagus

Prep Time
5 mins

Cook Time
7 mins

Total Time
12 mins

Servings: 4 servings Calories: 36kcal

Ingredients

- 1 bunch asparagus, trimmed (400 grams)
- 1/2 tbsp olive oil
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- 1/4 tsp salt
- 1/8 tsp black pepper

Instructions

1. Add a grill topper to the grill, then pre-heat grill to 400°F.
2. Drizzle the trimmed asparagus with olive oil, then season with lemon pepper seasoning, salt, and black pepper. Toss to coat evenly.
3. Grill the asparagus for 5-7 minutes atop the grill topper, flipping every 1-2 minutes. The asparagus is done when it turns bright green and has some charring and is tender, but still crisp. Be careful not to over-grill!

Notes

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



Nutrition

Serving: 0.25bunch | Calories: 36kcal | Carbohydrates: 4g | Protein: 2g | Fat: 1.5g | Sodium: 155mg | Potassium: 202mg | Fiber: 2g | Sugar: 2g



No ratings yet

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

Week of September 13th, 2026

Produce

- ☐ Jalapeño: 1 large
 - ☐ Lemons: 2
 - ☐ Garlic: 2 cloves
 - ☐ Spring mix: 8 cups
 - ☐ Avocados: 2
 - ☐ Mini cucumbers: 8
 - ☐ Red onion: 1 ½ medium
 - ☐ Corn on the cob: 4 small ears
 - ☐ Green leaf lettuce: 10 cups
 - ☐ Cherry tomatoes: 1 ⅓ cup
 - ☐ Medium to large butternut squash: 1
 - ☐ Asparagus: 1 bunch
-

Proteins

- ☐ Turkey breakfast sausage: 1 lb
 - ☐ Eggs: 2 large
 - ☐ Boneless, skinless chicken thighs: 1 ½ lbs
 - ☐ 94/6 lean ground turkey: 1 lb
 - ☐ Chicken breast: 1 lb
-

Dairy, Refrigerator, & Freezer

- ☐ Breakstone's 2% cottage cheese: 1 cup
 - ☐ Extra sharp cheddar cheese: 1 ½ cups, shredded
 - ☐ Unsalted butter: 2 tbsp
 - ☐ Hummus: ¾ cup
 - ☐ [Tzatziki](#): ¾ cup
 - ☐ Fat free feta cheese: ¾ cup
 - ☐ Frozen corn kernels: 1 ⅓ cup
-

Pantry & Dry Goods

- ☐ All purpose flour: 1 cup
 - ☐ Cornmeal: 1 cup
 - ☐ Baking powder: 1 tsp
 - ☐ Baking soda: ½ tsp
 - ☐ Ben's Original Ready Rice Basmati Family Size: (1) 17.3 oz bag
 - ☐ Sugar: ¼ cup
 - ☐ 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
 - ☐ Honey: ½ cup + 1 tbsp
 - ☐ Mina Harissa sauce (mild): 3 fl oz
 - ☐ Apple cider vinegar: 1 cup
 - ☐ Red wine vinegar: 1 tbsp
 - ☐ Ortega Taco Skillet Sauce: 7 oz bag
-

Spices & Seasonings

- ☐ Salt and black pepper
- ☐ Onion powder: ½ tsp
- ☐ Garlic powder: ½ tsp
- ☐ Oregano: ½ tsp
- ☐ Cumin: ¼ tsp
- ☐ Oh My Spice! Spicy Fajita Seasoning: 1 tsp
- ☐ [Homemade brine mix](#): 3 tbsp
- ☐ Oh My Spice! Lemon Pepper Seasoning: 1 ½ tsp
- ☐ Chili powder: ¼ tsp

**Note: List does not include ingredients for [Easy Tzatziki Dip](#) or [Avocado Ranch Dressing](#) recipes*