

Weekly MEAL PLAN



Week of September 20th, 2026

	Breakfast	Lunch	Dinner
Day 1	Pumpkin Apple Baked Oatmeal	Air Fryer Sesame Orange Salmon with Air Fryer Broccoli and Rice	Juicy Grilled Chicken with Copycat Olive Garden Salad
Day 2	Pumpkin Apple Baked Oatmeal	Air Fryer Sesame Orange Salmon with Air Fryer Broccoli and Rice	Juicy Grilled Chicken with Roasted Sweet Potatoes and Grilled Asparagus
Day 3	Pumpkin Apple Baked Oatmeal	Air Fryer Sesame Orange Salmon with Air Fryer Broccoli and Rice	Juicy Grilled Chicken with Copycat Olive Garden Salad
Day 4	Pumpkin Apple Baked Oatmeal	Air Fryer Sesame Orange Salmon with Air Fryer Broccoli and Rice	Juicy Grilled Chicken with Roasted Sweet Potatoes and Grilled Asparagus
Day 5	Pumpkin Apple Baked Oatmeal	Juicy Grilled Chicken with Copycat Olive Garden Salad	Juicy Grilled Chicken with Roasted Sweet Potatoes and Grilled Asparagus
Day 6	Pumpkin Apple Baked Oatmeal	Juicy Grilled Chicken with Copycat Olive Garden Salad	Juicy Grilled Chicken with Roasted Sweet Potatoes and Grilled Asparagus

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!

Pumpkin Apple Baked Oatmeal

Prep Time
15 mins

Cook Time
40 mins

Total Time
55 mins

Servings: 6 servings Calories: 353kcal

Ingredients

- 2 1/4 cups rolled oats (216 grams)
- 2 scoops PE Science Select Vegan Vanilla Protein Powder (76 grams)
- 2 tsp pumpkin pie spice
- 1/2 tsp baking powder (2 grams)
- 1/4 tsp salt
- 1 cup unsweetened vanilla almond milk (8 fl oz)
- 1 cup pumpkin puree (244 grams)
- 1 large Honeycrisp apple, chopped (180 grams)
- 1/4 cup pure maple syrup (2 fl oz)
- 3 tbsp unsalted butter, melted (42 grams)
- 2 large eggs (100 grams)
- 1 tsp maple extract

Maple Cream Cheese Drizzle

- 3 tbsp whipped cream cheese (1.5 fl oz)
- 2 tbsp powdered sugar (15 grams)
- 1/2 tsp maple extract
- 1-2 tsp unsweetened vanilla almond milk

Instructions

1. Pre-heat oven to 350°F. Grease an 8x11" baking dish with butter or coconut oil and set aside.
2. In a medium bowl, combine all wet ingredients except the apple, slowly whisking in the melted butter last so it doesn't cook the eggs. Set aside.
3. In a large bowl, combine all dry ingredients and chopped apple. Add the wet ingredients and mix until just combined. Pour into prepared casserole dish and spread evenly. If desired, add apple slices on top.
4. Bake at 350°F for 40-45 minutes or until the top of the baked oatmeal is lightly golden and has some give but does not collapse easily when gently poked with a finger.
5. Allow to cool, then cut into 6 pieces for serving.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Pumpkin Apple Baked Oatmeal" to log this food in My Fitness Pal.

Nutrition

Serving: 1 slice | Calories: 353kcal | Carbohydrates: 45g | Protein: 17g | Fat: 12g | Saturated Fat: 5g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Cholesterol: 88mg | Sodium: 359mg | Potassium: 331mg | Fiber: 6g | Sugar: 16g



☆☆☆☆☆
No ratings yet



With Maple Cream Cheese Drizzle



Without Maple Cream Cheese Drizzle

Air Fryer Sesame Orange Salmon

Air frying salmon caramelizes the Sesame Orange glaze, adding a bit of crispiness to the edges and cooking it through to tender, flakey perfection!

Prep Time	Cook Time	Total Time
10 mins	12 mins	22 mins

Course: Main Course Cuisine: American, Asian
Keyword: air fryer, dinner, meal prep, salmon, weeknight dinner
Servings: 4 servings Calories: 285kcal



★★★★★
5 from 2 votes

Ingredients

- 18 oz Atlantic salmon, skin on, sliced into fillets
- 4 tbsp orange marmalade
- 2 tsp sesame oil
- 2 tsp rice vinegar
- 1 tsp orange zest
- 0.5 tsp salt
- 2 pinch cayenne pepper
- green onion and sesame seeds for garnish

Instructions

1. **Prepare the sesame orange glaze.** In a small bowl, whisk together **4 tbsp orange marmalade, 2 tsp sesame oil, 2 tsp rice vinegar, 1 tsp orange zest, 0.5 tsp salt, and 2 pinch cayenne pepper.** Divide mixture evenly into two bowls. Set aside.
2. **Create a foil sling for your air fryer** to prevent sticking and make cleanup a breeze. Fold a long piece of foil into thirds so it's about 4 inches wide. Place this into the bottom of your air fryer so that the long ends reach up the sides. Fold the edges down if they extend past the top of the air fryer basket. Next, fold a 2nd piece of foil to roughly cover the bottom of the basket and place it on top of the sling.
3. **Air fry the salmon.** Pre-heat the air fryer to 400°F. Once pre-heated, place the **18 oz Atlantic salmon, skin on, sliced into fillets** on top of the foil, skin side down. Brush with 1/2 of the the orange sesame glaze. Air fry for 10-14 minutes, depending on thickness, or until cooked through to an internal temperature of 125°F. (Mine took 12 mins.)
4. **Serve.** Using the foil sling like handles, remove the salmon from the air fryer basket. Gently slide a knife along the bottom of the salmon flesh, above the skin to remove the skin. Plate the cooked salmon fillets and brush with remaining orange sesame glaze. Garnish with sesame seeds and green onion before serving.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Air Fryer Sesame Orange Salmon" to log this food in My Fitness Pal.



Nutrition

Serving: 1 fillet | Calories: 285kcal | Carbohydrates: 13g | Protein: 25g | Fat: 15g | Cholesterol: 67mg | Sodium: 67mg | Potassium: 411mg | Sugar: 12g

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

Juicy Air Fryer (or Grilled) Chicken

Juicy, flavorful chicken breasts are seasoned inside and outside thanks to brine, then air fried to perfection! Great for meal prep.

Prep Time	Cook Time	Total Time
10 mins	12 mins	22 mins

Course: Protein Cuisine: American Keyword: air fryer, chicken, high protein
Servings: 8 servings Calories: 120kcal



4.58 from 14 votes

Ingredients

- 2 lb chicken breast, raw
- 4 cups water
- 2 cup ice
- 6 tbsp Homemade Brine Mix
- 2 tsp olive oil
- 1 tsp Oh My Spice! Lemon Pepper Seasoning
- 0.5 tsp chili powder
- salt and pepper to taste

Instructions

1. Bring **4 cups water** to a boil. Add **6 tbsp Homemade Brine Mix** and stir until dissolved. Pour over about **2 cup ice** in a flat bottomed resealable container. Add **2 lb chicken breast, raw**, then top off with up to 1/2 cup of 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 **2 tsp olive oil** until evenly coated. Season with **salt and pepper to taste, 0.5 tsp chili powder**, and **1 tsp Oh My Spice! Lemon Pepper 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 450°. Grill chicken 6 minutes on first side, then flip and grill 5-6 minutes on other side until chicken reaches 160° in the thickest part of the breast. Allow chicken to rest for 5 minutes before slicing.

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



Nutrition

Calories: 120kcal | Protein: 25g | Fat: 2g | Cholesterol: 80mg | Sodium: 153mg

Olive Garden Salad

Prep Time
15 mins

Total Time
15 mins



Servings: 4 servings Calories: 225kcal

Ingredients

- 8 cups romaine lettuce, sliced (340 grams)
- 1 cup Homemade Croutons
- 1/2 cup Light Olive Garden Italian salad dressing (4 oz)
- 1/2 cup red onion, sliced (73 grams)
- 1/3 cup shredded Parmesan cheese (27 grams)
- 24 low sodium pitted black olives (72 grams)
- 9 Pepperoncini peppers, sliced (90 grams)
- 2 Roma tomatoes, chopped (124 grams)



No ratings yet

Instructions

1. Layer salad ingredients in serving dishes or meal prep containers, setting aside croutons, cheese, and dressing until ready to serve.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Copycat Olive Garden Salad" to log this food in My Fitness Pal.

Nutrition

Calories: 225kcal | Carbohydrates: 22g | Protein: 6g | Fat: 11g | Saturated Fat: 3g |
Monounsaturated Fat: 4g | Cholesterol: 10mg | Sodium: 978mg | Potassium: 107mg | Fiber: 3g |
Sugar: 5g



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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

Roasted Sweet Potatoes

Prep Time	Cook Time	Total Time
5 mins	35 mins	40 mins

Servings: 4 servings Calories: 151kcal

Ingredients

- 2 sweet potatoes, halved lengthwise (500 grams)
- 1/2 tbsp olive oil
- 1/2 tsp Flavor God Garlic Lover's Seasoning
- 1/2 tsp salt

Instructions

1. Pre-heat oven to 400°F. Line a baking sheet with aluminum foil and set aside.
2. Rub sweet potato halves with olive oil, then season on all sides with salt and garlic seasoning.
3. Bake at 400° for 35 minutes or until the sweet potatoes are tender and bubbling with caramelization.

Notes

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



Nutrition

Calories: 151kcal | Carbohydrates: 21g | Protein: 2g | Fat: 7g | Cholesterol: 4mg | Sodium: 245mg | Potassium: 274mg | Fiber: 3g | Sugar: 7g



No ratings yet

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

Week of September 20th, 2026

Produce

- ☐ Apple, Honeycrisp: 1 large
- ☐ Orange zest: 1 tsp
- ☐ Green onion: 1-2 stalks
- ☐ Broccoli florets: 6 cups
- ☐ Romaine lettuce: 8 cups
- ☐ Roma tomatoes: 2
- ☐ Red onion: ½ cup
- ☐ Asparagus: 1 bunch
- ☐ Sweet potatoes: 2 medium

Proteins

- ☐ Atlantic salmon, skin on: 18 oz
- ☐ Chicken breast: 2 lbs

Dairy, Refrigerated, & Frozen

- ☐ Unsweetened vanilla almond milk: 1 cup
- ☐ Unsalted butter: 3 tbsp
- ☐ Eggs: 2 large
- ☐ Whipped cream cheese: 3 tbsp
- ☐ Shredded Parmesan cheese: ⅓ cup

Pantry & Dry Goods

- ☐ Rolled oats: 2 ¼ cups
- ☐ PEScience Select Vegan Protein Powder, Vanilla: 2 scoops
- ☐ Baking powder: ½ tsp
- ☐ Pumpkin puree: 1 cup
- ☐ Applesauce, unsweetened: 1 cup
- ☐ Maple extract: 1 ½ tsp
- ☐ Powdered sugar: 2 tbsp
- ☐ Black olives: 24
- ☐ Pepperoncini peppers: 9

Oils, Sauces & Condiments

- ☐ Olive oil
- ☐ Maple syrup: ¼ cup
- ☐ Orange marmalade: 4 tbsp
- ☐ Sesame oil: 2 tsp
- ☐ Rice vinegar: 2 tsp
- ☐ Light Olive Garden Italian salad dressing: ½ cup

Spices & Seasonings

- ☐ Salt and pepper
- ☐ Pumpkin pie spice: 2 tsp
- ☐ Cayenne pepper: 2 pinches
- ☐ Sesame seeds: ½ tsp
- ☐ Oh My Spice! Lemon Pepper Seasoning: 2 ½ tsp
- ☐ [Homemade brine mix](#): 6 tbsp
- ☐ Chili powder: ½ tsp