

Weekly MEAL PLAN



Week of October 4th, 2026

	Breakfast	Lunch	Dinner
Day 1	Pumpkin Spice Latte Protein Overnight Oats	Juicy Grilled Chicken with Roasted Honeynut Squash and Sautéed Kale	Juicy Grilled Chicken with Apple & Pear Chopped Kale Salad
Day 2	Pumpkin Spice Latte Protein Overnight Oats	Bang Bang Ground Chicken Bowl	Juicy Grilled Chicken with Roasted Honeynut Squash and Sautéed Kale
Day 3	Pumpkin Spice Latte Protein Overnight Oats	Juicy Grilled Chicken with Apple & Pear Chopped Kale Salad	Bang Bang Ground Chicken Bowl
Day 4	Pumpkin Spice Latte Protein Overnight Oats	Juicy Grilled Chicken with Roasted Honeynut Squash and Sautéed Kale	Juicy Grilled Chicken with Apple & Pear Chopped Kale Salad
Day 5	Pumpkin Spice Latte Protein Overnight Oats	Bang Bang Ground Chicken Bowl	Juicy Grilled Chicken with Roasted Honeynut Squash and Sautéed Kale
Day 6	Pumpkin Spice Latte Protein Overnight Oats	Juicy Grilled Chicken with Apple & Pear Chopped Kale Salad	Bang Bang Ground Chicken 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!

Pumpkin Spice Latte Protein Overnight Oats

Bring the flavors of a classic Pumpkin Spice Latte to your high protein make-ahead breakfast, complete with the caffeine boost!



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No ratings yet

Prep Time
5 mins

Total Time
5 mins

Course: Breakfast Cuisine: American

Keyword: breakfast, high protein, meal prep, pumpkin spice Servings: 6 servings

Calories: 336kcal

Ingredients

- 3 cup rolled oats 90 grams
- 3 scoop Ascent Whey Protein Powder, Vanilla Bean 31 grams
- 1.5 tbsp chia seeds 7 grams
- 1.5 tsp pumpkin pie spice
- 1.5 cup Fairlife Fat Free Ultra Filtered Milk 4 fl oz
- 18 tbsp pumpkin puree 92 grams
- 0.75 cup espresso, strong brewed coffee, or cold brew coffee 2 fl oz
- 6 tbsp maple syrup 1 fl oz
- 1.5 tsp vanilla extract

Instructions

1. Whisk **1.5 cup Fairlife Fat Free Ultra Filtered Milk** and **3 scoop Ascent Whey Protein Powder, Vanilla Bean** until smooth.
2. Add **3 cup rolled oats, 1.5 tbsp chia seeds, 1.5 tsp pumpkin pie spice, 18 tbsp pumpkin puree, 0.75 cup espresso, strong brewed coffee, or cold brew coffee, 6 tbsp maple syrup,** and **1.5 tsp vanilla extract** and mix until combined. Refrigerate overnight.
3. Serve chilled or microwave for 1 to 1 1/2 minutes before serving. Top with whipped cream or vanilla Greek yogurt before serving, if desired.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Pumpkin Spice Latte Protein Overnight Oats" to log this food in My Fitness Pal.



Nutrition

Calories: 336kcal | Carbohydrates: 52g | Protein: 23g | Fat: 5g | Saturated Fat: 1g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 1g | Cholesterol: 16mg | Sodium: 70mg | Potassium: 523mg | Fiber: 7g | Sugar: 17g

Bang Bang Chicken Bowls

This Bang Bang chicken bowl incredibly flavorful and is craveable like takeout, but with 38 grams protein and 5 grams fiber.

Prep Time	Cook Time	Total Time
30 mins	10 mins	40 mins

Course: Main Course Cuisine: American, Asian

Keyword: bowl recipes, chicken, high protein, meal prep Servings: 4 servings

Calories: 486kcal



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No ratings yet

Ingredients

- 1 lb 98% lean ground chicken 454 grams
- 2/3 cup jasmine rice, prepared according to package directions 121 grams
- 10 oz frozen shelled edamame, thawed 283 grams
- 3 mini cucumbers, sliced 200 grams
- 1 1/4 cup matchstick carrots 85 grams
- 1/2 tbsp olive oil 7 mL
- chopped green onions and sesame seeds for topping

Chicken Pan Sauce

- 5 tbsp low sodium soy sauce 75 mL
- 1 tbsp water 15 mL
- 1 tbsp brown sugar 12 grams
- 1 tbsp fresh ground ginger 8 grams
- 1 tbsp sriracha sauce 15 mL
- 1/2 tbsp sesame oil 7 mL
- 1/2 tbsp cornstarch 4 grams
- 1 tsp garlic powder
- 1/2 tsp smoked paprika

Bang Bang Sauce

- 5 tbsp Duke's Light Mayonnaise 75 grams
- 2 tbsp sweet chili sauce 1 fl oz
- 1 tbsp rice vinegar 15 mL
- 1/2 tbsp sriracha sauce 7 mL

Instructions

1. Add all sauce for chicken ingredients to a tight sealing jar and shake until combined. Set aside.
2. Add **5 tbsp Duke's Light Mayonnaise, 2 tbsp sweet chili sauce, 1 tbsp rice vinegar,** and **1/2 tbsp sriracha sauce** to a bowl and whisk until combined. Set aside in refrigerator.
3. In a large skillet, heat **1/2 tbsp olive oil** over medium high heat. Once hot, add **1 lb 98% lean ground chicken** and break apart with a spatula as it cooks. Once the chicken is mostly cooked through (but some spots of pink remain), add the sauce for the chicken. Continue cooking and stirring until the chicken cooks through.
4. To serve, add to a bowl **2/3 cup jasmine rice, prepared according to package directions,** prepared chicken, **10 oz frozen shelled edamame, thawed, 3 mini cucumbers, sliced, 1 1/4 cup matchstick carrots,** and **chopped green onions and sesame seeds for topping.**

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Bang Bang Chicken Bowls" to log this food in My Fitness Pal.



With Rice



Without Rice

Nutrition

Calories: 486kcal | Carbohydrates: 46g | Protein: 38g | Fat: 17g | Saturated Fat: 3g | Polyunsaturated Fat: 5g | Monounsaturated Fat: 3g | Cholesterol: 93mg | Sodium: 1064mg | Potassium: 992mg | Fiber: 5g | Sugar: 10g

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.



4.58 from 14 votes

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

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

Easy Roasted Honeynut Squash

Prep Time	Cook Time	Total Time
10 mins	30 mins	40 mins

Servings: 4 servings Calories: 153kcal

Ingredients

- 2 honeynut squash, halved and seeds removed (720 grams)
- 2 tbsp unsalted butter (1 oz)
- 1 1/2 tbsp maple syrup (0.75 fl oz)
- 1/2 tsp salt
- 1/4 tsp cinnamon

Instructions

1. Pre-heat the oven to 425°F. Line a quarter size baking sheet with foil. Set aside.
2. Halve the squashes and scoop out the seeds. Rub a small amount of butter on the exposed flesh of the squash, then season with salt and cinnamon. Divide remaining butter evenly among the hollowed out sections of the squash.
3. Roast at 425°F for 30-35 minutes. The squash should be fork-tender but not mushy. Remove squash halves to a serving dish.
4. Dip a spoon into the butter in the seed bowl and spread the butter over the cut side of the squash. Drizzle squash with maple syrup. Garnish with pecan pieces and fresh thyme before serving, if desired.

Notes

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

Nutrition

Serving: 1squash half | Calories: 153kcal | Carbohydrates: 24g | Protein: 2g | Fat: 6g | Cholesterol: 15mg | Sodium: 4mg | Potassium: 858mg | Fiber: 4g | Sugar: 9g



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No ratings yet



Apple & Pear Chopped Kale Salad

Prep Time
20 mins

Total Time
20 mins



★★★★★
5 from 1 vote

Servings: 8 servings Calories: 220kcal

Ingredients

- 1 bunch curly kale, stems removed and torn into 2-3" pieces (200 grams)
- 2 cups brussels sprouts, trimmed (150 grams)
- 1 large green apple, chopped (250 grams)
- 1 large pear, Anjou or Bosc variety, chopped (230 grams)
- 4 oz apple smoked cheddar cheese, chopped into ~3/8" squares
- 1/2 cup rosemary Marcona almonds (60 grams)
- 1/2 cup crispy fried onions (21 grams)

Apple Crisp Dressing

- 1/2 cup Homemade Apple Crisp Syrup (4 fl oz)
- 1/4 cup olive oil (2 fl oz)
- 1/4 cup dijon mustard (2 fl oz)
- 1 lemon, zested and juiced
- 1 tsp salt
- 1 tsp Oh My Spice! Lemon Pepper Seasoning

Instructions

1. **Prepare dressing.** Add all dressing ingredients to a shaker and shake until well combined. Set aside.
2. **Prepare kale and brussels sprouts.** Add slicing blade to your food processor. Load trimmed brussels sprouts into the feeder tube, then pulse, gently pushing the brussels sprouts down toward the blade using your food processor's pusher. Repeat until all brussels sprouts are shredded. Remove the slicing blade from the food processor and remove the Brussels sprouts to a large bowl; set aside.
3. Add kale to the food processor, being careful not to overload the food processor bowl. Pulse the kale 5-10 times until the leaves are chopped into <1" pieces (many will be smaller). Repeat until all the kale is shredded, then remove to the bowl with the Brussels sprouts.
4. **Assemble the salad.** To the bowl with the kale and brussels sprouts, add chopped apples, pears, and cheese. Top with dressing and toss with tongs. Once the dressing has evenly coated the salad, top with Marcona almonds and crispy fried onions before serving.

Notes

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

Nutrition

Serving: 1.5cups | Calories: 220kcal | Carbohydrates: 25g | Protein: 7g | Fat: 11g | Cholesterol: 15mg | Sodium: 395mg | Potassium: 298mg | Fiber: 4g | Sugar: 16g



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Apple Crisp Syrup

Make this easy Apple Crisp Syrup Starbucks-dupe at home with apples, fall spices, apple cider, and sugar. Use it in drinks and dressings!



No ratings yet

Prep Time	Cook Time	Total Time
5 mins	20 mins	25 mins

Course: Drinks Cuisine: American

Keyword: apple cider, apples, coffee, fall, iced coffee, simple syrup, spices

Servings: 12 servings (2 tbsp per serving) Calories: 75kcal

Ingredients

- 1 cup apple cider
- 1 cup dark brown sugar
- 2 Honeycrisp apples, sliced
- 3 cinnamon sticks
- 1 whole nutmeg, smashed into 3-4 large pieces

Instructions

1. Add all ingredients to a medium saucepan and bring to a boil over medium-high heat. Stir, then reduce heat medium-low so that the mixture simmers vigorously, uncovered, for 20 minutes.
2. Strain the solids from the syrup, using the back of a spoon to press any liquid from the apple slices. Set syrup aside to cool.

Notes

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

Nutrition

Serving: 1fl oz | Calories: 75kcal | Carbohydrates: 20g | Sugar: 19g



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

Week of October 4th, 2026

Produce

- ☐ Mini cucumbers: 3
 - ☐ Matchstick carrots: 1 ¼ cups
 - ☐ Green onions: 2 stalks
 - ☐ Ginger: 1 knuckle
 - ☐ Honeynut squash: 2
 - ☐ Optional: 1 large bunch lacinato kale, for sauteeing
 - ☐ Curly kale: 1 large bunch
 - ☐ Brussels sprouts: 2 cups
 - ☐ Green apple: 1 large
 - ☐ Anjou or Bosc pear: 1 large
 - ☐ Honeycrisp apples: 2
 - ☐ Lemon: 1
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Proteins

- ☐ Lean ground chicken: 1 lb
 - ☐ Chicken breast: 2 lbs
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Dairy, Frozen, & Refrigerated

- ☐ Fairlife Fat Free milk: 1 ½ cups
 - ☐ Frozen shelled edamame: 10 oz
 - ☐ Unsalted butter: 2 tbsp
 - ☐ Apple smoked cheddar cheese: 4 oz
 - ☐ Apple cider: 1 cup
 - ☐ Cold brew (or fresh espresso): ¾ cup
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Pantry & Dry Goods

- ☐ Rolled oats: 3 cups
- ☐ Vanilla whey protein powder: 3 scoops
- ☐ Chia seeds: 1 ½ tbsp
- ☐ Vanilla extract: 1 ½ tsp

- ☐ Pumpkin puree: 1 cup + 2 tbsp
 - ☐ Jasmine rice: ⅔ cup
 - ☐ Brown sugar: 1 cup + 1 tbsp
 - ☐ Cornstarch: ½ tbsp
 - ☐ Rosemary Marcona almonds: ½ cup
 - ☐ Crispy fried onions (salad topper): ½ cup
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Oils, Sauces & Condiments

- ☐ Olive oil
 - ☐ Maple syrup: 7 ½ tbsp
 - ☐ Low sodium soy sauce: 5 tbsp
 - ☐ Sriracha sauce: 1 ½ tbsp
 - ☐ Sesame oil: ½ tbsp
 - ☐ Duke's Light Mayonnaise: 5 tbsp
 - ☐ Sweet chili sauce: 2 tbsp
 - ☐ Rice vinegar: 1 tbsp
 - ☐ Dijon mustard: ¼ cup
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Spices & Seasonings

- ☐ Salt and black pepper
- ☐ [Homemade brine mix](#): 6 tbsp
- ☐ Pumpkin pie spice: 1 ½ tsp
- ☐ Garlic powder: 1 tsp
- ☐ Smoked paprika: ½ tsp
- ☐ Oh My Spice! Lemon Pepper Seasoning: 2 tsp
- ☐ Chili powder: ½ tsp
- ☐ Cinnamon: ¼ tsp
- ☐ Cinnamon sticks: 3
- ☐ Whole nutmeg pod: 1