

Weekly MEAL PLAN



Week of October 18th, 2026

	Breakfast	Lunch	Dinner
Day 1	Mixed Berry Oatmeal Muffins	Juicy Grilled Chicken with Roasted Honeynut Squash and Grilled Asparagus	Tex-Mex Unstuffed Pepper Bowl
Day 2	Mixed Berry Oatmeal Muffins	Easy Greek Chicken Salad	Juicy Grilled Chicken with Roasted Honeynut Squash and Grilled Asparagus
Day 3	Mixed Berry Oatmeal Muffins	Tex-Mex Unstuffed Pepper Bowl	Easy Greek Chicken Salad
Day 4	Mixed Berry Oatmeal Muffins	Juicy Grilled Chicken with Roasted Honeynut Squash and Grilled Asparagus	Tex-Mex Unstuffed Pepper Bowl
Day 5	Mixed Berry Oatmeal Muffins	Easy Greek Chicken Salad	Juicy Grilled Chicken with Roasted Honeynut Squash and Grilled Asparagus
Day 6	Mixed Berry Oatmeal Muffins	Tex-Mex Unstuffed Pepper Bowl	Easy Greek Chicken Salad
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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Tex-Mex Unstuffed Pepper Bowls

These high protein, high fiber Unstuffed Pepper Bowls have your favorite Tex-Mex flavors for a quick and easy meal prep.

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

Course: Main Course Cuisine: American, Mexican

Keyword: high protein, meal prep, turkey, weeknight dinner

Servings: 4 servings Calories: 438kcal



4.41 from 5 votes

Ingredients

- 1 lb 94/6 ground turkey
- 2 medium bell peppers, chopped (300 grams total)
- 1/2 medium sweet onion, diced (75 grams)
- 1 15.5 oz can low sodium black beans, rinsed and drained
- 1 cup frozen corn kernels (135 grams)
- 1 16 oz jar chunky salsa
- 2 tsp olive oil, divided (9 grams)
- 3/4 tsp chile powder
- 1/2 tsp cumin
- 1/2 tsp Oh My Spice! Spicy Fajita seasoning

Toppings

- 1 cup Tillamook Mexican 4 Cheese Blend (112 grams)
- 1/3 cup green onion, chopped (33 grams)
- 1/4 cup cilantro, chopped

Instructions

1. Add **1 15.5 oz can low sodium black beans, rinsed and drained** and **1 cup frozen corn kernels** to a large bowl. Set aside.
2. Heat **1 tsp olive oil** in a large skillet over medium-high heat. Once the oil is hot, add **2 medium bell peppers, chopped** and **1/2 medium sweet onion, diced**. Sauté for 2-3 minutes until slightly tender, but still crisp enough to hold their shape well. Add pepper mixture to the bowl with the beans and corn and stir.
3. Add remaining **1 tsp of olive oil** to the skillet. Once hot, add **1 lb 94/6 ground turkey** and season with **3/4 tsp chile powder**, **1/2 tsp cumin**, and **1/2 tsp Oh My Spice! Spicy Fajita seasoning**. Break the ground turkey apart with a wooden spoon or spatula as it cooks.
4. While the turkey cooks, pre-heat oven to 450°F and arrange 4 oven safe meal prep containers on a rimmed sheet pan.
5. When the turkey is mostly cooked through but still has some spots of pink, add **1 16 oz jar**

chunky salsa and stir to coat the turkey evenly. Cook the turkey through, then remove to the bowl with other ingredients and stir until well combined.

6. Divide the mixture evenly between the 4 meal prep containers and top with **1 cup Tillamook Mexican 4 Cheese Blend**. Bake at 450°F for 5-10 minutes or until the cheese is melted and beginning to get golden brown.
7. Top with **1/3 cup green onion, chopped** and **1/4 cup cilantro, chopped** before serving.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Tex-Mex Unstuffed Pepper Bowls" to log this meal into My Fitness Pal.



Nutrition

Calories: 438kcal | Carbohydrates: 37g | Protein: 37g | Fat: 17g | Saturated Fat: 8g |
Monounsaturated Fat: 2g | Cholesterol: 25mg | Sodium: 1228mg | Potassium: 520mg | Fiber: 12g
| Sugar: 9g

Juicy Air Fryer (or Grilled) Chicken

Prep Time
10 mins

Cook Time
12 mins

Total Time
22 mins



4.58 from 14 votes

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

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



No ratings yet



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

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

Cottage Cheese Dirt Pudding Cups

The ultimate nostalgic spooky season dessert gets a healthier makeover with a little extra protein thanks to cottage cheese.

Prep Time
20 mins

Total Time
20 mins

Course: Dessert, Snack Cuisine: American

Keyword: chocolate, cottage cheese, dessert, halloween Servings: 12 servings

Calories: 204kcal



☆☆☆☆☆
No ratings yet

Ingredients

- 3 cups fat free ultra filtered milk 24 fl oz
- 2 cups Breakstone's 2% Cottage Cheese 16 fl oz
- 8 oz reduced fat whipped topping, thawed
- 2 3.9 oz boxes chocolate fudge flavored sugar free instant pudding mix
- 1 tsp instant espresso
- 20 chocolate sandwich cookies

Instructions

1. Add **20 chocolate sandwich cookies** to a large food processor and pulse until they reach desired consistency. Remove crushed cookies to a bowl and set aside.
2. Shake cookie dust from food processor bowl (it doesn't have to be perfectly clean) and add **2 cups Breakstone's 2% Cottage Cheese** and **1 tsp instant espresso**. Blend until smooth and set aside.
3. Add cold **3 cups fat free ultra filtered milk** to a large bowl, then add **2 3.9 oz boxes chocolate fudge flavored sugar free instant pudding mix**. Beat with a large whisk or hand mixer for 2 minutes, then set aside to set up for 5 minutes.
4. After the pudding has set, fold in the blended cottage cheese and **8 oz reduced fat whipped topping, thawed**. Divide into serving dishes and top with crushed chocolate sandwich cookies and any desired candies like gummy worms and sprinkles.

Notes

Texture: There may still be some tiny pudding clumps left behind after mixing all ingredients together, but just let it rest overnight in the fridge and those will disappear when you stir it the next day.

Yield: Each serving is about 2/3 cup pudding plus 2-3 tbsp of crushed cookies.

Nutrition: Scan the barcode below or search for "Peanut Butter and Fitness Cottage Cheese Dirt Pudding Cups" to log this food in My Fitness Pal.



Nutrition

Calories: 204kcal | Carbohydrates: 29g | Protein: 8g | Fat: 7g | Saturated Fat: 4g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Cholesterol: 5mg | Sodium: 394mg | Potassium: 131mg | Fiber: 1g | Sugar: 13g

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

Week of October 18th, 2026

Produce

- ☐ Blueberries: $\frac{3}{4}$ cup
 - ☐ Strawberries: $\frac{3}{4}$ cup
 - ☐ Bell peppers: 2 medium (orange and green)
 - ☐ Sweet onion: $\frac{1}{2}$ medium
 - ☐ Green onions: $\frac{1}{3}$ cup chopped
 - ☐ Fresh cilantro: $\frac{1}{4}$ cup chopped
 - ☐ Honeynut squash: 2
 - ☐ Asparagus: 1 bunch
 - ☐ Green leaf lettuce: 8-10 cups
 - ☐ Cucumber: 1 cup
 - ☐ Cherry tomatoes: 1 cup
 - ☐ Red onion: $\frac{1}{3}$ cup
-

Proteins

- ☐ 94% lean ground turkey: 1 lb
 - ☐ Chicken breast: 2 lbs raw
-

Dairy, Frozen, & Refrigerated

- ☐ Unsweetened vanilla almond milk: $\frac{1}{2}$ cup
 - ☐ Eggs: 2 large
 - ☐ Frozen corn kernels: 1 cup
 - ☐ Tillamook Mexican 4 Cheese Blend: 1 cup
 - ☐ Unsalted butter: 2 tbsp
 - ☐ Fat free feta cheese: $\frac{1}{2}$ cup
-

Pantry & Dry Goods

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

- ☐ Unsweetened applesauce: 1 cup
 - ☐ Baking powder: $\frac{1}{2}$ tsp
 - ☐ Baking soda: $\frac{1}{2}$ tsp
 - ☐ Vanilla extract: 1 tsp
 - ☐ Low sodium black beans: 15.5 oz can
 - ☐ Chunky salsa: 16 oz jar
 - ☐ Kalamata olives (halved or sliced): $\frac{1}{3}$ cup
-

Oils, Sauces & Condiments

- ☐ Olive oil
 - ☐ Maple syrup: 5 $\frac{1}{2}$ tbsp
 - ☐ Skippy Natural Creamy Peanut Butter: 3 tbsp
 - ☐ Farmer Boy Greek Dressing: $\frac{1}{2}$ cup
-

Spices & Seasonings

- ☐ Salt and pepper
- ☐ Cinnamon: $\frac{3}{4}$ tsp
- ☐ Chili powder: 1 $\frac{3}{4}$ tsp
- ☐ Cumin: $\frac{1}{2}$ tsp
- ☐ Oh My Spice! Spicy Fajita Seasoning: $\frac{1}{2}$ tsp
- ☐ [Homemade brine mix](#): 6 tbsp
- ☐ Oh My Spice! Lemon Pepper Dill Seasoning: 2 $\frac{1}{2}$ tsp