

Weekly MEAL PLAN



Week of October 25th, 2026

	Breakfast	Lunch	Dinner
Day 1	Instant Pot Pumpkin Steel Cut Oats	Tuscan White Bean & Spaghetti Squash Skillet	Bang Bang Ground Chicken Bowl
Day 2	Instant Pot Pumpkin Steel Cut Oats	Turkey Taco Salad with Avocado Ranch Dressing	Tuscan White Bean & Spaghetti Squash Skillet
Day 3	Instant Pot Pumpkin Steel Cut Oats	Bang Bang Ground Chicken Bowl	Turkey Taco Salad with Avocado Ranch Dressing
Day 4	Instant Pot Pumpkin Steel Cut Oats	Tuscan White Bean & Spaghetti Squash Skillet	Bang Bang Ground Chicken Bowl
Day 5	Instant Pot Pumpkin Steel Cut Oats	Turkey Taco Salad with Avocado Ranch Dressing	Tuscan White Bean & Spaghetti Squash Skillet
Day 6	Instant Pot Pumpkin Steel Cut Oats	Bang Bang Ground 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!

Instant Pot Pumpkin Steel Cut Oats

Fall flavors are at the forefront of these ultra creamy, ridiculously easy Pumpkin Steel Cut Oats made right in the Instant Pot.

Prep Time	Cook Time	Pressurizing and Release Time	Total Time
5 mins	6 mins	15 mins	26 mins



4.15 from 14 votes

Course: Breakfast Cuisine: American

Keyword: breakfast, fall, meal prep, pumpkin Servings: 6 servings

Calories: 282kcal

Ingredients

- 3 cups unsweetened vanilla almond milk (24 oz)
- 1.5 cup steel cut oats (264 g rams)
- 1.5 cup pumpkin puree (360 g rams)
- 1.5 cup water (12 fl oz
- 0.38 cup maple syrup (2.67 fl c
- 3 tbsp brown sugar, packed (37 grams)
- 1.5 tsp pumpkin pie spice
- 1.5 tsp vanilla extract (you could instead use 1 ts p maple extract and 1/2 tsp vanilla)
- 1.5 cinnamon stick
- 0.38 tsp salt

Instructions

1. Add **3 cups unsweetened vanilla almond milk, 1.5 cup steel cut oats, 1.5 cup water, 0.38 cup maple syrup, 1.5 tsp pumpkin pie spice, 1.5 tsp vanilla extract, 1.5 cinnamon stick, and 0.38 tsp salt** to the Instant Pot bowl and mix until combined.
2. Close the lid to the Instant Pot and ensure the spout is set to "Sealing" before turning on high pressure for 6 minutes, followed by 10 minutes of natural release. Once the 10 minutes of natural release are complete, quick release any remaining pressure.
3. Stir **1.5 cup pumpkin puree and 3 tbsp brown sugar, packed** into the oats until completely combined.
4. Serve with extra almond milk, maple syrup, pecans, whipped cream, or any other desired toppings (not included in nutrition info).

Notes

Add more protein: If you want to add powdered protein to this oatmeal, mix it in at the same time as the pumpkin and brown sugar.

Yield: This recipe yields almost 5 1/4 cups and each serving size is a generous 3/4 cup.

Nutrition: Scan the barcode below or search for "Peanut Butter and Fitness Instant Pot Pumpkin Steel Cut Oats" to log this food into My Fitness Pal.



Nutrition

Serving: 293grams | Calories: 282kcal | Carbohydrates: 54g | Protein: 8g | Fat: 4g | Sodium: 234mg | Potassium: 193mg | Fiber: 7g | Sugar: 20g

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



☆☆☆☆☆
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

Tuscan White Bean & Spaghetti Squash Skillet

Prep Time
20 mins

Cook Time
50 mins

Total Time
1 hr 10 mins

Servings: 5 servings Calories: 386kcal

Ingredients

- 1 1/4 lb raw chicken breast, thinly sliced
- 1 medium spaghetti squash (500 grams flesh)
- 1 15.5 oz can cannellini beans, drained
- 4 cups kale, trimmed and roughly chopped (270 grams)
- 2 oz sun dried tomatoes, sliced
- 1 1/4 cup light coconut milk
- 1 cup low sodium chicken broth
- 1/2 cup dry white wine (I like Sauvignon Blanc)
- 1/2 medium onion, chopped (55 grams)
- 2 tbsp white whole wheat flour (6 grams)
- 3 tbsp unsalted butter (1 1/2 oz)
- 2 tsp olive oil (0.33 oz)
- 4 cloves garlic, minced (16 grams)
- 2 tsp Oh My Spice! Lemon Pepper Dill Seasoning
- 1/2 tsp ground mustard
- 1/4 tsp red pepper flakes

Instructions

1. Optional (but recommended): Brine chicken breasts for 5-12 hours. [Get recipe/instructions here.](#)
2. Pre-heat oven to 400 degrees. Cut spaghetti squash in half and scoop out seeds. Rub cut sides with 1 tsp olive oil and season with 1/2 tsp lemon pepper seasoning. Bake for 35-40 minutes until flesh flakes away easily with a fork.
3. Heat remaining olive oil in a large skillet over medium-high heat. Season chicken breast on both sides with salt, pepper, and 1/2 tsp lemon pepper seasoning, then add to skillet and brown on each side for 1-2 minutes, then set chicken aside.
4. Add butter to skillet until melted and hot, then add onion and garlic and sauté until tender. Stir in flour until it is absorbed, then gradually whisk in wine, chicken broth, and coconut milk.
5. Add sun dried tomatoes and remaining spices to skillet. Stir well, then add cannellini beans to the skillet and stir to combine. Return chicken to skillet and spoon sauce over chicken. Lower heat to a simmer for 10-15 minutes until chicken is cooked through. Stir the kale in during the last 5-10 minutes of cooking, then remove from heat.
6. Remove chicken from skillet and allow to rest for a few minutes before slicing. While the chicken rests, add spaghetti squash to skillet and stir until well combined and heated through.
7. Divide into 5 servings and add sliced chicken on top. Top with parmesan cheese before serving, if desired.

Notes

Click here or scan the barcode below to log this meal into My Fitness Pal.



Nutrition

Calories: 386kcal | Carbohydrates: 27g | Protein: 35g | Fat: 15g | Cholesterol: 85mg | Sodium: 323mg | Potassium: 1189mg | Fiber: 8g | Sugar: 5g



4.24 from 13 votes

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

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

Week of October 25th, 2026

Produce

- ☐ Mini cucumbers: 3
 - ☐ Matchstick carrots: 1 ¼ cups
 - ☐ Green onions: 2 stalks
 - ☐ Ginger: 1 knuckle
 - ☐ Spaghetti squash: 1 medium
 - ☐ Kale (Lacinato best, curly okay): 4 cups
 - ☐ Onion: ½ medium
 - ☐ Garlic: 4 cloves
 - ☐ Green leaf lettuce: 10 cups
 - ☐ Cherry tomatoes: 1 ⅓ cup
 - ☐ Red onion: ½ cup sliced
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Proteins

- ☐ Lean ground chicken: 1 lb
 - ☐ Chicken breast: 1 ¼ lbs
 - ☐ 94% lean ground turkey: 1 lb
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Dairy, Frozen, & Refrigerated

- ☐ Unsweetened vanilla almond milk: 3 cups
 - ☐ Frozen shelled edamame: 10 oz
 - ☐ Unsalted butter: 3 tbsp
 - ☐ Frozen corn kernels: 1 ⅓ cup
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Pantry & Dry Goods

- ☐ Steel cut oats: 1 ½ cups
- ☐ Pumpkin puree: 1 ½ cups
- ☐ Brown sugar: 4 tbsp
- ☐ Vanilla extract: 1 ½ tsp
- ☐ Jasmine rice: ⅔ cup
- ☐ Cornstarch: ½ tbsp
- ☐ Sun dried tomatoes: 2 oz

- ☐ Light coconut milk: 1 ¼ cup
 - ☐ Low sodium chicken broth: 1 cup
 - ☐ Flour (white whole wheat or AP): 2 tbsp
 - ☐ 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
 - ☐ Maple syrup: 5 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
 - ☐ Ortega Taco Skillet Sauce: 7 oz
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Spices & Seasonings

- ☐ Salt and black pepper
 - ☐ [Homemade brine mix](#): 6 tbsp
 - ☐ Pumpkin pie spice: 1 ½ tsp
 - ☐ Cinnamon stick: 1
 - ☐ Garlic powder: 1 tsp
 - ☐ Smoked paprika: ½ tsp
 - ☐ Oh My Spice! Lemon Pepper Seasoning: 2 tsp
 - ☐ Ground mustard: ½ tsp
 - ☐ Red pepper flakes: ¼ tsp
 - ☐ Oh My Spice! Spicy Fajita Seasoning: 1 tsp
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Wine, Beer, & Spirits

- ☐ Dry white wine: ½ cup

**Note: List does not include ingredients for [Avocado Ranch Dressing](#) recipe.*