Weekly MEAL PLAN | Peanut Butter & FITNESS

Week of November 15th, 2026

	Breakfast	Lunch	Dinner
Day 1	**Chai & Pear Baked Oatmeal** with **hard boiled eggs**	**Juicy Grilled Chicken** with **Roasted Delicata Squash** and **Air Fryer Broccoli**	**Sheet Pan Greek Chicken Dinner**
Day 2	**Chai & Pear Baked Oatmeal** with **hard boiled eggs**	**Big Mac Salad**	**Juicy Grilled Chicken** with **Roasted Delicata Squash** and **Air Fryer Broccoli**
Day 3	**Chai & Pear Baked Oatmeal** with **hard boiled eggs**	**Sheet Pan Greek Chicken Dinner**	**Big Mac Salad**
Day 4	**Chai & Pear Baked Oatmeal** with **hard boiled eggs**	**Juicy Grilled Chicken** with **Roasted Delicata Squash** and **Air Fryer Broccoli**	**Sheet Pan Greek Chicken Dinner**
Day 5	**Chai & Pear Baked Oatmeal** with **hard boiled eggs**	**Big Mac Salad**	**Juicy Grilled Chicken** with **Roasted Delicata Squash** and **Air Fryer Broccoli**
Day 6	**Chai & Pear Baked Oatmeal** with **hard boiled eggs**	**Sheet Pan Greek Chicken Dinner**	**Big Mac 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!

Chai and Pear Baked Oatmeal



Prep Time	Cook Time	Total Time
15 mins	40 mins	55 mins

Servings: 6 servings Calories: 320kcal

☆☆☆☆☆
No ratings yet

Ingredients

- 2 1/4 cups rolled oats (216 grams)
- 2 scoops PE Science Select Vegan Vanilla Protein Powder (59 grams)
- 3 chai tea bags
- 1/2 tsp each: baking powder, cinnamon, ground ginger
- 1/4 tsp each: cardamom, nutmeg, all spice
- 1 1/2 cups Bosc pear, chopped (220 grams)
- 1 cup unsweetened vanilla almond milk (8 fl oz)
- 3/4 cup unsweetened applesauce (183 grams)
- 1/4 cup maple syrup (2 fl oz)
- 3 tbsp unsalted butter (42 grams)
- 2 large eggs
- 1 tsp maple extract

Instructions

1. Pre-heat oven to 350°F. Grease an 8x11" casserole dish with butter or coconut oil and set aside.
2. Heat almond milk to the point of almost boiling, then add tea bags and steep for 5 minutes. Remove bags and allow almond milk to cool.
3. Combine dry ingredients in a bowl, then mix in chopped pears. In another bowl, whisk wet ingredients until combined, being careful to whisk in the hot milk slowly to avoid cooking the eggs. Add wet ingredients to dry and mix until combined. Pour into greased casserole dish and spread evenly. If desired, press a few pecans into the top of the mixture.
4. Bake at 350°F for 40-45 minutes or until no longer very soft to the touch in the center. Serve with maple syrup and whipped cream, if desired.

Notes

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

Nutrition

Serving: 1slice | Calories: 320kcal | Carbohydrates: 43g | Protein: 14g | Fat: 10g | Saturated Fat: 4g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Cholesterol: 84mg | Sodium: 166mg | Potassium: 210mg | Fiber: 6g | Sugar: 15g

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Instant Pot Hard Boiled Eggs

Hard (or soft) boiled eggs make for a great protein packed snack! Make them in an Instant Pot to get perfectly peelable eggs EVERY TIME.



☆☆☆☆☆
No ratings yet

Cook Time	Total Time
6 mins	6 mins

Course: Breakfast, Snack Cuisine: American
Keyword: eggs;, hard boiled eggs, high protein, instant pot
Servings: 10 servings Calories: 72kcal

Ingredients

- 10 large eggs
- 1 cup water

Instructions

1. Add 1 cup of water to cooking pot of an Instant Pot. Place wire rack in the pot and carefully arrange eggs on top, avoiding placing them against the pot walls.
2. Set Instant Pot to pressure cook on low for 3-7 minutes (depending on your yolk preferences), followed by rapid pressure release.
3. Once pressure is released, immediately transfer eggs to an ice bath, ensuring they are totally covered by the water. When eggs have cooled slightly and can be easily handled, peel the eggs, then serve as desired.

Notes

Scan the barcode below to log this food in My Fitness Pal.

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Nutrition

Serving: 1egg | Calories: 72kcal | Protein: 6g | Fat: 5g | Saturated Fat: 3g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Cholesterol: 186mg | Sodium: 80mg | Potassium: 69mg

Sheet Pan Greek Chicken Dinner

Prep Time	Cook Time	Total Time
20 mins	35 mins	55 mins

Course: Main Course Cuisine: American, Mediterranean



★★★★★
5 from 1 vote

Keyword: chicken, high protein, mediterranean, sheet pan meals, weeknight dinner
Servings: 5 servings Calories: 441kcal

Ingredients

- 1 1/2 lbs chicken breast
- 1 1/2 lbs baby red potatoes, quartered
- 1 medium zucchini, chopped (200 grams)
- 1 pint cherry tomatoes (300 grams)
- 1/2 medium red onion, sliced into wedges (55 grams)
- 3 oz feta cheese, crumbled
- 1/2 cup pitted kalamata olives (75 grams)
- 1 lemon, sliced
- fresh chopped parsley for garnish

Marinade

- 6 tbsp olive oil (3 fl oz)
- 4 cloves garlic, minced (16 grams)
- 1 lemon, juiced
- 1/2 tbsp Grey Poupon dijon mustard (8 grams)
- 1 tsp each: oregano, thyme, sea salt
- 1/2 tsp black pepper

Instructions

1. Pound chicken to an even thickness, about 1/2-3/4". Whisk marinade ingredients and pour 2/3 of the marinade over the chicken, tossing to coat evenly. Cover and set aside in the refrigerator.
2. Pre-heat oven to 425°F.
3. Toss the veggies with the remaining marinade and spread in a single layer on the sheet pan. *Optional: use 2 sheet pans to spread the veggies out more and increase browning.*
4. Bake the vegetables for 15 minutes, toss with a spatula and move the vegetables to the side. Add the marinated chicken (and any remaining marinade) and bake for another 16-18 minutes. Turn the oven to broil and broil for 2-4 minutes to help brown the chicken.

5. Add the feta cheese and olives to the sheet pan and serve.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Sheet Pan Greek Chicken Dinner" to log this food in My Fitness Pal.



Nutrition

Calories: 441kcal | Carbohydrates: 27g | Protein: 30g | Fat: 24g | Saturated Fat: 5g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 11g | Cholesterol: 94mg | Sodium: 841mg | Potassium: 605mg | Fiber: 4g | Sugar: 3g

Big Mac Salad



★★★★★
5 from 4 votes

Servings: 4 servings Calories: 398kcal

Ingredients

Burger Mixture

- 1 lb 93/7 ground beef
- 2 tbsp ketchup (1 fl oz)
- 1 tbsp low sodium soy sauce (0.5 fl oz)
- 1 tbsp house burger seasoning (recipe in notes)
- 1/2 tbsp olive oil (0.25 fl oz)

Salad Ingredients

- 8 cups green leaf lettuce, chopped (300 grams)
- 2 large Roma tomatoes, chopped (300 grams)
- 1 cup pickles, chopped (I like Bread & Butter) (170 grams)
- 1/2 cup red onion, chopped (80 grams)
- 1/2 cup extra sharp cheddar cheese, shredded (56 grams)
- 1/2 cup low fat Thousand Island dressing (4 fl oz)

Instructions

1. Heat olive oil in a large skillet over medium-high heat. Once oil is shimmery and hot, add ground beef and season with burger seasoning. Break ground beef apart with a wooden spatula as it cooks.
2. Once ground beef is almost completely cooked, drain excess fat from the skillet. Return to heat and add soy sauce and ketchup, mixing to coat the beef evenly. Continue cooking until beef is cooked through. Set aside.
3. Assemble salad to serve. If meal prepping in a mason jar, add salad dressing to the bottom of the jar first, then add: beef, onions, tomatoes, pickles, cheese, and lettuce.

Notes

House Burger Seasoning

- 1 tbsp Flavor God Garlic Lover's Seasoning
- 1/2 tbsp smoked paprika
- 1/2 tbsp chili powder
- 1/2 tbsp Mexican oregano
- 1/2 tbsp ground mustard
- 3/4 tsp salt
- 3/4 tsp black pepper

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

Nutrition

Calories: 398kcal | Carbohydrates: 24g | Protein: 30g | Fat: 21g | Cholesterol: 93mg | Sodium: 1059mg | Potassium: 521mg | Fiber: 3g | Sugar: 13g

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Juicy Air Fryer (or Grilled) Chicken



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

Servings: 4 servings Calories: 120kcal

★★★★★
4.58 from 14 votes

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 mintes 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.

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Nutrition

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

Roasted Delicata Squash with Cheese



Prep Time	Cook Time	Total Time
15 mins	25 mins	40 mins

Servings: 4 servings Calories: 131kcal

★★★★★
5 from 2 votes

Ingredients

- 2 medium delicata squash, ends trimmed and seeds removed (900 grams)
- 1/4 cup Parmigiano Reggiano and Pecorino Romano cheese blend (26 grams)
- 1 tbsp olive oil
- 1/2 tsp sea salt
- 1/2 tsp black pepper
- 1/2 tsp Oh My Spice! Lemon Pepper Seasoning
- Optional: fresh parsley for serving

Instructions

1. Preheat oven to 425°. Line a large baking sheet with foil or parchment paper. Set aside.
2. Slice the squash in half lengthwise and scoop out the seeds. Slice the squash halves into 1/4 to 1/2-inch thick slices (half moon shape).
3. Add squash to a large bowl, then add olive oil, cheese, and seasoning, tossing to coat the squash evenly. You may need to press the squash into the cheese to help it stick.
4. Arrange sliced squash in a single layer on prepared baking sheet. Bake for 20-25 minutes until squash is golden brown. Top with fresh chopped parsley before serving, if desired.

Notes

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

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Nutrition

Calories: 131kcal | Carbohydrates: 19g | Protein: 3g | Fat: 5g | Cholesterol: 7mg | Sodium: 417mg | Fiber: 4g | Sugar: 6g

Air Fryer Broccoli



Prep Time	Cook Time	Total Time
10 mins	10 mins	20 mins

Servings: 4 servings Calories: 65kcal

☆☆☆☆☆
No ratings yet

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.

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Nutrition

Calories: 65kcal | Carbohydrates: 9g | Protein: 4g | Fat: 3g | Sodium: 342mg | Potassium: 417mg | Fiber: 3g | Sugar: 2g

Weekly GROCERY LIST | Peanut Butter & FITNESS

Week of November 15th, 2026

Produce

- [ ] Bosc pears: 2
- [ ] Baby red potatoes: 1 ½ lbs
- [ ] Zucchini: 1 medium
- [ ] Cherry tomatoes: 1 pint
- [ ] Roma tomatoes: 2 large
- [ ] Red onion: 1 medium
- [ ] Lemons: 2
- [ ] Parsley: for garnish
- [ ] Garlic: 4 cloves
- [ ] Green leaf lettuce: 10 cups
- [ ] Delicata squash: 2 medium
- [ ] Broccoli: 6 cups

Proteins

- [ ] Chicken breast: 2 ½ lbs raw
- [ ] 93/7 ground beef: 1 lb

Dairy, Frozen, & Refrigerated

- [ ] Unsalted butter: 3 tbsp
- [ ] Eggs: 2 large
- [ ] Unsweetened vanilla almond milk: 1 cup
- [ ] Feta cheese: 3 oz
- [ ] Extra sharp cheddar cheese: ½ cup shredded
- [ ] Parmigiano Reggiano and Pecorino Romano cheese blend, grated: ¼ cup

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Pantry & Dry Goods

- [ ] Rolled oats: 2 ¼ cups
- [ ] PE Science Select Vegan Vanilla Protein Powder: 2 scoops
- [ ] Baking powder: ½ tsp
- [ ] Chai tea bags: 3
- [ ] Unsweetened applesauce: ¾ cup
- [ ] Maple extract: 1 tsp
- [ ] Kalamata olives, pitted: ½ cup
- [ ] Pickles: 1 cup

Oils, Sauces & Condiments

- [ ] Olive oil
- [ ] Maple syrup: ¼ cup
- [ ] Grey Poupon mustard: ½ tbsp
- [ ] Ketchup: 2 tbsp
- [ ] Low sodium soy sauce: 1 tbsp
- [ ] Low fat Thousand Island Dressing: ½ cup

Spices & Seasonings

- [ ] Salt and pepper
- [ ] Cinnamon: ½ tsp
- [ ] Ground ginger: ½ tsp
- [ ] Cardamom: ¼ tsp
- [ ] Nutmeg: ¼ tsp
- [ ] All spice: ¼ tsp
- [ ] Thyme: 1 tsp
- [ ] Flavor God Garlic Lover's Seasoning: 1 tbsp
- [ ] Smoked paprika: ½ tbsp
- [ ] Chili powder: ½ tbsp + ¼ tsp
- [ ] Mexican oregano: 2 ½ tsp
- [ ] Ground mustard: ½ tbsp
- [ ] Homemade brine mix: 3 tbsp
- [ ] Oh My Spice! Lemon Pepper Dill Seasoning: 1 ½ tsp