Weekly MEAL PLAN | Peanut Butter & FITNESS

Week of November 8th, 2026

	Breakfast	Lunch	Dinner
Day 1	**Pumpkin Chocolate Chunk Oatmeal Muffins**	**Lemon & Garlic Shrimp Bowls with Tahini Dressing**	**Turkey Taco Salad** with **Avocado Ranch Dressing**
Day 2	**Pumpkin Chocolate Chunk Oatmeal Muffins**	**Lemon & Garlic Shrimp Bowls with Tahini Dressing**	**One Pot Game Day Chili**
Day 3	**Pumpkin Chocolate Chunk Oatmeal Muffins**	**Lemon & Garlic Shrimp Bowls with Tahini Dressing**	**Turkey Taco Salad** with **Avocado Ranch Dressing**
Day 4	**Pumpkin Chocolate Chunk Oatmeal Muffins**	**Lemon & Garlic Shrimp Bowls with Tahini Dressing**	**One Pot Game Day Chili**
Day 5	**Pumpkin Chocolate Chunk Oatmeal Muffins**	**Turkey Taco Salad** with **Avocado Ranch Dressing**	**One Pot Game Day Chili**
Day 6	**Pumpkin Chocolate Chunk Oatmeal Muffins**	**Turkey Taco Salad** with **Avocado Ranch Dressing**	**One Pot Game Day Chili**

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 Chocolate Chunk Oatmeal Muffins



Prep Time	Cook Time	Total Time
15 mins	30 mins	45 mins

Servings: 6 jumbo muffins Calories: 247kcal

★★★★★
4.89 from 9 votes

Ingredients

- 2 cups rolled oats (160 grams)
- 2 scoops PE Science Select Vanilla Plant Based Protein Powder (56 grams)
- 1/3 cup Guittard 64% Cacao Semi-Sweet Baking Bar, chopped (50 grams)
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp pumpkin pie spice
- 3/4 cup pumpkin puree (180 grams)
- 3/4 cup unsweetened applesauce (183 grams)
- 1 egg
- 2 egg whites
- 1/2 cup unsweetened vanilla almond milk (4 fl oz)
- 3 tbsp maple syrup (1 1/2 fl oz)
- 1 tsp vanilla extract

Instructions

1. Pre-heat oven to 350°. Arrange 6 jumbo non-stick, parchment muffin liners in a jumbo muffin baking tin. Set aside.
2. Combine all dry ingredients except chocolate chunks. Add wet ingredients and mix until just combined, then fold in chocolate chunks. Scoop batter into baking cups.
3. Bake at 350 degrees for 35 minutes or until tops just begin to brown.

Notes

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

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Nutrition

Serving: 130g | Calories: 247kcal | Carbohydrates: 36g | Protein: 13g | Fat: 6g | Cholesterol: 31mg | Sodium: 262mg | Potassium: 139mg | Fiber: 5g | Sugar: 13g

Lemon Garlic Shrimp Bowl with Tahini Dressing

This nourishing bowl is packed with 35g protein and 8g fiber thanks to plenty of juicy shrimp, hearty farro, and healthy veggies.



Prep Time	Cook Time	Total Time
30 mins	25 mins	55 mins

Course: Main Course Cuisine: American
Keyword: high protein, lemon garlic, meal prep, shrimp, spring, summer
Servings: 4 servings Calories: 456kcal

★★★★★
4.75 from 4 votes

Ingredients

Lemon Garlic Shrimp

- 1 1/2 lbs raw shrimp, peeled and deveined, tail on
- 5 cloves garlic, minced 20 grams
- 2 tbsp unsalted butter 28 grams
- 1 tsp lemon zest
- 1/2 lemon, juiced
- 1/2 tsp Flavor God Garlic Lover's Seasoning
- 1/4 tsp chili powder
- 2 tsp olive oil

Tangy Lemon Tahini Dressing

- 2 1/2 tbsp Roland Roasted Garlic Tahini 42 grams
- 2 tbsp water adjust to reach desired consistency
- 1 1/2 tbsp lemon juice 22 grams
- 1 tbsp honey 22 grams
- 1 tbsp apple cider vinegar 14 grams
- 1 1/2 tsp dijon mustard 8 grams
- 1/2 tsp salt

Other

- 3 cups butternut squash, cubed 400 grams
- 1 bunch asparagus, trimmed 400 grams
- 2/3 cup farro, cooked according to package directions 120 grams
- 1/4 cup fresh curly parsley, chopped
- 1 tsp olive oil
- 1/2 tsp Flavor God Garlic Lover's Seasoning
- salt and pepper to taste
- Optional: toasted pine nuts

Instructions

1. **Make the dressing**. Whisk together **2 1/2 tbsp Roland Roasted Garlic Tahini**, **1 1/2 tbsp lemon juice**, **1 tbsp honey**, **1 tbsp apple cider vinegar**, **2 tbsp water**, **1 1/2 tsp dijon mustard**, and **1/2 tsp salt** until smooth. Adjust water to reach your desired consistency, adjust salt to taste, then set aside in the refrigerator.
2. **Roast the butternut squash**. Pre-heat oven to 425° and line a baking sheet with foil. Add **3 cups butternut squash, cubed** to the baking sheet and drizzle with **1 tsp olive oil**, then season with **1/2 tsp Flavor God Garlic Lover's Seasoning**. Toss squash to coat evenly with oil and seasoning, then arrange in a single layer on the baking sheet. Roast for 20-25 minutes or until it begins to get golden brown and is fork tender. Set aside.

3. **Steam the asparagus**. Add **1 bunch asparagus, trimmed** to a large, microwave safe bowl. Cover bowl with a damp paper towel. Microwave for 2-3 minutes or until asparagus is bright green and tender-crisp. Immediately transfer asparagus to an ice bath to stop cooking, then pat dry and cut into 2″ pieces. Set aside.
4. **Prepare the shrimp**. Rinse **1 1/2 lbs raw shrimp, peeled and deveined, tail on** and pat dry with paper towels. Season with **1/2 tsp Flavor God Garlic Lover's Seasoning** and **1/4 tsp chili powder**.
5. Heat 1 tsp olive oil over medium-high heat (7 or 8 out of 10) in a large skillet. Add half the prepared shrimp in a single layer, being careful not to crowd the skillet. Cook for about 2 minutes or until browned on one side, then flip and continue cooking until the shrimp are opaque and cooked through. Remove the shrimp to a bowl and repeat with remaining olive oil and shrimp.
6. **Prepare lemon garlic sauce**. In the same skillet, add **2 tbsp unsalted butter**, **5 cloves garlic, minced** and **1/2 lemon, juiced**, and cook while stirring until fragrant and the garlic begins to get golden brown, about 1-2 minutes. Pour over the shrimp and grate **1 tsp lemon zest** over top. Gently toss the shrimp to coat evenly.
7. **Assemble the bowls**. Add cooked farro, butternut squash, asparagus, and shrimp to a large bowl. Drizzle with lemon tahini dressing. Top with fresh chopped parsley and toasted pine nuts, if desired.

Notes

Scan the barcode below or search for "Peanut Butter and Fitness Lemon Garlic Shrimp Bowl with Tahini Dressing 2026" to log this food in My Fitness Pal.



Nutrition

Calories: 456kcal | Carbohydrates: 45g | Protein: 35g | Fat: 16g | Saturated Fat: 5g | Polyunsaturated Fat: 1g | Cholesterol: 248mg | Sodium: 693mg | Potassium: 527mg | Fiber: 8g | Sugar: 9g

One-Pot Game Day Chili

One-Pot Game Day Chili pairs perfectly with rooting on your favorite team. It's hearty, a little spicy, and packed with flavor!



Prep Time	Cook Time	Total Time
15 mins	45 mins	1 hr

Course: Main Course, Soup Cuisine: American
Keyword: chili, game day recipes, ground beef, high protein, soup, southwestern
Servings: 8 servings Calories: 357kcal

★★★★★
4.80 from 5 votes

Ingredients

- 2 lbs 93/7 ground beef
- 28 oz low sodium crushed tomatoes
- 15 oz low sodium kidney beans, drained
- 15 oz low sodium pinto beans, drained
- 12 oz Vienna Lager beer (lagers, ales, or even stouts will work well here)
- 10 oz Rotel Mild Tomatoes and Green Chiles
- 1.5 packets McCormick Mild Reduced Sodium Chili Seasoning (53 grams)
- 1 medium sweet onion, chopped (110 grams)
- 1 medium jalapeño, seeds removed and diced (14 grams)
- 4 chipotles in adobo, chopped (60 grams)
- 5 cloves garlic (20 grams)
- 1/2 tbsp olive oil
- salt and pepper to taste

Instructions

1. In a large pot like this, heat olive oil over medium-high heat. Once oil is shimmery and hot, add ground beef. Season with 1 chili seasoning packet and cook, breaking apart with a spoon as beef cooks. Once beef is cooked through, drain excess fat and return pot to heat.
2. Add beer to deglaze pot, then add all remaining ingredients. Stir to combine, then lower heat to a simmer for about 45 minutes to 1 hour or until onions are tender. Stir chili occasionally as it simmers and add salt and pepper to taste.
3. Depending on your game day setup, you can leave the chili on the stovetop on low heat to keep it warm, or you can transfer it to a slow cooker to take it outside. You can even do the simmering in the slow cooker or do everything in an Instant Pot using the sauté function for cooking the beef.
4. If desired, serve chili with sour cream, green onions, corn chips, and cheddar cheese.

Nutrition

Serving: 1.75cups | Calories: 357kcal | Carbohydrates: 33g | Protein: 36g | Fat: 9g | Cholesterol: 70mg | Sodium: 541mg | Potassium: 251mg | Fiber: 9g | Sugar: 7g

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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.



Prep Time	Cook Time	Total Time
15 mins	10 mins	25 mins

★★★★★
5 from 2 votes

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.

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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	Total Time
10 mins	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.

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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 November 8th, 2026

Produce

- [ ] Butternut squash: 3 cups, cubed
- [ ] Asparagus: 1 bunch
- [ ] Garlic: 10 cloves
- [ ] Lemon: 1 large
- [ ] Parsley: ¼ cup
- [ ] Sweet onion: 1 medium
- [ ] Jalapeño: 1 medium
- [ ] Green leaf lettuce: 10 cups
- [ ] Cherry tomatoes: 1 ⅓ cup
- [ ] Red onion: ½ cup sliced

Proteins

- [ ] 93/7 ground beef: 2 lbs
- [ ] 94% lean ground turkey: 1 lb

Dairy, Frozen, & Refrigerated

- [ ] Unsweetened vanilla almond milk: ½ cup
- [ ] Eggs: 3
- [ ] Frozen raw shrimp, peeled and deveined, tail on: 1 ½ lbs
- [ ] Unsalted butter: 2 tbsp
- [ ] Frozen corn kernels: 1 ⅓ cup

Pantry & Dry Goods

- [ ] Rolled oats: 2 cups
- [ ] PE Science Select Vanilla Plant Based Protein Powder: 2 scoops
- [ ] Guittard 64% chocolate bar: ⅓ cup (50 grams)
- [ ] Baking powder: 1 tsp
- [ ] Baking soda: ½ tsp
- [ ] Pumpkin puree: ¾ cup
- [ ] Unsweetened applesauce: ¾ cup
- [ ] Vanilla extract: 1 tsp
- [ ] Farro: ⅔ cup
- [ ] Crushed tomatoes: 28 oz
- [ ] Low sodium pinto beans: 15 oz
- [ ] Low sodium kidney beans: 15 oz
- [ ] Rotel Mild tomatoes and green chiles: 10 oz
- [ ] Chipotles in adobo: 7oz or smaller
- [ ] Low sodium black beans: 1 ⅓ cup
- [ ] Fresh Gourmet Santa Fe Style Tortilla Strips: 1 cup

Oils, Sauces & Condiments

- [ ] Olive oil
- [ ] Maple syrup: 3 tbsp
- [ ] Roasted garlic tahini: 2 ½ tbsp
- [ ] Honey: 1 tbsp
- [ ] Apple cider vinegar: 1 tbsp
- [ ] Dijon mustard: 1 ½ tsp
- [ ] Ortega Taco Skillet Sauce: 7 oz

Spices & Seasonings

- [ ] Salt and black pepper
- [ ] Pumpkin pie spice: ½ tsp
- [ ] Flavor God Garlic Lover's Seasoning: 1 tsp
- [ ] Chili powder: ¼ tsp
- [ ] McCormick Mild Reduced Sodium Chili Seasoning: 1 ½ packets
- [ ] Oh My Spice! Spicy Fajita Seasoning: 1 tsp

Wine, Beer, & Spirits

- [ ] Vienna lager beer: 12 fl oz

**Note: List does not include ingredients for Avocado Ranch Dressing recipe.*