



5 day challenge



FIT IN YOUR GREENS

5 days to more energy & better health



CASSIE GROESCHL

Hi, I'm Cassie, a dietitian and founder of Wellness That Fits, where I **help busy moms overcome exhaustion with holistic nutrition, meal prep, and wellness routines**—so they can be ***energized, productive, and fully present for what matters most.***

I created this challenge to make *improving your energy, digestion, and overall health* simple and accessible. Health can feel overwhelming when approached with an all-or-nothing mindset, but this guide will show you ***how to build healthy habits gradually***—one manageable step at a time!

WHY LEAFY GREENS



GUT HEALTH

Leafy greens feed the good bacteria in your gut

HEART HEALTH

Eating just one cup of leafy green vegetables a day can lower your risk of heart disease.



FIT IN YOUR JEANS!

Leafy greens are low calorie, nutrient dense, & rich in fiber that keeps you full & satisfied. Great for those with weight loss or maintenance goals!

BRAIN HEALTH

Studies show eating 1.3 servings of leafy greens per day can slow cognitive decline to the equivalent of being 11 years younger in age. WHAT?! 🧠



How does more brain power in your day sound to you?

COMMON LEAFY GREENS + USES



Spinach

- Versatile
- Eat fresh in a salad or chopped in a frittata



Chinese Cabbage

- More delicate than green cabbage
- Top fish tacos or nachos or add to salad



Kale

- Massage leaves with oil to make more palatable when eaten raw
- Blend in a smoothie



Bok Choy

- Chop and pan-roast in oil
- Great addition to stir fry and pad Thai



Romaine

- Beyond salad: top tacos, nachos, gyros
- Grill leaves and drizzle with oil + vinegar



Mustard Greens

- Mix into a salad
- Chop and add to soups or stews



Broccoli

- Steam and season as a side
- Saute in a stir fry



Collards

- Saute with garlic and oil
- Remove bitterness with an acid (vinegar or citrus) or a fat (bacon or ham)



Cabbage

- Purchase sauerkraut (refrigerator section at store for live probiotics)
- Great for crunchy salads



Swiss Chard

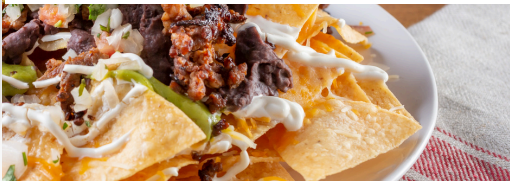
- Saute with garlic, oil, hot pepper flakes
- Chop the leaves and stalk and add to soups



FIT IN YOUR GREENS MEAL PLAN

+ grocery list recipes are included in this guide

If you don't want to buy 5 different types of greens because extras may go to waste, consider purchasing spinach and a head of Napa (or Chinese) cabbage. My recipe alteration notes are below:

MONDAY	KALE Protein Egg Bites 		SUB SPINACH 
TUESDAY	Beef Bean ROMAINE Nachos 		SUB NAPA (OR CHINESE) CABBAGE 
WEDNESDAY	Blueberry SPINACH Smoothie 		
THURSDAY	CHINESE CABBAGE Salad 		
FRIDAY	CHARD Bean Sausage Soup 		SUB SPINACH 



FIT IN YOUR GREENS MEAL PLAN

Grocery list

Produce

- ☐ 2 cups kale leaves
- ☐ 1/2 cup fresh basil
- ☐ 1 lime
- ☐ 1 avocado
- ☐ 2 cups romaine lettuce
- ☐ 1 cup frozen blueberries
- ☐ 1/2 lemon
- ☐ 1 cup fresh spinach
- ☐ 1 head of Napa (or Chinese) cabbage
- ☐ 1 bunch of green onions
- ☐ 1 small yellow onion
- ☐ 1 clove garlic
- ☐ 1 bunch Swiss chard (sub spinach if can't find)
- ☐ _____
- ☐ _____

Protein & Dairy

- ☐ 8 large eggs
- ☐ 1 cup cottage cheese
- ☐ 1 cup pecorino romano cheese (~8 oz)
- ☐ 1 cup shredded cheese
- ☐ 8 oz ground beef
- ☐ 1/2 pound ground Italian sausage (optional)
- ☐ 1 cup plain Greek yogurt
- ☐ 1/2 cup chipotle ranch
- ☐ 1.5 cups unsweetened almond milk (milk of choice)
- ☐ 3 Tbsp butter
- ☐ _____
- ☐ _____

Click here for the Instacart links with all the ingredients on the grocery list: [**Meijer** + **Woodmans**](#) (swiss chard not found at Meijer - can sub spinach)

Pantry Staples

- ☐ ~3/4 cup extra virgin olive oil
- ☐ 1 can black beans
- ☐ 1/2 cup salsa
- ☐ Corn tortilla chips
- ☐ 1/4 cup honey
- ☐ 2 scoops protein powder
- ☐ 1 package (3 oz) of Ramen noodles
- ☐ 1 package (2 oz) of slivered almonds
- ☐ 1/4 cup sesame seeds
- ☐ 1/4 cup vinegar
- ☐ 2 Tbsp soy sauce
- ☐ 1/2 qt (or 16 oz) broth
- ☐ 1 can diced tomatoes
- ☐ 1 can Cannellini beans
- ☐ 1 can unsweetened coconut milk
- ☐ _____
- ☐ _____

Seasonings & Spices

- ☐ 1/2 Tbsp cumin
- ☐ 1/2 Tbsp coriander
- ☐ 1 tsp red pepper flakes (optional)
- ☐ Salt and pepper
- ☐ _____
- ☐ _____

Other

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



MAKE IT SOCIAL

The best way to conquer a challenge is *together*.

How to Bring Others Along:

- Tag your friends in the Fit In Your Greens Challenge posts on [@wellnessthatfits](#)
- [Click here to share the link](#) with your friends to join.
- Join the [Wellness That Fits Community](#) on Facebook



HOST A RECIPE-SHARING PARTY



1. Find 4 other people to participate.

2. Decide which recipes each of you will make.

5 people, 5 recipes means each person claims a recipe to batch make enough for 5 people

3. Get together and swap meals, so everyone goes home with a different dish for each day of the week!

THE CHALLENGE CHECKLIST

Printable

MONDAY

- ☐ Eat your leafy green!
- ☐ Take a picture of the leafy green, post on social (#fitinyourgreens), tag @wellnessthatfits

TUESDAY

- ☐ Eat your leafy green!
- ☐ Take a picture of the recipe you made, post on social media (#fitinyourgreens), tag @wellnessthatfits

WEDNESDAY

- ☐ Eat your leafy green!
- ☐ Take a picture of yourself eating leafy greens, post on social (#fitinyourgreens), tag @wellnessthatfits

THURSDAY

- ☐ Eat your leafy green!
- ☐ Take a picture of leafy greens in your back-pocket, post on social (#fitinyourgreens), tag @wellnessthatfits

FRIDAY

- ☐ Eat your leafy green!
- ☐ Take a picture of eating leafy greens with family/friends, post on social (#fitinyourgreens), tag @wellnessthatfits

CONTINUE YOUR MOMENTUM

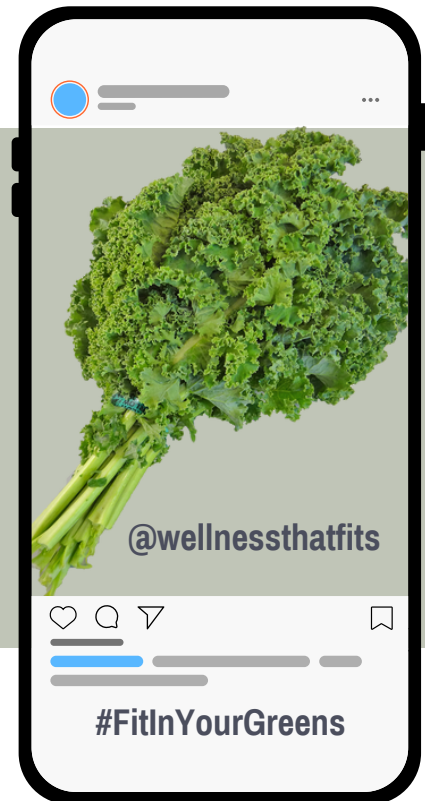
- ☐ Pat yourself on the back!
- ☐ Reflect on how you felt this week consistently showing up for yourself and your health 😊
- ☐ [Click here to Book a FREE Discovery Call](#)

DAY 1

MONDAY

Celebrate starting fresh with your leafy green habit!

- ☐ Eat your leafy green!
- ☐ Take a picture of the leafy green, post on social (#fitinyourgreens), tag @wellnessthatfits



THE JOURNEY OF A
THOUSAND MILES BEGINS
WITH A SINGLE STEP.
— LAO TZU

RECIPE

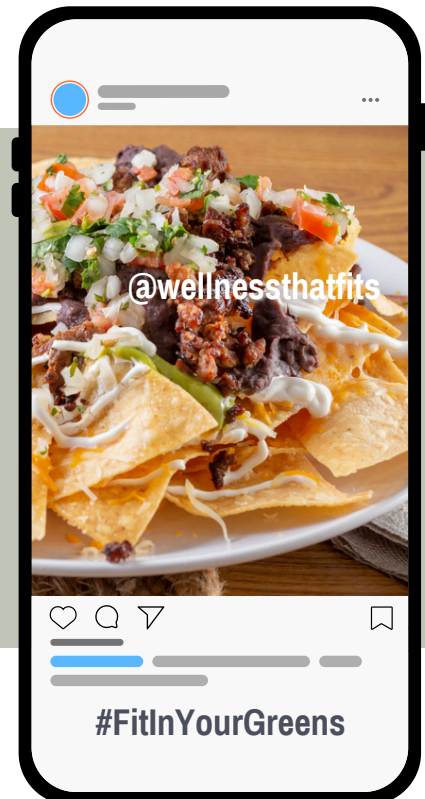
KALE PROTEIN EGG BITES

DAY 2

TUESDAY

Make good choices, because little eyes are watching!

- ☐ Eat your leafy green!
- ☐ Take a picture of the recipe you made, post on social media (#fitinyourgreens), tag @wellnessthatfits



OUR LIVES ARE
FASHIONED BY OUR
CHOICES. FIRST, WE MAKE
OUR CHOICES. THEN OUR
CHOICES MAKE US.
- ANNE FRANK

RECIPE

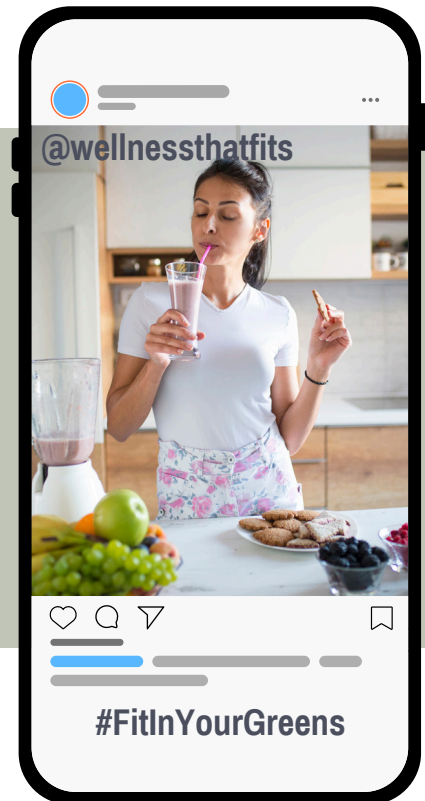
BEEF BEAN ROMAINE NACHOS

DAY 3

WEDNESDAY

Consistency is key—keep going!

- ☐ Eat your leafy green!
- ☐ Take a picture of yourself eating (drinking) leafy greens, post on social (#fitinyourgreens), tag @wellnessthatfits



WHAT YOU DO EVERY
DAY MATTERS MORE THAN
WHAT YOU DO ONCE IN
A WHILE.
— GRETCHEN RUBIN

RECIPE

BLUEBERRY LEMON SPINACH SMOOTHIE

DAY 4

THURSDAY

Push through any challenges and trust the process.

- ☐ Eat your leafy green!
- ☐ Take a picture of leafy greens in your back-pocket, post on social (#fitinyourgreens), tag @wellnessthatfits



SMALL STEPS IN THE
RIGHT DIRECTION CAN
TURN OUT TO BE THE
BIGGEST STEP OF YOUR
LIFE.
– N.R. WALKER

RECIPE

CHINESE CABBAGE SALAD

DAY 5

FRIDAY

Last day! You got this!

- ☐ Eat your leafy green!
- ☐ Take a picture of eating leafy greens with family/friends, post on social (#fitinyourgreens), tag @wellnessthatfits



TAKE CARE OF YOUR
BODY. IT'S THE ONLY
PLACE YOU HAVE TO LIVE.
– JIM ROHN

RECIPE

CHARD BEAN SAUSAGE SOUP

CONTINUE YOUR MOMENTUM

- ☐ Pat yourself on the back!
- ☐ Reflect on how you felt this week consistently showing up for yourself and your health 😊

HOW DO YOU FEEL AFTER ADDING GREENS THIS WEEK?

WHAT WAS YOUR FAVORITE RECIPE?

WHICH GREENS WILL YOU PLAN TO CONTINUE EATING?

BOOK A DISCOVERY CALL



Imagine your week running smoothly with healthy meals and snacks ready to go, leaving you with more time and energy for yourself, your family, and the things you love.

No more last-minute decision fatigue or scrambling for snacks or dinners. ***You have enough to juggle in your life. Let me take the guesswork out of your nutrition.***

Email me at cassie@wellnessthatfits.com or [click here to book a free discovery call](#) and learn how you can overcome exhaustion with holistic nutrition and meal prep that fit into your hectic schedule.

RECIPES

ONE FOR EVERY
DAY OF THE CHALLENGE



KALE PROTEIN EGG BITES



Breakfast

Servings: 12 egg bites

Ingredients

2 tsp olive oil
2 cups finely chopped **kale** leaves, ribs removed
8 large eggs
1 cup cottage cheese
½ tsp salt
¼ tsp black pepper
1/2 cup fresh basil, chopped finely
½ cup pecorino romano cheese, grated (or cheddar cheese)



Sub any dark leafy green
like chard, spinach, etc.



Directions

1. Preheat oven to 350 F and line muffin tin with parchment paper liners. Or, spray a silicone muffin pan with pan spray. Set aside.
2. In a medium pan on medium heat, saute kale in 2 tsp olive oil for 1-2 min, or until slightly softened.
3. In a blender or food processor, add eggs, cottage cheese, salt and pepper. Blend until smooth.
4. Stir chopped basil into the egg mixture
5. Pour egg mixture into prepared muffin pan. Sprinkle each with sauteed kale and a sprinkle of pecorino.
6. Bake for 20-25 minutes or until toothpick inserted in the middle of the egg bites comes out clean.
7. Remove from the oven, let cool for a few minutes, and use a spatula to carefully remove them from the muffin pan. Enjoy!

Note: Make in a mini muffin silicon pan or tin for the littles to enjoy bite-sized portions!

BEEF BLACK BEAN NACHOS



Dinner

Serves: 4

Ingredients

8 oz ground beef or venison, cooked
½ Tbsp cumin
½ Tbsp coriander
1 tsp lime juice (or squeeze 1-2 lime wedges)
Salt and pepper to taste
1 cup shredded cheese
1 can black beans, rinsed and drained.
½ cup salsa
1 avocado, diced
2 cups **romaine** lettuce, chopped
1 cup Greek yogurt
½ cup chipotle ranch
Corn tortilla chips, crushed (or tortilla strips)

Sub Napa cabbage here for
more crunch



Directions

Mix ground beef with cumin, coriander, lime juice, and salt and pepper. Spread tortilla chips on the plates. Sprinkle each with cheese, 2 oz of beef, and ~⅓ cup of black beans. Microwave for about 20-30 seconds to melt cheese and warm the meat and beans. Top nachos with salsa, avocado, and romaine. Dollop the Greek yogurt on top. Drizzle the chipotle ranch over the nachos. Enjoy!

Protein Approximation: 27 grams

LEMON BLUEBERRY SPINACH SMOOTHIE



Breakfast

Serves: 1

Ingredients

- 1 cup frozen blueberries
- 1 Tbsp lemon juice (~½ lemon)
- 1 Tbsp honey (omit if protein powder is sweetened)
- 1 cup fresh **spinach**
- 2 scoops protein powder
- 1.5 cups unsweetened almond milk

Directions

Blend all ingredients in a blender. Add more liquid for desired consistency if needed. Enjoy!

Protein approximation: 20-25 grams (dependent on protein powder)

CHINESE CABBAGE SALAD



Lunch

Serves: 4-6
Serving size: 1.5 cups

Ingredients

- 1 head of **Napa (or Chinese) cabbage**, shredded
- 1 bunch of green onions, chopped
- 3 Tbsp butter
- 1 package (3 oz) of Ramen noodles
- 1 package (2 oz) of slivered almonds
- 1/4 cup sesame seeds
- 1/2 cup olive oil
- 1/4 cup vinegar
- 1/4 cup honey
- 2 Tbsp soy sauce

Directions

1. Heat butter in a medium pan. Break up the ramen noodles into small pieces and discard the seasoning packet. Add to the pan the broken noodles, almonds, and sesame seeds. Brown and stir frequently to avoid burning. Cool and refrigerate.
2. In a small pot, combine oil, vinegar, honey, and soy sauce. Heat to boil, about 1-2 minutes.
3. Toss the cabbage, onions, ramen/nut crunchies, and sauce together in a bowl. Serve immediately.

Note: Avoid tossing the sauce and cabbage together if you don't plan on eating it all as it will get soggy. Toss together only what you plan to eat in that sitting. You can refrigerate and store the ingredients separately to improve texture for the next meal.

CHARD WHITE BEAN SAUSAGE SOUP



Dinner

Yield: 4
Serving size: 2 cups

Ingredients

- 1 small yellow onion, diced
- 1 Tbsp olive oil
- ½ pound ground Italian sausage (optional)
- 1 clove garlic, minced
- 1 tsp red pepper flakes (optional)
- 1 cup packed **Swiss chard**, leaves and ribs chopped
- 1/2 qt (or 16 oz) broth
- 1 can diced tomatoes
- 1 can Cannellini beans, drained and rinsed
- 1 can unsweetened coconut milk
- 1/2 cup Pecorino Romano cheese, grated (sub Parmesan cheese)



Sub any dark leafy green like kale, spinach, etc.



Directions

1. In a large pot, heat oil and saute the onion.
2. Add in the sausage and cook until brown.
3. Add the garlic and red pepper flakes and sauté until fragrant (<1min).
4. Add the Swiss chard; cook until softened (<1 min).
5. Add the broth, diced tomatoes, and rinsed/drained beans.
6. Shake the coconut milk can well before opening and add to pot. Simmer for 5 min.
7. Stir in the pecorino.

Protein Approximation: 21 g protein