



MEAL PREP PLANNER

Make time for nutrition

WHY MEAL PREP?

THERE ARE SO MANY BENEFITS TO MEAL PREP.
FOR YOUR HEALTH ALONE, RESEARCH HAS SHOWN MEAL
PREP IS ASSOCIATED WITH:

- ✦ Healthier diet
- ✦ Less overweight and obesity
- ✦ Lower risk of type 2 diabetes
- ✦ Lower risk of other chronic diseases
- ✦ Better mental health
- ✦ Less stress

AS IF YOUR HEALTH WASN'T A GOOD ENOUGH REASON TO
START, MEAL PREP CAN ALSO:

- ✦ Curb sugar cravings with pre-planned meals and snacks
- ✦ Save money
- ✦ Reduce decision fatigue and stress around “what’s for dinner”
- ✦ Sustainability/reduce food waste
- ✦ Decrease dishes
- ✦ Give you more more time freedom

CASSIE GROESCHL, MS, RDN

All About

Hi! I'm Cassie, a Registered Dietitian, mom of 3, and I absolutely love to meal plan and transform my grocery cart items into delicious, nutritious meals and snacks! I've spent years of my life studying the science behind nutrition and am passionate about translating that science into practical strategies you can apply to your busy life. What you eat affects everything. From your energy, to mood, to memory, to your immune system: your nutrition has a profound effect on your life and what you can accomplish.

NUTRITION CAN FUEL YOUR GOALS!

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.

You have enough to juggle in your life. Let me help you with your nutrition. My job is to make it easy for you to figure out which foods will make you feel your best and nourish your family. Then I guide you on your journey to gain confidence in your food choices.



IDEAL MEAL PREP WEEK

3 Steps of Meal Prep:

Plan, Purchase, Prep

Place each step in your week

PLAN

Estimated Time

Inventory pantry and fridge/freezer

choose recipes

Make a grocery list

TOTAL:

PURCHASE

Estimated Time

enter order online

Grocery store trip (in store, pick up, or delivery)

TOTAL:

PREP

Estimated Time

(e.g. cook)

(e.g. prep to cook)

(e.g. batch cook 1 meal)

TOTAL:

IDEAL MEAL PREP WEEK

Ideal Meal Prep Schedule

Week of:

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
5:00 AM							
5:30 AM							
6:00 AM							
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9:00 PM							

MEAL PREP TEMPLATE

Considerations	Meals (Breakfast/Lunch/Dinner/Snacks)	Prep to be done on meal prep day
Entrée category	Meals	Prep Steps
Plant-protein/vegetarian		
Plant-protein/vegetarian		
Fish/seafood (fatty fish*)		
Fish/seafood (fatty fish*)		
Chicken/poultry		
Red meat few times/month		
or Red meat as garnish		
GROCERY LIST		
Produce	Protein	Dairy
Pantry	Frozen	Other

WEEKLY MEAL PLANNER

Breakfast	Lunch	Dinner	Snack
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			
NOTES			

NEED SOME INDIVIDUALIZED SUPPORT?



[Book a free
discovery call!](#)



[Sign up for my
Meal Prep Course](#)



[Check out my 1:1
Nutrition Coaching](#)



CHECKLIST

PANTRY BASICS

☐ **SNACK OPTIONS WITH PROTEIN AND FIBER, LOWER ADDED SUGARS**

[CLICK HERE FOR MY HEALTHY SNACK GUIDE WITH RECIPES AND IDEAS](#)

SHELF-STABLE KID SNACKS

AIM FOR SNACKS THAT HAVE:

- NO OR MINIMAL ADDED SUGARS
- AT LEAST 1 GRAM OF FIBER (3 GRAMS IS IDEAL)
- AT LEAST 2 GRAMS OF PROTEIN
- NO ARTIFICIAL DYES



SHELF-STABLE ADULT SNACKS

AIM FOR SNACKS THAT HAVE:

- NO OR MINIMAL ADDED SUGARS
- AT LEAST 3 GRAM OF FIBER (WOMEN NEED: 25-28 GRAMS/DAY)
- AT LEAST 5 GRAMS OF PROTEIN



☐ **VARIETY OF WHOLE GRAINS** (BROWN RICE, QUINOA, OATS, MILLET, FARRO, WHOLE GRAIN OR QUINOA/RICE PASTAS, CORN CHIPS, ETC.)

☐ **CANNED PROTEIN** (SALMON, TUNA, SARDINES)

☐ **BEANS/LENTILS/LEGUMES** (WHITE BEANS, BLACK BEANS, CHICKPEAS, RED LENTILS, BEAN PASTA, NOTE: HAVE YOUR FAVORITES ON HAND)

☐ **NUTS & SEEDS** (CHIA, HEMP HEARTS, FLAXSEED, SESAME SEEDS, ALMONDS, PEPITAS, WALNUTS, YOUR FAV NUTS)

☐ **OTHER MEAL PREP ESSENTIALS:** CANNED PUMPKIN, COCONUT MILK, LOW SODIUM STOCK, JARRED INGREDIENTS AND CLEAN SAUCES

☒ **Make healthy snacks and foods easily accessible and at eye-level!**

TIME-SAVING SYSTEMS

KITCHEN

CLEAR YOUR SPACE

Clean counters and table for meal prep.

GATHER SUPPLIES & RECIPES

Have all necessary tools and ingredients ready as well as your recipes either on your phone or printed.

PLAN FOR LONGER COOK TIMES

Start with foods that require longer cook times like proteins, roasted veggies, and baked items.

MULTI-TASK EFFICIENTLY

Use multiple appliances simultaneously (e.g. rice cooker, slow cooker, stovetop, oven, stand mixer). Combine foods on one sheet pan.

MINIMIZE WASHING BETWEEN STEPS

Only wash items if food safety requires it. If you are pan-frying, aim to cook veggies or grains first and raw proteins last to avoid any food safety issues (cook food to proper temperatures).

KEEP YOUR SPACE TIDY

Wash dishes, wipe counters, and chop veggies while other foods cook. Stay organized and maximize every minute for efficiency.

Systems help us stay on task and the consistency in a system can reduce brain fog, avoid overwhelm, and help us stay focused on the tasks that bring us success.

What's NEXT?

INCORPORATE THESE METHODS INTO YOUR CURRENT EATING PATTERNS
AND THEN REFLECT ON THE BELOW:

HOW DID YOU FEEL THIS WEEK?

- How were your hunger/fullness levels?
- How were your sugar cravings?
- How were your energy levels?
- Did you experience stress?
- Did you feel less brain fog being more organized and prioritizing meal prep in your calendar?

READY TO TAKE YOUR WELLNESS TO THE NEXT LEVEL?

Great job, friend! You've taken a big step toward better health this week. If you are ready to take the lead on your nutrition and continue to fuel your goals with nutrition and time management strategies, make sure to **Subscribe to the Wellness That Fits Meal Plan Subscription** or sign up for my [VIP list](#) so you can stay informed on my latest programs, offers, and free trainings.

[JOIN MY VIP LIST!](#)

