

June Breakfasts

Wellness That Fits, LLC

Welcome to the Wellness That Fits Meal Plan!

You're here because you're ready to eat well, save time, and feel your best — and I'm so excited to help you do just that!

Disclaimer

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Servings

- Breakfast: 1 serving

Easily update the grocery cart by multiplying the ingredients by the # of people you are making breakfast for. Please adjust based on your needs.

Nutrition

Each breakfast has a minimum of 20 grams of protein.

Breakfast Options

Pick and choose from the 8 options throughout the month. A suggestion to keep things simple and efficient: prep 2 breakfasts per week. Seasonal ingredients are included in the recipes.

How to Use This Plan Efficiently

Here's how to make the most of this plan in just a few simple steps:

1. Grocery Shop Smart ([CLICK HERE FOR THE INSTACART LINK](#))

- Use the pre-made grocery list.
- Or click on this link to access the meal plan. Then click "SHOP" at the top right corner which will bring you to the instacart link.
- Remember to increase the items in the grocery list if you are feeding more mouths than the serving sizes denote above.

4. Store for Success

Cassie Groeschl

<https://wellnessthatfits.com/>



- Some meals can be prepped and pre-portioned ahead of time (overnight oats, yogurt parfaits, chia pudding, etc.)
- Meal prep 5 breakfasts for the weekdays to make your week easier. Store in the fridge for 5 days.

Tips for Efficiency

- **Pick a Prep Day:** Commit to just 1-2 hours a week.
- **Use What You Have:** Sub in similar items if needed.
- **Don't Make It Complicated:** Repeating meals is totally okay — consistency is key!

What's Next?

Your meal prep journey doesn't end here — let's take your nutrition to the next level.

Want a Custom Meal Plan Built Around Your Family's Needs or Health Goals?

Let's personalize everything — from picky eaters to macros goals to medical conditions.

☐ [Book Your Discovery Call Here and we will go over your options](#)

Need More Ongoing Support?

Work with me 1:1 for **Nutrition Coaching** tailored to your lifestyle, habits, and mindset.

☐ [Book a Free Discovery Call](#)

Want to Master Meal Prep?

Check out my **Meal Prep Course** — and enjoy **15% off with code PREP15**

☐ [Grab the Course Here](#)

Let's make nourishing your body *the easiest* part of your week!

You've got this — and I'm here for you every step of the way.

— Cassie

Registered Dietitian

Wellness That Fits, LLC

June Breakfasts

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Lemon Basil Blueberry Smoothie	Strawberry Basil Smoothie Bowl	High Protein Sunbutter Oatmeal with Strawberries	Blueberry Protein Oats	Creamy Coconut, Strawberry & Pineapple Protein Smoothie	Spinach Scrambled Eggs with Peanut Butter & Banana Toast	Banana Chocolate Protein Smoothie
Snack 1	Microwave Meal Prep Mason Jar Omelette						



June Breakfasts

44 items

Fruits

- ☐ 1/2 Avocado
- ☐ 2 Banana
- ☐ 1 cup Blueberries
- ☐ 1/2 Lemon
- ☐ 1 1/4 cups Strawberries

Breakfast

- ☐ 1 tbsp All Natural Peanut Butter

Seeds, Nuts & Spices

- ☐ 1/2 tsp Cardamom
- ☐ 2 2/3 tbsps Chia Seeds
- ☐ 1/3 cup Hemp Seeds
- ☐ 1 tbsp Pumpkin Seeds
- ☐ 0 Sea Salt & Black Pepper

Frozen

- ☐ 1/2 cup Frozen Blueberries
- ☐ 1/2 cup Frozen Pineapple
- ☐ 1/2 cup Frozen Strawberries

Vegetables

- ☐ 2 cups Baby Spinach
- ☐ 1/2 cup Basil Leaves
- ☐ 1/4 Cucumber
- ☐ 1/4 Green Bell Pepper
- ☐ 1/3 cup Mushrooms
- ☐ 2 tbsps Shallot
- ☐ 1/2 Zucchini

Boxed & Canned

- ☐ 1/4 cup Lite Coconut Milk
- ☐ 3/4 cup Quick Oats

Baking

- ☐ 1 tbsp Cocoa Powder
- ☐ 1/4 cup Oats
- ☐ 1/4 cup Pitted Dates
- ☐ 1 tsp Raw Honey
- ☐ 1 tbsp Unsweetened Shredded Coconut

Bread, Fish, Meat & Cheese

- ☐ 2 ozs Cheddar Cheese
- ☐ 2 tpsps Parmigiano Reggiano
- ☐ 1 slice Whole Grain Bread

Condiments & Oils

- ☐ 1/2 tsp Extra Virgin Olive Oil
- ☐ 2 tbsps Sunflower Seed Butter

Cold

- ☐ 1/4 cup Cottage Cheese
- ☐ 6 Egg
- ☐ 1/2 cup Egg Whites
- ☐ 1 cup Oat Milk
- ☐ 1/4 cup Plain Greek Yogurt
- ☐ 1 cup Plain Kefir
- ☐ 1 cup Unsweetened Almond Milk
- ☐ 2 tbsps Unsweetened Coconut Yogurt

Other

- ☐ 1/2 cup Coconut Water
- ☐ 3/4 cup Vanilla Protein Powder
- ☐ 1 cup Water

Lemon Basil Blueberry Smoothie

9 ingredients · 5 minutes · 1 serving

Directions

1. Combine all ingredients in a blender and blend until smooth. Pour into a glass, and enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate in a sealed jar for up to two days.

Serving Size

One serving is equal to approximately two cups.

Make it Vegan

Use coconut milk or yogurt in place of kefir.

Ingredients

- 1 cup** Blueberries (frozen)
- 1/4** Cucumber (medium, chopped)
- 1/4** Avocado (medium)
- 2 tbsps** Pitted Dates
- 1/4 cup** Hemp Seeds
- 2 tsps** Chia Seeds
- 1/4 cup** Basil Leaves (packed)
- 1/2** Lemon (juiced, zested)
- 1 cup** Plain Kefir

Strawberry Basil Smoothie Bowl

9 ingredients · 10 minutes · 1 serving

Directions

1. Add the banana, strawberries, zucchini, avocado, basil, protein powder, and coconut water in a blender or food processor. Start to blend on low, working your way up to high, and tampering as necessary until a thick, ice cream-like consistency is achieved.
2. Scoop into a bowl and top with the shredded coconut and pumpkin seeds. Add strawberries and basil if desired. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is equal to approximately two cups.

Additional Toppings

Honey and/or hemp seeds.

Ingredients

1/2 Banana (frozen)

1 cup Strawberries (frozen plus additional for garnish)

1/2 Zucchini (medium, chopped, frozen)

1/4 Avocado

1/4 cup Basil Leaves (plus additional for garnish)

1/4 cup Vanilla Protein Powder

1/2 cup Coconut Water

1 tbsp Unsweetened Shredded Coconut (for garnish)

1 tbsp Pumpkin Seeds (for garnish)

High Protein Sunbutter Oatmeal with Strawberries

6 ingredients · 5 minutes · 1 serving

Directions

1. Add the oats, water and egg whites to a small pot over medium heat, stirring continuously. Cook for two to three minutes or until fluffy and cooked through.
2. Transfer to a bowl and top with sunflower seed butter, hemp seeds and strawberries. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add cinnamon, nutmeg, vanilla extract and/or a pinch of sea salt.

Additional Toppings

Maple syrup, honey, bee pollen, crushed nuts, jam, chopped fruit, shredded coconut or chia seeds.

Make it Vegan

Omit the egg whites.

No Sunflower Seed Butter

Use almond butter, tahini, pumpkin seed butter or peanut butter instead.

Ingredients

1/2 cup Quick Oats

1/2 cup Water

1/2 cup Egg Whites

1 tbsp Sunflower Seed Butter

1 1/2 tps Hemp Seeds

1/4 cup Strawberries (stems removed, chopped)

Blueberry Protein Oats

7 ingredients · 10 minutes · 1 serving

Directions

1. Add the oats, oat milk, and cardamom to a pot over medium heat. Cook for two to three minutes or until the oats thicken.
2. Turn off the heat and stir in the sunflower seed butter, honey, and protein powder.
3. Transfer to a bowl and top with the blueberries. Enjoy!

Notes

Leftovers

For best results, enjoy freshly made. Refrigerate for up to two days.

More Flavor

Add vanilla extract, cinnamon, or nutmeg.

Additional Toppings

Top with crushed nuts, shredded coconut, or hemp seeds.

No Oat Milk

Use plain coconut milk instead.

Ingredients

1/4 cup Quick Oats

1 cup Oat Milk (plain, unsweetened)

1/2 tsp Cardamom (ground)

1 tbsp Sunflower Seed Butter

1 tsp Raw Honey

1/4 cup Vanilla Protein Powder

1/2 cup Frozen Blueberries (or fresh)

Creamy Coconut, Strawberry & Pineapple Protein Smoothie

7 ingredients · 5 minutes · 1 serving

Directions

1. Add the coconut milk, water, pineapple, strawberries, protein powder, and chia seeds to a blender. Blend until smooth.
2. Using the back of a spoon, spread the coconut yogurt around the inside of a glass. Pour the smoothie into the glass. Enjoy!

Notes

Leftovers

Best enjoyed fresh.

Serving Size

One serving is approximately 1 1/2 cups.

Make It Creamier

Replace the water with additional coconut milk.

Ingredients

1/4 cup Lite Coconut Milk

1/2 cup Water

1/2 cup Frozen Pineapple

1/2 cup Frozen Strawberries

1/4 cup Vanilla Protein Powder

1 tbsp Chia Seeds

2 tbsps Unsweetened Coconut Yogurt

Spinach Scrambled Eggs with Peanut Butter & Banana Toast

8 ingredients · 10 minutes · 1 serving

Directions

1. Whisk the eggs in a bowl and season with salt and pepper.
2. Heat a medium nonstick pan over medium-low heat. Add the oil and spinach and cook for two to three minutes until just wilted. Add the egg mixture and parmesan. Cook, stirring occasionally, until the eggs are cooked to your liking. Transfer to a plate.
3. Spread the peanut butter on the toast. Top evenly with the banana slices. Serve with the eggs and enjoy!

Notes

Leftovers

Best enjoyed fresh.

Serving Size

One serving is two eggs with spinach and one slice of toast with 1/2 of a banana.

Gluten-Free

Use gluten-free bread instead.

Dairy-Free

Omit the parmesan.

Ingredients

2 Egg

Sea Salt & Black Pepper (to taste)

1/2 **tsp** Extra Virgin Olive Oil

2 **cups** Baby Spinach

2 **tsps** Parmigiano Reggiano (finely grated)

1 **tbsp** All Natural Peanut Butter

1 **slice** Whole Grain Bread (toasted)

1/2 Banana (sliced)

Banana Chocolate Protein Smoothie

8 ingredients · 5 minutes · 1 serving

Directions

1. Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Pitted Dates

One serving is equal to approximately two to three dates.

Gluten-Free

Use Gluten-Free oats.

Dairy-Free

Use coconut yogurt instead.

Nut-Free

Use coconut or oat milk instead of almond milk.

More Flavor

Add a pinch of cinnamon.

Make it Vegan

Use a vegan yogurt.

Ingredients

1 cup Unsweetened Almond Milk

1/4 cup Plain Greek Yogurt

1 tbsp Chia Seeds

2 tbsps Hemp Seeds

1/4 cup Oats

1 tbsp Cocoa Powder

1 Banana (frozen)

2 tbsps Pitted Dates

Microwave Meal Prep Mason Jar Omelette

7 ingredients · 15 minutes · 2 servings

Directions

1. Lightly grease the inside of each mason jar.
2. Divide the cottage cheese, mushrooms, bell pepper, shallot, and cheese evenly among jars, filling each about halfway.
3. Crack the eggs into each jar and add salt and pepper. Whisk gently with a fork to combine the ingredients.
4. To cook, microwave one jar at a time for one to two minutes, or until the eggs are set. Enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate the raw ingredients in airtight containers for up to three days. Mix and microwave when ready to enjoy.

Serving Size

16 fl oz (500 mL) mason jars were used here. One mason jar is one serving.

More Flavor

Add fresh herbs like dill, cilantro, or basil.

Ingredients

1/4 cup Cottage Cheese
1/3 cup Mushrooms (chopped)
1/4 Green Bell Pepper (large, finely chopped)
2 tbsps Shallot (finely chopped)
2 ozs Cheddar Cheese (grated)
4 Egg
Sea Salt & Black Pepper (to taste)