



Wellness That Fits Meal Plan Subscription

May W19

Meal Prep Steps

Set aside ~1 hour on a designated meal prep day.

If it works better for your lifestyle, feel free to break it up into shorter time blocks. Aim to dedicate at least 1 focused hour, then fit any remaining prep steps into pockets of time throughout your day. Remember to check the meal plan and see which days the items are served so you can plan accordingly.

Divide and Conquer

Ask a spouse, family member (get the kids in the kitchen!), or caretaker to check off a few of the small tasks like washing/chopping veggies or cooking something. A little help goes a long way!

Task assigned to?  Check when complete	Time	Directions	Kitchen Appliance Needed
☐ Who:	20 min	Make the Mixed Veggie & Shrimp Stir Fry	Stovetop
☐ Who:	10 min hands on; total time 20 min	Make the Air Fryer Chicken Fajitas While the food is cooking... (next step)	Air Fryer or Oven
☐ Who:	20 min	Make the Jalapeno Turkey Burgers	Grill or Stovetop



Who:			
Who:	10 min	Chop/Prep the other Veggies For the One Pan Steak with Broccoli & Green Beans: 4 cups Broccoli (cut into florets) 4 cups Green Beans (trimmed) Time-saving Tip: Buy pre-chopped broccoli florets and frozen green beans For the Air Fryer Chicken Fajitas toppings: 4 cups Romaine (washed, shredded) Time-saving Tip: Buy pre-chopped romaine Place portions for each recipe in reusable bags or tightly sealed glass containers and refrigerate.	Cutting board
Who: Note: great opportunity to involve the kids!	10 min hands on; total 25 min 5 min 10 min 5 min	School Lunches Make the Green Smoothie Muffins While they are baking... Make the Tahini & Pear Toast Assemble 2 lunches with the toast + muffin Make the Turkey Wraps with Almonds, Cucumbers & Blueberries Assemble 1 lunch Make the Coconut Yogurt Strawberry Parfait Assemble 2 lunches with parfait + muffin Refrigerate lunchboxes until ready to eat.	

Total Estimated Prep time: 60 minutes for dinners + 30 min for School Lunches

Prep/Cook Day Of:

One Pan Steak with Broccoli & Green Beans (veggies are chopped, ~15 min)
 California Naan Pizza (15 min)

Substitution Notes

See dairy-free and gluten-free substitution notes within the recipes.



If you need more personalization and support with food allergies or intolerances, please contact me. 👉 [Book Your Discovery Call Here and we will go over your options](#)

Disclaimer

The contents of this meal plan, including recipes, guides, and associated materials, are the intellectual property of *Wellness That Fits, LLC* and are intended for the personal use of the original purchaser only. Sharing, distributing, or reproducing any part of this material without explicit written permission is strictly prohibited. Thank you for respecting the time, effort, and creativity that went into creating this resource.