



Wellness That Fits Meal Plan Subscription

June W23

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	Cook the Spaghetti & Meatballs	Stovetop
☐ Who:	20 min	Make the Chicken & Artichoke Chickpea Pasta	Stovetop
☐ Who:	20 min	Make the One Pan Chicken, Chickpeas & Broccoli	Stovetop



Who:			
Who:	10 min	Chop/Prep the other Veggies For the Sour Cream & Lettuce & Salsa (tacos side): 4 cups Romaine (washed, shredded) <i>Time-saving Tip:</i> Buy pre-chopped romaine For the Romaine & Parmesan Salad 4 heads Romaine Hearts (chopped) <i>Time-saving Tip:</i> 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!	15 min 10 min 5 min	School Lunches Make the PB & J Energy Balls Make the Ham & Cheese Rolls with Mini Peppers Assemble 2 lunches with the above Assemble 1 lunch with the above + energy balls Make the Orange Yogurt + Fruit Assemble 2 lunches with the yogurt + energy balls Refrigerate lunchboxes until ready to eat.	

Total Estimated Prep time: 70 minutes for dinners + 30 min for School Lunches

Prep/Cook Day Of:

Strawberry Balsamic Salad with Walnuts (5 min)
Shrimp Tacos with Pineapple Salsa (20 min)
Apple & Brie Grilled Cheese Sandwich (10 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](#)

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