



Wellness That Fits Meal Plan Subscription

June W24

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 Grilled Pineapple & Chicken Salad Grill the chicken, make the sauce, chop the onion. Do not toss salad ingredients together until ready to eat.	Grill
☐ Who:	15 min	Make the Pasta with Kale & Sausage	Stovetop



 Who:	30 min	Make the Sweet Potato Turkey Lettuce Cups Refrigerate ingredients separately until ready to eat.	Oven + Stovetop
 Who:	10 min	Chop/Prep the other Veggies For the Steak Spiced Salmon with Green Beans & Beets: 4 cups Green Beans (trimmed) 2 Golden Beet (large, peeled, thinly sliced) Time-saving Tip: Buy frozen green beans 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 hands on; total 45 5 min 5 min	School Lunches Make the No Bake Peanut Butter Haystack Cookies Make the Turkey Stick, Hummus & Veggie Snack Plate Assemble 3 lunches with the above + cookie Make the Turkey & Hummus Rollups Assemble 2 lunches with the rollups + Tortilla Chips & Guacamole Refrigerate lunchboxes until ready to eat.	

Total Estimated Prep time: 75 minutes for dinners + 25 min for School Lunches

Prep/Cook Day Of:

Steak Spiced Salmon with Green Beans & Beets (veggies are chopped, ~20 min)
 Veggie Pad Thai (20 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



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