



Wellness That Fits Meal Plan Subscription

July W30

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 Chicken & Pear Sausage Patties	Stovetop/ Cast iron
☐ Who:	10 min	Make the Artichoke & Pumpkin Seed Salad Note: Rice is cooking in rice cooker	
☐	10 min	School Lunches Make the Blackberry Kefir Chia Pudding	



Who:		Assemble 3 lunches with chia pudding + Cucumber, Celery & Guacamole Refrigerate overnight so pudding sets.	
Note: great opportunity to involve the kids!	10 min	Make the Beef Stick, Cheese & Berry Snack Box Assemble 2 lunches Refrigerate lunchboxes until ready to eat.	

Total Estimated Prep time: 30 minutes for dinners + 20 min for School Lunches

Prep/Cook Day Of:

Crunchy Kale Salad with Cod (15 min)
Cucumber, Dill & Feta Salad (10 min)
Toasted Reuben Sandwich with Sauerkraut (15 min)
Egg & Black Bean Tacos (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

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