



W29

Created by Wellness That Fits, LLC



W29

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

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.

Servings

- **Kid School Lunch: 1 serving**

Easily update the grocery cart by multiplying the ingredients by the # of kids you are making lunches for. Please note, 2 lunches are repeated twice; I do this for time efficiency!

For example:

Monday and Wednesday will have the same lunch

Tuesday and Thursday will have the same lunch

Friday will have a different lunch

Total: 3 different school lunches per week

- **Dinner: 4 servings**

Please adjust based on your needs.

How to Use This Plan Efficiently

Meal prep doesn't have to be overwhelming. 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](#) and then click SHOP)

- Use the pre-made grocery list or click on the link above to access the meal plan.
- 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.
- **NOTE:** Check out the Prep Steps PDF before grocery shopping. There are time-saving tips to purchase pre-chopped or other ready-to-use foods.
- **NOTE:** If you are using Woodman's (Wisconsin-based) for the grocery store option in Instacart, you will

not be able to enter the order as a Pick Up. The only option on Instacart (for Woodman's) is delivery. I have not found a way to upload this list to the Woodman's app (where you can choose between Pick Up or Delivery); you will simply have to enter the order manually into the Woodman's app.

2. Cook in batches

- Cook proteins for the week (roast, grill, crockpot - whatever is easiest for you!).
 - Prep starches (potatoes, quinoa) in bulk.
 - Wash, chop, and portion out veggies.
-

3. Assemble, Don't Overthink

- Mix & match meals using your prepped ingredients.
 - If there is an ingredient you do not like, simply exclude or sub with something you prefer.
 - Use sauces, herbs, and spices to change up flavor profiles (see the "Notes" within each recipe to add flavor).
-

4. Store for Success

- Portion meals into containers.
 - Keep 5-7 days' worth in the fridge, freeze the rest for later if you desire.
-

5. Tips for Efficiency

- **Pick a Prep Day:** Commit to just 1-2 hours a week. 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 the 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.
 - **Use What You Have:** Sub in similar items if needed.
 - **Don't Make It Complicated:** Repeating meals is totally okay — consistency is key!
 - **Keep it Realistic:** If you only prep dinner, that's still a huge win.
 - **Prep kid school lunches on Sunday!** - Prep all 5 days worth on Sunday and stack them in the fridge - you'll thank yourself later when the weekday morning school chaos hits and lunch is already done!
-

6. Meal Prep Steps

Please check your email to see the **Meal Prep Steps Document** which lays out the prep steps, time blocks, and substitution notes associated with this meal plan.

7. CHAOTIC WEEK AHEAD?

If you have <30 minutes to meal prep for the week, do this:

1. Batch cook the grain (rice, quinoa, etc.)
 2. Batch cook the protein in a crockpot.
 3. Buy pre-chopped veggies (fresh, frozen, or canned).
 4. Stock your pantry: corn tortillas, corn chips, Naan or pita, 2-3 of your favorite jarred/canned sauces (tikki masala, teriyaki, pasta sauce)
-

sauce).

Then, mix and match the core ingredients you've prepped to create tacos, bowls, salads, pizzas, pastas, casseroles.

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 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

W29

5 days

	Mon	Tue	Wed	Thu	Fri
Lunch	Hummus & Veggies Kids Snack Box WTF	Eggs & Avocado Snack Box	Hummus & Veggies Kids Snack Box WTF	Eggs & Avocado Snack Box	Hummus & Veggies Kids Snack Box WTF
Dinner	Smash Burger Tacos WTF	Bang Bang Turkey Bowl	Smoky Salmon & Peppers with Rice WTF	Greek Yogurt Protein French Toast	Spaghetti & Meatballs
					Romaine & Parmesan Salad with Ranch Child Lunch

W29

45 items

Fruits

- ☐ 1 Avocado
- ☐ 1 cup Blueberries
- ☐ 2 tsps Lemon Juice
- ☐ 1 tbsp Lime Juice
- ☐ 2 cups Raspberries

Seeds, Nuts & Spices

- ☐ 1 tsp Cinnamon
- ☐ 1 tsp Garlic Powder
- ☐ 1/2 tsp Paprika
- ☐ 1/2 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tsp Smoked Paprika

Frozen

- ☐ 14 ozs Frozen Meatballs

Vegetables

- ☐ 3 stalks Celery
- ☐ 6 cups Coleslaw Mix
- ☐ 1 2/3 Cucumber
- ☐ 2 stalks Green Onion
- ☐ 1 1/2 lbs Mini Peppers
- ☐ 1 1/2 Orange Bell Pepper
- ☐ 1/2 cup Parsley
- ☐ 8 leaves Romaine
- ☐ 1 head Romaine Hearts

Boxed & Canned

- ☐ 1 1/2 lbs Canned Wild Salmon
- ☐ 2 cups Jasmine Rice
- ☐ 2 cups Marinara Sauce
- ☐ 9 ozs Whole Wheat Spaghetti

Baking

- ☐ 1/2 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 6 ozs Cheddar Cheese
- ☐ 8 Corn Tortilla
- ☐ 1 1/2 lbs Extra Lean Ground Beef
- ☐ 1/2 cup Parmigiano Reggiano
- ☐ 1 1/2 lbs Turkey Breast
- ☐ 8 slices Whole Grain Bread

Condiments & Oils

- ☐ 1 tsp Apple Cider Vinegar
- ☐ 3 1/3 tsps Avocado Oil
- ☐ 1/4 oz Avocado Oil Spray
- ☐ 2 tsps Extra Virgin Olive Oil
- ☐ 1/2 cup Mayonnaise
- ☐ 2/3 cup Pickle
- ☐ 1/2 cup Ranch Dressing
- ☐ 1/3 cup Sweet Chili Sauce

Cold

- ☐ 12 Egg
- ☐ 1/3 cup Hummus
- ☐ 3 cups Plain Greek Yogurt

Other

- ☐ 2 tsps Sugar Free Ketchup
- ☐ 1 cup Water

Hummus & Veggies Kids Snack Box WTF

4 ingredients · 5 minutes · 3 servings



Directions

1. Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

Notes

Storage

Refrigerate in an airtight container up to 3 days.

No Hummus

Use guacamole or a ready-made dip instead.

Ingredients

- 1 1/2 Orange Bell Pepper (sliced)
- 3 stalks Celery (cut into small stalks)
- 1 cup Blueberries
- 1/3 cup Hummus

Eggs & Avocado Snack Box

4 ingredients · 15 minutes · 2 servings



Directions

1. Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
2. Strain the water and fill the saucepan with cold water. Peel the eggs when cool enough to handle and slice into halves.
3. Arrange the boiled eggs, avocado, cucumber slices and cheese in a container. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Top the eggs with paprika, salt, pepper, everything bagel seasoning, dill or chives.

Ingredients

- 4 Egg
- 1 Avocado (medium, peeled)
- 2/3 Cucumber (sliced)
- 4 ozs Cheddar Cheese (cubed)

Smash Burger Tacos WTF

10 ingredients · 15 minutes · 4 servings



Directions

1. In a small bowl, mix together the mayonnaise, ketchup, and vinegar. Season with salt and pepper and set aside.
2. Lay the tortillas on a flat surface. Divide the beef evenly between tortillas, and use your hands to spread it out in a thin layer. Season the beef with salt and pepper.
3. Heat a cast-iron or griddle pan over medium-high heat. Add some oil and once hot, place the tortilla, beef-side down, on the pan and cook for two minutes, until browned. Flip, add the cheese on top, and reduce the heat to low. Cover with a lid and cook for one to two minutes, until the cheese has slightly melted. Repeat with the remaining tortillas.
4. Divide the tortillas evenly between plates and top with romaine, sauce, and pickles. Enjoy!

Notes

Leftovers

Best enjoyed fresh.

Serving Size

One serving is two tacos.

Additional Toppings

White onion.

Dairy-Free

Use a dairy-free cheese instead.

Ingredients

1/4 cup Mayonnaise
2 tbsps Sugar Free Ketchup
1 tsp Apple Cider Vinegar
Sea Salt & Black Pepper (to taste)
8 Corn Tortilla (small)
1 1/2 lbs Extra Lean Ground Beef
1 1/3 tbsps Avocado Oil (divided)
2 ozs Cheddar Cheese (slices, divided)
8 leaves Romaine (finely chopped)
2/3 cup Pickle (chopped)

Bang Bang Turkey Bowl

12 ingredients · 25 minutes · 4 servings



Directions

1. Cook the rice according to the package directions.
2. Meanwhile, in a bowl, mix the garlic powder, paprika, salt, and pepper. Add the turkey and toss to coat.
3. Heat the oil in a pan over medium-high heat. Add the turkey and sauté for eight to 10 minutes until cooked through. Transfer to a plate.
4. In a large bowl, mix the mayonnaise and the chili sauce together. Set aside 1/4 of the mixture. Add the cooked turkey to the bowl and toss until coated.
5. Whisk the lime juice into the reserved sauce.
6. Divide the rice, turkey, coleslaw mix, cucumber, and green onions evenly between bowls. Top with sauce and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups of turkey, one cup of rice, and 1 1/2 cups of veggies.

More Flavor

Add ginger, honey, and/or hot sauce to the marinade.

Additional Toppings

Avocado, pickled onions or crushed peanuts.

Ingredients

- 1 cup Jasmine Rice (dry)
- 1 tsp Garlic Powder
- 1/2 tsp Paprika
- Sea Salt & Black Pepper (to taste)
- 1 1/2 lbs Turkey Breast (chopped)
- 2 tbsps Avocado Oil
- 3 tbsps Mayonnaise
- 1/3 cup Sweet Chili Sauce
- 1 tbsp Lime Juice
- 4 cups Coleslaw Mix
- 1 Cucumber (medium, sliced)
- 2 stalks Green Onion (sliced)

Smoky Salmon & Peppers with Rice WTF

9 ingredients · 25 minutes · 4 servings



Directions

1. Cook the rice as per the package directions.
2. Meanwhile, heat the oil in a pan over medium heat. Add the peppers and coleslaw mix and cook for five to six minutes until tender-crisp.
3. Stir in the flaked salmon, salt, pepper, and smoked paprika. Cook for two minutes until just heated through.
4. Remove from heat. Stir in the lemon juice and parsley. Divide the salmon and veggie mixture evenly over the rice, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately two cups of salmon and peppers over 1/2 cup of rice.

Ingredients

- 1 cup Jasmine Rice (dry, rinsed)
- 2 tbsps Extra Virgin Olive Oil
- 1 1/2 lbs Mini Peppers (seeds removed, sliced)
- 2 cups Coleslaw Mix
- 1 1/2 lbs Canned Wild Salmon (drained, flaked)
- Sea Salt & Black Pepper (to taste)
- 1 tsp Smoked Paprika
- 2 tsps Lemon Juice
- 1/2 cup Parsley (chopped)

Greek Yogurt Protein French Toast

8 ingredients · 15 minutes · 4 servings



Directions

1. Whisk the eggs in a bowl. Add half of the yogurt, half of the cinnamon, and the salt. Whisk well.
2. Heat a pan over medium-low heat. Once warm, add the oil.
3. Dip the bread into the mixture, ensuring both sides are coated evenly. Cook the bread slices for two minutes per side until browned and cooked through. Repeat until all the bread is cooked.
4. In a small bowl, mix the remaining yogurt, cinnamon, and vanilla.
5. Divide the French toast evenly between plates. Top with the yogurt mixture and raspberries, and enjoy!

Notes

Ingredients

- 8 Egg
- 3 cups Plain Greek Yogurt (divided)
- 1 tsp Cinnamon (divided)
- 1/2 tsp Sea Salt
- 1/4 oz Avocado Oil Spray
- 8 slices Whole Grain Bread
- 1/2 tsp Vanilla Extract
- 2 cups Raspberries

Spaghetti & Meatballs

5 ingredients · 20 minutes · 4 servings



Directions

1. Cook the pasta according to the package directions. Reserve pasta water and drain.
2. Meanwhile, preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper. Place the frozen meatballs on the baking sheet. Cook in the oven for 15 to 17 minutes or until cooked through and golden brown.
3. While the meatballs and pasta are cooking, warm up the marinara sauce in a pan over medium heat. Add salt and pepper and adjust the seasoning to your taste. Transfer the cooked meatballs to the marinara sauce and stir well.
4. Add the spaghetti and reserved pasta water to the pan. Stir and cook for two to three minutes. Divide the pasta evenly between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately 1 1/2 cups.

Additional Toppings

Top with parmesan cheese and basil.

Gluten-Free

Use gluten-free pasta.

Ingredients

9 ozs Whole Wheat Spaghetti

1 cup Water (reserved from cooking pasta)

14 ozs Frozen Meatballs

2 cups Marinara Sauce

Sea Salt & Black Pepper (to taste)

Romaine & Parmesan Salad with Ranch Child Lunch

3 ingredients · 5 minutes · 4 servings



Directions

1. Add the parm to the romaine. Serve with ranch on the side in a small container.

Notes

Leftovers

Best enjoyed immediately. To meal prep, store the lettuce in a container and add the dressing and cheese when ready to eat.

Serving Size

One serving is approximately two cups.

Make it Vegan

Use a plant-based cheese alternative.

No Red Wine Vinegar

Use white wine vinegar or lemon juice.

Ingredients

1 head Romaine Hearts (chopped)

1/2 cup Ranch Dressing

1/2 cup Parmigiano Reggiano