

W26

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.
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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).
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4. Store for Success

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

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5 days

	Mon	Tue	Wed	Thu	Fri
Lunch	Cherries, Yogurt & Granola Snack Box	Cottage Cheese, Berry & Edamame Snack Box	Cherries, Yogurt & Granola Snack Box	Cottage Cheese, Berry & Edamame Snack Box	Cottage Cheese, Berry & Edamame Snack Box
	Carrot Sticks Child		Carrot Sticks Child		
Dinner	15 Minute Shrimp Puttanesca WTF	Pierogies with Broccoli, Bacon & Sour Cream	Taco Pasta Salad	Bean, Chickpea & Cauliflower Rice Bowl	Loaded Chicken Nachos WTF

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42 items

Fruits

- ☐ 2 Avocado
- ☐ 3/4 cup Blueberries
- ☐ 1 cup Cherries
- ☐ 1 Lime
- ☐ 2 tbsps Lime Juice
- ☐ 3/4 cup Raspberries

Breakfast

- ☐ 1 cup Granola

Seeds, Nuts & Spices

- ☐ 2 tsps Chili Powder
- ☐ 0 Sea Salt & Black Pepper

Frozen

- ☐ 4 cups Cauliflower Rice
- ☐ 1 1/2 cups Frozen Edamame
- ☐ 1 2/3 lbs Frozen Pierogies

Vegetables

- ☐ 2 cups Broccoli
- ☐ 2/3 cup Cilantro
- ☐ 3 Garlic
- ☐ 4 stalks Green Onion
- ☐ 2 cups Kale Leaves
- ☐ 1 cup Matchstick Carrots
- ☐ 1 Orange Bell Pepper
- ☐ 1/4 cup Parsley
- ☐ 1 head Romaine Hearts

Boxed & Canned

- ☐ 4 Anchovy
- ☐ 5 1/2 cups Black Beans
- ☐ 4 ozs Chickpea Pasta
- ☐ 2 cups Chickpeas
- ☐ 6 cups Corn Tortilla Chips
- ☐ 2 cups Crushed Tomatoes
- ☐ 2 cups Salsa
- ☐ 9 ozs Whole Wheat Linguine

Bread, Fish, Meat & Cheese

- ☐ 4 slices Bacon
- ☐ 8 ozs Cheddar Cheese
- ☐ 12 ozs Chicken Breast, Cooked
- ☐ 1 lb Extra Lean Ground Beef
- ☐ 1 lb Shrimp

Condiments & Oils

- ☐ 2 tbsps Capers
- ☐ 2 1/3 tbsps Extra Virgin Olive Oil
- ☐ 2 tbsps Pitted Kalamata Olives

Cold

- ☐ 1 1/2 cups Cottage Cheese
- ☐ 1 cup Hummus
- ☐ 2 cups Plain Greek Yogurt
- ☐ 1/2 cup Sour Cream

Other

- ☐ 2 tbsps Water

Cherries, Yogurt & Granola Snack Box

3 ingredients · 5 minutes · 2 servings

Directions

1. Arrange the yogurt, cherries, and granola into a container, and enjoy!

Notes

Leftovers

Refrigerate into an airtight container for up to three days.

Make it Vegan

Use a plant-based yogurt alternative.

Additional Toppings

Add nuts, seeds, and/or unsweetened coconut flakes.

Ingredients

2 cups Plain Greek Yogurt

1 cup Cherries

1 cup Granola

Carrot Sticks Child

1 ingredient · 1 minute · 2 servings

Directions

1. If not purchasing ready-to-eat matchstick or stick carrots, peel the carrot and slice it into sticks. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Add water to prevent them from drying out.

More Flavor

Season with salt.

Serve it With

Hummus, guacamole or your favorite dip.

Ingredients

1 cup Matchstick Carrots

Cottage Cheese, Berry & Edamame Snack Box

4 ingredients · 10 minutes · 3 servings

Directions

1. Arrange all of the ingredients on a plate or in a container with separate compartments. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately 1/2 cup of cottage cheese, 1/2 cup of fruit, and 1/2 cup of edamame.

Additional Toppings

Add a pinch of sea salt to the edamame or a drizzle of honey over the cottage cheese.

Ingredients

1 1/2 cups Cottage Cheese

3/4 cup Blueberries

3/4 cup Raspberries

1 1/2 cups Frozen Edamame (thawed)

15 Minute Shrimp Puttanesca WTF

11 ingredients · 15 minutes · 4 servings

Directions

1. Cook the pasta according to the directions on the package. Drain and set aside.
2. Pat the shrimp dry and season with salt and pepper.
3. Meanwhile, heat a dutch oven over medium-low heat. Once warm, add the oil. Add the garlic and anchovies and cook for one minute. Add the shrimp and cook for about two minutes per side, until bright pink and cooked through. Remove the shrimp with a slotted spoon and set aside.
4. Add the tomatoes with their juices, capers, olives, and kale to the pot and bring to a low simmer. Cook for about five to eight minutes, until slightly thickened. Remove from the heat, add the pasta and the shrimp back in and toss to combine. Top with parsley and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is about 1 1/2 cups of pasta with shrimp.

Gluten-Free

Use a gluten-free pasta instead.

Additional Toppings

Add chili flakes.

Make it Vegan

Omit the anchovy and shrimp.

Ingredients

9 ozs Whole Wheat Linguine

1 lb Shrimp (large, peeled, deveined)

Sea Salt & Black Pepper (to taste)

2 tbsps Extra Virgin Olive Oil

3 Garlic (cloves, chopped)

4 Anchovy (fillets, whole)

2 cups Crushed Tomatoes (from the can)

2 tbsps Capers

2 tbsps Pitted Kalamata Olives (chopped)

2 cups Kale Leaves

1/4 cup Parsley (chopped)

Pierogies with Broccoli, Bacon & Sour Cream

7 ingredients · 25 minutes · 4 servings

Directions

1. Heat a large non-stick pan over medium heat. Add the bacon and cook for five to seven minutes or until crisp. Transfer to a paper towel-lined plate and set aside.
2. Meanwhile, bring a large pot of salted water to a boil. Add the pierogies and stir gently to prevent sticking. Boil for three to five minutes until the pierogies float to the top. Remove with a slotted spoon and gently toss with the oil, salt, and pepper. Set aside and keep warm.
3. Add the broccoli to the boiling water and cook for one to two minutes or until just tender. Drain well and keep warm.
4. Chop the bacon. Divide the pierogies and broccoli evenly between plates. Top with the bacon, green onion, and sour cream. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately six pierogies with 1/2 cup of broccoli.

More Flavor

Add sauerkraut and/or caramelized onions. Lightly pan-fry the pierogies.

Dairy-Free

Use a dairy-free sour cream or yogurt alternative instead.

Ingredients

4 slices Bacon (chopped)
1 2/3 lbs Frozen Pierogies
1 tsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
2 cups Broccoli (cut into florets)
2 stalks Green Onion (sliced)
1/2 cup Sour Cream

Taco Pasta Salad

10 ingredients · 25 minutes · 4 servings

Directions

1. Cook the pasta according to the package directions until al dente.
2. Meanwhile, heat a pan over medium heat. Add the ground beef, breaking it up as it cooks. Add the chili powder, salt, and pepper. Cook for seven to eight minutes until the beef is browned and cooked through.
3. Add the cooked ground beef, cooked pasta, black beans, bell pepper, onion, cilantro, salsa, lime juice, salt, and pepper to a bowl. Stir until well combined.
4. Divide evenly between bowls. Enjoy hot or cold!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups.

More Flavor

Sauté onion and garlic with the ground beef.

No Ground Beef

Use ground chicken or turkey instead.

Ingredients

1 lb Extra Lean Ground Beef

2 tsps Chili Powder

Sea Salt & Black Pepper (to taste)

4 ozs Chickpea Pasta (dry)

1 1/2 cups Black Beans (cooked)

1 Orange Bell Pepper (large, diced)

2 stalks Green Onion (chopped)

2 tbsps Cilantro (finely chopped)

3/4 cup Salsa

1 Lime (large, juiced)

Bean, Chickpea & Cauliflower Rice Bowl

10 ingredients · 10 minutes · 4 servings

Directions

1. In a bowl, combine the black beans, chickpeas, and cauliflower rice. Season with salt and pepper.
2. In a small bowl, stir together the hummus and lime juice. Add a small amount of water as needed to thin into a dressing consistency.
3. Drizzle the hummus dressing over the bean mixture. Stir to coat.
4. Top with the avocado, salsa, and cilantro. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately three cups or one bowl.

More Flavor

Add taco seasoning to the dressing.

Additional Toppings

Toasted pumpkin seeds or sliced jalapeño.

Ingredients

2 cups Black Beans (cooked, rinsed)
2 cups Chickpeas (cooked, patted dry)
4 cups Cauliflower Rice (thawed)
Sea Salt & Black Pepper (to taste)
1 cup Hummus
2 tbsps Lime Juice
2 tbsps Water (optional)
1 Avocado (medium, diced)
1/4 cup Salsa
1/4 cup Cilantro (chopped)

Loaded Chicken Nachos WTF

9 ingredients · 15 minutes · 4 servings

Directions

1. Turn the oven to broil.
2. In a bowl combine the chicken and salsa and mix well. Add the black beans and season with salt and pepper.
3. Place the tortilla chips on a baking sheet, spreading them out evenly. Scatter the chicken mixture over top and then cover with the cheese.
4. Place in the oven on broil for one to three minutes or until the cheese has melted and is bubbly. Top with avocado, cilantro, and romaine. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is approximately 2 1/2 cups.

Additional Toppings

Top with sliced jalapeño, sour cream, and/or Greek yogurt.

Dairy-Free

Use dairy-free cheese.

Ingredients

12 ozs Chicken Breast, Cooked (shredded)

1 cup Salsa

2 cups Black Beans (cooked)

Sea Salt & Black Pepper (to taste)

6 cups Corn Tortilla Chips

8 ozs Cheddar Cheese (shredded)

1 Avocado (large, cubed)

1/4 cup Cilantro (chopped)

1 head Romaine Hearts