



W28

Created by Wellness That Fits, LLC



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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, Grapes, Cuc & Cracker Snack Box Child Lunch	Cherries, Yogurt & Granola Snack Box	Cottage Cheese, Grapes, Cuc & Cracker Snack Box Child Lunch	Cherries, Yogurt & Granola Snack Box
	Carrot Sticks Child		Carrot Sticks Child		Carrot Sticks Child
Dinner	Sun Dried Tomato & Salmon Pasta WTF	Broccoli & Cabbage Chicken Skillet	Seitan Tacos	Ginger Chicken Bowl	Grilled Peach & Pesto Flatbread

W28

46 items

Fruits

- ☐ 2 Avocado
- ☐ 1 1/2 cups Cherries
- ☐ 1/2 cup Grapes
- ☐ 4 Peach

Breakfast

- ☐ 1 1/2 cups Granola

Seeds, Nuts & Spices

- ☐ 1/2 tsp Cumin
- ☐ 2 tsps Garlic Powder
- ☐ 2 tsps Ground Ginger
- ☐ 1/2 tsp Italian Seasoning
- ☐ 1/2 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/2 tsp Smoked Paprika

Frozen

- ☐ 6 cups Cauliflower Rice

Vegetables

- ☐ 2 cups Baby Spinach
- ☐ 3/4 cup Basil Leaves
- ☐ 2 cups Broccoli
- ☐ 2 Carrot
- ☐ 1/2 cup Cherry Tomatoes
- ☐ 1/2 cup Cilantro
- ☐ 8 cups Coleslaw Mix
- ☐ 1 1/3 Cucumber
- ☐ 5 Garlic
- ☐ 2 tbsps Ginger
- ☐ 1 1/2 cups Matchstick Carrots
- ☐ 1 cup Red Onion
- ☐ 1/2 head Romaine Hearts
- ☐ 1/2 Yellow Onion

Boxed & Canned

- ☐ 1/2 cup Chicken Broth
- ☐ 9 3/4 ozs Chickpea Pasta
- ☐ 1 cup Salsa
- ☐ 1 oz Seed Crackers

Bread, Fish, Meat & Cheese

- ☐ 3 1/2 lbs Extra Lean Ground Chicken
- ☐ 5 ozs Mozzarella Ball
- ☐ 4 pieces Naan
- ☐ 4 ozs Prosciutto
- ☐ 1 lb Salmon Fillet
- ☐ 12 ozs Seitan
- ☐ 8 Whole Wheat Tortilla

Condiments & Oils

- ☐ 2 tbsps Apple Cider Vinegar
- ☐ 1 1/3 tbsps Avocado Oil
- ☐ 1/4 cup Coconut Aminos
- ☐ 1/4 cup Extra Virgin Olive Oil
- ☐ 1/3 cup Pesto
- ☐ 3/4 cup Sun Dried Tomatoes

Cold

- ☐ 1 cup Cottage Cheese
- ☐ 3 1/2 cups Plain Greek Yogurt

Cherries, Yogurt & Granola Snack Box

3 ingredients · 5 minutes · 3 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

3 cups Plain Greek Yogurt

1 1/2 cups Cherries

1 1/2 cups Granola

Carrot Sticks Child

1 ingredient · 1 minute · 3 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 1/2 cups Matchstick Carrots

Cottage Cheese, Grapes, Cuc & Cracker Snack Box Child Lunch

5 ingredients · 5 minutes · 2 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, 1/4 cup of olives, 1/2 cup of vegetables, and six seed crackers.

More Flavor

Add a pinch of dried oregano, black pepper, or your favorite seasoning to the cottage cheese.

Ingredients

- 1 cup Cottage Cheese
- 1/2 cup Grapes
- 1/3 Cucumber (large, sliced)
- 1/2 cup Cherry Tomatoes
- 1 oz Seed Crackers

Sun Dried Tomato & Salmon Pasta WTF

12 ingredients · 15 minutes · 4 servings



Directions

1. Cook the pasta according to the package directions. Drain and set aside.
2. Heat half of the oil in a pan over medium-high heat. Cook the salmon for three minutes per side. Remove from the pan.
3. Add the remaining oil to the pan. Add the garlic, onions, sun dried tomatoes, and Italian seasoning and cook for three to five minutes, or until the onions become translucent.
4. Add the chicken broth and stir, cooking over medium-low heat for three to five minutes. Add the spinach. Cook for a minute. Remove from heat.
5. Whisk in the yogurt until combined. Add the pasta, sea salt, and pepper. Stir to combine. Break the salmon into larger pieces and add it back to the pan. Stir again until everything is combined. Top with basil, divide 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 two cups.

Dairy-Free

Use coconut milk instead of yogurt.

Ingredients

9 3/4 ozs Chickpea Pasta (dry)
2 tbsps Extra Virgin Olive Oil (divided)
1 lb Salmon Fillet
3 Garlic (clove, minced)
1/2 Yellow Onion (medium, diced)
3/4 cup Sun Dried Tomatoes (drained, chopped)
1/2 tsp Italian Seasoning
1/2 cup Chicken Broth
2 cups Baby Spinach
1/2 cup Plain Greek Yogurt
Sea Salt & Black Pepper (to taste)
1 tbsps Basil Leaves (chopped)

Broccoli & Cabbage Chicken Skillet

10 ingredients · 25 minutes · 4 servings



Directions

1. Heat the oil in a large skillet over medium-high heat. Add the onions and sauté for two to three minutes until softened. Add the chicken, breaking it up as it cooks. Cook for five minutes. Season with salt.
2. Add the vinegar and cook for one more minute. Add the garlic and the ginger and cook until fragrant, about one minute.
3. Add the coleslaw and broccoli. Continue cooking, stirring occasionally, until the coleslaw has cooked down and the broccoli is tender, about five minutes. Add the basil. Divide evenly between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 2 1/4 cup.

More Flavor

Use ground turkey or pork in place of chicken.

Ingredients

- 1 **tbsp** Avocado Oil
- 1 **cup** Red Onion (chopped)
- 1 **1/2 lbs** Extra Lean Ground Chicken
- 1/2 **tsp** Sea Salt (divided)
- 2 **tbsps** Apple Cider Vinegar
- 2 **Garlic** (cloves, minced)
- 2 **tbsps** Ginger (fresh, grated)
- 8 **cups** Coleslaw Mix
- 2 **cups** Broccoli (chopped into florets)
- 1/2 **cup** Basil Leaves (chopped, plus extra for garnish)

Seitan Tacos

8 ingredients · 15 minutes · 4 servings



Directions

1. Heat the oil in a pan over medium-high heat. Add the seitan, cumin, paprika, salt and pepper. Cook until slightly crispy, about five minutes. Stir in the salsa.
2. Fill the tortillas with romaine, seitan, and avocado. Enjoy!

Notes

Leftovers

Enjoy immediately for best results or refrigerate in an airtight container for two days.

Serving Size

One serving is two 7-inch filled whole wheat tortillas.

No Whole Wheat Tortilla

Use another tortilla of choice.

More Flavor

Add garlic powder, onion powder, chili powder, lime juice, or jalapeños.

Additional Toppings

Add shredded cheese, green onions, and plain yogurt.

Ingredients

- 1 tsp Avocado Oil
- 12 ozs Seitan (finely chopped)
- 1/2 tsp Cumin (ground)
- 1/2 tsp Smoked Paprika
- 8 Whole Wheat Tortilla (small)
- 1/2 head Romaine Hearts (chopped)
- 1 cup Salsa
- 2 Avocado (mashed)

Ginger Chicken Bowl

9 ingredients · 20 minutes · 4 servings



Directions

1. Heat a skillet over medium heat. Add half the oil and then the cauliflower rice. Sauté for five to seven minutes, then remove and set aside.
2. In the same pan, over medium-high heat, add the remaining oil and ground chicken and cook for five minutes, breaking apart into smaller pieces.
3. Add in coconut aminos, ginger, and garlic. Cook for another five minutes, until cooked through and golden.
4. Divide the cauliflower rice onto plates. Top with the ground chicken, cucumber, carrots, and cilantro. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Use fresh ginger and garlic in place of ground ginger and garlic powder.

Additional Toppings

Swap cilantro out for mint for a fresh twist.

Ingredients

- 2 **tbps** Extra Virgin Olive Oil (divided)
- 6 **cups** Cauliflower Rice
- 2 **lbs** Extra Lean Ground Chicken
- 1/4 **cup** Coconut Aminos
- 2 **tsps** Ground Ginger
- 2 **tsps** Garlic Powder
- 1 Cucumber (sliced)
- 2 Carrot (medium, peeled, and grated)
- 1/2 **cup** Cilantro (chopped)

Grilled Peach & Pesto Flatbread

8 ingredients · 10 minutes · 4 servings



Directions

1. Heat a grill over medium-high heat. Toss the peach slices with oil, salt, and pepper. Place the peach slices on the grill and cook for two to three minutes, until grill marks appear. Flip halfway.
2. Warm up the naan on the grill for about a minute. Spread the pesto over the naan evenly.
3. Arrange the grilled peaches, mozzarella, and prosciutto on top. Garnish with basil leaves and enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is equal to one naan.

More Flavor

Add artichoke hearts and/or olives.

Gluten-Free

Use a cauliflower crust or brown rice tortilla instead of naan.

Naan

One piece of naan is 3.2 oz or 90 grams.

Ingredients

- 4 Peach (pit removed and sliced)
- 1 tsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 4 pieces Naan
- 1/3 cup Pesto
- 5 ozs Mozzarella Ball (torn into pieces)
- 4 ozs Prosciutto (torn into slices)
- 1/4 cup Basil Leaves