

W27

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

W27

5 days

	Mon	Tue	Wed	Thu	Fri
Lunch	Grapes & Cheese Snack Box	Hummus, Cuc, Meat & Cheese Snack Box Child	Grapes & Cheese Snack Box	Hummus, Cuc, Meat & Cheese Snack Box Child	Hummus, Cuc, Meat & Cheese Snack Box Child
Dinner	Zucchini Alfredo with Turmeric Chicken	Steak Fried Rice WTF	Banana Oat Protein Pancakes	Air Fryer Chicken Taquitos	Spicy Shredded Tofu Taco Filling WTF
	Shredded Romaine Salad		Scrambled Eggs with Peppers & Kale		

W27

49 items

Fruits

- ☐ 3 Avocado
- ☐ 2 Banana
- ☐ 1 cup Grapes
- ☐ 1 1/2 Lemon

Breakfast

- ☐ 1/4 cup All Natural Peanut Butter
- ☐ 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 2 tbsps Ground Flax Seed
- ☐ 2 tsps Italian Seasoning
- ☐ 1/4 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 tsps Taco Seasoning
- ☐ 2 tsps Turmeric

Frozen

- ☐ 2 cups Frozen Broccoli
- ☐ 2 cups Frozen Vegetable Mix

Vegetables

- ☐ 1 cup Baby Carrots
- ☐ 6 stalks Celery
- ☐ 1/4 cup Cilantro
- ☐ 1/2 Cucumber
- ☐ 3 tbsps Fresh Dill
- ☐ 2 Garlic
- ☐ 2 stalks Green Onion
- ☐ 1/2 Jalapeno Pepper
- ☐ 4 cups Kale Leaves
- ☐ 1 cup Napa Cabbage
- ☐ 2 1/2 Red Bell Pepper
- ☐ 2 heads Romaine Hearts
- ☐ 1/4 Yellow Onion
- ☐ 4 Zucchini

Boxed & Canned

- ☐ 2/3 cup Black Beans
- ☐ 2 cups Canned Coconut Milk
- ☐ 1/2 cup Enchilada Sauce
- ☐ 2/3 cup Jasmine Rice
- ☐ 3 ozs Seed Crackers

Baking

- ☐ 2 tsps Baking Powder
- ☐ 2 cups Oat Flour

Bread, Fish, Meat & Cheese

- ☐ 7 1/2 ozs Cheddar Cheese
- ☐ 1 2/3 lbs Chicken Breast
- ☐ 1/4 cup Cream Cheese, Regular
- ☐ 1 1/2 ozs Salami, Mild
- ☐ 8 ozs Tofu
- ☐ 1 lb Top Sirloin Steak
- ☐ 8 Whole Wheat Tortilla

Condiments & Oils

- ☐ 2 tsps Avocado Oil
- ☐ 1/3 cup Extra Virgin Olive Oil

Cold

- ☐ 15 Egg
- ☐ 1/3 cup Hummus
- ☐ 2 1/2 cups Soy Milk

Other

- ☐ 1 1/3 cups Vanilla Protein Powder
- ☐ 2 tbsps Water

Grapes & Cheese Snack Box

5 ingredients · 5 minutes · 2 servings

Directions

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

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Make it Vegan/Dairy-Free

Use a dairy-free cheese.

Nut-Free

Use sunflower seed butter instead of peanut butter.

Ingredients

1 cup Baby Carrots

1 cup Grapes

6 stalks Celery (chopped)

1/4 cup All Natural Peanut Butter

2 ozs Cheddar Cheese (sliced)

Hummus, Cuc, Meat & Cheese Snack Box Child

5 ingredients · 5 minutes · 3 servings

Directions

1. Arrange the crackers, hummus, cheese, salami, and cucumber into a container and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Seed Crackers

Use other crackers of choice.

Ingredients

3 ozs Seed Crackers

1/3 cup Hummus

1 1/2 ozs Cheddar Cheese (cubed)

1/2 Cucumber

1 1/2 ozs Salami, Mild

Zucchini Alfredo with Turmeric Chicken

9 ingredients · 20 minutes · 4 servings

Directions

1. Spiralize the zucchini or use a julienne peeler to create noodles. Set aside.
2. In a large frying pan, heat the olive oil over medium heat. Add the chicken to the pan and sprinkle it with the turmeric, Italian seasoning and sea salt and pepper to taste. Saute for 7 to 10 minutes, or until cooked through.
3. While the chicken is cooking, make the avocado cream sauce by combining the avocado, coconut milk, lemon juice and sea salt and black pepper to taste in a blender or food processor. Blend until smooth and creamy.
4. Once the chicken is cooked through, transfer it to a plate then add the zucchini noodles back into the pan. Saute the noodles for 1 to 2 minutes or until soft and warmed through. Add the avocado cream sauce into the pan and stir until well mixed and warmed through.
5. Divide the creamy zoodles between plates, and top with chicken. Enjoy!

Notes

More Carbs

Use brown rice pasta instead of zucchini noodles.

Vegan or Vegetarian

Use chickpeas or white beans instead of chicken.

Ingredients

4 Zucchini
2 tbsps Extra Virgin Olive Oil
1 lb Chicken Breast (sliced)
2 tsps Turmeric
2 tsps Italian Seasoning
Sea Salt & Black Pepper (to taste)
2 Avocado (peeled and pit removed)
2 cups Canned Coconut Milk (full fat)
1 Lemon (juiced)

Shredded Romaine Salad

6 ingredients · 10 minutes · 4 servings

Directions

1. Add all of the ingredients to a bowl and toss to combine. Divide onto 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.

Make it a Meal

Serve with your favorite protein on top.

Ingredients

2 heads Romaine Hearts (shredded)

2 stalks Green Onion (thinly sliced)

3 tbsps Fresh Dill (finely chopped)

1 tbsp Extra Virgin Olive Oil

1/2 Lemon (juiced)

Sea Salt & Black Pepper (to taste)

Steak Fried Rice WTF

6 ingredients · 25 minutes · 4 servings

Directions

1. Cook the rice according to the package instructions and set aside.
2. Heat a large nonstick pan over medium-high heat. Add the cubed steak and season with salt and pepper. Cook to your desired doneness, then transfer to a bowl.
3. Add the eggs to the same pan and stir to scramble as it cooks, about two to three minutes.
4. Push the eggs to the side of the pan, and add the frozen vegetables. Season with salt and pepper and cook until warmed through, about three minutes.
5. Add the rice and cooked steak. Stir until well combined and season with additional salt and pepper if needed. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cup.

More Flavor

Add soy sauce, tamari, coconut aminos, or sesame oil. Add sautéed garlic and onions.

Additional Toppings

Top with sliced green onions and cilantro.

Frozen Vegetable Mix

This recipe was made using a mix of carrots, corn, peas, and green beans.

Ingredients

2/3 cup Jasmine Rice (dry, uncooked)

1 lb Top Sirloin Steak (cubed)

Sea Salt & Black Pepper (to taste)

3 Egg (large, whisked)

2 cups Frozen Vegetable Mix

2 cups Frozen Broccoli

Banana Oat Protein Pancakes

9 ingredients · 15 minutes · 4 servings

Directions

1. In a mixing bowl, combine the flour, protein powder, baking powder, flax seed, and salt.
2. Add the mashed banana and milk to the bowl. Stir until well combined.
3. Heat a large non-stick skillet over medium heat and lightly grease with oil. Scoop 1/4 cup of batter at a time into the pan and cook until bubbles start to form. Flip and cook for another one to two minutes. Repeat with the remaining batter.
4. Divide onto plates and top with maple syrup, if desired. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Reheat on the stove or in the toaster.

Serving Size

One serving is approximately three pancakes.

Protein Powder

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, results may vary.

Soy-Free

Use oat milk instead.

Additional Toppings

Serve with berries, yogurt, and/or nut butter.

Ingredients

2 cups Oat Flour
1 1/3 cups Vanilla Protein Powder
2 tsps Baking Powder
2 tbsps Ground Flax Seed
1/4 tsp Sea Salt
2 Banana (medium, mashed)
2 1/2 cups Soy Milk
1 tbsp Extra Virgin Olive Oil
2 tbsps Maple Syrup (optional)

Scrambled Eggs with Peppers & Kale

5 ingredients · 15 minutes · 4 servings

Directions

1. Heat the olive oil in a skillet over medium heat. Add the red bell pepper and kale leaves and saute until softened, about 5 to 7 minutes.
2. While the veggies are cooking, crack the eggs into a bowl and season with salt and pepper. Beat gently with a fork until well combined.
3. Push the veggies to one side of the pan, and pour the beaten eggs into the empty side. Use a spatula to scramble, slowly incorporating the veggies once the eggs are no longer very wet.
4. Divide between plates and enjoy!

Notes

More Carbs

Serve with toast, roasted potatoes, or sweet potatoes.

Egg-Free

Use mashed tofu instead of eggs.

Ingredients

1 tbsp Extra Virgin Olive Oil

2 Red Bell Pepper (sliced)

4 cups Kale Leaves (chopped)

12 Egg

Sea Salt & Black Pepper (to taste)

Air Fryer Chicken Taquitos

9 ingredients · 15 minutes · 4 servings

Directions

1. Preheat the air fryer to 400°F (205°C).
2. In a medium-sized bowl, combine the chicken, enchilada sauce, black beans, and cream cheese and stir together.
3. Lay the tortilla on a flat surface and divide the chicken mixture evenly into the tortillas. Top with cheese. Roll tightly and place in the air fryer, seam side down. Brush each taquito with avocado oil.
4. Bake for five to six minutes, until lightly browned and crispy on one side, flip and bake for another five to six minutes.
5. Divide the taquitos onto plates and top with cubed avocado and cilantro. Enjoy!

Notes

Leftovers

Best enjoyed fresh while still crispy. Can refrigerate for up to three days and reheat in the oven or in a pan.

Serving Size

One serving is two small tortillas.

Gluten-Free

Use gluten-free tortilla wraps.

Dairy-Free

Use dairy-free cream cheese and shredded cheese.

More Flavor

Add hot sauce to the chicken.

Ingredients

10 ozs Chicken Breast (shredded, Cooked)

1/2 cup Enchilada Sauce

2/3 cup Black Beans (cooked, rinsed)

1/4 cup Cream Cheese, Regular

8 Whole Wheat Tortilla (small size)

4 ozs Cheddar Cheese (shredded)

2 tsps Avocado Oil

1 Avocado (cubed)

1/4 cup Cilantro (roughly chopped, for topping)

Spicy Shredded Tofu Taco Filling WTF

10 ingredients · 20 minutes · 1 serving

Directions

1. Heat the oil in a non-stick pan over medium heat. Add the onion, bell pepper, and jalapeño and cook for three to five minutes until soft. Add the garlic.
2. Add the taco seasoning and water and toss to combine.
3. Add the tofu and cabbage and gently toss to coat it in seasoning. Cook for two to three minutes, stirring occasionally. If needed, add additional water for moisture and season with salt and pepper. Divide evenly between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately two cups.

More Flavor

Add lime and/or chipotle.

Serve It With

Enjoy it on its own or use it in tacos, burritos, quesadillas, or on top of salads.

Ingredients

1 tbsp Extra Virgin Olive Oil

1/4 Yellow Onion (finely diced)

1/2 Red Bell Pepper (medium, finely diced)

1/2 Jalapeno Pepper (small, finely diced)

2 Garlic (clove, minced)

2 tsps Taco Seasoning

2 tbsps Water (plus more as needed)

8 ozs Tofu (extra firm, pressed, grated)

Sea Salt & Black Pepper (to taste)

1 cup Napa Cabbage (shredded finely)