

W20

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

W20

5 days

	Mon	Tue	Wed	Thu	Fri
Lunch	Deli Beef Wraps	Chocolate & Peach Overnight Oats	Deli Beef Wraps	Chocolate & Peach Overnight Oats	Ham, Carrots, Cheese & Banana Chip Box
	Berry Spelt Muffins	Cauliflower with Ranch Dip Child Lunch	Berry Spelt Muffins	Cauliflower with Ranch Dip Child Lunch	
Dinner	Spicy Sweet Chicken & Veggies	Fettuccine with Sausage, Beans & Kale	Broccoli & Cabbage Chicken Skillet	Tuna Steak Burger with Sweet Potato Chips	Mac & Cheese Chickpea Pasta with Peas

W20

62 items

Fruits

- ☐ 2 Avocado
- ☐ 1/2 cup Blueberries
- ☐ 2 3/4 tbsps Lemon Juice
- ☐ 1 tbsp Lime Juice
- ☐ 2 Peach
- ☐ 1/2 cup Raspberries

Breakfast

- ☐ 2 tsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 2/3 tsp Garlic Powder
- ☐ 1/3 tsp Onion Powder
- ☐ 2/3 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper

Frozen

- ☐ 2/3 cup Frozen Peas

Vegetables

- ☐ 1 cup Basil Leaves
- ☐ 2 cups Broccoli
- ☐ 1 Carrot
- ☐ 1 cup Cauliflower
- ☐ 1/2 stalk Celery
- ☐ 8 cups Coleslaw Mix
- ☐ 1/2 Cucumber
- ☐ 2 Garlic
- ☐ 2 tbsps Ginger
- ☐ 5 stalks Green Onion
- ☐ 10 Heirloom Carrots
- ☐ 1 2/3 cups Kale Leaves
- ☐ 1/2 cup Mint Leaves
- ☐ 3 cups Radishes
- ☐ 1 Red Hot Chili Pepper
- ☐ 1 cup Red Onion
- ☐ 1/4 cup Shallot
- ☐ 2 Tomato

Boxed & Canned

- ☐ 5 2/3 ozs Brown Rice Fettuccine
- ☐ 1 1/3 cups Cannellini Beans
- ☐ 6 2/3 ozs Chickpea Pasta
- ☐ 1 cup Quick Oats

Baking

- ☐ 1 1/3 tbsps All Purpose Gluten-Free Flour
- ☐ 2 tsps Baking Powder
- ☐ 1/2 cup Coconut Sugar
- ☐ 1 1/2 tbsps Honey
- ☐ 2 cups Spelt Flour
- ☐ 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 6 2/3 ozs Cheddar Cheese
- ☐ 1 lb Chicken Breast
- ☐ 9 2/3 ozs Chicken Sausage
- ☐ 3 ozs Deli Roast Beef
- ☐ 1 1/2 lbs Extra Lean Ground Chicken
- ☐ 2/3 cup Parmigiano Reggiano
- ☐ 3 ozs Sliced Ham
- ☐ 1 1/2 lbs Tuna Steak
- ☐ 16 ozs Whole Wheat Bun

Condiments & Oils

- ☐ 2 tbsps Apple Cider Vinegar
- ☐ 1 tbsp Avocado Oil
- ☐ 1/4 cup Coconut Oil
- ☐ 1/4 cup Ranch Dressing
- ☐ 1 1/2 tsps Sriracha

Cold

- ☐ 1/2 cup Butter
- ☐ 2 cups Chocolate Milk, Low Fat
- ☐ 2/3 cup Cow's Milk, Whole
- ☐ 2 Egg
- ☐ 1/2 cup Plain Coconut Milk

Other

- ☐ 2 cups Sweet Potato Chips
- ☐ 2 ozs Unsweetened Banana Chips
- ☐ 3/4 cup Water

Deli Beef Wraps

3 ingredients · 10 minutes · 2 servings

Directions

1. Divide the cucumber and celery into the middle of each deli roast beef slice. Roll tightly and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately two deli beef wraps.

Additional Toppings

Add pickle, tomato, arugula, and/or micro greens.

Ingredients

1/2 Cucumber (medium, julienned)

1/2 stalk Celery (julienned)

3 ozs Deli Roast Beef

Berry Spelt Muffins

10 ingredients · 40 minutes · 12 servings

Directions

1. Preheat the oven to 350°F (175°C) and line a muffin tray with liners or use a silicone muffin tray.
2. In a large mixing bowl, whisk together the egg and coconut sugar until the sugar has completely dissolved. Stir in the coconut milk and vanilla.
3. Add the spelt flour, baking powder, and sea salt. Mix to combine until a batter forms. Add the cooled coconut oil and mix again. Fold in the blueberries and raspberries.
4. Fill each muffin cup about 3/4 full. Add a couple more blueberries and raspberries to each muffin and lightly press them into the batter. Bake for 14 to 15 minutes or until an inserted toothpick comes out with a few crumbs on it. Let them cool for 10 to 15 minutes. Enjoy!

Notes

Leftovers

Store in an airtight container on the counter for up to three days. Freeze for up to three months.

Serving Size

One serving is one muffin.

No Coconut Milk

Use any milk.

No Fresh Berries

Use frozen berries.

Additional Toppings

Serve with nut butter or coconut butter.

Spelt Flour

This recipe was developed and tested using Bob's Red Mill stone ground spelt flour.

Consistency

This muffin recipe is dense by design. If the batter is too thick, add more coconut milk one tablespoon at a time until you can stir in the coconut oil without too much resistance.

Ingredients

2 Egg

1/2 cup Coconut Sugar

1/2 cup Plain Coconut Milk (from the carton)

1 tsp Vanilla Extract

2 cups Spelt Flour

2 tps Baking Powder

1/8 tsp Sea Salt

1/4 cup Coconut Oil (melted, slightly cooled)

1/2 cup Blueberries (plus more to add on top)

1/2 cup Raspberries (plus more to add on top)

Chocolate & Peach Overnight Oats

4 ingredients · 8 hours 10 minutes · 2 servings

Directions

1. In a large bowl, mix the oats, milk, and maple syrup. Refrigerate for at least eight hours or overnight.
2. Remove from the fridge and top with sliced peach. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Add the peach just before serving.

Serving Size

One serving is approximately 1 1/4 cups.

Make it Vegan

Use dairy-free chocolate milk.

Additional Toppings

Add nuts, seeds, and/or granola.

Ingredients

1 cup Quick Oats

2 cups Chocolate Milk, Low Fat

2 tsps Maple Syrup

2 Peach (medium, pitted, sliced)

Cauliflower with Ranch Dip Child Lunch

2 ingredients · 5 minutes · 2 servings

Directions

1. Serve the cauliflower with the ranch dip. Enjoy!

Notes

Leftovers

Refrigerate the cauliflower in an airtight container for up to one week. Refrigerate the ranch dressing according to the package directions.

Serving Size

One serving is approximately one cup of cauliflower florets with 1/4 cup of ranch dressing.

Make It Vegan

Use a plant-based ranch dressing instead.

No Cauliflower

Use another vegetable such as celery sticks, snap peas, carrot sticks, or cucumber slices instead.

Ingredients

1 cup Cauliflower (medium, cut into florets)

1/4 cup Ranch Dressing

Ham, Carrots, Cheese & Banana Chip Box

4 ingredients · 10 minutes · 1 serving

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.

No Ham

Use sliced turkey or roast beef instead.

Ingredients

3 ozs Sliced Ham

1 oz Cheddar Cheese (cut into squares)

1 Carrot (small, cut into sticks)

2 ozs Unsweetened Banana Chips

Spicy Sweet Chicken & Veggies

9 ingredients · 25 minutes · 4 servings

Directions

1. Preheat the oven to 425°F (215°C).
2. In a small bowl, stir together the butter, honey, sriracha, and lime juice.
3. Add the chicken to a large baking dish and scatter the carrots and radish around the chicken. Drizzle the butter mixture over everything and toss well to combine. Season with salt and pepper.
4. Place in the oven and bake for 22 to 25 minutes, or until the chicken is cooked through and the veggies are tender. Top with green onion, divide evenly between plates, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Dairy-Free

Use extra virgin olive oil instead of butter.

Additional Toppings

Top with chili flakes for more heat.

Ingredients

3 tbsps Butter (melted)
1 1/2 tbsps Honey
1 1/2 tbsps Sriracha
1 tbsp Lime Juice
1 lb Chicken Breast (boneless, skinless)
10 Heirloom Carrots (sliced into rounds)
3 cups Radishes (trimmed, halved or quartered)
Sea Salt & Black Pepper (to taste)
1 stalk Green Onion (optional, garnish)

Fettuccine with Sausage, Beans & Kale

10 ingredients · 25 minutes · 4 servings

Directions

1. Cook the fettuccine al dente according to package directions. Reserve some of the cooking water and set aside.
2. Heat a large dutch oven over medium heat. Once warm, add the sausage and cook, stirring often until cooked through, about eight minutes. Remove using a slotted spoon and set aside in a large bowl.
3. Reduce the heat to medium-low and add the shallot. Cook until fragrant and softened, about five minutes. Add the kale and beans and season well with salt and pepper. Stir to combine and then transfer using a slotted spoon to the bowl with the sausage.
4. Remove the pot from the heat and add the pasta and half of the pasta water. Gently toss using tongs. Add 3/4 of the cheese and continue to gently toss together. Add the butter and lemon juice and toss again. Return the sausage and veggies to the pot. Add more of the reserved water, one tablespoon at a time as needed to loosen up the sauce.
5. Divide onto plates and top with the remaining cheese. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately two cups.

More Flavor

Add minced garlic and/or chili flakes while cooking the shallot.

Additional Toppings

Top with freshly chopped parsley.

No Kale

Use baby spinach or another type of leafy green instead.

Ingredients

5 2/3 ozs Brown Rice Fettuccine (dry)

3/4 cup Water (reserved pasta water)

9 2/3 ozs Chicken Sausage (casing removed)

1/4 cup Shallot (peeled, finely chopped)

1 2/3 cups Kale Leaves (finely chopped)

1 1/3 cups Cannellini Beans (drained and rinsed)

Sea Salt & Black Pepper (to taste)

2/3 cup Parmigiano Reggiano (finely grated, divided)

2 1/3 tbsps Butter

2 1/3 tsps Lemon Juice

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)

Tuna Steak Burger with Sweet Potato Chips

11 ingredients · 25 minutes · 4 servings

Directions

1. Heat a lightly greased grill or pan over high heat. Pat the tuna steaks dry. Season them with salt and pepper.
2. Grill the tuna for two to three minutes per side until the center is slightly pink or cooked to your preference. Timing may vary based on thickness. Remove from heat and let rest for a few minutes.
3. Add the avocado, basil, mint, green onions, chili pepper, lemon juice, salt, and pepper to a blender. Blend until smooth.
4. Place the tomato slice on the bottom bun. Add the tuna steak, then spoon the avocado mixture on top. Finish with the top bun. Repeat with remaining buns. Serve with chips. Enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate the tuna steak and toppings separately in airtight containers for up to two days. Assemble just before serving.

Serving Size

One serving is equal to one burger and 1/2 cup of chips.

Additional Toppings

Add lettuce, pickled onions, or capers.

Gluten-Free

Use gluten-free buns instead.

Whole Wheat Bun

One bun is approximately two ounces or 57 grams.

Ingredients

1 1/2 lbs Tuna Steak
Sea Salt & Black Pepper (to taste)
2 Avocado (medium, sliced)
1/2 cup Basil Leaves (chopped)
1/2 cup Mint Leaves (chopped)
4 stalks Green Onion (chopped)
1 Red Hot Chili Pepper (chopped)
2 tbsps Lemon Juice
2 Tomato (medium, sliced)
16 ozs Whole Wheat Bun (toasted)
2 cups Sweet Potato Chips

Mac & Cheese Chickpea Pasta with Peas

9 ingredients · 20 minutes · 4 servings

Directions

1. Cook the chickpea pasta according to the package directions. With two to three minutes left, add the frozen peas. Drain the pasta and peas.
2. While the pasta is cooking, in a saucepan, melt the butter over low heat. Whisk in the flour and cook for one minute. Gradually pour in the milk, whisking constantly, until thickened.
3. Add the cheese, garlic powder, onion powder, salt, and pepper and continuously stir until the cheese has melted and creamy consistency is reached.
4. Pour the cheese sauce into the pot of pasta and peas. Mix to combine. Divide evenly between bowls and enjoy!

Notes

Leftovers

Best enjoyed immediately but can be refrigerated in an airtight container for up to three days.

Serving Size

One serving is approximately 3/4 cup.

Ingredients

6 2/3 ozs Chickpea Pasta
2/3 cup Frozen Peas
2 2/3 tbsps Butter
1 1/3 tbsps All Purpose Gluten-Free Flour
2/3 cup Cow's Milk, Whole
5 2/3 ozs Cheddar Cheese (shredded)
2/3 tsp Garlic Powder
1/3 tsp Onion Powder
Sea Salt & Black Pepper (to taste)