

W24

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)
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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

W24

5 days

	Mon	Tue	Wed	Thu	Fri
Lunch	Turkey Stick, Hummus & Veggie Snack Plate	Turkey & Hummus Rollups	Turkey Stick, Hummus & Veggie Snack Plate	Turkey & Hummus Rollups	Turkey Stick, Hummus & Veggie Snack Plate
	No Bake Peanut Butter Haystack Cookies	Tortilla Chips & Guacamole	No Bake Peanut Butter Haystack Cookies	Tortilla Chips & Guacamole	No Bake Peanut Butter Haystack Cookies
Dinner	Grilled Pineapple & Chicken Salad	Pasta with Kale & Sausage	Sweet Potato Turkey Lettuce Cups	Steak Spiced Salmon with Green Beans & Beets	Veggie Pad Thai

W24

56 items

Fruits

- ☐ **2** Avocado
- ☐ **1 cup** Blueberries
- ☐ **1 1/2 cups** Cherries
- ☐ **1** Lemon
- ☐ **1** Lime
- ☐ **3 cups** Pineapple

Breakfast

- ☐ **1/2 cup** All Natural Peanut Butter
- ☐ **1 tbsp** Maple Syrup

Seeds, Nuts & Spices

- ☐ **1 tbsp** Chia Seeds
- ☐ **1 tsp** Cinnamon
- ☐ **2 tbsps** Ground Flax Seed
- ☐ **3 tbsps** Hemp Seeds
- ☐ **1/2 cup** Raw Peanuts
- ☐ **1/2 tsp** Sea Salt
- ☐ **0** Sea Salt & Black Pepper
- ☐ **1 1/3 tbsps** Steak Spice Seasoning
- ☐ **1 tbsp** Taco Seasoning

Vegetables

- ☐ **8 cups** Baby Spinach
- ☐ **1 cup** Bean Sprouts
- ☐ **1 head** Boston Lettuce
- ☐ **3** Carrot
- ☐ **3 stalks** Celery
- ☐ **1/4 cup** Cilantro
- ☐ **2** Golden Beet
- ☐ **4 cups** Green Beans
- ☐ **5 stalks** Green Onion
- ☐ **4 cups** Kale Leaves
- ☐ **1 1/2 cups** Matchstick Carrots
- ☐ **1/4 cup** Parsley
- ☐ **1 2/3** Red Bell Pepper
- ☐ **1/2 cup** Red Onion
- ☐ **2** Sweet Potato
- ☐ **1/2** Yellow Onion

Boxed & Canned

- ☐ **10 ozs** Chickpea Pasta
- ☐ **2 cups** Corn Tortilla Chips
- ☐ **10 2/3 ozs** Rice Vermicelli Noodles

Baking

- ☐ **1/2 cup** Oats
- ☐ **1/4 cup** Raw Honey
- ☐ **2/3 cup** Unsweetened Shredded Coconut

Bread, Fish, Meat & Cheese

- ☐ **1 lb** Chicken Breast
- ☐ **1 lb** Extra Lean Ground Turkey
- ☐ **1/2 cup** Feta Cheese
- ☐ **8 ozs** Pork Sausage
- ☐ **1 1/2 lbs** Salmon Fillet
- ☐ **8 1/2 ozs** Sliced Turkey Breast
- ☐ **15 ozs** Tofu
- ☐ **5 1/16 ozs** Turkey Stick

Condiments & Oils

- ☐ **1 tbsp** Apple Cider Vinegar
- ☐ **1 2/3 tbsps** Avocado Oil
- ☐ **2 tbsps** Coconut Oil
- ☐ **1/3 cup** Extra Virgin Olive Oil
- ☐ **1 cup** Peanut Sauce

Cold

- ☐ **2 tbsps** Butter
- ☐ **2** Egg
- ☐ **1 cup** Guacamole
- ☐ **1 1/4 cups** Hummus

Turkey Stick, Hummus & Veggie Snack Plate

5 ingredients · 5 minutes · 3 servings

Directions

1. Add the ingredients to a plate, container, or reusable food storage bag to take on the go. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Cherries

Use berries or another fruit of choice.

No Turkey Stick

Use another meat stick like beef or pork, or use deli sandwich meat instead.

Ingredients

5 1/16 ozs Turkey Stick (chopped)

1/2 cup Hummus

3 Carrot (small, cut into sticks)

3 stalks Celery (cut into sticks)

1 1/2 cups Cherries

No Bake Peanut Butter Haystack Cookies

10 ingredients · 45 minutes · 8 servings

Directions

1. Combine all of the ingredients in a large bowl and mix until well combined.
2. Scoop the mixture into cookies and line onto a parchment-lined baking sheet, making each cookie two to three inches wide.
3. Transfer the cookies to the freezer to set for at least 30 minutes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one week or freeze for up to three months.

Serving Size

One serving is equal to one cookie.

More Flavor

Add cacao powder.

Additional Toppings

Cacao nibs and dried cranberries.

Ingredients

1/2 cup Oats (rolled)

2/3 cup Unsweetened Shredded Coconut

3 tbsps Hemp Seeds

1 tbsps Chia Seeds

2 tbsps Ground Flax Seed

1 tsp Cinnamon

1/2 tsp Sea Salt

1/2 cup All Natural Peanut Butter

2 tbsps Coconut Oil (melted)

1/4 cup Raw Honey

Turkey & Hummus Rollups

4 ingredients · 5 minutes · 2 servings

Directions

1. Spread the hummus on the turkey slices.
2. Place the spinach and bell pepper on top. Wrap tightly into a roll and secure with a toothpick. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to approximately three rolls.

More Flavor

Sprinkle with paprika or chili flakes and a squeeze of lemon juice. Add sliced cucumber and carrot to the roll.

No Spinach

Use arugula or lettuce instead.

Ingredients

2/3 cup Hummus

8 1/2 ozs Sliced Turkey Breast

2 cups Baby Spinach

2/3 Red Bell Pepper (medium, sliced)

Tortilla Chips & Guacamole

2 ingredients · 5 minutes · 2 servings

Directions

1. Place the tortilla chips evenly in a bowl or on a plate. Serve with the guacamole on the side. Enjoy!

Notes

Ingredients

2 cups Corn Tortilla Chips

1 cup Guacamole

Grilled Pineapple & Chicken Salad

11 ingredients · 20 minutes · 4 servings

Directions

1. Add 3/4 of the olive oil, apple cider vinegar, maple syrup, salt and pepper (to taste) to a small mason jar. Shake and set aside.
2. Preheat grill on medium heat. Brush both sides of each chicken breast with the remaining olive oil and season with salt, pepper and any other spices you like.
3. Place pineapple slices and chicken breasts on the grill. Grill the chicken about 15 to 20 minutes or until cooked through, flipping halfway. Cook pineapple slices until grill marks appear, about 6 minutes each side.
4. Meanwhile, toss together spinach, blueberries, avocado, feta and red onion in a large bowl. Chop pineapple into chunks and chicken into strips. Add to salad. Divide onto plates and coat with desired amount of salad dressing.

Notes

No BBQ

Preheat the oven to 350°F (177°C). Cook chicken for 30 minutes and pineapple slices for 15 to 20 minutes until soft.

Vegetarian

Skip the chicken and grill chickpeas in a grilling basket instead.

Ingredients

1/4 cup Extra Virgin Olive Oil (divided)

1 tbsp Apple Cider Vinegar

1 tbsp Maple Syrup

Sea Salt & Black Pepper (to taste)

1 lb Chicken Breast

3 cups Pineapple (sliced into rings)

6 cups Baby Spinach

1 cup Blueberries

1 Avocado (diced)

1/2 cup Feta Cheese (crumbled)

1/2 cup Red Onion (thinly sliced)

Pasta with Kale & Sausage

7 ingredients · 15 minutes · 4 servings

Directions

1. Cook the pasta according to the directions on the package. Strain and set aside.
2. As the pasta cooks, remove the casings from the sausage. Add them to a frying pan over medium heat and break the sausage up into small pieces as it cooks.
3. Once the sausage is cooked through, add the kale leaves, butter and lemon juice. Stir until the kale is wilted. Turn off the heat. Add the pasta in with the sausage and kale and stir to combine.
4. Divide into bowls and season with sea salt, pepper and parsley. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Enjoy cold or reheat on the stovetop.

Serving Size

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

Dairy-Free

Use oil instead of butter.

No Sausage

Use ground meat or lentils instead.

More Flavor

Add chili flakes and/or nutritional yeast on top.

Ingredients

10 ozs Chickpea Pasta (dry)

8 ozs Pork Sausage

4 cups Kale Leaves

2 tbsps Butter (unsalted)

1 Lemon (juiced)

Sea Salt & Black Pepper (to taste)

1/4 cup Parsley (chopped)

Sweet Potato Turkey Lettuce Cups

10 ingredients · 30 minutes · 4 servings

Directions

1. Preheat the oven to 425°F (220°C).
2. Place the sweet potato on a baking sheet. Drizzle with half of the oil, half of the taco seasoning, and salt and pepper. Toss to coat. Cook in the oven for 20 to 22 minutes until cooked through.
3. Heat a pan over medium heat. Add the remaining oil. Once hot, add the turkey and cook for seven to nine minutes until cooked through. Remove the turkey and set aside.
4. Add the onion and peppers. Cook for three to five minutes until softened. Return the turkey to the pan, add the remaining taco seasoning, and season with salt and pepper. Fold in the sweet potato.
5. Divide the Boston lettuce leaves evenly between plates. Divide the turkey mixture, avocado, and cilantro evenly between leaves. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately three lettuce wraps.

Additional Toppings

Hot sauce, shredded cheese, jalapeños, sour cream, and/or salsa.

Ingredients

2 Sweet Potato (medium, chopped)

1 tbsp Avocado Oil (divided)

1 tbsp Taco Seasoning (divided)

Sea Salt & Black Pepper (to taste)

1 lb Extra Lean Ground Turkey

1/2 Yellow Onion (large, chopped)

1 Red Bell Pepper (large, chopped)

1 head Boston Lettuce (medium, leaves pulled apart)

1 Avocado (large, cubed)

1/4 cup Cilantro (chopped)

Steak Spiced Salmon with Green Beans & Beets

5 ingredients · 35 minutes · 4 servings

Directions

1. Preheat the oven to 325°F (165°C). Line a baking sheet with parchment paper.
2. Place the salmon on the baking sheet with the skin side down. Sprinkle the steak spice evenly over the top.
3. Add the green beans and beets to the baking sheet. Rub with the oil.
4. Cook in the oven for 15 to 20 minutes until the fish flakes easily with a fork and the vegetables are tender. Enjoy!

Notes

Ingredients

- 1 1/2 lbs** Salmon Fillet (with skin on)
- 1 1/3 tbsps** Steak Spice Seasoning
- 4 cups** Green Beans (trimmed)
- 2** Golden Beet (large, peeled, thinly sliced)
- 2 tbsps** Extra Virgin Olive Oil

Veggie Pad Thai

10 ingredients · 20 minutes · 4 servings

Directions

1. Cook the rice noodles according to package directions.
2. Meanwhile, heat the oil in a large pan or wok over medium heat. Add the tofu and cook for five minutes. Add the carrots and continue to cook for another five minutes, until the tofu has started to brown and the carrots have softened.
3. Add the cooked noodles to the pan, then add the eggs and stir for two minutes or until the eggs have been scrambled and cooked through. Add the peanut sauce and green onion and continue to cook for two to three minutes.
4. Remove from the heat and divide evenly between plates. Top with bean sprouts, peanuts, and lime slices. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

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

Additional Toppings

Cilantro or Thai basil.

Ingredients

10 2/3 ozs Rice Vermicelli Noodles (dry)

2 tsps Avocado Oil

15 ozs Tofu (extra firm, drained, cubed)

1 1/2 cups Matchstick Carrots

2 Egg (whisked)

1 cup Peanut Sauce

5 stalks Green Onion (chopped)

1 cup Bean Sprouts

1/2 cup Raw Peanuts (toasted)

1 Lime (sliced)