



Wellness That Fits Meal Plan Subscription

May W21

Meal Prep Steps

Set aside ~1 hour on a designated meal prep day.

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 any 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.

Divide and Conquer

Ask a spouse, family member (get the kids in the kitchen!), or caretaker to check off a few of the small tasks like washing/chopping veggies or cooking something. A little help goes a long way!

Task assigned to?  Check when complete	Time	Directions	Kitchen Appliance Needed
 Who:	15 min hands on; Total 25 min	Make the Turkey & White Bean Chili While the food is simmering for 10 min... (next step)	Stovetop
 Who:	20 min	Make the One Pot Cheeseburger Pasta	Stovetop
 Who:	20 min	Prep items for the Air Fryer Cajun Fish Taco Bowls with Quinoa: Cook $\frac{2}{3}$ cup dry quinoa according to package directions.	Rice cooker



Who:		Make the yogurt mixture. Finely shred the cabbage. Time-saving Tip: Buy pre-shredded cabbage or slaw mix	
 Who: Note: great oppor- tunity to involve the kids!	15 min 5 min 10 min	School Lunches Make the Chickpea Fritters Let cool. Assemble 2 lunches with the fritters + fav dipping sauce + Pear, Pumpkin Seeds & Chocolate Make the Sunflower Seed Butter Bagel & Berries Assemble 2 lunches with the bagel + berries + Tzatziki & Baby Carrots Make the Ham & Cheese Rolls with Cucumbers Assemble 1 lunch Refrigerate lunchboxes until ready to eat.	

Total Estimated Prep time: 55 minutes for dinners + 30 min for School Lunches

Prep/Cook Day Of:

Air Fryer Cajun Fish Taco Bowls with Quinoa (sauce and quinoa are made, ~10 min)

Peanut Butter & Berry Toasted Wraps (10 min)

Loaded Chicken Nachos (15 min)

Substitution Notes

See dairy-free and gluten-free substitution notes within the recipes.

If you need more personalization and support with food allergies or intolerances, please contact me. [👉 Book Your Discovery Call Here and we will go over your options](#)

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