



W23

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

W23

5 days

	Mon	Tue	Wed	Thu	Fri
Lunch	Ham & Cheese Rolls with Mini Peppers	Orange Yogurt + Fruit	Ham & Cheese Rolls with Mini Peppers Child	Orange Yogurt + Fruit	Ham & Cheese Rolls with Mini Peppers Child
		PB & J Energy Balls		PB & J Energy Balls	PB & J Energy Balls
Dinner	Spaghetti & Meatballs	Chicken & Artichoke Chickpea Pasta	Shrimp Tacos with Pineapple Salsa	One Pan Chicken, Chickpeas & Broccoli	Apple & Brie Grilled Cheese Sandwich
	Strawberry Balsamic Salad with Walnuts WTF		Sour Cream & Lettuce & Salsa		Romaine & Parmesan Salad

W23

54 items

Fruits

- ☐ 1 Apple
- ☐ 1 1/8 cups Blueberries
- ☐ 4 Lemon
- ☐ 1 tbsp Lime Juice
- ☐ 2/3 cup Pineapple
- ☐ 1/2 cup Pomegranate Seeds
- ☐ 2 cups Strawberries

Breakfast

- ☐ 1/3 cup All Natural Peanut Butter
- ☐ 2 tsps Maple Syrup
- ☐ 2 1/2 tsps Strawberry Jam

Seeds, Nuts & Spices

- ☐ 1/4 cup Greek Seasoning
- ☐ 1/4 cup Italian Seasoning
- ☐ 3/4 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 tsps Smoked Paprika
- ☐ 1 cup Walnuts

Frozen

- ☐ 14 ozs Frozen Meatballs

Vegetables

- ☐ 8 cups Baby Spinach
- ☐ 6 cups Broccoli
- ☐ 1/4 cup Cilantro
- ☐ 4 Garlic
- ☐ 4 1/2 ozs Mini Peppers
- ☐ 4 cups Romaine
- ☐ 4 heads Romaine Hearts

Boxed & Canned

- ☐ 1 cup Chicken Broth, Low Sodium
- ☐ 10 ozs Chickpea Pasta
- ☐ 3 cups Chickpeas
- ☐ 2 cups Marinara Sauce
- ☐ 1/2 cup Salsa
- ☐ 9 ozs Whole Wheat Spaghetti

Baking

- ☐ 3/4 cup Oats
- ☐ 1 cup Pitted Dates
- ☐ 2/3 cup Pureed Pumpkin

Bread, Fish, Meat & Cheese

- ☐ 8 ozs Brie Cheese
- ☐ 4 1/2 ozs Cheddar Cheese
- ☐ 2 1/4 lbs Chicken Breast
- ☐ 8 Corn Tortilla
- ☐ 1/2 cup Goat Cheese
- ☐ 1 2/3 cups Parmigiano Reggiano
- ☐ 1 lb Shrimp
- ☐ 9 ozs Sliced Ham
- ☐ 8 slices Whole Grain Bread

Condiments & Oils

- ☐ 1 1/2 cups Artichoke Hearts
- ☐ 1 tbsp Balsamic Vinegar
- ☐ 1 cup Extra Virgin Olive Oil
- ☐ 1/3 cup Fig Jam
- ☐ 3 tsps Mayonnaise
- ☐ 1 1/3 tsps Red Wine Vinegar
- ☐ 2 tsps Sriracha

Cold

- ☐ 2 tsps Butter
- ☐ 1 cup Cream, Half & Half
- ☐ 2/3 cup Plain Greek Yogurt
- ☐ 1/2 cup Sour Cream

Other

- ☐ 1 cup Water

Ham & Cheese Rolls with Mini Peppers

4 ingredients · 10 minutes · 3 servings



Directions

1. Wrap the ham around the cheese sticks. Serve alongside the mini peppers and blueberries in a container. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Dairy-Free

Use vegan cheese instead of cheddar cheese.

Ingredients

9 ozs Sliced Ham

4 1/2 ozs Cheddar Cheese (cut into sticks)

4 1/2 ozs Mini Peppers

1 1/8 cups Blueberries

Orange Yogurt + Fruit

4 ingredients · 5 minutes · 2 servings



Directions

1. Mix together the yogurt, pumpkin puree, and maple syrup.
2. Divide the mixture evenly between bowls. Top with fruit of choice. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Make it Vegan

Use agar agar in place of the gelatin and vegan protein powder in place of the collagen.

Ingredients

- 2/3 cup** Plain Greek Yogurt
- 2/3 cup** Pureed Pumpkin
- 2 tsps** Maple Syrup
- 1/2 cup** Pomegranate Seeds

PB & J Energy Balls

4 ingredients · 15 minutes · 10 servings



Directions

1. Add all ingredients to a food processor and pulse until the mixture has a coarse crumb and sticks together. Use a teaspoon or one-inch cookie scoop to scoop out the mixture and roll it into balls. Enjoy!

Notes

Leftovers

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

Serving Size

One serving is two energy balls.

Additional Toppings

Crumbled freeze-dried strawberries.

Ingredients

1/3 cup All Natural Peanut Butter

1 cup Pitted Dates

3/4 cup Oats (rolled)

2 1/2 tbsps Strawberry Jam

Spaghetti & Meatballs

5 ingredients · 20 minutes · 4 servings



Directions

1. Cook the pasta according to the package directions. Reserve pasta water and drain.
2. Meanwhile, preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper. Place the frozen meatballs on the baking sheet. Cook in the oven for 15 to 17 minutes or until cooked through and golden brown.
3. While the meatballs and pasta are cooking, warm up the marinara sauce in a pan over medium heat. Add salt and pepper and adjust the seasoning to your taste. Transfer the cooked meatballs to the marinara sauce and stir well.
4. Add the spaghetti and reserved pasta water to the pan. Stir and cook for two to three minutes. Divide the pasta 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 1 1/2 cups.

Additional Toppings

Top with parmesan cheese and basil.

Gluten-Free

Use gluten-free pasta.

Ingredients

9 ozs Whole Wheat Spaghetti

1 cup Water (reserved from cooking pasta)

14 ozs Frozen Meatballs

2 cups Marinara Sauce

Sea Salt & Black Pepper (to taste)

Strawberry Balsamic Salad with Walnuts WTF

7 ingredients · 5 minutes · 4 servings



Directions

1. Divide spinach into bowls. Top with strawberries, goat cheese and walnuts.
2. Whisk together the balsamic vinegar, olive oil and salt. Drizzle desired amount of dressing over your salad and enjoy!

Notes

More Protein

Add quinoa, edamame, chickpeas or strips of chicken breast.

Save Time

Leave the walnuts raw and add maple syrup to the dressing.

No Goat Cheese

Use feta or cashew cheese instead.

Storage

Refrigerate in an airtight container with dressing in a separate container up to 2 to 3 days.

Ingredients

8 cups Baby Spinach
2 cups Strawberries (sliced)
1/2 cup Goat Cheese (crumbled)
1 tbsp Balsamic Vinegar
1 cup Walnuts
3 tbsps Extra Virgin Olive Oil
1/4 tsp Sea Salt

Chicken & Artichoke Chickpea Pasta

10 ingredients · 20 minutes · 4 servings



Directions

1. Cook the chickpea pasta according to the package directions and set aside.
2. Heat the oil in a large pan over medium heat. Add the chicken and cook for six to seven minutes or until cooked through. Add half of the Italian seasoning and half of the lemon juice. Add a splash of broth if needed. Transfer the cooked chicken to a plate and set aside.
3. To the same pan, add the garlic and sauté for 30 seconds. Stir in the broth, cream, and remaining Italian seasoning. Once heated, turn off the heat and stir in the cheese until melted.
4. Add the chicken, artichoke hearts, and remaining lemon juice. Mix to combine. Divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups.

Additional Toppings

Fresh herbs like parsley, cilantro, or basil.

Ingredients

10 ozs Chickpea Pasta (dry)

1/4 cup Extra Virgin Olive Oil

1 lb Chicken Breast (boneless, skinless, cut into cubes)

1/4 cup Italian Seasoning (divided)

2 Lemon (juiced, divided)

1 cup Chicken Broth, Low Sodium

4 Garlic (clove, minced)

1 cup Cream, Half & Half

1 cup Parmigiano Reggiano (grated)

1 1/2 cups Artichoke Hearts (from the can, drained, chopped)

Shrimp Tacos with Pineapple Salsa

10 ingredients · 20 minutes · 4 servings



Directions

1. In a bowl, mix together the pineapple, lime juice, cilantro, salt, and pepper. Set aside.
2. In another bowl, whisk together the mayonnaise and sriracha. Set aside.
3. Heat a pan over medium-high heat. Toss the shrimp with the paprika, oil, salt, and pepper. Sauté for two to three minutes, stirring occasionally, until cooked through.
4. Divide the shrimp and pineapple salsa evenly among the warmed tortillas. Drizzle with the spicy mayo and garnish with more cilantro. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to two tacos.

Ingredients

- 2/3 cup** Pineapple (chopped)
- 1 tbsp** Lime Juice
- 1/4 cup** Cilantro (chopped, plus extra for garnish)
- Sea Salt & Black Pepper (to taste)
- 3 tbsps** Mayonnaise
- 2 tsps** Sriracha
- 1 lb** Shrimp (peeled, deveined)
- 2 tsps** Smoked Paprika
- 1 tsp** Extra Virgin Olive Oil
- 8** Corn Tortilla (medium, warmed)

Sour Cream & Lettuce & Salsa

3 ingredients · 2 minutes · 4 servings



Directions

1. Divide the toppings evenly. Enjoy!

Notes

Leftovers

Refrigerate everything separately for up to three days. Make the wraps when ready to eat.

Serving Size

One serving is approximately six lettuce wraps.

Make it Vegan

Use vegan sour cream or omit.

More Flavor

Cook the black beans in oil instead of water. Add minced garlic and onion when cooking. Add salt and pepper to taste.

Additional Toppings

Add cheese, chopped green onions, cilantro and/or pickled jalapeños.

Ingredients

4 cups Romaine (washed, shredded)

1/2 cup Sour Cream

1/2 cup Salsa

One Pan Chicken, Chickpeas & Broccoli

6 ingredients · 20 minutes · 4 servings



Directions

1. Heat the oil in a large pan over medium heat. Add the chicken and cook for six to seven minutes or until cooked through. Add the lemon juice and half of the Greek seasoning. Add a splash of water if needed. Stir to combine and then add the chicken to a plate to set aside.
2. To the same pan, add the broccoli and sauté for three to four minutes or until slightly tender. Stir in the chickpeas, remaining lemon juice, and Greek seasoning. Add water if needed.
3. Stir the chicken back in and cook for another two to three minutes. Divide evenly between bowls or plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups.

More Flavor

Add parmesan cheese.

Ingredients

1/4 cup Extra Virgin Olive Oil

1 1/4 lbs Chicken Breast (boneless, skinless, cut into cubes)

2 Lemon (juiced, divided)

1/4 cup Greek Seasoning (divided)

6 cups Broccoli (cut into florets)

3 cups Chickpeas (drained, rinsed)

Apple & Brie Grilled Cheese Sandwich

5 ingredients · 10 minutes · 4 servings



Directions

1. Heat a skillet over medium-low heat.
2. Spread the butter on the outside of both slices of bread. Spread the fig jam on the inside. Add the brie and apple slices on top of the jam. Close the sandwich and transfer it to the skillet. Cook for about four minutes per side, until golden-brown on both sides.
3. Remove the sandwich from the skillet and slice in half. Enjoy!

Notes

Leftovers

This sandwich is best enjoyed immediately after making.

Gluten-Free

Use gluten-free bread.

Additional Toppings

Arugula, spinach or kale.

No Apple

Use a sliced pear instead.

No Fig Jam

Use apricot, blackberry, or a mixed fruit jam instead.

Ingredients

- 2 tbsps Butter
- 8 slices Whole Grain Bread
- 1/3 cup Fig Jam
- 8 ozs Brie Cheese
- 1 Apple (sliced thin)

Romaine & Parmesan Salad

5 ingredients · 10 minutes · 4 servings



Directions

1. Mix all of the ingredients together in a large bowl. Serve and enjoy!

Notes

Leftovers

Best enjoyed immediately. To meal prep, store the lettuce in a container and add the dressing and cheese when ready to eat.

Serving Size

One serving is approximately two cups.

Make it Vegan

Use a plant-based cheese alternative.

No Red Wine Vinegar

Use white wine vinegar or lemon juice.

Ingredients

4 heads Romaine Hearts (chopped)

1/4 cup Extra Virgin Olive Oil

1 1/3 tbsps Red Wine Vinegar

2/3 cup Parmigiano Reggiano

1/2 tsp Sea Salt