



Wellness That Fits Meal Plan Subscription

June W25

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:	2 min (hands on); total time 20-30 min	Cook 1 2/3 cup Quinoa (dry, rinsed) according to package directions. Will be used for: Baked Salmon with Broccoli & Quinoa Chili Lime Chicken, Broccoli & Quinoa Bowls	Rice cooker or stovetop
☐ Who:	10 min	Complete Step 1 of the Recipe: Steak Skewers with Pita & Hummus Chop peppers, skewer the veggies and steak. Refrigerate until ready to cook.	Cutting board



☐ Who:	30 min	Make the Chili Lime Chicken, Broccoli & Quinoa Bowls Refrigerate ingredients separately until ready to eat.	Oven
☐ Who:	20 min	Make the Baked Salmon with Broccoli & Quinoa <i>Time-saving Tip:</i> Use the same baking sheet you used for the chili lime chicken bowls above.	Oven
☐ Who:	15 min	Make the Chicken & Bell Pepper Tacos Follow steps 1-3 of the recipe. Refrigerate until ready to assemble with the remaining ingredients.	Stovetop
☐ Who: Note: great opportunity to involve the kids!	15 min 5 min	School Lunches Make the Eggs & Avocado Snack Box Assemble 2 lunches with the above + apple Make the Carrots, Crackers & Hummus Snack Box Assemble 3 lunches with the above + banana Refrigerate lunchboxes until ready to eat.	

Total Estimated Prep time: 77 minutes for dinners + 20 min for School Lunches

Prep/Cook Day Of:

Steak Skewers with Pita & Hummus (all is prepped, cook the skewers ~9 min)
Cheesy Edamame & Parsley Pasta (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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