



Wellness That Fits Meal Plan Subscription

July W28

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	Make the Sun Dried Tomato & Salmon Pasta	Stovetop
☐ Who:	25 min	Make the Broccoli & Cabbage Chicken Skillet	Stovetop
☐	20 min	Make the Ginger Chicken Bowl	Stovetop



Who:			
	5 min	School Lunches	
Who:	5 min	Make the Cherries, Yogurt & Granola Snack Box Assemble 3 lunches with Carrot Sticks	
Note: great oppor- tunity to involve the kids!		Make the Cottage Cheese, Grapes, Cuc & Cracker Snack Box Assemble 2 lunches Refrigerate lunchboxes until ready to eat.	

Total Estimated Prep time: 60 minutes for dinners + 10 min for School Lunches

Prep/Cook Day Of:

Seitan Tacos (15 min)

Grilled Peach & Pesto Flatbread (10 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](#)

Disclaimer

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