



Wellness That Fits Meal Plan Subscription

May W22

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 min	Cook 1 cup of dry jasmine rice according to the package directions.	Rice Cooker or Stovetop
☐ Who:	5 min hands on; total time 20 min	Bake the potatoes for the Steak, Roasted Potatoes & Asparagus While the potatoes are baking...	Oven
☐	20 min	Make the Chickpea Pasta with Peas & Pancetta	Stovetop



Who:			
 Who:	30 min	Make the Crunchy Chicken Salad with Almond Butter Sauce Store the chicken mixture in the fridge separate from slaw until ready to eat.	Stovetop
 Who:	5 min	Make the sauce for the One Pan Salmon, Edamame & Broccoli Step 2 in recipe: In a bowl or jar, mix together the tamari, oil, sugar, ginger, garlic, and sesame seeds. Cover and refrigerate until ready to use.	Jar/bowl with lid
 Who:	10 min	Chop/Prep the other Veggies For the One Pan Salmon, Edamame & Broccoli: 6 cups Broccoli (chopped into florets) 2 stalks Green Onion (sliced) Time-saving Tip: Buy pre-chopped broccoli florets Place portions for each recipe in reusable bags or tightly sealed glass containers and refrigerate.	Cutting board
 Who: Note: great opportunity to involve the kids!	10 min hands on; total 30 min 10 min 5 min 5 min	School Lunches Make the Lemon Blueberry Muffins While they are baking... Make the Roast Beef & Hummus Pita Sandwich Assemble 2 lunches with the sandwich + muffin Make the Pita, Hummus & Red Pepper Snack Plate Assemble 1 lunch with snack plate + muffin Make the Cinnamon Yogurt Overnight Oats Mix ingredients in a bowl, divide in a compartmentalized lunch box and refrigerate overnight. Assemble 2 lunches with oats + Broccoli & Ranch Refrigerate lunchboxes until ready to eat.	



Total Estimated Prep time: 72 minutes for dinners + 30 min for School Lunches

Prep/Cook Day Of:

Air Fryer General Tso Tofu & Broccoli with Rice (rice is cooked, ~15 min)
One Pan Salmon, Edamame & Broccoli (veggies and sauce are prepped, ~20 min)
Steak, Roasted Potatoes & Asparagus (potatoes are cooked, ~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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