

W28

Wellness That Fits, LLC

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)
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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

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5 days

	Mon	Tue	Wed	Thu	Fri
Lunch	Cherries, Yogurt & Granola Snack Box	Cottage Cheese, Grapes, Cuc & Cracker Snack Box Child Lunch	Cherries, Yogurt & Granola Snack Box	Cottage Cheese, Grapes, Cuc & Cracker Snack Box Child Lunch	Cherries, Yogurt & Granola Snack Box
	Carrot Sticks Child		Carrot Sticks Child		Carrot Sticks Child
Dinner	Sun Dried Tomato & Salmon Pasta WTF	Broccoli & Cabbage Chicken Skillet	Seitan Tacos	Ginger Chicken Bowl	Grilled Peach & Pesto Flatbread

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46 items

Fruits

- ☐ 2 Avocado
- ☐ 1 1/2 cups Cherries
- ☐ 1/2 cup Grapes
- ☐ 4 Peach

Breakfast

- ☐ 1 1/2 cups Granola

Seeds, Nuts & Spices

- ☐ 1/2 tsp Cumin
- ☐ 2 tsps Garlic Powder
- ☐ 2 tsps Ground Ginger
- ☐ 1/2 tsp Italian Seasoning
- ☐ 1/2 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/2 tsp Smoked Paprika

Frozen

- ☐ 6 cups Cauliflower Rice

Vegetables

- ☐ 2 cups Baby Spinach
- ☐ 3/4 cup Basil Leaves
- ☐ 2 cups Broccoli
- ☐ 2 Carrot
- ☐ 1/2 cup Cherry Tomatoes
- ☐ 1/2 cup Cilantro
- ☐ 8 cups Coleslaw Mix
- ☐ 1 1/3 Cucumber
- ☐ 5 Garlic
- ☐ 2 tbsps Ginger
- ☐ 1 1/2 cups Matchstick Carrots
- ☐ 1 cup Red Onion
- ☐ 1/2 head Romaine Hearts
- ☐ 1/2 Yellow Onion

Boxed & Canned

- ☐ 1/2 cup Chicken Broth
- ☐ 9 3/4 ozs Chickpea Pasta
- ☐ 1 cup Salsa
- ☐ 1 oz Seed Crackers

Bread, Fish, Meat & Cheese

- ☐ 3 1/2 lbs Extra Lean Ground Chicken
- ☐ 5 ozs Mozzarella Ball
- ☐ 4 pieces Naan
- ☐ 4 ozs Prosciutto
- ☐ 1 lb Salmon Fillet
- ☐ 12 ozs Seitan
- ☐ 8 Whole Wheat Tortilla

Condiments & Oils

- ☐ 2 tbsps Apple Cider Vinegar
- ☐ 1 1/3 tbsps Avocado Oil
- ☐ 1/4 cup Coconut Aminos
- ☐ 1/4 cup Extra Virgin Olive Oil
- ☐ 1/3 cup Pesto
- ☐ 3/4 cup Sun Dried Tomatoes

Cold

- ☐ 1 cup Cottage Cheese
- ☐ 3 1/2 cups Plain Greek Yogurt