

W30

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

W30

5 days

	Mon	Tue	Wed	Thu	Fri
Lunch	Blackberry Kefir Chia Pudding	Beef Stick, Cheese & Berry Snack Box	Blackberry Kefir Chia Pudding	Beef Stick, Cheese & Berry Snack Box	Blackberry Kefir Chia Pudding
	Cucumber, Celery & Guacamole		Cucumber, Celery & Guacamole		Cucumber, Celery & Guacamole
Dinner	Chicken & Pear Sausage Patties	Crunchy Kale Salad with Cod	Chicken & Pear Sausage Patties	Toasted Reuben Sandwich with Sauerkraut	Egg & Black Bean Tacos
	Artichoke & Pumpkin Seed Salad		Cucumber, Dill & Feta Salad WTF		

W30

46 items

Fruits

- ☐ 2 Apple
- ☐ 1 Avocado
- ☐ 1 cup Blackberries
- ☐ 1 Lemon
- ☐ 1/4 cup Lemon Juice
- ☐ 1 Lime
- ☐ 2/3 Pear
- ☐ 1 cup Raspberries

Seeds, Nuts & Spices

- ☐ 1 cup Chia Seeds
- ☐ 1 1/2 tsps Cinnamon
- ☐ 1/4 cup Hemp Seeds
- ☐ 1 tsp Oregano
- ☐ 1 cup Pumpkin Seeds
- ☐ 1 1/3 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper

Vegetables

- ☐ 6 stalks Celery
- ☐ 1/4 cup Cilantro
- ☐ 1 3/4 Cucumber
- ☐ 1/4 cup Fresh Dill
- ☐ 2 2/3 Garlic
- ☐ 8 cups Kale Leaves
- ☐ 16 cups Mixed Greens
- ☐ 2 2/3 tbsps Parsley
- ☐ 1 cup Red Onion

Boxed & Canned

- ☐ 1 cup Black Beans
- ☐ 2 ozs Seed Crackers

Bread, Fish, Meat & Cheese

- ☐ 2 sticks Beef Stick
- ☐ 8 ozs Cheddar Cheese
- ☐ 2 Cod Fillet
- ☐ 8 Corn Tortilla
- ☐ 8 ozs Corned Beef
- ☐ 1 1/3 lbs Extra Lean Ground Chicken
- ☐ 1 cup Feta Cheese
- ☐ 8 slices Rye Bread
- ☐ 4 ozs Swiss Cheese

Condiments & Oils

- ☐ 2 cups Artichoke Hearts
- ☐ 2 tbsps Dijon Mustard
- ☐ 2/3 cup Extra Virgin Olive Oil
- ☐ 1/2 cup Honey Mustard Dressing
- ☐ 2 tbsps Mayonnaise
- ☐ 1 cup Sauerkraut
- ☐ 1 1/3 tbsps White Wine Vinegar

Cold

- ☐ 1/2 cup Butter
- ☐ 10 Egg
- ☐ 3/4 cup Guacamole
- ☐ 2 cups Plain Kefir

Blackberry Kefir Chia Pudding

4 ingredients · 35 minutes · 3 servings

Directions

1. In a small bowl, add all of the ingredients except for the blackberries. Mix well and transfer to a small container. Refrigerate for at least 30 minutes.
2. Garnish with the blackberries. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately one cup.

Make it Vegan

Use coconut yogurt or coconut kefir.

More Flavor

Add maple syrup.

Additional Toppings

Pumpkin seeds and/or hemp seeds.

Ingredients

1 cup Chia Seeds

2 cups Plain Kefir

1 1/2 tsps Cinnamon

1 cup Blackberries

Cucumber, Celery & Guacamole

3 ingredients · 5 minutes · 3 servings

Directions

1. Add all ingredients to a bowl and enjoy!

Ingredients

3/4 cup Guacamole

3/4 Cucumber (chopped)

6 stalks Celery (chopped)

Beef Stick, Cheese & Berry Snack Box

4 ingredients · 10 minutes · 2 servings

Directions

1. Arrange all of the ingredients on a plate or in a container with separate compartments. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Add the crackers when ready to serve.

Serving Size

One serving is one snack box.

Beef Stick

One beef stick is 3/4 oz or 20 grams.

Ingredients

2 sticks Beef Stick (chopped)

2 ozs Cheddar Cheese (sliced)

2 ozs Seed Crackers

1 cup Raspberries

Chicken & Pear Sausage Patties

6 ingredients · 20 minutes · 8 servings

Directions

1. Heat a cast-iron pan over medium heat.
2. Add all of the ingredients to a large bowl and mix until well combined. Use a 1/3 cup measuring cup to divide the meat mixture evenly and form it into patties.
3. Place the patties in the pan and cook until lightly browned and cooked through, about three minutes on each side. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for three days.

Serving Size

One serving is one sausage patty.

More Flavor

Add minced shallot and minced sage.

Additional Toppings

Sliced avocado, tomato, and/or aioli.

Ingredients

1 1/3 lbs Extra Lean Ground Chicken

2/3 Pear (medium, chopped)

2 2/3 tbsps Extra Virgin Olive Oil

1 1/3 tsps Sea Salt

2 2/3 tbsps Parsley (finely chopped)

2 2/3 Garlic (small, minced)

Artichoke & Pumpkin Seed Salad

8 ingredients · 10 minutes · 4 servings

Directions

1. In a small bowl or jar, combine the oil, lemon juice, salt, and pepper. Whisk or shake the jar until well combined.
2. Add the remaining ingredients to a bowl, add the dressing, and toss to combine. Divide evenly between plates or bowls, and enjoy!

Notes

Ingredients

1/4 cup Extra Virgin Olive Oil

1 Lemon (medium, juiced)

Sea Salt & Black Pepper (to taste)

8 cups Mixed Greens

2 cups Artichoke Hearts (from the jar, chopped)

1/2 cup Red Onion (sliced)

1/2 cup Pumpkin Seeds

1/4 cup Hemp Seeds

Crunchy Kale Salad with Cod

9 ingredients · 15 minutes · 4 servings

Directions

1. Pat the cod dry with a paper towel and season it with salt and pepper.
2. Melt the butter in a pan over medium heat. Add the cod and cook for three to four minutes until the bottom is browned. Flip the cod and cook it for two to three more minutes. Add the lemon juice during the last minute. Baste the cod with the butter and lemon a few times just before it's finished cooking. Remove it from the pan and set it aside.
3. Combine the kale and dressing in a large bowl and toss to coat it very well. Add the onion, apple, and pumpkin seeds and toss again.
4. Divide the salad evenly onto plates and top it with the cod. Enjoy!

Notes

Leftovers

The cod is best enjoyed fresh. Refrigerate the salad separately from the cod in an airtight container for up to two days.

Serving Size

One serving is approximately two cups of salad with cod.

More Flavor

Chili flakes.

Fillet Size

One fillet is equal to 231 grams or 8 ounces.

Ingredients

2 Cod Fillet

Sea Salt & Black Pepper (to taste)

1/4 cup Butter

1/4 cup Lemon Juice

8 cups Kale Leaves (finely chopped)

1/2 cup Honey Mustard Dressing

1/2 cup Red Onion (small, sliced)

2 Apple (large, sliced)

1/3 cup Pumpkin Seeds (toasted)

Cucumber, Dill & Feta Salad WTF

8 ingredients · 10 minutes · 4 servings

Directions

1. In a small bowl, whisk together the oil, vinegar, oregano, salt, and pepper.
2. Add the mixed greens, cucumber, dill, and feta to a bowl. Pour the dressing all over and toss.
3. Divide into bowls or onto plates. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Add the dressing and feta cheese when ready to eat.

Serving Size

One serving is approximately 1 1/2 cups.

Make it Vegan

Use dairy-free cheese or omit entirely.

No White Wine Vinegar

Use white vinegar or lemon juice.

No Iceberg Lettuce

Use romaine lettuce or mixed greens.

Ingredients

1/4 cup Extra Virgin Olive Oil

1 1/3 tbsps White Wine Vinegar

1 tsp Oregano (dried)

Sea Salt & Black Pepper (to taste)

8 cups Mixed Greens

1 Cucumber (medium, sliced)

1/4 cup Fresh Dill (finely chopped)

1 cup Feta Cheese (crumbled)

Toasted Reuben Sandwich with Sauerkraut

7 ingredients · 15 minutes · 4 servings

Directions

1. Preheat the oven to 450°F (230°C). Line a baking sheet with parchment paper.
2. Toast the bread slices in the oven for two to three minutes then spread with butter on both sides.
3. Leave the bottom slice on the baking sheet. Top with corned beef, sauerkraut, and cheese. Bake until the cheese melts, for about five minutes.
4. Meanwhile, spread the mustard and mayonnaise on the other slice of bread. Close the sandwich once it's done cooking. Serve the sandwich warm. Enjoy!

Notes

Leftovers

Best enjoyed immediately but can be refrigerated for up to two days. Reheat in the oven.

Serving Size

One serving is one sandwich.

More Flavor

Try Russian or Thousand Island dressing instead of the mayonnaise and mustard. Serve with a pickle.

Gluten-Free

Use gluten-free bread.

Ingredients

8 slices Rye Bread

2 tbsps Butter

8 ozs Corned Beef (thinly sliced)

1 cup Sauerkraut (drained)

4 ozs Swiss Cheese (slices)

2 tbsps Dijon Mustard

2 tbsps Mayonnaise

Egg & Black Bean Tacos

9 ingredients · 15 minutes · 4 servings

Directions

1. In a bowl, add the black beans and the lime juice. Use a fork and smash the beans until mostly mashed. Season with salt and pepper.
2. Heat a non-stick pan over medium heat and melt the butter. Add the whisked eggs to the pan and season with salt and pepper. Stir the eggs frequently until cooked through. During the last minute of cooking, top with the cheese and cover to let it melt.
3. Spread the mashed beans onto the tortillas. Top with the egg, avocado, and cilantro. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is two tacos.

More Flavor

Add hot sauce, sour cream, and/or Greek yogurt.

Dairy-Free

Omit the cheese.

No Black Beans

Use refried beans.

Ingredients

1 cup Black Beans

1 Lime (juiced)

Sea Salt & Black Pepper (to taste)

2 tsps Butter

10 Egg (whisked)

6 ozs Cheddar Cheese (shredded)

8 Corn Tortilla (small, warmed)

1 Avocado (cubed)

1/4 cup Cilantro (chopped)