

May Adult Lunches

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

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Servings

- Lunch: 1 serving

Easily update the grocery cart by multiplying the ingredients by the # of people for whom you are making the meal. Please adjust based on your needs.

Lunch Options

Pick and choose from the 8 options throughout the month. A suggestion to keep things simple and efficient: prep 2 lunches per week.

Note: you can always double the dinner recipes in the regular meal plan and use leftovers for lunch the next day. Use these lunch ideas for fill-in meals when you don't have leftovers.

Nutrition

Each lunch has a minimum of 25 grams of protein.

How to Use This Plan Efficiently

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](#))

- Use the pre-made grocery list.
- Or click on this link to access the meal plan. Then 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.

2. Cook in Batches

• Cook proteins for the week (great grill, crockpot, whatever is easiest for you!)

Cassie Groeschl

<https://wellnessthatfits.com/>



- 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.

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).

4. Store for Success

- Portion meals into containers.
- Keep 5 days' worth in the fridge.

Tips for Efficiency

- **Pick a Prep Day:** Add lunch prep onto your regular meal prep day. OR, while you are prepping lunch one day, double or triple it and portion into containers. You already have all the ingredients out to make lunch—might as well prep a couple more lunches!
- **Use What You Have:** Sub in similar items if needed.
- **Don't Make It Complicated:** Repeating meals is totally okay — consistency is key!

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 macros goals 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

May Adult Lunches

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Lunch	Roast Beef Sandwich	Tilapia Fish Tacos	Lemony Lentil & Spinach Pasta	Turkey, Avocado & Sun Dried Tomato Sandwich WTF	Mango Salsa Shrimp Lettuce Wraps	Teriyaki Steak, Edamame & Quinoa Bowl	Grapefruit Salad with Grilled Cod
Snack 2	Peanut Lime Chicken Mason Jar Salad						



May Adult Lunches

54 items

Fruits

- ☐ 1 1/3 Avocado
- ☐ 2/3 Grapefruit
- ☐ 2 tbsps Lemon Juice
- ☐ 1/2 Lime
- ☐ 1 tbsp Lime Juice
- ☐ 1/2 Mango

Breakfast

- ☐ 1 tbsp All Natural Peanut Butter

Seeds, Nuts & Spices

- ☐ 1 3/4 tbsps Pumpkin Seeds
- ☐ 1/2 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tsp Taco Seasoning

Frozen

- ☐ 1/3 cup Frozen Edamame

Vegetables

- ☐ 1/2 cup Arugula
- ☐ 5 cups Baby Spinach
- ☐ 1/2 head Boston Lettuce
- ☐ 1 Carrot
- ☐ 1/2 cup Cilantro
- ☐ 1 cup Coleslaw Mix
- ☐ 2 Garlic
- ☐ 1/2 cup Green Cabbage
- ☐ 1 stalk Green Onion
- ☐ 1 tbsp Mint Leaves
- ☐ 1/2 Red Bell Pepper
- ☐ 2 2/3 tbsps Red Onion
- ☐ 1 leave Romaine
- ☐ 1 tbsp Shallot

Boxed & Canned

- ☐ 1/2 cup Lentils
- ☐ 1/4 cup Quinoa
- ☐ 3/4 cup Whole Wheat Penne

Baking

- ☐ 1 1/2 tbsps Nutritional Yeast
- ☐ 2 tpsps Raw Honey

Bread, Fish, Meat & Cheese

- ☐ 4 ozs Chicken Breast, Cooked
- ☐ 1 Cod Fillet
- ☐ 3 Corn Tortilla
- ☐ 3 ozs Deli Roast Beef
- ☐ 4 ozs Shrimp
- ☐ 3 1/16 ozs Sliced Turkey Breast
- ☐ 3 1/2 ozs Sourdough Bread
- ☐ 1 Tilapia Fillet
- ☐ 5 ozs Top Sirloin Steak
- ☐ 2 slices Whole Grain Bread

Condiments & Oils

- ☐ 1 1/2 tpsps Avocado Oil
- ☐ 1 1/2 tbsps Cilantro Lime Dressing
- ☐ 2 1/3 tbsps Extra Virgin Olive Oil
- ☐ 3 tbsps Mayonnaise
- ☐ 2 tbsps Pickle
- ☐ 1 tsp Sesame Oil
- ☐ 1 tbsp Sun Dried Tomato Pesto
- ☐ 1 tsp Tamari
- ☐ 1 tbsp Teriyaki Sauce
- ☐ 3/4 tsp Yellow Mustard

Cold

- ☐ 2 tbsps Guacamole
- ☐ 1 tbsp Unsweetened Almond Milk

Other

- ☐ 2 tbsps Water

Roast Beef Sandwich

7 ingredients · 10 minutes · 1 serving

Directions

1. In a large mixing bowl, combine the coleslaw mix, mayonnaise, mustard and almond milk.
2. Layer the coleslaw, roast beef and pickles between the slices of bread. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Enjoy leftovers as is or assemble into a sandwich.

Egg-Free

Use vegan mayonnaise or greek yogurt instead of mayo.

Nut-Free

Use any alternative milk such as oat, coconut or hemp milk, instead of almond milk.

Ingredients

1 cup Coleslaw Mix
3 tbsps Mayonnaise
3/4 tsp Yellow Mustard
1 tbsp Unsweetened Almond Milk
3 ozs Deli Roast Beef
2 tbsps Pickle (sliced)
2 slices Whole Grain Bread

Tilapia Fish Tacos

8 ingredients · 15 minutes · 1 serving

Directions

1. Heat the oil in a pan over medium heat. Season the fish fillet all over with taco seasoning.
2. Cook the fish for three to four minutes per side or until golden brown and cooked through.
3. Spread the guacamole on the tortillas and top with cabbage and cilantro.
4. Divide the tilapia between the tacos. Top each taco with dressing and enjoy.

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Assemble the tacos just before enjoying.

Serving Size

One serving is equal to three tacos.

More Flavor

Add lime juice, salsa, and red onion.

Fillet Size

One tilapia fillet is equal to 116 grams or 4.1 ounces.

Ingredients

- 1 tsp** Extra Virgin Olive Oil
- 1** Tilapia Fillet
- 1 tsp** Taco Seasoning
- 2 tbsps** Guacamole
- 3** Corn Tortilla
- 1/2 cup** Green Cabbage (finely sliced)
- 2 tbsps** Cilantro
- 1 1/2 tbsps** Cilantro Lime Dressing

Lemony Lentil & Spinach Pasta

8 ingredients · 20 minutes · 1 serving

Directions

1. Cook the pasta according to the package directions.
2. Meanwhile, warm 1/4 of the oil in a large pan. Add the garlic and sauté for one to two minutes, then add the spinach and cook for three to five minutes, or until wilted.
3. Add the pasta and lentils to the pan. Add the remaining oil, lemon juice, and nutritional yeast and stir to combine. Season with salt and pepper. Stir for a minute, then remove from heat. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one heaping cup.

More Flavor

Add smoked paprika.

Ingredients

3/4 cup Whole Wheat Penne

2 1/4 tpsps Extra Virgin Olive Oil (divided)

1 1/2 Garlic (cloves, minced)

3 cups Baby Spinach

1/2 cup Lentils (cooked)

2 tbsps Lemon Juice

1 1/2 tbsps Nutritional Yeast

Sea Salt & Black Pepper (to taste)

Turkey, Avocado & Sun Dried Tomato Sandwich WTF

5 ingredients · 10 minutes · 1 serving

Directions

1. Spread the pesto onto the toast. Top with avocado, sliced turkey, and arugula. Close the sandwich and enjoy!

Notes

Leftovers

Best enjoyed immediately or refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to one sandwich.

More Flavor

Add tomato and red onion.

Gluten-Free

Use gluten-free bread instead.

Sourdough Bread

One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.

Ingredients

1 tbsp Sun Dried Tomato Pesto

3 1/2 ozs Sourdough Bread (whole grain; toasted)

1/2 Avocado (medium, sliced)

3 1/16 ozs Sliced Turkey Breast

1/2 cup Arugula

Mango Salsa Shrimp Lettuce Wraps

10 ingredients · 20 minutes · 1 serving

Directions

1. In a bowl, mix together the mango, avocado, onion, cilantro, mint, lime juice, and half of the salt.
2. Warm the oil in a pan over medium heat and add the shrimp. Season with the remaining salt. Cook on each side for two to three minutes or until pink and cooked through.
3. To assemble, add the salsa and shrimp to the lettuce leaves. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two wraps.

More Flavor

Add minced garlic, shredded cabbage, sriracha, and/or cheese.

Ingredients

1/2 Mango (diced)

1/2 Avocado (diced)

2 2/3 tbsps Red Onion (diced)

1 1/2 tbsps Cilantro (finely chopped)

1 tbsps Mint Leaves (finely chopped)

1/2 Lime (juiced)

1/4 tsp Sea Salt (divided)

1 1/2 tpsps Avocado Oil

4 ozs Shrimp (peeled, deveined, tails removed)

1/2 head Boston Lettuce (leaves pulled apart)

Teriyaki Steak, Edamame & Quinoa Bowl

9 ingredients · 20 minutes · 1 serving

Directions

1. Cook the quinoa according to the package directions. Add the edamame on top of the quinoa in the final five minutes of cooking, cover, and steam. Set aside.
2. Add the oil to a pan over medium high heat. Add the shallot, garlic, and steak. Cook for two to three minutes or until the steak is browned. Remove the pan from the heat.
3. Add the teriyaki sauce to the skillet and toss the steak in the sauce.
4. Add the quinoa, edamame, steak, and carrot to a bowl. Garnish with cilantro and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is 1/2 cup of cooked quinoa and 1/3 cup of edamame with steak.

Make it Vegan

Omit the steak, add chickpeas, more edamame, or lentils instead.

More Flavor

Add chopped green onions and/or red chili flakes while the steak cooks.

Additional Toppings

Sesame seeds.

Ingredients

1/4 cup Quinoa (dry)

1/3 cup Frozen Edamame

2 tsps Extra Virgin Olive Oil

1 tbsp Shallot (minced)

1/2 Garlic (clove, large, minced)

5 ozs Top Sirloin Steak (sliced thin)

1 tbsp Teriyaki Sauce

1/2 Carrot (shredded)

1 tsp Cilantro (minced)

Grapefruit Salad with Grilled Cod

9 ingredients · 20 minutes · 1 serving

Directions

1. Preheat the grill to medium heat. Add the cod fillets and cook for six to eight minutes on each side, or until thoroughly cooked.
2. Meanwhile, prepare the dressing by adding 1/4 of the grapefruit, oil, honey, and sea salt to a small blender. Blend until a smooth consistency is achieved.
3. Divide the spinach, cilantro, remaining grapefruit, avocado, and pumpkin seeds evenly between bowls. Top with cod and the dressing. Enjoy!

Notes

Leftovers

Best enjoyed immediately. Ingredients may be refrigerated separately in airtight containers for up to three days.

Serving Size

One serving is equal to 2 1/2 cups of salad with cod.

Make it Vegan

Use tempeh or tofu in place of the cod.

Fillet Size

One cod fillet is equal to 231 grams or 8 ounces.

Ingredients

- 1 Cod Fillet
- 2/3 Grapefruit (peeled, seeded, chopped and divided)
- 2 **tsps** Extra Virgin Olive Oil
- 2 **tsps** Raw Honey
- 1/8 **tsp** Sea Salt
- 2 **cups** Baby Spinach
- 1/4 **cup** Cilantro (chopped)
- 1/3 Avocado (medium, chopped)
- 1 3/4 **tbsps** Pumpkin Seeds

Peanut Lime Chicken Mason Jar Salad

10 ingredients · 10 minutes · 1 serving

Directions

1. Combine the peanut butter, lime juice, water, tamari, and sesame oil in a small bowl. Divide the dressing between jars. Add the chicken to the dressing in the bottom of the jars.
2. Add the pepper, carrot, and green onion to the jars followed by the romaine lettuce. When ready to eat, shake well and dump into a bowl. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

16oz (473 mL) mason jars were used for this recipe. One serving is one mason jar.

Nut-Free

Use sunflower seed butter instead.

More Flavor

Add garlic, ginger, red pepper flakes or liquid sweetener of choice to the dressing.

Make it Vegan

Use chickpeas or lentils instead of chicken.

No Tamari

Use coconut aminos or soy sauce instead.

Ingredients

1 tbsp All Natural Peanut Butter

1 tbsp Lime Juice

2 tbsps Water

1 tsp Tamari

1 tsp Sesame Oil

4 ozs Chicken Breast, Cooked (cut into cubes)

1/2 Red Bell Pepper (medium, chopped)

1/2 Carrot (medium, cut into matchsticks)

1 stalk Green Onion (chopped)

1 leave Romaine (chopped)