

W21

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

W21

5 days

	Mon	Tue	Wed	Thu	Fri
Lunch	Ham & Cheese Rolls with Cucumbers	Chickpea Fritters	Sunflower Seed Butter Bagel & Berries	Chickpea Fritters	Sunflower Seed Butter Bagel & Berries
		Pear, Pumpkin Seeds & Chocolate	Tzatziki & Baby Carrots	Pear, Pumpkin Seeds & Chocolate	Tzatziki & Baby Carrots
Dinner	Turkey & White Bean Chili	One Pot Cheeseburger Pasta	Air Fryer Cajun Fish Taco Bowls with Quinoa	Peanut Butter & Berry Toasted Wraps	Loaded Chicken Nachos

W21

52 items

Fruits

- ☐ 3 Avocado
- ☐ 2 cups Blueberries
- ☐ 2 tbsps Lime Juice
- ☐ 1/2 Navel Orange
- ☐ 2 Pear
- ☐ 2 cups Raspberries

Breakfast

- ☐ 1/2 cup All Natural Peanut Butter

Seeds, Nuts & Spices

- ☐ 2 tps Cajun Seasoning
- ☐ 1 1/3 tps Cumin
- ☐ 1 1/3 tps Dried Basil
- ☐ 1/2 tsp Dried Parsley
- ☐ 1/2 tsp Garlic Powder
- ☐ 1 1/3 tps Hemp Seeds
- ☐ 1/4 cup Pumpkin Seeds
- ☐ 3/4 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper

Vegetables

- ☐ 1 cup Baby Carrots
- ☐ 2/3 Carrot
- ☐ 1/2 cup Cilantro
- ☐ 1/3 Cucumber
- ☐ 2 2/3 Garlic
- ☐ 6 cups Green Cabbage
- ☐ 2 Green Chili Pepper
- ☐ 2/3 Sweet Onion

Boxed & Canned

- ☐ 2 cups Black Beans
- ☐ 2 1/3 cups Brown Rice Fusilli
- ☐ 2 2/3 cups Chicken Broth
- ☐ 1 3/4 cups Chickpeas
- ☐ 6 cups Corn Tortilla Chips
- ☐ 2 1/3 cups Diced Tomatoes
- ☐ 2/3 cup Quinoa
- ☐ 1 cup Salsa
- ☐ 2 2/3 cups White Navy Beans

Baking

- ☐ 1/4 cup All Purpose Gluten-Free Flour
- ☐ 1 1/3 tps Arrowroot Powder
- ☐ 2 ozs Dark Chocolate
- ☐ 1/4 cup Nutritional Yeast

Bread, Fish, Meat & Cheese

- ☐ 12 1/16 ozs Cheddar Cheese
- ☐ 12 ozs Chicken Breast, Cooked
- ☐ 2 Cod Fillet
- ☐ 8 Corn Tortilla
- ☐ 1 lb Extra Lean Ground Beef
- ☐ 8 ozs Gluten-Free Bagel
- ☐ 3 ozs Sliced Ham
- ☐ 10 2/3 ozs Turkey Breast, Cooked

Condiments & Oils

- ☐ 3 3/4 tps Extra Virgin Olive Oil
- ☐ 1/4 cup Sunflower Seed Butter
- ☐ 2 tps Vegan Mayonnaise

Cold

- ☐ 1/2 cup Cream, Half & Half
- ☐ 2 2/3 cups Plain Greek Yogurt
- ☐ 1/2 cup Tzatziki

Other

- ☐ 1 1/16 cups Water

Ham & Cheese Rolls with Cucumbers

4 ingredients · 10 minutes · 1 serving

Directions

1. Wrap the cheese sticks with ham. Serve alongside the oranges and cucumbers in a container. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Dairy-Free

Use vegan cheese instead of cheddar cheese.

Ingredients

1 1/3 ozs Cheddar Cheese (cut into sticks)

3 ozs Sliced Ham

1/2 Navel Orange (sliced)

1/3 Cucumber (large, sliced)

Chickpea Fritters

9 ingredients · 15 minutes · 3 servings

Directions

1. In a medium-sized bowl, combine the chickpeas, flour, nutritional yeast, mayonnaise, parsley, garlic, salt, and water. Mix well and mash the chickpeas until well blended.
2. Divide the chickpea mixture into six flat patties using slightly damp hands.
3. Heat a nonstick skillet over medium heat and add the oil. Once hot, add the fritters and fry for three to four minutes per side, until browned and crispy. Be careful not to crowd the pan and work in batches if needed. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days, or freeze for longer.

Serving Size

One serving is two fritters.

Flour

Use another type of flour such as regular all purpose or chickpea flour.

Additional Toppings

Dip in your favorite sauce or mix together coconut yogurt, dill, and lemon for a refreshing dip.

Ingredients

1 3/4 cups Chickpeas (cooked)
1/4 cup All Purpose Gluten-Free Flour
1/4 cup Nutritional Yeast
2 tbsps Vegan Mayonnaise
1/2 tsp Dried Parsley (dried)
1/2 tsp Garlic Powder
1/2 tsp Sea Salt
1 tbsp Water
1 1/2 tsps Extra Virgin Olive Oil

Pear, Pumpkin Seeds & Chocolate

3 ingredients · 5 minutes · 2 servings

Directions

1. Slice the pear and serve with pumpkin seeds and chocolate. Enjoy!

Notes

Leftovers

Store ingredients separately until ready to serve.

Ingredients

2 Pear

1/4 cup Pumpkin Seeds

2 ozs Dark Chocolate

Sunflower Seed Butter Bagel & Berries

3 ingredients · 2 minutes · 2 servings

Directions

1. Spread the sunflower seed butter on top of the toasted bagel and place on a plate. Serve with the blueberries on the side. Enjoy!

Notes

Serving Size

One serving is equal to one bagel and 1/2 cup blueberries.

No Sunflower Seed Butter

Use another nut or seed butter instead.

No Blueberries

Use another berry or fresh fruit instead.

Ingredients

8 ozs Gluten-Free Bagel (toasted)

1/4 cup Sunflower Seed Butter

1 cup Blueberries

Tzatziki & Baby Carrots

2 ingredients · 2 minutes · 2 servings

Directions

1. Add the tzatziki to a bowl and the baby carrots to a plate. Enjoy!

Notes

Leftovers

Refrigerate the tzatziki according to the package directions. Store the baby carrots separately.

Make it Vegan

Use dairy-free tzatziki instead.

No Baby Carrots

Use celery sticks, snap peas, cucumber slices, or sliced bell pepper instead.

Ingredients

1/2 cup Tzatziki

1 cup Baby Carrots

Turkey & White Bean Chili

11 ingredients · 25 minutes · 4 servings

Directions

1. Heat the oil in a pot over medium-high heat. Cook the onions and garlic until soft, about five minutes.
2. Stir in the broth, cumin, green chilies (optional), turkey, and white beans. Bring to a boil, then lower to a simmer for 10 minutes.
3. In a bowl, stir together the arrowroot with a bit of the cream until dissolved. Stir the arrowroot slurry into the pot along with the remaining cream, salt, and pepper. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days or freeze if longer.

Serving Size

One serving equals approximately two cups of chili.

Dairy-Free

Use coconut milk instead of cream.

More Flavor

Add oregano, cilantro, or jalapeños.

Additional Toppings

Top with avocado slices, green onion, or shredded cheese.

No Arrowroot Powder

Use cornstarch or tapioca starch instead.

Ingredients

1 1/3 tsps Extra Virgin Olive Oil

2/3 Sweet Onion (medium, chopped)

2 2/3 Garlic (cloves, minced)

2 2/3 cups Chicken Broth

1 1/3 tsps Cumin (ground)

2 Green Chili Pepper (seeds removed, optional)

10 2/3 ozs Turkey Breast, Cooked (roughly chopped)

2 2/3 cups White Navy Beans (cooked)

1/2 cup Cream, Half & Half

1 1/3 tbsps Arrowroot Powder

Sea Salt & Black Pepper (to taste)

One Pot Cheeseburger Pasta

9 ingredients · 20 minutes · 4 servings

Directions

1. In a large pot or Dutch oven, heat the oil over medium heat. Add the ground beef, carrot, basil, and salt. Cook for five minutes, stirring often. Drain any excess oil.
2. Add the diced tomatoes, water, and brown rice fusilli. Stir until well combined and the fusilli is mostly submerged. Cover with a lid and cook for 10 to 12 minutes or until the pasta is cooked through.
3. Open the lid and stir the pasta again. Top with the shredded cheese and close the lid until melted. Divide between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately 1 1/2 to 2 cups.

Dairy-Free

Use vegan cheese, nutritional yeast, or omit.

More Flavor

Add fresh basil, oregano, onion, and/or garlic.

Additional Toppings

Sliced green onions, chopped pickles, avocado and/or plain yogurt.

Make it Vegan

Use lentils instead of ground beef.

More Veggies

Stir in finely chopped spinach before topping with cheese.

Ingredients

2/3 tsp Extra Virgin Olive Oil

1 lb Extra Lean Ground Beef

2/3 Carrot (medium, finely diced)

1 1/3 tsps Dried Basil

1/3 tsp Sea Salt

2 1/3 cups Diced Tomatoes (with juices)

1 cup Water

2 1/3 cups Brown Rice Fusilli (dry)

2 2/3 ozs Cheddar Cheese (shredded)

Air Fryer Cajun Fish Taco Bowls with Quinoa

10 ingredients · 25 minutes · 4 servings

Directions

1. Cook the quinoa according to the package directions.
2. Preheat the air fryer to 400°F (205°C). Place the cod in a bowl and drizzle with oil, cajun seasoning, salt, and pepper. Toss to coat.
3. Transfer the cod to the air fryer basket and cook for five to six minutes or until cooked through, flipping halfway.
4. Meanwhile, in a medium bowl, mix together the yogurt, cilantro, and lime juice. Season with salt and pepper. Add the cabbage to the yogurt mixture and toss to coat.
5. Divide the quinoa, cod, cabbage, and avocado evenly into bowls. Enjoy!

Notes

Leftovers

Refrigerate the quinoa and cod separately from the yogurt sauce in airtight containers for up to two days. Toss the cabbage with the yogurt sauce and slice the avocado just before serving

Serving Size

One serving is approximately half a cup of quinoa, 2/3 cup of cod, 1 1/2 cups of cabbage, and half an avocado.

Additional Toppings

Pickled red onion, salsa, tortilla chips, and/or hot sauce.

Fillet Size

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

Ingredients

2/3 cup Quinoa (dry, rinsed)

2 Cod Fillet (patted dry, cubed)

1 1/3 tbsps Extra Virgin Olive Oil

2 tsps Cajun Seasoning

Sea Salt & Black Pepper (to taste)

2/3 cup Plain Greek Yogurt

1/4 cup Cilantro (finely chopped)

2 tbsps Lime Juice

6 cups Green Cabbage (finely shredded)

2 Avocado (medium, sliced)

Peanut Butter & Berry Toasted Wraps

7 ingredients · 10 minutes · 4 servings

Directions

1. Assemble the wraps by dividing the peanut butter evenly down the middle of each tortilla. Divide the raspberries between each tortilla and mash with a fork.
2. Fold each side of the tortilla inward to close the wrap. Repeat with each tortilla.
3. Heat the oil in a pan over medium heat.
4. Working in batches as needed, place each tortilla folded side down in the pan and cook for two to three minutes. Gently flip and cook for one more minute.
5. Place the wraps onto a plate and top them with yogurt, blueberries, and hemp seeds. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is two wraps.

Make it Vegan

Use a plant-based yogurt alternative.

More Flavor

Top with maple syrup or raw honey. Cook in coconut oil to sweeten the flavor profile.

Gluten-Free

Use a gluten-free tortilla instead.

No Peanut Butter

Use another nut or seed butter.

Ingredients

1/2 cup All Natural Peanut Butter

8 Corn Tortilla

2 cups Raspberries

1 1/3 tbsps Extra Virgin Olive Oil

2 cups Plain Greek Yogurt

1 cup Blueberries

1 1/3 tbsps Hemp Seeds

Loaded Chicken Nachos

8 ingredients · 15 minutes · 4 servings

Directions

1. Turn the oven to broil.
2. In a bowl combine the chicken and salsa and mix well. Add the black beans and season with salt and pepper.
3. Place the tortilla chips on a baking sheet, spreading them out evenly. Scatter the chicken mixture over top and then cover with the cheese.
4. Place in the oven on broil for one to three minutes or until the cheese has melted and is bubbly. Top with avocado and cilantro. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is approximately 2 1/2 cups.

Additional Toppings

Top with sliced jalapeño, sour cream, and/or Greek yogurt.

Dairy-Free

Use dairy-free cheese.

Ingredients

12 ozs Chicken Breast, Cooked (shredded)

1 cup Salsa

2 cups Black Beans (cooked)

Sea Salt & Black Pepper (to taste)

6 cups Corn Tortilla Chips

8 ozs Cheddar Cheese (shredded)

1 Avocado (large, cubed)

1/4 cup Cilantro (chopped)