



May Breakfasts

Created by Wellness That Fits, LLC



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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

- Breakfast: 1 serving

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

Nutrition

Each breakfast has a minimum of 20 grams of protein.

Breakfast Options

Pick and choose from the 8 options throughout the month. A suggestion to keep things simple and efficient: prep 2 breakfasts per week. Seasonal ingredients are included in the recipes.

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.
-

4. Store for Success

- Some meals can be prepped and pre-portioned ahead of time (overnight oats, yogurt parfaits, chia pudding, etc.)
 - Meal prep 5 breakfasts for the weekdays to make your week easier. Store in the fridge for 5 days.
-

Tips for Efficiency

- **Pick a Prep Day:** Commit to just 1-2 hours a week.
 - **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.

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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
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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.

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 5-7 days' worth in the fridge, freeze the rest for later if you desire.

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!

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).

Then, mix and match the core ingredients you've prepped to create tacos, bowls, salads, pizzas, pastas, casseroles.

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May Breakfasts

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Avocado & Egg Bagel	Berry Avocado Smoothie	Peanut Butter Protein Yogurt with Blackberries	Fluffy Kale & Mushroom Egg White Omelette	Banana Walnut Cottage Cheese Oatmeal	Blueberry Cheesecake Overnight Oats	Chocolate Avocado Smoothie
Snack 1	Ham, Egg & Cottage Cheese Tortilla Sandwich						



May Breakfasts

42 items

Fruits

- ☐ 1 Avocado
- ☐ 1/2 Banana
- ☐ 1 cup Blackberries

Breakfast

- ☐ 1 tbsp All Natural Peanut Butter
- ☐ 1 tbsp Almond Butter
- ☐ 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 2 tbsps Chia Seeds
- ☐ 1/4 tsp Cinnamon
- ☐ 1 tsp Everything Bagel Seasoning
- ☐ 1/8 tsp Garlic Powder
- ☐ 1/8 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tsp Walnuts

Frozen

- ☐ 1/2 cup Frozen Berries
- ☐ 3/4 cup Frozen Blueberries
- ☐ 1/4 cup Frozen Cauliflower

Vegetables

- ☐ 3/4 cup Arugula
- ☐ 1 1/4 cups Baby Spinach
- ☐ 4 Cremini Mushrooms
- ☐ 1 stalk Green Onion
- ☐ 1 cup Kale Leaves
- ☐ 1/2 Zucchini

Boxed & Canned

- ☐ 1/4 cup Quick Oats

Baking

- ☐ 1 tsp Nutritional Yeast
- ☐ 2/3 cup Oats
- ☐ 1/2 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 2 tbsps Cream Cheese, Regular
- ☐ 4 ozs Gluten-Free Bagel
- ☐ 2 ozs Sliced Ham
- ☐ 1 Whole Wheat Tortilla

Condiments & Oils

- ☐ 1/2 tsp Avocado Oil

Cold

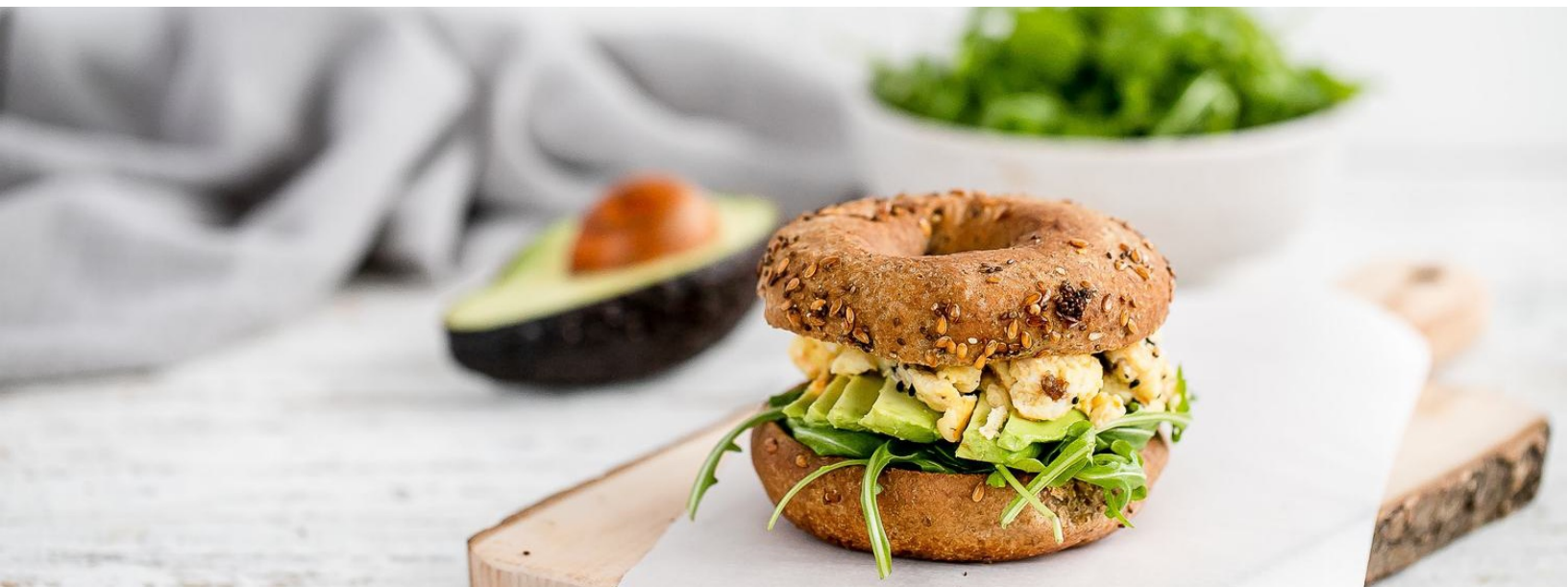
- ☐ 1 1/4 cups Cottage Cheese
- ☐ 2/3 cup Cow's Milk, Whole
- ☐ 4 Egg
- ☐ 1 cup Egg Whites
- ☐ 1 cup Plain Coconut Milk
- ☐ 2 tbsps Plain Greek Yogurt
- ☐ 1 cup Unsweetened Almond Milk
- ☐ 1 1/2 cups Unsweetened Coconut Yogurt

Other

- ☐ 1/4 cup Chocolate Protein Powder
- ☐ 2/3 cup Vanilla Protein Powder
- ☐ 3/4 cup Water

Avocado & Egg Bagel

6 ingredients · 10 minutes · 1 serving



Directions

1. Crack the eggs into a bowl and whisk well.
2. Heat a skillet over medium-low heat and once hot, add the oil. Add the eggs to the pan and move them around with a spatula continuously. Keep pushing the eggs around the skillet until fluffy, about three to four minutes, depending on preference. Season with everything bagel seasoning.
3. Layer the arugula over the bottom half of the bagel and top with avocado and then the egg. Place the other half of the bagel on top. Slice and enjoy!

Notes

Leftovers

Best enjoyed immediately.

Additional Toppings

Add sliced tomato and/or a slice of cheese.

Ingredients

- 2 Egg
- 1/2 tsp Avocado Oil
- 1 tsp Everything Bagel Seasoning
- 3/4 cup Arugula
- 4 ozs Gluten-Free Bagel (sliced in half, toasted)
- 1/2 Avocado

Berry Avocado Smoothie

7 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chia Seeds

Use flax seeds instead.

No Avocado

Use almond butter or sunflower seed butter instead.

Additional Toppings

Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

Ingredients

1 cup Plain Coconut Milk (unsweetened, from the box)

1/2 Zucchini (chopped, frozen)

1/4 cup Frozen Cauliflower

1/2 cup Frozen Berries

1/4 Avocado

1 tbsp Chia Seeds

1/4 cup Vanilla Protein Powder

Peanut Butter Protein Yogurt with Blackberries

4 ingredients · 5 minutes · 1 serving



Directions

1. In a bowl combine the coconut yogurt and protein powder. Mix until smooth.
2. Top with the blackberries and swirl in the peanut butter. Enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to three days, keeping the berries separate.

Serving Size

One serving is approximately 2 1/2 cups.

More Flavor

Add maple syrup or honey.

Additional Toppings

Granola, hemp seeds, and/or ground flax seeds.

Ingredients

1 1/2 cups Unsweetened Coconut Yogurt

1/4 cup Vanilla Protein Powder

1 cup Blackberries

1 tbsp All Natural Peanut Butter

Fluffy Kale & Mushroom Egg White Omelette

7 ingredients · 10 minutes · 1 serving



Directions

1. In a large non-stick pan, heat 1/3 of the water over medium heat. Cook the kale, mushrooms, nutritional yeast, garlic powder, and salt until soft, about two minutes. Set aside.
2. Cooking one omelette at a time, add a splash of the remaining water to the same pan and bring to a simmer over medium to medium-high heat. Add the egg whites and cook until fluffy and slightly firm, about five minutes. Rotate the pan as needed to help spread and evenly cook the egg whites. Using a heat-safe spatula, gently scrape down the sides and transfer to a plate. Repeat with any remaining egg whites, one omelette at a time.
3. Arrange the kale and mushrooms down the middle of each omelette. Fold the sides of the omelette towards the center and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Sauté the kale and mushrooms with your choice of oil instead of water. Add a squeeze of lemon juice on top.

No Nutritional Yeast

Use parmesan, feta, vegan cheese, or omit completely.

No Non-Stick Pan

Use your choice of oil as needed.

Ingredients

3/4 cup Water (divided)

1 cup Kale Leaves (tough stems removed, chopped)

4 Cremini Mushrooms (diced)

1 tsp Nutritional Yeast

1/8 tsp Garlic Powder

1/8 tsp Sea Salt

1 cup Egg Whites

Banana Walnut Cottage Cheese Oatmeal

5 ingredients · 15 minutes · 1 serving



Directions

1. Cook the oats according to the package directions.
2. Add the cottage cheese to a bowl and stir in the oats, mixing well to combine. Top with the banana, walnuts, and cinnamon. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately 1 3/4 cups.

More Flavor

Add maple syrup, cacao powder, or flavored protein powder.

Additional Toppings

Hemp seeds and/or cacao nibs.

Ingredients

1/4 cup Quick Oats

1 cup Cottage Cheese

1/2 Banana (sliced)

1 tsp Walnuts (chopped)

1/4 tsp Cinnamon

Blueberry Cheesecake Overnight Oats

9 ingredients · 8 hours 20 minutes · 1 serving



Directions

1. Add the oats, protein powder, chia seeds, cream cheese, yogurt, milk, vanilla, and half of the maple syrup to a large container. Stir well to combine.
2. In a saucepan, combine the blueberries and remaining maple syrup. Heat over medium-low and bring to a low simmer. Cook for nine to 10 minutes or until the blueberries have burst, gently pressing on them with the back of a wooden spoon. Allow to cool for five minutes.
3. Stir the blueberries into the oats. Seal the container and place in the fridge overnight, or for at least eight hours.
4. Divide the oats evenly between bowls or containers. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately 1 3/4 cups.

Make it Vegan

Use vegan cream cheese, yogurt, and milk.

No Protein Powder

Omit the protein powder and reduce the milk slightly.

Ingredients

2/3 cup Oats (rolled)
1 1/2 tbsps Vanilla Protein Powder
1 tbsp Chia Seeds
2 tbsps Cream Cheese, Regular
2 tbsps Plain Greek Yogurt
2/3 cup Cow's Milk, Whole
1/2 tsp Vanilla Extract
2 tbsps Maple Syrup (divided)
3/4 cup Frozen Blueberries

Chocolate Avocado Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chocolate Protein Powder

Use vanilla protein powder or hemp seeds and add cocoa powder.

Likes it Sweet

Add frozen banana.

Nut-Free Version

Use coconut milk instead of almond milk and sunflower seed butter instead of almond butter.

Ingredients

1/4 Avocado

1 cup Unsweetened Almond Milk

1 tbsp Almond Butter

1 cup Baby Spinach

1/4 cup Chocolate Protein Powder

Ham, Egg & Cottage Cheese Tortilla Sandwich

7 ingredients · 10 minutes · 1 serving



Directions

1. In a bowl, whisk together the eggs, onions, spinach, and cottage cheese. Season with salt and pepper.
2. Preheat a non-stick pan over medium high heat. Add the egg mixture and top with the tortilla. Cook for three to four minutes or until the eggs are done to your preference.
3. Using a plate to cover the pan, flip the pan upside down so the tortilla goes onto the plate. Then slide the tortilla back into the pan with the eggs facing up. Top with ham and fold the tortilla in two.
4. Slice in half and enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to one sandwich. A pan the size of a large tortilla, approximately 10 inch (25 cm), was used to make one tortilla sandwich.

More Flavor

Add your choice of seasoning to the egg mixture. Use other meat instead of ham.

Gluten-Free

Use a gluten-free tortilla instead.

Ingredients

- 2 Egg
- 1 stalk Green Onion (sliced finely)
- 1/4 cup Baby Spinach (chopped)
- 1/4 cup Cottage Cheese
- Sea Salt & Black Pepper (to taste)
- 1 Whole Wheat Tortilla (large)
- 2 ozs Sliced Ham