

W22

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.
-

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)
-

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

W22

5 days

	Mon	Tue	Wed	Thu	Fri
Lunch	Lemon Blueberry Muffins	Lemon Blueberry Muffins	Cinnamon Yogurt Overnight Oats	Lemon Blueberry Muffins	Cinnamon Yogurt Overnight Oats
	Roast Beef & Hummus Pita Sandwich Child Lunch	Pita, Hummus & Red Pepper Snack Plate	Broccoli & Ranch Child Lunch WTF	Roast Beef & Hummus Pita Sandwich Child Lunch	Broccoli & Ranch Child Lunch WTF
Dinner	Chickpea Pasta with Peas & Pancetta	Air Fryer General Tso Tofu & Broccoli with Rice	Crunchy Chicken Salad with Almond Butter Sauce	One Pan Salmon, Edamame & Broccoli	Steak, Roasted Potatoes & Asparagus

W22

58 items

Fruits

- ☐ 2 Banana
- ☐ 1 cup Blueberries
- ☐ 2 Lemon

Breakfast

- ☐ 1/4 cup Almond Butter
- ☐ 1/4 cup Maple Syrup

Seeds, Nuts & Spices

- ☐ 2 tbsps Chia Seeds
- ☐ 2 tsps Chili Flakes
- ☐ 1/4 tsp Cinnamon
- ☐ 2 tsps Garlic Powder
- ☐ 1/2 tsp Red Pepper Flakes
- ☐ 1 1/4 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 tbsps Sesame Seeds

Frozen

- ☐ 4 cups Edamame Pods
- ☐ 2 cups Frozen Peas

Vegetables

- ☐ 4 cups Asparagus
- ☐ 13 cups Broccoli
- ☐ 1 1/3 Carrot
- ☐ 4 Garlic
- ☐ 1 tsp Ginger
- ☐ 1/8 head Green Lettuce
- ☐ 8 2/3 stalks Green Onion
- ☐ 4 cups Mini Potatoes
- ☐ 1/3 cup Parsley
- ☐ 2 2/3 cups Purple Cabbage
- ☐ 1/2 Red Bell Pepper
- ☐ 2 2/3 cups Savoy Cabbage

Boxed & Canned

- ☐ 1 lb Chickpea Pasta
- ☐ 1 cup Jasmine Rice

Baking

- ☐ 2 cups Almond Flour
- ☐ 2 tsps Arrowroot Powder
- ☐ 1/2 tsp Baking Soda
- ☐ 1/4 cup Brown Sugar
- ☐ 1 tbsp Coconut Sugar
- ☐ 1/2 cup Cornstarch
- ☐ 2/3 cup Oats
- ☐ 1/2 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 1 1/3 lbs Chicken Breast
- ☐ 2 ozs Deli Roast Beef
- ☐ 3 ozs Mini Whole Wheat Pita
- ☐ 5 ozs Pancetta
- ☐ 1 1/4 lbs Salmon Fillet
- ☐ 16 ozs Tofu
- ☐ 1 1/2 lbs Top Sirloin Steak
- ☐ 1/2 Whole Wheat Pita

Condiments & Oils

- ☐ 1 tbsp Avocado Oil
- ☐ 1 1/3 tbsps Extra Virgin Olive Oil
- ☐ 1/4 cup Hoisin Sauce
- ☐ 1/4 cup Ranch Dressing
- ☐ 2 tbsps Rice Vinegar
- ☐ 3/4 cup Tamari
- ☐ 1/3 cup Teriyaki Sauce

Cold

- ☐ 2 tbsps Butter
- ☐ 3 Egg
- ☐ 2/3 cup Hummus
- ☐ 1 cup Plain Coconut Milk
- ☐ 1 cup Unsweetened Coconut Yogurt

Other

- ☐ 1 cup Water

Lemon Blueberry Muffins

8 ingredients · 30 minutes · 12 servings

Directions

1. Preheat the oven to 350F (177°C). Line a muffin tray with liners or use a silicone muffin tray.
2. In a medium sized bowl whisk together the almond flour, baking soda, sea salt and lemon zest.
3. In a large bowl, whisk together the lemon juice, eggs, banana and maple syrup. Add the dry ingredients to the wet and stir to combine. Fold in the blueberries.
4. Spoon the batter into the muffin tray and bake for 20 to 24 minutes or until cooked through.
5. Remove from oven and let cool. Enjoy!

Notes

Serving Size

One serving is equal to one muffin.

Leftovers

Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Almond Flour

This recipe was tested using almond flour. Please note that if using another type of flour, results will vary.

Banana

One medium banana is equal to 1/2 cup mashed banana.

Ingredients

2 cups Almond Flour
1/2 tsp Baking Soda
1/4 tsp Sea Salt
1 Lemon (zest and juice)
3 Egg
1 Banana (medium, mashed)
1/4 cup Maple Syrup
1 cup Blueberries

Roast Beef & Hummus Pita Sandwich Child Lunch

4 ingredients · 10 minutes · 2 servings

Directions

1. Spread the hummus inside of the pita. Add the roast beef and lettuce. Enjoy!

Notes

Leftovers

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

Serving Size

One serving is equal to one stuffed mini pita.

More Flavor

Add tomato and cucumber.

Gluten-Free

Use a gluten-free pita instead.

Mini Whole Wheat Pita

One mini whole wheat pita is 30 grams or one ounce.

Ingredients

1/4 cup Hummus

3 ozs Mini Whole Wheat Pita (cut in half)

2 ozs Deli Roast Beef

1/8 head Green Lettuce (leaves separated)

Pita, Hummus & Red Pepper Snack Plate

3 ingredients · 5 minutes · 1 serving

Directions

1. Assemble all ingredients onto a plate and enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to 3 days.

Gluten-Free

Use a gluten-free pita.

On-the-Go

Divide the ingredients into a bento box or container instead of a plate.

Ingredients

1/2 Red Bell Pepper (sliced)

1/2 Whole Wheat Pita (sliced into strips)

1/3 cup Hummus

Cinnamon Yogurt Overnight Oats

7 ingredients · 8 hours · 2 servings

Directions

1. Add all ingredients to a medium-sized container. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
2. Remove from the fridge and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is about 1 1/4 cup.

No Coconut Yogurt

Use another type of yogurt.

Additional Toppings

Berries, nuts and/or seeds.

Ingredients

2/3 cup Oats (rolled)

2 tbsps Chia Seeds

1/4 tsp Cinnamon

1/2 tsp Vanilla Extract

1 cup Unsweetened Coconut Yogurt

1 cup Plain Coconut Milk (from the carton)

1 Banana (sliced)

Broccoli & Ranch Child Lunch WTF

2 ingredients · 5 minutes · 2 servings

Directions

1. Serve broccoli florets with ranch or your favorite dipping sauce. Enjoy!

Notes

Leftovers

Refrigerate the dip in an airtight container for up to three days.

More Flavor

Add salt and pepper to taste.

No Coconut Yogurt

Use Greek yogurt instead.

Ingredients

1/4 cup Ranch Dressing

1 cup Broccoli (chopped into florets)

Chickpea Pasta with Peas & Pancetta

10 ingredients · 20 minutes · 4 servings

Directions

1. Cook the pasta according to the package directions. Set aside some pasta water once the pasta has finished cooking.
2. Meanwhile, heat a pan over medium heat. Add the pancetta and cook for five to six minutes until browned and some of the fat has released. Add the frozen peas and garlic.
3. Add the cooked pasta along with the reserved pasta water. Add the lemon juice, green onion, and parsley. Stir to combine.
4. Cook for one to two more minutes. Divide evenly between bowls. Top with chili flakes, and season with salt and pepper. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 2 1/2 cups.

No Chickpea Pasta

Use another pasta of your choosing.

Ingredients

1 lb Chickpea Pasta (dry)
1/2 cup Water (reserved from cooking pasta)
5 ozs Pancetta (diced)
2 cups Frozen Peas
2 Garlic (clove, minced)
1 Lemon (juiced)
2 stalks Green Onion (chopped)
1/4 cup Parsley
2 tsps Chili Flakes
Sea Salt & Black Pepper (to taste)

Air Fryer General Tso Tofu & Broccoli with Rice

13 ingredients · 20 minutes · 4 servings

Directions

1. Cook the rice according to the package directions.
2. Meanwhile, preheat the air fryer to 400°F (205°C). In a large bowl, toss the tofu with the cornstarch and garlic powder. Transfer the tofu to the air fryer basket and cook for 12 to 15 minutes or until crispy, flipping halfway through.
3. While the tofu cooks, place the broccoli in a steamer basket over boiling water and cover. Steam for five minutes or until tender.
4. In a small pot, over low heat, whisk together the tamari, vinegar, hoisin sauce, water, arrowroot powder, sugar, and red pepper flakes. Bring to a simmer and cook until thickened, about three to five minutes.
5. Toss the cooked tofu in the sauce until coated. Divide the rice, tofu, and broccoli evenly between plates. Top with green onion and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one cup of tofu, 1 1/2 cups broccoli, and half a cup of rice.

Additional Toppings

Sesame seeds.

No Arrowroot

Use cornstarch instead.

Ingredients

1 cup Jasmine Rice (dry, rinsed)
16 ozs Tofu (extra-firm, pressed, cubed)
1/2 cup Cornstarch
2 tsps Garlic Powder
6 cups Broccoli (cut into florets)
1/3 cup Tamari
2 tbsps Rice Vinegar
1/4 cup Hoisin Sauce
1/2 cup Water
2 tsps Arrowroot Powder
1/4 cup Brown Sugar
1/2 tsp Red Pepper Flakes
2 stalks Green Onion (sliced)

Crunchy Chicken Salad with Almond Butter Sauce

10 ingredients · 30 minutes · 4 servings

Directions

1. In a small bowl or jar, combine the teriyaki sauce and almond butter. Whisk until smooth. Stir in a splash of water if needed to thin slightly. Set aside.
2. Season the chicken generously with salt and pepper. Heat the oil in a pan, then add the chicken. Cook for eight to 10 minutes per side until cooked through. Let rest for five minutes, then dice.
3. Combine the purple cabbage, savoy cabbage, carrot, and green onion in a large bowl.
4. Add the diced chicken, almond butter sauce, and sesame seeds. Stir to combine. Divide evenly between bowls or plates. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

Additional Toppings

Fresh herbs like parsley or cilantro.

Serve It With

Rice, quinoa, or other grain.

Ingredients

1/3 cup Teriyaki Sauce

1/4 cup Almond Butter

1 1/3 lbs Chicken Breast (skinless, boneless)

Sea Salt & Black Pepper (to taste)

1 1/3 tbsps Extra Virgin Olive Oil

2 2/3 cups Purple Cabbage (thinly sliced)

2 2/3 cups Savoy Cabbage (thinly sliced)

1 1/3 Carrot (medium, shredded)

2 2/3 stalks Green Onion (chopped)

1 1/3 tbsps Sesame Seeds

One Pan Salmon, Edamame & Broccoli

10 ingredients · 30 minutes · 4 servings

Directions

1. Preheat the oven to 400°F (205°C).
2. In a bowl, mix together the tamari, oil, sugar, ginger, garlic, and sesame seeds.
3. Place the broccoli and edamame on a large baking sheet. Pour 1/4 of the sauce on top and mix to combine. Transfer to the oven and bake for ten minutes.
4. Remove the baking sheet and make room for the salmon. Drizzle with another 1/4 of the sauce and rub into the salmon. Place back in the oven and bake for ten to 12 minutes or until everything is cooked through. For more color, broil for one to two minutes after cooking.
5. Divide onto plates and drizzle with the remaining sauce mixture. Garnish with green onion. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/4 cups of broccoli, one cup of edamame, and one salmon fillet.

More Flavor

Add sriracha or chili flakes to the sauce.

Ingredients

1/3 cup Tamari
1 tbsp Avocado Oil
1 tbsp Coconut Sugar
1 tsp Ginger (minced)
2 Garlic (clove, minced)
2 tps Sesame Seeds
6 cups Broccoli (chopped into florets)
4 cups Edamame Pods (frozen)
1 1/4 lbs Salmon Fillet
2 stalks Green Onion (sliced)

Steak, Roasted Potatoes & Asparagus

6 ingredients · 25 minutes · 4 servings

Directions

1. Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
2. Toss the potatoes with half of the butter and half of the salt. Spread evenly onto the baking sheet and cook in the oven for 20 minutes or until cooked through.
3. Meanwhile, season the steak with the remaining salt. Add the remaining butter to a cast-iron skillet. Add the steak to the skillet and cook for about two to three minutes per side, or until it has reached your desired doneness. Set aside and let rest for at least five minutes before slicing it.
4. Add the asparagus to the skillet and sauté for three to four minutes, or until tender-crisp.
5. Divide the roasted potatoes, asparagus, and steak evenly between plates. Top with parsley and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately one cup of potatoes, one cup of asparagus, and steak.

More Flavor

Add garlic.

Dairy-Free

Use oil instead of butter

Ingredients

4 cups Mini Potatoes (halved)

2 tbsps Butter (melted, divided)

1 tsp Sea Salt (divided)

1 1/2 lbs Top Sirloin Steak

4 cups Asparagus (ends trimmed)

1 1/3 tbsps Parsley (chopped)