

W19

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

W19

5 days

	Mon	Tue	Wed	Thu	Fri
Lunch	Tahini & Pear Toast	Turkey Wraps with Almonds, Cucumbers & Blueberries Child	Tahini & Pear Toast	Coconut Yogurt Strawberry Parfait Child Lunch	Coconut Yogurt Strawberry Parfait Child Lunch
	Green Smoothie Muffins		Green Smoothie Muffins	Green Smoothie Muffins	Green Smoothie Muffins
Dinner	One Pan Steak with Broccoli & Green Beans	Mixed Veggie & Shrimp Stir Fry	Jalapeno Turkey Burgers	Air Fryer Chicken Fajitas	California Naan Pizza
				Sour Cream & Lettuce & Salsa	

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61 items

Fruits

- ☐ 1/4 Apple
- ☐ 2 Banana
- ☐ 1/2 cup Blueberries
- ☐ 2 tbsps Lime Juice
- ☐ 1 Pear
- ☐ 1 cup Strawberries

Breakfast

- ☐ 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 2 tbsps Almonds
- ☐ 1 tbsp Chili Flakes
- ☐ 2 tsps Chili Powder
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tbsp Smoked Paprika
- ☐ 1/4 cup Steak Spice Seasoning
- ☐ 2 tbsps Taco Seasoning
- ☐ 2 tbsps Walnuts

Frozen

- ☐ 1 cup Frozen Edamame
- ☐ 6 cups Frozen Vegetable Mix

Vegetables

- ☐ 10 1/2 cups Baby Spinach
- ☐ 4 cups Broccoli
- ☐ 1/4 cup Cilantro
- ☐ 1 1/4 cups Coleslaw Mix
- ☐ 1/8 Cucumber
- ☐ 4 Garlic
- ☐ 4 cups Green Beans
- ☐ 1 Jalapeno Pepper
- ☐ 2 Orange Bell Pepper
- ☐ 1/3 cup Red Onion
- ☐ 4 cups Romaine
- ☐ 1 Yellow Onion

Boxed & Canned

- ☐ 1/2 cup Salsa

Baking

- ☐ 1 tbsp Baking Powder
- ☐ 2 cups Oats
- ☐ 2 tbsps Pitted Dates
- ☐ 2 tbsps Raw Honey

Bread, Fish, Meat & Cheese

- ☐ 1 lb Chicken Thighs
- ☐ 12 Corn Tortilla
- ☐ 1 lb Extra Lean Ground Turkey
- ☐ 1 cup Feta Cheese
- ☐ 1/2 oz Havarti Cheese
- ☐ 4 ozs Mozzarella Cheese
- ☐ 4 pieces Naan
- ☐ 1 1/2 lbs Shrimp
- ☐ 1 oz Sliced Turkey Breast
- ☐ 1 1/4 lbs Top Sirloin Steak
- ☐ 2 slices Whole Grain Bread
- ☐ 8 ozs Whole Wheat Bun

Condiments & Oils

- ☐ 1/4 cup Avocado Oil
- ☐ 1/8 oz Avocado Oil Spray
- ☐ 1/4 cup Coconut Aminos
- ☐ 1 tsp Coconut Oil
- ☐ 1 tbsp Extra Virgin Olive Oil
- ☐ 1/3 cup Mayonnaise
- ☐ 3/4 cup Sun Dried Tomatoes
- ☐ 2 tbsps Tahini
- ☐ 1/4 cup Tomato Sauce

Cold

- ☐ 3 Egg
- ☐ 1/2 cup Sour Cream
- ☐ 3/4 cup Unsweetened Almond Milk
- ☐ 1 1/2 cups Unsweetened Coconut Yogurt

Other

- ☐ 1/2 cup Vanilla Protein Powder
- ☐ 1/2 cup Water

Tahini & Pear Toast

4 ingredients · 5 minutes · 2 servings

Directions

1. Spread tahini over the bread and top with pear slices. Drizzle the maple syrup on top (optional) and enjoy!

Notes

Leftovers

For best results, enjoy freshly made. Refrigerate for up to one day.

Gluten-Free

Use gluten-free bread instead of whole grain bread.

More Flavor

Add cinnamon and cardamom.

Additional Toppings

Chopped dates, sliced almonds, sesame seeds, shredded coconut, or hemp seeds.

Ingredients

2 tbsps Tahini

2 slices Whole Grain Bread (toasted)

1 Pear (medium, sliced)

2 tbsps Maple Syrup (optional)

Green Smoothie Muffins

9 ingredients · 25 minutes · 12 servings

Directions

1. Preheat the oven to 350°F (177°C) and line a muffin tray with liners. Brush the liners with coconut oil or use silicone cups or a silicone muffin tray to prevent the muffins from sticking.
2. In your blender, combine the baby spinach, bananas, protein powder, dates, and milk. Blend until smooth, then add the eggs, oats, and baking powder. Blend again until a batter is formed.
3. Scoop the muffin batter into the prepared muffin tray. Bake for 18 to 20 minutes, or until a toothpick inserted into the middle of a muffin comes out clean.
4. Let cool and enjoy!

Notes

Recommended Protein Powder

This recipe was developed and tested with a plant-based protein powder. If using a different type of protein powder, results may vary.

Leftovers

Store in an airtight container in the fridge for 4 days, or freeze for two months or more.

Add-Ins

After blending, stir in chocolate chips, fresh berries, walnuts, or anything else you like to add to banana muffins!

Ingredients

- 1 **tsp** Coconut Oil
- 2 **1/2 cups** Baby Spinach
- 2 Banana (ripe)
- 1/2 **cup** Vanilla Protein Powder
- 2 **tbsps** Pitted Dates
- 3/4 **cup** Unsweetened Almond Milk
- 2 Egg
- 2 **cups** Oats (rolled)
- 1 **tbsp** Baking Powder

Turkey Wraps with Almonds, Cucumbers & Blueberries Child

6 ingredients · 10 minutes · 1 serving

Directions

1. Layer the apple and havarti on top of the sliced turkey. Roll into wraps and serve with the blueberries, almonds and cucumber. Enjoy!

Notes

No Turkey Breast

Use ham, prosciutto, salami, collard greens or lettuce instead.

Dairy-Free

Use avocado instead of havarti.

Nut-Free

Use pumpkin seeds or sunflower seeds instead.

Leftovers

Refrigerate in an airtight container for up to three days.

Ingredients

1/4 Apple (cored, sliced)

1/2 oz Havarti Cheese (sliced)

1 oz Sliced Turkey Breast

1/2 cup Blueberries

2 tbsps Almonds

1/8 Cucumber (large, sliced)

Coconut Yogurt Strawberry Parfait Child Lunch

3 ingredients · 5 minutes · 2 servings

Directions

1. Place half the coconut yogurt in a glass jar or bowl. Top with half the walnuts and half the strawberries. Add the remaining coconut yogurt, walnuts and strawberries. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Nut-Free

Use sunflower seeds instead of walnuts.

Additional Toppings

Add nut or seed butter, chia seeds, cinnamon or shredded coconut on top.

Ingredients

1 1/2 cups Unsweetened Coconut Yogurt (divided)

2 tbsps Walnuts (Finely chopped, divided)

1 cup Strawberries (chopped, divided)

One Pan Steak with Broccoli & Green Beans

6 ingredients · 20 minutes · 4 servings

Directions

1. Heat a cast iron pan over high heat. While the pan is heating up, rub the steak spice seasoning all over the steaks.
2. Once the pan is heated, coat the pan with oil. Place the steaks on the pan and cook for five to six minutes per side or until cooked to your liking. Remove the steaks from the pan and rest for five minutes before slicing.
3. Meanwhile, reduce the heat to medium and add more oil if needed. Add the broccoli, green beans, salt, and pepper. Cook for three to four minutes or until tender-crisp. If you prefer softer veggies, add a bit of water and steam.
4. Divide the broccoli, green beans, and steak between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups of vegetables with steak.

No Steak Spice Seasoning

Use garlic powder, onion flakes, or your favorite seasoning blend instead.

Ingredients

1/4 cup Steak Spice Seasoning

1 1/4 lbs Top Sirloin Steak

1/4 cup Avocado Oil

4 cups Broccoli (cut into florets)

4 cups Green Beans (trimmed)

Sea Salt & Black Pepper (to taste)

Mixed Veggie & Shrimp Stir Fry

9 ingredients · 20 minutes · 4 servings

Directions

1. Heat the oil in a pan over medium-high heat. Add the vegetable mix and edamame and sauté for about 10 minutes or until tender and browned.
2. Add the shrimp and cook for two to three minutes, stirring occasionally. In a small bowl, whisk together the coconut aminos, honey, chili flakes, and garlic to make the sauce.
3. Add the sauce to the pan, stir, and simmer for three to four minutes.
4. Remove from the heat and top with the cilantro. Divide evenly between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

More Flavor

Add ginger and lime juice. Serve over your favorite grain of choice or cauliflower rice.

No Cilantro

Use green onion instead.

Frozen Vegetable Mix

This recipe was made using a mix of bell peppers, carrots, and snap peas.

Ingredients

1 tbsp Extra Virgin Olive Oil
6 cups Frozen Vegetable Mix
1 cup Frozen Edamame
1 1/2 lbs Shrimp (peeled, deveined)
1/4 cup Coconut Aminos
2 tbsps Raw Honey
1 tbsp Chili Flakes
4 Garlic (clove, minced)
1/4 cup Cilantro

Jalapeno Turkey Burgers

11 ingredients · 20 minutes · 4 servings

Directions

1. In a large bowl, combine the turkey, egg, smoked paprika, chili powder, jalapeño, and red onion. Mix well and season with salt and pepper. Form the mixture into even patties.
2. Preheat the grill to medium heat.
3. Add the patties to the grill and cook for six to seven minutes per side or until cooked through.
4. Meanwhile, in a bowl, mix together the coleslaw with the mayonnaise and lime juice.
5. Divide the burgers onto buns and top with coleslaw mix. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to one turkey burger with about 1/3 cup coleslaw.

More Flavor

Add green onion, garlic and/or chopped cilantro to the turkey mixture. Add sliced cheese on top of the burger.

Wet Mixture

To avoid a wet mixture, be sure to squeeze out excess liquid from the onion after grating on a box grater.

Gluten-Free

Use a gluten-free bun or serve on lettuce.

Ingredients

1 lb Extra Lean Ground Turkey

1 Egg (whisked)

1 tbsp Smoked Paprika

2 tsps Chili Powder

1 Jalapeno Pepper (finely chopped, seeds removed for less heat)

1/3 cup Red Onion (grated and drained of excess water)

Sea Salt & Black Pepper (to taste)

1 1/4 cups Coleslaw Mix

1/3 cup Mayonnaise

2 tsps Lime Juice

8 ozs Whole Wheat Bun (toasted)

Air Fryer Chicken Fajitas

7 ingredients · 20 minutes · 4 servings

Directions

1. Preheat the air fryer to 390°F (200°C).
2. In a large bowl, combine the chicken, peppers, onions, salt, pepper, and taco seasoning. Mix well to combine. Transfer to the air fryer in an even layer. If you cannot fit the ingredients in an even layer, be sure to cook in batches.
3. Spray the chicken and veggies with oil. Bake for 15 minutes, tossing halfway through.
4. Divide the fajita mixture evenly between tortillas. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately three fajitas.

More Flavor

Squeeze some lime juice on top when serving.

Additional Toppings

Add black beans. Top with green onions, cilantro, sour cream, cheese, guacamole, and/or salsa.

No Corn Tortillas

Serve with lettuce to make into lettuce wraps. Serve over cauliflower or regular rice. Serve over tortilla chips and top with cheese for fajita nachos.

Avocado Oil Spray

One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.

Air Fryer Tip

Work in batches to ensure the food can get browned and not steam, make sure the chicken and veggies are in an even layer and not overlapping.

Ingredients

1 lb Chicken Thighs (boneless, skinless, sliced)

2 Orange Bell Pepper (medium, sliced)

1 Yellow Onion (cut into wedges)

Sea Salt & Black Pepper (to taste)

2 tbsps Taco Seasoning

1/8 oz Avocado Oil Spray

12 Corn Tortilla

Sour Cream & Lettuce & Salsa

3 ingredients · 2 minutes · 4 servings

Directions

1. Divide the toppings evenly. Enjoy!

Notes

Leftovers

Refrigerate everything separately for up to three days. Make the wraps when ready to eat.

Serving Size

One serving is approximately six lettuce wraps.

Make it Vegan

Use vegan sour cream or omit.

More Flavor

Cook the black beans in oil instead of water. Add minced garlic and onion when cooking. Add salt and pepper to taste.

Additional Toppings

Add cheese, chopped green onions, cilantro and/or pickled jalapeños.

Ingredients

4 cups Romaine (washed, shredded)

1/2 cup Sour Cream

1/2 cup Salsa

California Naan Pizza

7 ingredients · 15 minutes · 4 servings

Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Once preheated, put the naan on the baking sheet and bake for five minutes.
2. Meanwhile, heat the water in a pan over medium-high heat. Cook the spinach until wilted, about one to two minutes. Pat dry and set aside.
3. Spread the tomato sauce evenly over the naan. Top with mozzarella, sautéed spinach, sun dried tomatoes, and feta cheese. Return to the oven and bake for six to eight more minutes, or until the cheese is melted and the crust is crispy.
4. Cut into slices and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Gluten-Free

Use a cauliflower crust or brown rice tortilla instead of naan, and adjust the baking time accordingly.

Dairy-Free

Use vegan cheese.

More Flavor

Add red pepper flakes or top with chili oil.

Naan

One piece of naan is 3.2 oz or 90 grams.

Ingredients

4 pieces Naan

1/2 cup Water

8 cups Baby Spinach

1/4 cup Tomato Sauce

4 ozs Mozzarella Cheese (shredded)

3/4 cup Sun Dried Tomatoes (sliced)

1 cup Feta Cheese (crumbled)