

July 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

July Adult Lunches

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Lunch	Crispy Tofu & Lentil Power Bowl	Turkey, Artichoke & Olive Naan Pizza	Mortadella Avocado Bagel	Strawberry Kiwi Salad with Chicken	Roast Beef Sandwich	Greek Salmon Salad	Tortellini, Artichoke & Chickpea Salad
Snack 2	Tuna & Olive Veggie Sandwich						



July Adult Lunches

54 items

Fruits

- ☐ 3/4 Avocado
- ☐ 1 Kiwi
- ☐ 1/2 Lemon
- ☐ 1 3/4 tsps Lemon Juice
- ☐ 1/4 Lime
- ☐ 1/2 cup Strawberries

Breakfast

- ☐ 3/4 tsp Maple Syrup

Seeds, Nuts & Spices

- ☐ 1 tbsp Pumpkin Seeds
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tbsp Sunflower Seeds

Vegetables

- ☐ 1 cup Baby Kale
- ☐ 1 cup Baby Spinach
- ☐ 1/2 cup Cherry Tomatoes
- ☐ 1 cup Coleslaw Mix
- ☐ 1 Cremini Mushrooms
- ☐ 3/4 Cucumber
- ☐ 1/4 head Green Lettuce
- ☐ 1/4 cup Microgreens
- ☐ 2 cups Mixed Greens
- ☐ 1/4 cup Red Onion
- ☐ 1 Tomato

Boxed & Canned

- ☐ 5 ozs Canned Wild Salmon
- ☐ 1/2 cup Chickpeas
- ☐ 2 tsps Dry Green Lentils
- ☐ 2 2/3 tsps Quinoa
- ☐ 1/2 can Tuna

Baking

- ☐ 1 1/2 tsps Cornstarch

Bread, Fish, Meat & Cheese

- ☐ 1 Bagel
- ☐ 2 1/2 ozs Chicken Breast, Cooked
- ☐ 3 ozs Deli Roast Beef
- ☐ 2 2/3 tsps Feta Cheese
- ☐ 3 ozs Mortadella
- ☐ 2 ozs Mozzarella Cheese
- ☐ 1 piece Naan
- ☐ 1 1/2 ozs Sliced Turkey Breast
- ☐ 5 ozs Tofu
- ☐ 2 slices Whole Grain Bread
- ☐ 2 ozs Whole Wheat Bun

Condiments & Oils

- ☐ 2 1/4 tsps Apple Cider Vinegar
- ☐ 3/4 cup Artichoke Hearts
- ☐ 1/16 oz Avocado Oil Spray
- ☐ 1 tbsp Black Olives
- ☐ 1 3/4 tsps Extra Virgin Olive Oil
- ☐ 1/4 cup Mayonnaise
- ☐ 1 tbsp Pesto
- ☐ 2 tsps Pickle
- ☐ 1 1/2 tsps Pitted Kalamata Olives
- ☐ 1 tsp Tahini
- ☐ 1 tsp Tamari
- ☐ 1 tbsp Tomato Sauce
- ☐ 3/4 tsp Yellow Mustard

Cold

- ☐ 3 ozs Cheese Tortellini
- ☐ 1 tbsp Unsweetened Almond Milk

Other

- ☐ 1 1/2 tsps Water

Crispy Tofu & Lentil Power Bowl

12 ingredients · 40 minutes · 1 serving

Directions

1. Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
2. Add the tofu cubes to a bowl and gently toss with the oil and tamari. Add the cornstarch and gently toss until the tofu cubes are well coated. Arrange the tofu on the prepared baking sheet. Cook in the oven for 20 minutes until crispy.
3. Cook the lentils according to the package directions. Drain, rinse under cold water, and set aside. Season with salt and pepper.
4. Cook the quinoa according to the package directions. Once cooked, add the spinach and cover for two to three minutes until just wilted. Season with salt and pepper.
5. In a small bowl, whisk together the tahini, water, and lemon juice until smooth. Season with salt and pepper.
6. Divide the quinoa, spinach, lentils, tofu, and tomatoes evenly between bowls or plates. Drizzle with the tahini dressing. Enjoy!

Notes

Ingredients

5 ozs Tofu (extra-firm, pressed, cubed)
1/16 oz Avocado Oil Spray
1 tsp Tamari
1 1/2 tsps Cornstarch
2 tbsps Dry Green Lentils (rinsed)
Sea Salt & Black Pepper (to taste)
2 2/3 tbsps Quinoa (dry, rinsed)
1 cup Baby Spinach
1 1/2 tsps Water
1 tsp Tahini
1/4 tsp Lemon Juice
1/2 cup Cherry Tomatoes (halved)

Turkey, Artichoke & Olive Naan Pizza

7 ingredients · 15 minutes · 1 serving

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. Spread the tomato sauce evenly over the naan. Top with half the mozzarella, artichoke hearts, turkey, mushrooms, olives, and then the remaining mozzarella.
3. Return to the oven and bake for six to eight more minutes, or until the cheese is melted and the crust is crispy. 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.

Naan

One piece of naan is 3.2 oz or 90 grams.

Ingredients

1 piece Naan

1 tbsp Tomato Sauce

2 ozs Mozzarella Cheese (shredded, divided)

1/4 cup Artichoke Hearts (from the can, drained, sliced)

1 1/2 ozs Sliced Turkey Breast (chopped)

1 Cremini Mushrooms (sliced)

1 tbsp Black Olives (pitted, sliced)

Mortadella Avocado Bagel

4 ingredients · 5 minutes · 1 serving

Directions

1. Open the bagel. Place the sliced avocado on the bottom half of the bagel and drizzle with lime juice.
2. Place the mortadella on top, close the bagel, and enjoy!

Notes

Leftovers

Best enjoyed fresh.

Serving Size

One serving is one bagel.

More Flavor

Add cream cheese and toast the bagel. Sprinkle the avocado with sea salt.

Ingredients

- 1 Bagel (everything)
- 1/4 Avocado (medium, sliced)
- 1/4 Lime (medium, juiced)
- 3 ozs Mortadella

Strawberry Kiwi Salad with Chicken

9 ingredients · 5 minutes · 1 serving

Directions

1. In a small bowl combine the apple cider vinegar, oil, and maple syrup. Season with salt and pepper and stir well.
2. Divide the mixed greens between bowls and top with the chopped strawberries, kiwi, and sunflower seeds. Pour the apple cider vinegar dressing over top and mix well. Top with the chicken and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Store fruit separately from the mixed greens and chicken. Add the dressing just before serving.

Additional Toppings

Cucumbers, red onion, red pepper, or other chopped vegetables. Add avocado or cheese.

No Chicken

Top with cooked shrimp, fish, or tofu instead.

No Sunflower Seeds

Use pumpkin seeds, hemp seeds, or chopped nuts instead.

Ingredients

2 1/4 tsps Apple Cider Vinegar

2 1/4 tsps Extra Virgin Olive Oil

3/4 tsp Maple Syrup

Sea Salt & Black Pepper (to taste)

2 cups Mixed Greens

1/2 cup Strawberries (chopped)

1 Kiwi (peeled and chopped)

1 tbsp Sunflower Seeds

2 1/2 ozs Chicken Breast, Cooked (sliced)

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

Greek Salmon Salad

10 ingredients · 10 minutes · 1 serving

Directions

1. In a small bowl, whisk together the oil, lemon juice, salt, and pepper.
2. Arrange the remaining ingredients on a serving platter. Drizzle with the dressing and enjoy!

Notes

Leftovers

Best enjoy immediately. Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to approximately 2 1/2 cups.

More Flavor

Add olives and bell pepper.

Dairy-Free

Omit the feta cheese or use plant-based cheese instead.

Ingredients

1 tbsp Extra Virgin Olive Oil

1/2 Lemon (juiced)

Sea Salt & Black Pepper (to taste)

5 ozs Canned Wild Salmon (drained)

1/4 head Green Lettuce (separated into leaves and washed)

1/2 Tomato (medium, chopped)

1/2 Cucumber (small, thinly sliced)

1/2 Avocado (small, sliced)

2 tbsps Red Onion (sliced)

2 2/3 tbsps Feta Cheese (crumbled)

Tortellini, Artichoke & Chickpea Salad

7 ingredients · 15 minutes · 1 serving

Directions

1. Cook the tortellini according to the directions on the package. Drain, rinse well, and set aside to cool.
2. Combine all the ingredients including the cooked and cooled tortellini in a serving bowl and mix to coat.
3. Divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for four days.

Serving Size

One serving is about two cups.

More Flavor

Add crumbled feta, goat cheese, sun dried tomatoes and/or fresh herbs like chives, basil and parsley.

Ingredients

3 ozs Cheese Tortellini

1/2 cup Chickpeas (cooked)

1 cup Baby Kale

1 tbsp Pesto

1 1/2 tsps Lemon Juice

1/2 cup Artichoke Hearts (from the can, drained)

1 tbsp Pumpkin Seeds (optional)

Tuna & Olive Veggie Sandwich

8 ingredients · 10 minutes · 1 serving

Directions

1. Lay the open buns on a flat surface or onto plates.
2. Add the mayonnaise to the bun(s). Place the tuna, olives, tomato, onion, cucumber, and microgreens evenly between the buns. Close the sandwich and enjoy!

Notes

Leftovers

Best enjoyed immediately or refrigerate the prepared ingredients, separate from the bread, in an airtight container for up to two days.

Serving Size

One serving is equal to one sandwich.

Whole Wheat Bun

One bun is equal to approximately 57 grams or two ounces.

More Flavor

Use canned salmon or sardines instead of the tuna. Add a sliced boiled egg.

Additional Toppings

Basil leaves, cilantro, mixed greens.

Gluten-Free

Use gluten-free buns or bread.

Ingredients

2 ozs Whole Wheat Bun (cut in half to open)

1 1/2 tbsps Mayonnaise

1/2 can Tuna (drained, flaked with a fork)

1 1/2 tbsps Pitted Kalamata Olives (halved)

1/2 Tomato (medium, sliced)

2 tbsps Red Onion (sliced)

1/4 Cucumber (small, sliced)

1/4 cup Microgreens