



Wellness That Fits Meal Plan Subscription

July W27

Meal Prep Steps

Set aside ~1 hour on a designated meal prep day.

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 any 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.

Divide and Conquer

Ask a spouse, family member (get the kids in the kitchen!), or caretaker to check off a few of the small tasks like washing/chopping veggies or cooking something. A little help goes a long way!

Task assigned to?  Check when complete	Time	Directions	Kitchen Appliance Needed
☐ Who:	20 min	Make the Zucchini Alfredo with Turmeric Chicken <i>Time-saving Tip:</i> Purchase frozen zoodles (zucchini noodles)	Stovetop
☐ Who:	25 min	Make the Steak Fried Rice	Stovetop
☐ Who:	20 min	Make the Spicy Shredded Tofu Taco Filling	Stovetop



Who:			
Who:	10 min	Chop/Prep the other Veggies For the Shredded Romaine Salad: 2 heads Romaine Hearts (shredded) 2 stalks Green Onion (thinly sliced) 3 tbsps Fresh Dill (finely chopped) <i>Time-saving Tip:</i> Buy pre-chopped romaine Place portions for each recipe in reusable bags or tightly sealed glass containers and refrigerate.	
Who: Note: great oppor- tunity to involve the kids!	5 min 5 min	School Lunches Make the Grapes & Cheese Snack Box Assemble 2 lunches Make the Hummus, Cuc, Meat & Cheese Snack Box Assemble 3 lunches Refrigerate lunchboxes until ready to eat.	

Total Estimated Prep time: 75 minutes for dinners + 10 min for School Lunches

Prep/Cook Day Of:

Banana Oat Protein Pancakes (15 min) + Scrambled Eggs with Peppers & Kale (<15 min)
Air Fryer Chicken Taquitos (15 min)

Substitution Notes

See dairy-free and gluten-free substitution notes within the recipes.

If you need more personalization and support with food allergies or intolerances, please contact me. 🙌 [Book Your Discovery Call Here and we will go over your options](#)

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