



Wellness That Fits Meal Plan Subscription

May W20

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:	10 min hands on; total 25 min	Make the Spicy Sweet Chicken & Veggies While the food is cooking... (next step)	Oven
☐ Who:	25 min	Make the Fettuccine with Sausage, Beans & Kale	Stovetop
☐	25 min	Make the Broccoli & Cabbage Chicken Skillet <i>Time-saving Tip:</i> Buy pre-chopped broccoli florets.	Stovetop



Who:			
Who: Note: great oppor- tunity to involve the kids!	10 min hands on; total 40 min 10 min 10 min 10 min	School Lunches Make the Berry Spelt Muffins While they are baking... Make the Deli Beef Wraps Assemble 2 lunches with the wraps + muffin Make the Chocolate & Peach Overnight Oats Mix ingredients in a bowl, divide in a compartmentalized lunch box, top with peaches, and refrigerate overnight. Assemble 2 lunches with overnight oats + cauliflower + ranch Make the Ham, Carrots, Cheese & Banana Chip Box Assemble 1 lunch Refrigerate lunchboxes until ready to eat.	

Total Estimated Prep time: 60 minutes for dinners + 40 min for School Lunches

Prep/Cook Day Of:

Tuna Steak Burger with Sweet Potato Chips (25 min)

Mac & Cheese Chickpea Pasta with Peas (20 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](#)

Disclaimer

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