

June 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

June Adult Lunches

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Lunch	Strawberry Salsa Chicken Wrap	BLT Caprese Bowl	Salmon Sandwich with Cucumber Slices	Black Bean, Corn & Shrimp Salad with Tortilla Chips	Turkey, Avocado & Cheese Plate	Lentil & Chickpea Pasta Salad	Chicken Kale Salad with Avocado Dressing
Snack 2	Tuna & Edamame Detox Salad						



June Adult Lunches

50 items

Fruits

- ☐ 1 1/4 Avocado
- ☐ 1/4 Lemon
- ☐ 1 tsp Lemon Juice
- ☐ 1/2 Lime
- ☐ 1 1/2 tsps Lime Juice
- ☐ 1 1/8 cups Strawberries

Seeds, Nuts & Spices

- ☐ 1/16 tsp Black Pepper
- ☐ 1/8 tsp Cumin
- ☐ 1/2 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tbsp Slivered Almonds

Frozen

- ☐ 1 Brown Rice Tortilla
- ☐ 1/4 cup Frozen Edamame

Vegetables

- ☐ 2 tsps Alfalfa Sprouts
- ☐ 1 cup Baby Kale
- ☐ 1 cup Cherry Tomatoes
- ☐ 1 1/2 tsps Chives
- ☐ 1 tbsp Cilantro
- ☐ 1 1/8 Cucumber
- ☐ 1/4 head Endive
- ☐ 1/2 stalk Green Onion
- ☐ 1/4 Jalapeno Pepper
- ☐ 3 cups Kale Leaves
- ☐ 2 1/2 cups Mixed Greens
- ☐ 1/4 cup Parsley
- ☐ 1/2 Red Bell Pepper
- ☐ 3 2/3 tsps Red Onion

Boxed & Canned

- ☐ 1/3 cup Black Beans
- ☐ 5 ozs Canned Wild Salmon
- ☐ 2 ozs Chickpea Pasta
- ☐ 1/3 cup Corn
- ☐ 1 cup Corn Tortilla Chips
- ☐ 1 cup Lentils
- ☐ 1/3 cup Quinoa
- ☐ 1/2 can Tuna

Bread, Fish, Meat & Cheese

- ☐ 3 slices Bacon
- ☐ 2 ozs Cheddar Cheese
- ☐ 8 ozs Chicken Breast, Cooked
- ☐ 1/4 cup Ricotta Cheese
- ☐ 4 ozs Shrimp, Cooked
- ☐ 3 ozs Sliced Turkey Breast
- ☐ 2 slices Whole Grain Bread

Condiments & Oils

- ☐ 1 tbsp Balsamic Vinaigrette
- ☐ 1 1/4 tsps Balsamic Vinegar
- ☐ 3/4 tsp Dijon Mustard
- ☐ 1 3/4 tsps Extra Virgin Olive Oil
- ☐ 1 tbsp Mayonnaise
- ☐ 2 tsps Pitted Kalamata Olives
- ☐ 1 tbsp Sun Dried Tomatoes

Other

- ☐ 1 1/16 cups Water

Strawberry Salsa Chicken Wrap

8 ingredients · 15 minutes · 1 serving

Directions

1. Add the strawberries, onion, jalapeno, cilantro, lime, and sea salt to a bowl and mix to combine.
2. To assemble, divide the strawberry salsa onto the tortillas followed by the sliced chicken. Fold into a wrap and enjoy!

Notes

Leftovers

Refrigerate the leftover salsa in an airtight container for up to three days. Store the chicken separately.

Additional Toppings

Crumbled goat cheese, feta cheese, or fresh herbs.

Make it Vegan

Use tempeh, tofu, or chickpeas instead of chicken.

Ingredients

1 1/8 cups Strawberries (stems removed, finely diced)

2 2/3 tbsps Red Onion (finely diced)

1/4 Jalapeno Pepper (seeds removed, finely diced)

1 tbsp Cilantro (finely chopped)

1/2 Lime (juiced)

1/16 tsp Sea Salt (to taste)

1 Brown Rice Tortilla

4 ozs Chicken Breast, Cooked (sliced)

BLT Caprese Bowl

8 ingredients · 30 minutes · 1 serving

Directions

1. Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and stir in salt and half the balsamic vinegar. Set aside.
2. Meanwhile, cook the bacon in a large pan over medium-low heat until done. Transfer to a towel-lined plate and chop into pieces once cool enough to handle.
3. Divide the balsamic quinoa, bacon, greens, tomatoes and ricotta into bowls. Drizzle with remaining balsamic vinegar as desired. Enjoy immediately or refrigerate until ready to eat.

Notes

No Ricotta Cheese

Use greek yogurt, cottage cheese, burrata or feta cheese instead.

Storage

Refrigerate in an airtight container up to 3 to 5 days.

Ingredients

1/3 cup Quinoa (dry, uncooked)
2/3 cup Water
1/4 tsp Sea Salt
1 tbsp Balsamic Vinegar (divided)
3 slices Bacon
1 cup Mixed Greens
1 cup Cherry Tomatoes (halved)
1/4 cup Ricotta Cheese

Salmon Sandwich with Cucumber Slices

6 ingredients · 10 minutes · 1 serving

Directions

1. Add the salmon to a bowl and flake with a fork. Add the mayonnaise, sundried tomatoes, and lemon juice. Stir until well combined.
2. Spread the salmon mixture evenly over one slice of bread. Close the sandwich.
3. Serve with sliced cucumber on the side. Enjoy!

Notes

Leftovers

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

Serving Size

One serving is one sandwich with 1/3 cup of cucumber slices.

More Flavor

Toast the bread. Add freshly cracked black pepper, chopped fresh dill, or a pinch of capers.

Gluten-Free

Use gluten-free bread instead.

Ingredients

5 ozs Canned Wild Salmon (drained)

1 tbsp Mayonnaise

1 tbsp Sun Dried Tomatoes (finely chopped)

1 tsp Lemon Juice

2 slices Whole Grain Bread

1/4 Cucumber (medium, sliced)

Black Bean, Corn & Shrimp Salad with Tortilla Chips

10 ingredients · 15 minutes · 1 serving

Directions

1. In a large bowl combine the beans, corn, shrimp, cumin, oil, and lime juice. Season with salt and pepper and toss to combine.
2. Fold in the avocado and top with chives. Serve with tortilla chips and enjoy!

Notes

Leftovers

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

Serving Size

One serving is approximately 1 1/2 cups of shrimp salad and one cup of tortilla chips.

More Flavor

Add jalapeño or hot sauce.

No Chives

Use chopped cilantro or parsley instead.

Ingredients

1/3 cup Black Beans (cooked)

1/3 cup Corn

4 ozs Shrimp, Cooked (chopped)

1/8 tsp Cumin

1 tbs Extra Virgin Olive Oil

1 1/2 tsps Lime Juice

Sea Salt & Black Pepper (to taste)

1/4 Avocado (medium, cubed)

1 1/2 tsps Chives (finely chopped)

1 cup Corn Tortilla Chips

Turkey, Avocado & Cheese Plate

7 ingredients · 10 minutes · 1 serving

Directions

1. Arrange the greens, turkey, cheese, and avocado onto a plate.
2. Drizzle the mixed greens with oil and lemon juice. Season the greens and avocado with salt and pepper. Combine the ingredients into mini meat wraps or enjoy as is!

Notes

Leftovers

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

More Flavor

Add cucumber and cherry tomatoes to the plate.

Dairy-Free

Use plant-based cheese instead.

Ingredients

1 1/2 cups Mixed Greens
3 ozs Sliced Turkey Breast
2 ozs Cheddar Cheese (cubed)
1/2 Avocado (medium, sliced)
1 tsp Extra Virgin Olive Oil
1/4 Lemon (juiced)
Sea Salt & Black Pepper (to taste)

Lentil & Chickpea Pasta Salad

9 ingredients · 15 minutes · 1 serving

Directions

1. Cook the pasta according to the directions on the package and set aside. Drain, rinse well, and set aside to cool.
2. In a large bowl, mix the pasta, lentils, red onion, bell pepper, cucumber, olives, and baby kale. Add the dressing and mix well. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately three cups.

More Flavor

Serve with parmesan cheese and basil leaves.

Ingredients

2 ozs Chickpea Pasta

1 cup Lentils (from the can, drained and rinsed)

1 tbsp Red Onion (finely chopped)

1/2 Red Bell Pepper (diced)

1/4 Cucumber (diced)

2 tbsps Pitted Kalamata Olives (finely chopped)

1 cup Baby Kale

1 tbsp Balsamic Vinaigrette

Sea Salt & Black Pepper (to taste)

Chicken Kale Salad with Avocado Dressing

8 ingredients · 10 minutes · 1 serving

Directions

1. Add the avocado, parsley, green onion, salt, and half the water into a food processor. Blend until smooth, scraping down the sides as needed. Add more water, one tablespoon at a time until your desired consistency is reached.
2. Divide the kale, chicken, and cucumber into bowls. Top with avocado dressing and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately two cups of kale, four ounces of chicken, one cup of cucumber, and half a cup of dressing.

More Flavor

Add lemon juice, garlic powder, onion powder, black pepper, or cilantro to the dressing. Substitute some of the water with extra virgin olive oil.

Ingredients

1/2 Avocado (medium)

1/4 cup Parsley (stems removed)

1/2 stalk Green Onion (trimmed, chopped)

1/8 tsp Sea Salt (to taste)

1/3 cup Water (divided)

2 cups Kale Leaves (tough stems removed, finely chopped)

4 ozs Chicken Breast, Cooked (chopped)

1/2 Cucumber (medium, chopped)

Tuna & Edamame Detox Salad

12 ingredients · 15 minutes · 1 serving

Directions

1. Combine balsamic vinegar, mustard, olive oil, sea salt and black pepper together in a jar. Mix well and set aside.
2. Combine remaining ingredients together in a large salad bowl. Drizzle with desired amount of dressing and toss well. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Canned Tuna

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

No Tuna

Use diced grilled chicken instead.

Vegan

Use 1 can of cooked lentils instead of tuna.

Nut-Free

Replace almonds with sunflower or pumpkin seeds.

Ingredients

3/4 tsp Balsamic Vinegar
3/4 tsp Dijon Mustard
1 1/2 tps Extra Virgin Olive Oil
1/16 tsp Sea Salt
1/16 tsp Black Pepper
1/2 can Tuna (drained and flaked)
1/4 cup Frozen Edamame (thawed)
1/8 Cucumber (diced)
1/4 head Endive (julienned)
1 cup Kale Leaves (chopped)
2 tbsps Alfalfa Sprouts
1 tbsp Slivered Almonds