

W25

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

W25

5 days

	Mon	Tue	Wed	Thu	Fri
Lunch	Eggs & Avocado Snack Box	Carrots, Crackers & Hummus Snack Box	Eggs & Avocado Snack Box	Carrots, Crackers & Hummus Snack Box	Carrots, Crackers & Hummus Snack Box
	Apple	Banana	Apple	Banana	Banana
Dinner	Steak Skewers with Pita & Hummus	Baked Salmon with Broccoli & Quinoa	Chili Lime Chicken, Broccoli & Quinoa Bowls	Chicken & Bell Pepper Tacos	Cheesy Edamame & Parsley Pasta

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39 items

Fruits

- ☐ 2 Apple
- ☐ 3 1/3 Avocado
- ☐ 3 Banana
- ☐ 1/2 Lemon
- ☐ 2 1/3 Lime

Seeds, Nuts & Spices

- ☐ 1/2 cup Cashews
- ☐ 1 1/3 tsps Chili Powder
- ☐ 1/2 tsp Garlic Powder
- ☐ 1/2 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tbsp Taco Seasoning

Frozen

- ☐ 1 1/2 cups Frozen Edamame

Vegetables

- ☐ 12 cups Broccoli
- ☐ 3 Carrot
- ☐ 2 1/3 cups Cherry Tomatoes
- ☐ 1/3 cup Cilantro
- ☐ 2/3 Cucumber
- ☐ 1 Green Bell Pepper
- ☐ 1 Orange Bell Pepper
- ☐ 2 cups Parsley
- ☐ 1/2 Yellow Onion

Boxed & Canned

- ☐ 1 cup Black Beans
- ☐ 2 cups Brown Rice Spaghetti
- ☐ 1 2/3 cups Quinoa
- ☐ 4 1/2 ozs Rice Crackers

Baking

- ☐ 2 tsps Nutritional Yeast

Bread, Fish, Meat & Cheese

- ☐ 4 ozs Cheddar Cheese
- ☐ 1 lb Chicken Thighs
- ☐ 8 Corn Tortilla
- ☐ 1 lb Extra Lean Ground Chicken
- ☐ 1 1/4 lbs Salmon Fillet
- ☐ 1 lb Top Sirloin Steak
- ☐ 2 Whole Wheat Pita

Condiments & Oils

- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 2 1/2 ozs Pickled Red Onions

Cold

- ☐ 4 Egg
- ☐ 1 3/4 cups Hummus

Other

- ☐ 8 Barbecue Skewers
- ☐ 1 1/2 cups Water

Eggs & Avocado Snack Box

4 ingredients · 15 minutes · 2 servings

Directions

1. Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
2. Strain the water and fill the saucepan with cold water. Peel the eggs when cool enough to handle and slice into halves.
3. Arrange the boiled eggs, avocado, cucumber slices and cheese in a container. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Top the eggs with paprika, salt, pepper, everything bagel seasoning, dill or chives.

Ingredients

4 Egg

1 Avocado (medium, peeled)

2/3 Cucumber (sliced)

4 ozs Cheddar Cheese (cubed)

Apple

1 ingredient · 2 minutes · 1 serving

Directions

1. Slice into wedges, or enjoy whole.

Ingredients

1 Apple

Carrots, Crackers & Hummus Snack Box

3 ingredients · 5 minutes · 3 servings

Directions

1. Arrange the carrot sticks, crackers, and hummus into a container. Enjoy!

Notes

Leftovers

Refrigerate the carrots and hummus for up to three days. When ready to eat, add the crackers.

No Carrots

Use celery, cucumber, or bell peppers instead.

Ingredients

3 Carrot (medium, peeled, cut into sticks)

4 1/2 ozs Rice Crackers

3/4 cup Hummus

Banana

1 ingredient · 1 minute · 1 serving

Directions

1. Peel and enjoy!

Notes

More protein

Dip in almond butter.

Ingredients

1 Banana

Steak Skewers with Pita & Hummus

7 ingredients · 20 minutes · 4 servings

Directions

1. Pierce the steak, bell pepper, and tomatoes onto the barbecue skewers. Season with salt and pepper.
2. Grill over medium-high heat, rotating occasionally for about eight to nine minutes or your desired doneness is reached.
3. Serve the skewers with pita and hummus. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately two 12-inch skewers, half a pita, and 1/4 cup of hummus.

Gluten-Free

Use lettuce wraps instead of pita bread.

Additional Toppings

Add pickled veggies, lettuce, cilantro, parsley, red onion, or olives.

Barbecue Skewers

If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

No Hummus

Use baba ganoush or tzatziki instead.

Ingredients

1 lb Top Sirloin Steak (cut into 1-inch pieces)

1 Green Bell Pepper (medium, chopped)

1 cup Cherry Tomatoes

8 Barbecue Skewers

Sea Salt & Black Pepper (to taste)

2 Whole Wheat Pita (sliced in half)

1 cup Hummus

Baked Salmon with Broccoli & Quinoa

7 ingredients · 20 minutes · 4 servings

Directions

1. Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
2. Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
3. Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
4. While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
5. Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

Notes

Leftovers

Store covered in the fridge up to 2 days.

Speed it Up

Cook the quinoa ahead of time.

Vegan

Use tofu steaks instead of salmon fillets.

Ingredients

1 1/4 lbs Salmon Fillet
Sea Salt & Black Pepper (to taste)
8 cups Broccoli (sliced into small florets)
2 tbsps Extra Virgin Olive Oil
1 cup Quinoa (uncooked)
1 1/2 cups Water
1/2 Lemon (sliced into wedges)

Chili Lime Chicken, Broccoli & Quinoa Bowls

11 ingredients · 35 minutes · 4 servings

Directions

1. Preheat the oven to 425°F (220°C).
2. Cook the quinoa according to the package directions.
3. In a large bowl, mix together half of the oil, chili powder, lime zest, salt, and pepper. Add the chicken and use your hands to rub the marinade in. Place the chicken on a baking sheet.
4. Add the broccoli to the baking sheet and toss with the remaining oil, salt, and pepper. Transfer to the oven and cook for 20 to 25 minutes, until the chicken is cooked through. Let cool for five minutes before slicing the chicken.
5. In a small bowl, toss the beans with the tomatoes, cilantro, and lime juice and season with salt and pepper.
6. Divide the quinoa, chicken, broccoli, bean mixture, and avocado evenly into bowls. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately half a cup of quinoa, half a cup of chicken, one cup of broccoli, 2/3 cup of beans and tomato, and 1/3 of an avocado.

Ingredients

2/3 cup Quinoa (dry, rinsed)
2 2/3 tbsps Extra Virgin Olive Oil (divided)
1 1/3 tpsps Chili Powder
1 1/3 Lime (zested, juiced, divided)
Sea Salt & Black Pepper (to taste)
1 lb Chicken Thighs (boneless, skinless)
4 cups Broccoli (florets)
1 cup Black Beans (cooked)
1 1/3 cups Cherry Tomatoes (halved)
1 1/3 tbsps Cilantro (finely chopped)
1 1/3 Avocado (medium, sliced)

Chicken & Bell Pepper Tacos

10 ingredients · 20 minutes · 4 servings

Directions

1. Heat the oil in a pan over medium heat. Add the onions and sauté for two to three minutes.
2. Add the chicken, breaking it up as it cooks. Cook for five to six minutes then add the bell pepper and taco seasoning. Stir and cook for another five minutes.
3. Once everything is cooked through, turn off the heat and add the lime juice.
4. To assemble, divide the chicken mixture between tortillas. Top with sliced avocado, cilantro, and pickled red onion. Enjoy!

Notes

Leftovers

Refrigerate the chicken in an airtight container for up to three days. Assemble tacos just before serving.

Serving Size

One serving is equal to two tacos.

More Flavor

Add beans to the chicken mixture.

No Pickled Red Onion

Omit or use sliced red onion instead.

Ingredients

- 1 **1/2 tsps** Extra Virgin Olive Oil
- 1/2 Yellow Onion (diced)
- 1 **lb** Extra Lean Ground Chicken
- 1 Orange Bell Pepper (medium, chopped)
- 1 **tbsp** Taco Seasoning
- 1 Lime (juiced, plus extra for serving)
- 8 Corn Tortilla (small, warmed)
- 1 Avocado (medium, sliced)
- 1/4 **cup** Cilantro
- 2 **1/2 ozs** Pickled Red Onions

Cheesy Edamame & Parsley Pasta

8 ingredients · 15 minutes · 4 servings

Directions

1. Bring a large pot of water to a boil and add brown rice spaghetti. Cook according to the directions on the package. Remove from heat, strain and run cold water over pasta to prevent from over-cooking.
2. Meanwhile, make your 'parmesan' seasoning by adding cashews, nutritional yeast, garlic powder and sea salt to your food processor. Blend well until it reaches a spice-like consistency. Set aside.
3. In a large bowl, toss pasta with edamame, chopped parsley, salt and pepper to taste, and your desired amount of 'parmesan' seasoning. Divide into bowls and enjoy!

Notes

No Edamame

Use frozen peas or any leftover veggies.

Make it Spicy

Garnish with red pepper flakes.

Serving Size

One serving is approximately two cups. 1/2 cup of dry spaghetti is equal to 128 grams or 4.5 ounces.

Ingredients

2 cups Brown Rice Spaghetti

1/2 cup Cashews

2 tbsps Nutritional Yeast

1/2 tsp Garlic Powder

1/2 tsp Sea Salt

1 1/2 cups Frozen Edamame (thawed)

2 cups Parsley (finely chopped)

Sea Salt & Black Pepper (to taste)