

# July Breakfasts

Wellness That Fits, LLC

## Welcome to the Wellness That Fits Meal Plan!

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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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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

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- Breakfast: 1 serving

Easily update the grocery cart by multiplying the ingredients by the # of people you are making breakfast for. Please adjust based on your needs.

## Nutrition

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Each breakfast has a minimum of 20 grams of protein.

## Breakfast Options

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Pick and choose from the 8 options throughout the month. A suggestion to keep things simple and efficient: prep 2 breakfasts per week. Seasonal ingredients are included in the recipes.

## How to Use This Plan Efficiently

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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](#))

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- 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.

### 4. Store for Success

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Cassie Groeschl

<https://wellnessthatfits.com/>



- Some meals can be prepped and pre-portioned ahead of time (overnight oats, yogurt parfaits, chia pudding, etc.)
- Meal prep 5 breakfasts for the weekdays to make your week easier. Store in the fridge for 5 days.

## Tips for Efficiency

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- **Pick a Prep Day:** Commit to just 1-2 hours a week.
- **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?

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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?

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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 Breakfasts

7 days

|           | Mon                               | Tue                                        | Wed                                 | Thu                                 | Fri                      | Sat                       | Sun                      |
|-----------|-----------------------------------|--------------------------------------------|-------------------------------------|-------------------------------------|--------------------------|---------------------------|--------------------------|
| Breakfast | Chocolate Tahini Layered Smoothie | Scrambled Eggs with Avocado & Peach Slices | Coconut Hemp Seed Breakfast Pudding | Chocolate Almond Hemp Seed Porridge | Zucchini Breakfast Boats | Strawberry Kefir Smoothie | Kale, Feta & Egg Burrito |
| Snack 1   | Raspberry Zinger Smoothie         |                                            |                                     |                                     |                          |                           |                          |



# July Breakfasts

42 items

## Fruits

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- ☐ 1/4 Avocado
- ☐ 1/2 Banana
- ☐ 1 Lemon
- ☐ 1 Peach
- ☐ 1/4 cup Raspberries
- ☐ 1 1/4 cups Strawberries

## Breakfast

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- ☐ 1 tbsp Almond Butter

## Seeds, Nuts & Spices

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- ☐ 1/3 cup Chia Seeds
- ☐ 3 1/16 tbsps Ground Flax Seed
- ☐ 1/2 cup Hemp Seeds
- ☐ 1/8 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper

## Frozen

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- ☐ 1 cup Frozen Cauliflower
- ☐ 1 cup Frozen Raspberries

## Vegetables

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- ☐ 1/2 cup Kale Leaves
- ☐ 2 tbsps Parsley
- ☐ 1/2 Red Bell Pepper
- ☐ 4 leaves Romaine
- ☐ 4 White Button Mushrooms
- ☐ 1/4 Yellow Onion
- ☐ 1 Zucchini

## Boxed & Canned

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- ☐ 1 cup Canned Coconut Milk
- ☐ 1/3 cup Salsa

## Baking

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- ☐ 1 tsp Cacao Nibs
- ☐ 1 tbsp Cacao Powder
- ☐ 2 tpsps Cocoa Powder
- ☐ 1 tbsp Monk Fruit Sweetener
- ☐ 1 tsp Nutritional Yeast
- ☐ 1 tbsp Pitted Dates
- ☐ 2 tpsps Unsweetened Shredded Coconut
- ☐ 1/2 tsp Vanilla Extract

## Bread, Fish, Meat & Cheese

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- ☐ 1 tbsp Feta Cheese
- ☐ 1 Whole Wheat Tortilla

## Condiments & Oils

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- ☐ 2 tpsps Extra Virgin Olive Oil
- ☐ 1 1/2 tbsps Tahini

## Cold

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- ☐ 1/2 tsp Butter
- ☐ 8 Egg
- ☐ 3/4 cup Oat Milk
- ☐ 1 1/4 cups Plain Kefir
- ☐ 1 1/2 cups Unsweetened Almond Milk

## Other

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- ☐ 3/4 cup Vanilla Protein Powder
- ☐ 1/2 cup Water

# Chocolate Tahini Layered Smoothie

8 ingredients · 5 minutes · 1 serving

## Directions

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1. In a blender, add the milk, banana, romaine, chia seeds, tahini and protein powder. Blend until smooth and creamy. Pour half of the smoothie into a glass.
2. In the same blender, add the dates and cacao powder and blend until smooth and creamy.
3. Pour the chocolate layer over the vanilla and swirl to combine. Enjoy!

## Notes

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### Pitted Dates

One serving is equal to approximately one to two dates.

### No Oat Milk

Use another milk or milk alternative instead.

### More Veggies

Add frozen cauliflower to the vanilla layer.

### Protein Powder

This recipe was developed and tested using a plant-based protein powder.

## Ingredients

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**3/4 cup** Oat Milk

**1/2** Banana (frozen)

**4 leaves** Romaine (roughly chopped)

**1 tbsp** Chia Seeds

**1 1/2 tbsps** Tahini

**1/4 cup** Vanilla Protein Powder

**1 tbsp** Pitted Dates

**1 tbsp** Cacao Powder

# Scrambled Eggs with Avocado & Peach Slices

5 ingredients · 10 minutes · 1 serving

## Directions

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1. Heat the butter in a pan over medium heat. Add the whisked eggs and season with salt and pepper. Scramble until cooked to your desired doneness.
2. Add the scrambled eggs, avocado and sliced peach to a plate. Enjoy!

## Notes

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### Leftovers

Best enjoyed fresh.

### No Peach

Use another seasonal fruit instead.

### Additional Toppings

Chives or chopped green onion.

### No Butter

Use olive oil or avocado oil instead.

## Ingredients

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**1/2 tsp** Butter

**3** Egg (whisked)

Sea Salt & Black Pepper (to taste)

**1/4** Avocado (medium, sliced)

**1** Peach (medium, sliced)

# Coconut Hemp Seed Breakfast Pudding

8 ingredients · 3 hours · 1 serving

## Directions

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1. In a small mixing bowl, whisk the coconut milk, monk fruit sweetener and vanilla together. Stir in hemp seeds, ground flax seeds and chia seeds. Mix well.
2. Cover the coconut milk and seed mixture. Refrigerate until set. This will take at least 3 hours. You can also set it overnight.
3. Thin with additional coconut milk or water, if necessary. Top the pudding with the shredded coconut and raspberries. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving is approximately 3/4 cup of hemp seed pudding.

### Additional Toppings

Top with chopped nuts, cacao nibs or additional monk fruit sweetener.

### No Raspberries

Use strawberries or blueberries instead.

## Ingredients

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**1/2 cup** Canned Coconut Milk (full fat)

**1 tsp** Monk Fruit Sweetener

**1/4 tsp** Vanilla Extract

**1/4 cup** Hemp Seeds

**1 1/2 tbsps** Ground Flax Seed

**1 1/2 tbsps** Chia Seeds

**1 tsp** Unsweetened Shredded Coconut

**1/4 cup** Raspberries

# Chocolate Almond Hemp Seed Porridge

12 ingredients · 10 minutes · 1 serving

## Directions

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1. Heat the coconut milk and water over medium heat. Just before the milk starts to bubble stir in monk fruit sweetener, cocoa powder and vanilla. Whisk until well combined.
2. Reduce heat to low and whisk in the hemp seeds, ground flax and chia seeds. Let it simmer while stirring frequently until the porridge has thickened. If the porridge becomes too thick, add a tablespoon of additional water or coconut milk at a time until desired consistency is reached.
3. Transfer the porridge to a bowl and stir in the almond butter. Top the porridge with the coconut, cacao nibs and strawberries. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days. For best results, reheat on the stovetop with additional coconut milk until warmed through. This recipe can also be served chilled.

### Serving Size

One serving is approximately 1 1/2 cups of porridge.

### Nut-Free

Use sunflower seed or pumpkin seed butter instead of almond butter.

### More Flavor

Add ground cinnamon.

### Additional Toppings

Top with seeds, chopped nuts or berries.

### No Coconut Milk

Use unsweetened almond milk instead.

## Ingredients

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**1/2 cup** Canned Coconut Milk (full fat)

**1/2 cup** Water

**2 tsps** Monk Fruit Sweetener

**2 tsps** Cocoa Powder

**1/4 tsp** Vanilla Extract

**3 tsps** Hemp Seeds

**1 1/2 tsps** Ground Flax Seed

**1 tbsp** Chia Seeds

**1 tbsp** Almond Butter

**1 tsp** Unsweetened Shredded Coconut

**1 tsp** Cacao Nibs

**1/4 cup** Strawberries

# Zucchini Breakfast Boats

8 ingredients · 30 minutes · 1 serving

## Directions

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1. Preheat the oven to 375°F (191°C). Scoop out the middle flesh of the zucchini and place flesh side up, in an oven-safe dish. Bake for 15 minutes.
2. Meanwhile, heat a skillet over medium heat and add the bell pepper, onion and mushrooms. Cook for 5 to 7 minutes, until cooked through. Whisk the eggs in a small bowl and add to the vegetables along with the sea salt. Cook for 3 to 4 minutes, until cooked through.
3. Transfer the egg and vegetable mixture to the scooped out part of the zucchini and place in the oven to cook for 5 more minutes. Remove and top with parsley and nutritional yeast, if using. Serve and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days. For best results, reheat in the oven.

### Serving Size

One serving size is equal to two zucchini boats.

### More Flavor

Add additional seasonings and herbs.

## Ingredients

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- 1 Zucchini (large, sliced in half lengthwise)
- 1/2 Red Bell Pepper (chopped)
- 1/4 Yellow Onion (chopped)
- 4 White Button Mushrooms (chopped)
- 2 Egg
- 1/8 tsp Sea Salt
- 2 tbsps Parsley (chopped)
- 1 tsp Nutritional Yeast (optional, for topping)

# Strawberry Kefir Smoothie

4 ingredients · 5 minutes · 1 serving

## Directions

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1. Add all of the ingredients to a blender and blend until smooth. Enjoy!

## Notes

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### Leftovers

Best enjoyed immediately.

### Serving Size

One serving is approximately 1 1/2 cups.

### More Fiber

Add a handful of baby spinach or kale.

### Dairy-Free

Use coconut milk kefir.

## Ingredients

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**1 1/4 cups** Plain Kefir

**1 cup** Strawberries (frozen)

**1/4 cup** Vanilla Protein Powder

**1 tbsp** Chia Seeds

# Kale, Feta & Egg Burrito

7 ingredients · 15 minutes · 1 serving

## Directions

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1. Heat half the oil in a pan or skillet over medium heat. Cook the kale until tender, about three minutes. Set aside.
2. Heat the remaining oil in the same pan. Add the eggs and move them around with a spatula continuously, until fluffy and barely set, about two minutes. Stir in the kale, salt, and pepper.
3. Arrange the eggs and kale down the middle of the tortilla. Top with feta and salsa. Fold into a wrap and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Dairy-Free

Use nutritional yeast instead of feta cheese.

### More Flavor

Add red pepper flakes.

### Additional Toppings

Fresh herbs, sliced red onions, smoked salmon, salsa, or guacamole.

## Ingredients

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**2 tpsps** Extra Virgin Olive Oil (divided)

**1/2 cup** Kale Leaves (tough stems removed, chopped)

**3** Egg (whisked)

Sea Salt & Black Pepper (to taste)

**1 tbsp** Feta Cheese (crumbled)

**1** Whole Wheat Tortilla (large)

**1/3 cup** Salsa

# Raspberry Zinger Smoothie

6 ingredients · 10 minutes · 1 serving

## Directions

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1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## Notes

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### No Protein Powder

Use 1/4 cup hemp seeds per serving instead.

## Ingredients

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- 1 cup** Frozen Cauliflower
- 1 cup** Frozen Raspberries
- 1** Lemon (juiced)
- 1/4 cup** Vanilla Protein Powder
- 1 tbsp** Chia Seeds
- 1 1/2 cups** Unsweetened Almond Milk