

The Nourished Brain Recipe Bundle WTF

Wellness That Fits, LLC

The Nourished Brain Recipe Bundle

You're here because you're ready to eat well, optimize your brain, balance your blood sugar, reduce inflammation, and feel your best — and I'm so excited to help you do just that!

Disclaimer

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Servings

- **Breakfast: 1 serving**
 - **Lunch: 1 serving**
 - **Snacks: varies depending on the recipe**
 - **Dinner: 2 servings**
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Easily update the grocery cart by multiplying the ingredients by the # of people you are serving.

1. Grocery Shop Smart ([CLICK HERE FOR THE INSTACART LINK](#) and then click SHOP)

- Use the pre-made grocery list in this plan or click on the link above to easily add the grocery list to your cart.
 - 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:** 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.
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What's Next?

Your wellness 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.

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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 Groeschl
Registered Dietitian
Wellness That Fits, LLC

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3 days

	Mon	Tue	Wed
Breakfast	Chocolate & Berry Kefir Smoothie	Creamy Strawberry Overnight Oats	
Lunch	Chickpea, Tuna & Roasted Red Pepper Sandwich	Lemon Basil Shrimp & Beans with Steamed Veggies	
Snack 1	Strawberry, Almond & Pumpkin Seed Trail Mix	Dark Chocolate & Pistachios	Tahini, Oat & Coconut Energy Balls
Dinner	Walnut Crusted Salmon with Asparagus	Slow Cooker Cabbage Roll Soup	

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49 items

Fruits

- ☐ 1/2 Avocado
- ☐ 2 3/4 **tsps** Lemon Juice
- ☐ 1/3 **cup** Strawberries

Breakfast

- ☐ 1/4 **cup** Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/3 **tsp** Black Pepper
- ☐ 1 **tbsp** Chia Seeds
- ☐ 1/4 **cup** Hemp Seeds
- ☐ 1 1/2 **tsps** Italian Seasoning
- ☐ 1/2 **cup** Pistachios, In Shell
- ☐ 2 2/3 **tsps** Pumpkin Seeds
- ☐ 1/8 **tsp** Red Pepper Flakes
- ☐ 3/4 **tsp** Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 2/3 **tsps** Sliced Almonds
- ☐ 1/4 **cup** Walnuts

Frozen

- ☐ 3/4 **cup** Frozen Berries

Vegetables

- ☐ 2 **cups** Asparagus
- ☐ 2 1/3 **cups** Baby Spinach
- ☐ 2 **tsps** Basil Leaves
- ☐ 1/3 **head** Cauliflower
- ☐ 1/4 **stalk** Celery
- ☐ 1 1/3 **Garlic**
- ☐ 1 1/3 **cups** Green Cabbage
- ☐ 1 **stalk** Green Onion
- ☐ 2 3/4 **tsps** Parsley
- ☐ 1/2 Red Bell Pepper
- ☐ 2 **ozs** Roasted Red Peppers
- ☐ 1/3 Yellow Onion
- ☐ 1/2 Zucchini

Boxed & Canned

- ☐ 1/2 **cup** Chickpeas
- ☐ 1 **cup** Crushed Tomatoes
- ☐ 1/2 **can** Tuna
- ☐ 1/2 **cup** White Navy Beans

Baking

- ☐ 1 1/2 **tsps** Cocoa Powder
- ☐ 1 **oz** Dark Chocolate
- ☐ 2 **cups** Oats
- ☐ 1/4 **cup** Unsweetened Shredded Coconut
- ☐ 1 **tsp** Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 2 **slices** Bread
- ☐ 5 1/3 **ozs** Extra Lean Ground Turkey
- ☐ 8 **ozs** Salmon Fillet
- ☐ 4 **ozs** Shrimp

Condiments & Oils

- ☐ 1 2/3 **tsps** Extra Virgin Olive Oil
- ☐ 1/2 **cup** Tahini

Cold

- ☐ 2 2/3 **tsps** Cow's Milk, Whole
- ☐ 1/2 **cup** Plain Greek Yogurt
- ☐ 1 1/2 **cups** Plain Kefir

Other

- ☐ 1 1/3 **ozs** Freeze Dried Strawberries
- ☐ 1/3 **cup** Water

Chocolate & Berry Kefir Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

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

Notes

Leftovers

Best enjoyed fresh.

Serving Size

One serving is approximately two cups.

More Protein

Add a scoop of vanilla or unflavored protein powder.

Likes It Sweet

Add honey, maple syrup, or pitted dates.

Ingredients

1 1/2 cups Plain Kefir

1/2 Avocado (small)

3/4 cup Frozen Berries

1 tbsp Chia Seeds

1 1/2 tbsps Cocoa Powder

Creamy Strawberry Overnight Oats

6 ingredients · 8 hours · 1 serving



Directions

1. Add the milk, oats, yogurt, maple syrup, and hemp seeds to a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least eight hours.
2. Store in the fridge until ready to eat. Serve with strawberries and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately 1 1/2 cups.

More Flavor

Add a splash of vanilla or cinnamon.

Dairy-Free

Use coconut yogurt and dairy-free milk.

Ingredients

- 2 2/3 tbsps Cow's Milk, Whole
- 1/2 cup Oats
- 1/2 cup Plain Greek Yogurt
- 1 tsp Maple Syrup
- 2 tbsps Hemp Seeds
- 1/3 cup Strawberries (chopped)

Chickpea, Tuna & Roasted Red Pepper Sandwich

9 ingredients · 10 minutes · 1 serving



Directions

1. In a bowl, lightly smash the chickpeas with the back of a fork. Mix in the tuna, celery, parsley, yogurt, lemon juice, salt, and pepper. Adjust the seasoning to your taste.
2. Assemble the sandwich by placing roasted red peppers on a slice of toast. Spoon the tuna mixture on top, and close the sandwich. Repeat for any remaining slices of toast.
3. Slice the sandwiches in half and enjoy!

Notes

Leftovers

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

Serving Size

One serving is equal to one sandwich.

More Flavor

Add red onion and cucumber.

Gluten-Free

Use gluten-free bread.

Dairy-Free

Use coconut yogurt instead of Greek yogurt.

Canned Tuna

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

Ingredients

1/2 cup Chickpeas (cooked, rinsed)

1/2 can Tuna (drained)

1/4 stalk Celery (finely chopped)

1 tbsp Parsley (chopped)

1 1/2 tps Plain Greek Yogurt

3/4 tsp Lemon Juice

Sea Salt & Black Pepper (to taste)

2 ozs Roasted Red Peppers

2 slices Bread (toasted)

Lemon Basil Shrimp & Beans with Steamed Veggies

8 ingredients · 20 minutes · 1 serving



Directions

1. Place the spinach, zucchini, bell pepper, and shrimp, in that order, in a steamer basket. Season with salt and pepper.
2. Place the basket over a saucepan with boiling water. Cover and steam for four to six minutes, until the vegetables are tender-crisp and the shrimp are cooked through.
3. In a bowl, combine the basil, lemon juice, salt, and pepper. Add the beans and cooked shrimp and toss to combine.
4. Divide the steamed vegetables evenly among plates and top with the shrimp and bean mixture. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one cup of shrimp and bean mixture and one cup of vegetables.

More Flavor

Add minced garlic or a drizzle of balsamic vinegar to the basil dressing.

Additional Toppings

Chopped parsley, toasted pine nuts, or sliced avocado.

Ingredients

- 1 cup Baby Spinach
- 1/2 Zucchini (medium, sliced)
- 1/2 Red Bell Pepper (medium, sliced)
- 4 ozs Shrimp (peeled, deveined)
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Basil Leaves (finely chopped)
- 1 1/2 tsps Lemon Juice
- 1/2 cup White Navy Beans (cooked)

Strawberry, Almond & Pumpkin Seed Trail Mix

3 ingredients · 5 minutes · 1 serving



Directions

1. Combine all of the ingredients in a bowl or container. Serve and enjoy!

Notes

Leftovers

Store in an airtight container on the counter or in the pantry for up to two weeks.

Serving Size

One serving is approximately half a cup.

No Freeze Dried Strawberries

Use raisins, dried cranberries, or dates instead.

Ingredients

1 1/3 ozs Freeze Dried Strawberries

2 2/3 tbsps Pumpkin Seeds

2 2/3 tbsps Sliced Almonds

Dark Chocolate & Pistachios

2 ingredients · 5 minutes · 1 serving



Directions

1. Divide into bowls and enjoy!

Ingredients

- 1 oz Dark Chocolate (at least 70% cacao)
- 1/2 cup Pistachios, In Shell

Tahini, Oat & Coconut Energy Balls

7 ingredients · 30 minutes · 5 servings



Directions

1. Add the oats, shredded coconut, hemp seeds, and salt to a food processor. Blend until it starts to combine and form small, crumbly pieces.
2. Add the tahini, maple syrup, and vanilla and blend again until the mixture is combined.
3. Use a 1-inch (2.5 cm) cookie scoop or a teaspoon to scoop out the mixture and roll it into balls. Continue until all of the mixture has been used.
4. Chill in the fridge for 15 minutes to allow them to set. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one week. Freeze for up to one month.

Serving Size

One serving is two balls.

Ingredients

- 1 1/2 cups** Oats (rolled)
- 1/4 cup** Unsweetened Shredded Coconut
- 2 tbsps** Hemp Seeds
- 1/4 tsp** Sea Salt
- 1/2 cup** Tahini
- 1/4 cup** Maple Syrup
- 1 tsp** Vanilla Extract

Walnut Crusted Salmon with Asparagus

8 ingredients · 20 minutes · 2 servings



Directions

1. Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
2. Combine the walnuts, green onion, salt and Italian seasoning. Add the lemon juice and 1/3 of the oil and stir to mix.
3. Rub another 1/3 of the oil over all sides of the salmon fillets and place the salmon on the prepared baking sheet, skin side down. Spoon the walnut mixture on the top side of the fillets and gently press it down with the back of the spoon so the walnut mixture stays in place.
4. Toss the asparagus in the remaining oil and season with sea salt to taste. Place the seasoned asparagus in an even layer on the baking sheet with the salmon
5. Bake for 12 to 15 minutes or until the salmon is cooked through and flakes easily and asparagus is tender. Divide between plates and enjoy!

Ingredients

1/4 cup Walnuts (very finely chopped)
1 stalk Green Onion (very finely chopped)
1/4 tsp Sea Salt
1/2 tsp Italian Seasoning
1/2 tsp Lemon Juice
1 tbsp Extra Virgin Olive Oil (divided)
8 ozs Salmon Fillet
2 cups Asparagus (trimmed)

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Season the salmon with salt, pepper and garlic powder to taste before spooning the walnut mixture on top.

No Green Onion

Use yellow or red onion instead.

Salmon

Wild salmon was used to create this recipe. For thicker fillets of salmon adjust cooking time to ensure salmon is cooked through and flakes easily.

Asparagus

Choose asparagus that are roughly the same size. Adjust cooking time for thicker asparagus spears.

Slow Cooker Cabbage Roll Soup

14 ingredients · 4 hours · 2 servings



Directions

1. Use a food processor to pulse your cauliflower into rice.
2. Add all ingredients except ground turkey, spinach and parsley to your slow cooker. Stir very well to combine. Set ground turkey on the top. Cover with a lid. Cook on low for 7 to 8 hours or on high for 4 hours (or until meat is fully cooked through).
3. Before serving, take the lid off and use a wooden spoon to break the cooked ground turkey into small pieces. Stir in the spinach until wilted. Ladle into bowls and garnish with parsley. Enjoy!

Notes

Leftovers

Refrigerate in an air-tight container up to 5 days, or freeze up to a year.

Serving Size

One serving is roughly 2 cups of soup.

No Ground Turkey

Use any type of ground meat.

Vegan & Vegetarians

Replace the meat with 1 can of lentils, chickpeas or kidney beans.

Ingredients

- 1/3 head** Cauliflower (processed into rice)
- 1 1/3 cups** Green Cabbage (roughly chopped)
- 1/3** Yellow Onion (diced)
- 1 1/3** Garlic (cloves, minced)
- 1 cup** Crushed Tomatoes
- 2 tsps** Extra Virgin Olive Oil
- 1 tsp** Italian Seasoning
- 1/8 tsp** Red Pepper Flakes (optional)
- 1/3 tsp** Sea Salt
- 1/3 tsp** Black Pepper
- 1/3 cup** Water
- 5 1/3 ozs** Extra Lean Ground Turkey (or chicken)
- 1 1/3 cups** Baby Spinach (optional)
- 1 3/4 tbsps** Parsley (chopped, optional)