

Simple
Slim
— KITCHEN —

QUICK MEALS COLLECTION

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50 QUICK & EASY MEALS
FOR BUSY DAYS



15-MINUTE
MEALS



NO-COOK
OPTIONS



FEW
INGREDIENTS



BUSY DAY
SOLUTIONS

Fast
Simple
Delicious
♡



15-MINUTE
MEALS



FEW
INGREDIENTS



NO-COOK
OPTIONS

QUICK MEALS FOR BUSY PEOPLE.

REAL FOOD. REAL SIMPLE. REAL ROUTINE.

Quick Meals Collection

50 quick and easy meal ideas for busy days, no-cook moments, simple lunches, fast dinners, and emergency healthy meals when time is short.

15-Minute Meals Fast options for busy days when you do not want complicated cooking.

No-Cook Options Simple plates, bowls, cups, and roll-ups that can be assembled quickly.

Few Ingredients Meals built with familiar ingredients and flexible swaps.

Emergency Meals Backup ideas for days when you are tired, rushed, or low on groceries.

This guide is designed as a quick-meal companion, not a duplicate of the main 30-day guide or the 90-day upgrade. Use it when you need simple, fast meal ideas with minimal planning.

Recipe Sections

Quick Breakfasts

Banana Peanut Butter Oat Bowl, Strawberry Cottage Toast, Spinach Egg Mug Scramble, Apple Crunch Yogurt Cup, Avocado Egg Rice Cake Stack, Blueberry Almond Protein Bowl, Turkey Egg Breakfast Roll, Chocolate Banana Chia Cup

Fast Lunches

Chicken Avocado Lettuce Bowl, Tuna White Bean Lunch Cup, Turkey Cucumber Snack Plate, Greek Chicken Pita Bowl, Egg Crunch Lettuce Cups, Shrimp Avocado Rice Bowl, Cottage Cheese Veggie Plate, Chicken Salsa Sweet Potato

15-Minute Dinners

Garlic Shrimp Zucchini Skillet, Turkey Taco Lettuce Plate, Lemon Chicken Green Bean Bowl, Salmon Avocado Salad Plate, Beef Pepper Rice Bowl, Chicken Tomato Spinach Skillet, Turkey Mushroom Cauliflower Bowl, Lemon Herb Cod Plate

No-Cook Meals

Mediterranean Tuna Plate, Turkey Avocado Roll-Up Box, Greek Yogurt Power Parfait, Chicken Cucumber Mini Cups, Smoked Salmon Cottage Bowl, Chickpea Feta Crunch Plate, Roast Turkey Snack Plate, Avocado Tuna Tomato Cups

5-Ingredient Meals

Egg Avocado Toast Plate, Chicken Pesto Greens Bowl, Turkey Sweet Potato Skillet, Tuna Apple Crunch Bowl, Shrimp Cucumber Yogurt Bowl, Salmon Rice Cake Stack, Beef Broccoli Quick Bowl, Cottage Berry Snack Plate

Emergency Healthy Meals

Pantry Tuna Bean Bowl, Frozen Veggie Egg Scramble, Rotisserie Chicken Salad Box, Microwave Potato Turkey Bowl, Canned Salmon Avocado Plate, Apple Yogurt Protein Bowl

Quick Snacks

Cucumber Turkey Bites, Apple Almond Butter Slices, Cottage Cinnamon Cup, Boiled Egg Veggie Box

QUICK BREAKFASTS

1. Banana Peanut Butter Oat Bowl



Ingredients Rolled oats, banana, Greek yogurt, peanut butter, cinnamon

Quick Method Stir oats and yogurt together. Add sliced banana, peanut butter, and cinnamon. Chill or eat immediately.

Simple Tip Use plain yogurt and add berries only if desired.

QUICK BREAKFASTS

2. Strawberry Cottage Toast



Ingredients Whole-grain toast, cottage cheese, strawberries, pumpkin seeds, cinnamon

Quick Method Toast bread. Spread cottage cheese on top. Add sliced strawberries, seeds, and cinnamon.

Simple Tip Good for a fast breakfast or light lunch.

QUICK BREAKFASTS

3. Spinach Egg Mug Scramble



Ingredients Eggs, spinach, cherry tomatoes, feta, pepper

Quick Method Whisk eggs in a mug. Add chopped spinach and tomatoes. Microwave in short bursts, stirring once, until set. Top with feta.

Simple Tip Use a microwave-safe mug and avoid overcooking.

QUICK BREAKFASTS

4. Apple Crunch Yogurt Cup



Ingredients Greek yogurt, apple, granola, walnuts, cinnamon

Quick Method Spoon yogurt into a bowl. Add diced apple, granola, walnuts, and cinnamon.

Simple Tip Keep granola separate until serving for crunch.

QUICK BREAKFASTS

5. Avocado Egg Rice Cake Stack



Ingredients Rice cakes, avocado, boiled egg, tomato, chili flakes

Quick Method Spread avocado on rice cakes. Add sliced egg and tomato. Finish with chili flakes.

Simple Tip Use pre-boiled eggs to keep this under five minutes.

QUICK BREAKFASTS

6. Blueberry Almond Protein Bowl



Ingredients Greek yogurt, blueberries, almonds, chia seeds, honey

Quick Method Add yogurt to a bowl. Top with blueberries, almonds, chia seeds, and a small drizzle of honey.

Simple Tip A simple no-cook breakfast.

QUICK BREAKFASTS

7. Turkey Egg Breakfast Roll



Ingredients Eggs, turkey slices, spinach, salsa, whole-grain wrap

Quick Method Scramble eggs quickly with spinach. Place in wrap with turkey and salsa. Roll tightly.

Simple Tip Use leftover cooked eggs to make it even faster.

QUICK BREAKFASTS

8. Chocolate Banana Chia Cup



Ingredients Chia seeds, milk, cocoa powder, banana, Greek yogurt

Quick Method Mix chia, milk, cocoa, and yogurt. Top with banana slices. Chill or serve after thickening.

Simple Tip Prepare the night before for a grab-and-go option.

FAST LUNCHES

9. Chicken Avocado Lettuce Bowl



Ingredients Cooked chicken, avocado, romaine, cucumber, lime dressing

Quick Method Add chopped lettuce to a bowl. Top with chicken, avocado, cucumber, and lime dressing.

Simple Tip Use pre-cooked chicken for speed.

FAST LUNCHES

10. Tuna White Bean Lunch Cup



Ingredients Tuna, white beans, cucumber, parsley, lemon

Quick Method Mix tuna and beans. Add diced cucumber, parsley, and lemon. Serve chilled.

Simple Tip Works well as a pantry lunch.

FAST LUNCHES

11. Turkey Cucumber Snack Plate



Ingredients Turkey slices, cucumber, hummus, carrots, olives

Quick Method Arrange turkey, cucumber, carrots, hummus, and olives on a plate.

Simple Tip A no-cook lunch for low-energy days.

FAST LUNCHES

12. Greek Chicken Pita Bowl



Ingredients Cooked chicken, pita pieces, cucumber, tomato, tzatziki

Quick Method Layer cucumber and tomato. Add chicken, pita pieces, and tzatziki.

Simple Tip Keep pita separate if packing ahead.

FAST LUNCHES

13. Egg Crunch Lettuce Cups



Ingredients Boiled eggs, lettuce leaves, celery, Greek yogurt, mustard

Quick Method Chop eggs with celery, yogurt, and mustard. Spoon into lettuce leaves.

Simple Tip Add paprika or dill for more flavor.

FAST LUNCHES

14. Shrimp Avocado Rice Bowl



Ingredients Cooked shrimp, microwave rice, avocado, spinach, lime

Quick Method Warm rice. Top with shrimp, avocado, spinach, and lime.

Simple Tip Use frozen cooked shrimp thawed in cold water.

15. Cottage Cheese Veggie Plate



Ingredients Cottage cheese, bell pepper, cucumber, tomatoes, whole-grain crackers

Quick Method Arrange everything on a plate and season with pepper or herbs.

Simple Tip Simple, high-protein, and no cooking needed.

FAST LUNCHES

16. Chicken Salsa Sweet Potato



Ingredients Microwave sweet potato, cooked chicken, salsa, Greek yogurt, green onion

Quick Method Microwave sweet potato until soft. Split open and top with chicken, salsa, yogurt, and green onion.

Simple Tip Use rotisserie chicken for a fast option.

15-MINUTE DINNERS

17. Garlic Shrimp Zucchini Skillet



Ingredients Shrimp, zucchini, garlic, olive oil, lemon

Quick Method Sauté garlic in olive oil. Add zucchini and shrimp. Cook until shrimp is done. Finish with lemon.

Simple Tip Serve over rice or greens if desired.

15-MINUTE DINNERS

18. Turkey Taco Lettuce Plate



Ingredients Lean turkey, taco seasoning, lettuce, salsa, avocado

Quick Method Cook turkey with seasoning. Serve over lettuce with salsa and avocado.

Simple Tip Use low-sodium seasoning if preferred.

15-MINUTE DINNERS

19. Lemon Chicken Green Bean Bowl



Ingredients Cooked chicken, green beans, microwave rice, lemon, herbs

Quick Method Warm rice and green beans. Add sliced chicken, lemon, and herbs.

Simple Tip Great with leftover chicken.

15-MINUTE DINNERS

20. Salmon Avocado Salad Plate



Ingredients Cooked salmon, mixed greens, avocado, cucumber, lemon dressing

Quick Method Place greens on a plate. Add salmon, avocado, cucumber, and dressing.

Simple Tip Use canned salmon for an ultra-fast version.

15-MINUTE DINNERS

21. Beef Pepper Rice Bowl



Ingredients Lean beef strips, bell pepper, microwave rice, garlic, soy-style sauce

Quick Method Cook beef and peppers quickly in a skillet. Serve over warm rice with sauce.

Simple Tip Slice beef thin so it cooks fast.

22. Chicken Tomato Spinach Skillet



Ingredients Cooked chicken, spinach, cherry tomatoes, garlic, mozzarella

Quick Method Warm chicken in a skillet with tomatoes and garlic. Add spinach until wilted. Top with mozzarella.

Simple Tip Serve as-is or with toast.

23. Turkey Mushroom Cauliflower Bowl



40
**EGG ROLL
IN A BOWL**

Ingredients Ground turkey, mushrooms, cauliflower rice, garlic, herbs

Quick Method Cook turkey and mushrooms. Add cauliflower rice and herbs. Heat through.

Simple Tip A quick skillet dinner.

15-MINUTE DINNERS

24. Lemon Herb Cod Plate



Ingredients Cod fillet, lemon, herbs, spinach, microwave potatoes

Quick Method Pan-cook cod with lemon and herbs. Serve with spinach and microwaved potatoes.

Simple Tip Use thin fillets for faster cooking.

25. Mediterranean Tuna Plate



Ingredients Tuna, cucumber, tomato, olives, feta

Quick Method Arrange ingredients on a plate. Add lemon or olive oil if desired.

Simple Tip A no-cook plate with Mediterranean flavor.

26. Turkey Avocado Roll-Up Box



Ingredients Turkey slices, avocado, lettuce, cherry tomatoes, fruit

Quick Method Roll turkey around avocado and lettuce. Pack with tomatoes and fruit.

Simple Tip Good for lunchboxes.

27. Greek Yogurt Power Parfait



Ingredients Greek yogurt, nuts, seeds, banana, cinnamon

Quick Method Layer yogurt, banana, nuts, seeds, and cinnamon.

Simple Tip Use plain yogurt to control sweetness.

NO-COOK MEALS

28. Chicken Cucumber Mini Cups



Ingredients Cooked chicken, cucumber rounds, Greek yogurt, celery, dill

Quick Method Mix chicken with yogurt, celery, and dill. Spoon onto cucumber rounds.

Simple Tip Serve immediately for best texture.

NO-COOK MEALS

29. Smoked Salmon Cottage Bowl



Ingredients Cottage cheese, smoked salmon, cucumber, tomato, dill

Quick Method Add cottage cheese to a bowl. Top with salmon, cucumber, tomato, and dill.

Simple Tip Add lemon for brightness.

NO-COOK MEALS

30. Chickpea Feta Crunch Plate



Ingredients Chickpeas, feta, cucumber, peppers, parsley

Quick Method Combine ingredients in a bowl or serve as a plate.

Simple Tip Rinse canned chickpeas first.

NO-COOK MEALS

31. Roast Turkey Snack Plate



Ingredients Roast turkey, carrots, hummus, fruit, nuts

Quick Method Arrange turkey, carrots, hummus, fruit, and nuts.

Simple Tip Simple for busy days.

32. Avocado Tuna Tomato Cups



Ingredients Tomatoes, tuna, avocado, lemon, herbs

Quick Method Mix tuna with avocado and lemon. Spoon into tomato halves.

Simple Tip Use firm tomatoes for easier handling.

5-INGREDIENT MEALS

33. Egg Avocado Toast Plate



Ingredients Eggs, avocado, whole-grain toast, tomato, pepper

Quick Method Toast bread. Add mashed avocado, cooked eggs, and tomato. Season with pepper.

Simple Tip Use boiled eggs for speed.

34. Chicken Pesto Greens Bowl



Ingredients Cooked chicken, mixed greens, pesto, cucumber, quinoa

Quick Method Layer greens and quinoa. Add chicken, cucumber, and pesto.

Simple Tip Use a small amount of pesto for flavor.

5-INGREDIENT MEALS

35. Turkey Sweet Potato Skillet



Ingredients Ground turkey, sweet potato cubes, spinach, garlic, herbs

Quick Method Cook turkey. Add cooked sweet potato cubes, spinach, garlic, and herbs.

Simple Tip Microwave sweet potato first to save time.

5-INGREDIENT MEALS

36. Tuna Apple Crunch Bowl



Ingredients Tuna, apple, celery, Greek yogurt, lettuce

Quick Method Mix tuna, diced apple, celery, and yogurt. Serve over lettuce.

Simple Tip A sweet-savory lunch.

5-INGREDIENT MEALS

37. Shrimp Cucumber Yogurt Bowl



Ingredients Cooked shrimp, cucumber, Greek yogurt, lemon, dill

Quick Method Combine all ingredients in a bowl. Serve cold.

Simple Tip Great as a fast no-cook bowl.

38. Salmon Rice Cake Stack



Ingredients Rice cakes, salmon, avocado, cucumber, lemon

Quick Method Layer avocado, salmon, cucumber, and lemon on rice cakes.

Simple Tip Use canned or smoked salmon.

39. Beef Broccoli Quick Bowl



Ingredients Lean beef, broccoli, microwave rice, garlic, sauce

Quick Method Cook beef and broccoli. Serve over rice with garlic sauce.

Simple Tip Use frozen broccoli to save time.

5-INGREDIENT MEALS

40. Cottage Berry Snack Plate



Ingredients Cottage cheese, berries, almonds, cinnamon, apple slices

Quick Method Arrange cottage cheese, berries, almonds, cinnamon, and apple slices.

Simple Tip Works as breakfast or snack.

41. Pantry Tuna Bean Bowl



Ingredients Tuna, canned beans, salsa, spinach, lime

Quick Method Rinse beans. Mix with tuna, salsa, spinach, and lime.

Simple Tip A pantry meal when there is no time to cook.

42. Frozen Veggie Egg Scramble



Ingredients Eggs, frozen vegetables, feta, herbs, pepper

Quick Method Cook frozen vegetables in a skillet. Add eggs and scramble. Top with feta.

Simple Tip Keep frozen vegetables stocked for emergencies.

43. Rotisserie Chicken Salad Box



Ingredients Rotisserie chicken, greens, cucumber, tomatoes, dressing

Quick Method Pack chicken with greens, cucumber, tomatoes, and dressing.

Simple Tip Keep dressing separate if taking to go.

44. Microwave Potato Turkey Bowl



Ingredients Microwave potato, turkey slices, spinach, Greek yogurt, salsa

Quick Method Microwave potato. Top with turkey, spinach, yogurt, and salsa.

Simple Tip A fast filling meal.

45. Canned Salmon Avocado Plate



Ingredients Canned salmon, avocado, cucumbers, crackers, lemon

Quick Method Arrange all ingredients on a plate and squeeze lemon over the salmon.

Simple Tip Use whole-grain crackers if desired.

46. Apple Yogurt Protein Bowl



Ingredients Greek yogurt, apple, peanut butter, chia seeds, cinnamon

Quick Method Add yogurt to a bowl. Top with apple, peanut butter, chia, and cinnamon.

Simple Tip A quick sweet option.

QUICK SNACKS

47. Cucumber Turkey Bites



Ingredients Cucumber slices, turkey, cream cheese or yogurt spread, herbs

Quick Method Top cucumber slices with turkey and a small spread. Sprinkle with herbs.

Simple Tip Serve chilled.

QUICK SNACKS

48. Apple Almond Butter Slices



Ingredients Apple, almond butter, cinnamon, pumpkin seeds

Quick Method Slice apple. Add almond butter, cinnamon, and seeds.

Simple Tip Simple and satisfying.

QUICK SNACKS

49. Cottage Cinnamon Cup



Ingredients Cottage cheese, cinnamon, walnuts, berries

Quick Method Add cottage cheese to a cup. Top with cinnamon, walnuts, and berries.

Simple Tip Use as a sweet snack.

QUICK SNACKS

50. Boiled Egg Veggie Box



Ingredients Boiled eggs, carrots, cucumber, tomatoes, hummus

Quick Method Pack eggs with vegetables and hummus.

Simple Tip Great for a quick snack box.

Busy-Day Meal Formula

1. Choose a protein Chicken, turkey, eggs, tuna, shrimp, salmon, cottage cheese, Greek yogurt, beans, or tofu.

2. Add produce Greens, cucumber, tomato, peppers, broccoli, green beans, fruit, or frozen vegetables.

3. Add a smart base Rice, potatoes, oats, toast, quinoa, beans, greens, or cauliflower rice.

4. Add flavor Lemon, salsa, herbs, yogurt dressing, hummus, pesto, mustard, or spices.

5. Keep it simple Repeat combinations that work and swap ingredients based on taste, schedule, and availability.

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