

**BUSY  
MOM**  
MEAL PREP

**21 QUICK  
RECIPES  
FOR A BUSY  
DAY**





# INTRODUCTION

Hey mama 🙌 — we see you.

You're juggling the chaos of early mornings, the hustle of school runs, work, errands, laundry (somewhere under that pile), and still showing up every day for your family. We know how precious your time is — and that's exactly why we created this mini ebook.

15-Minute Magic — a collection of fast, delicious, real-life recipes made just for you.

At Busy Mom Meal Prep, it's our mission to make mealtime easier without sacrificing taste, nutrition, or your sanity. These recipes are designed to be:

- Done in 15 minutes or less
- Made with simple ingredients
- Kid-approved and totally flexible
- Perfect for breakfast, lunch, dinner — and those in-between snack attacks

You're not just trying these recipes — you're helping shape something bigger. This mini ebook is a preview of what's to come, and your feedback means the world. Thank you for taking the time to test, taste, and tell us what works (and what doesn't).

Tried something? Let us know what you think! 📝

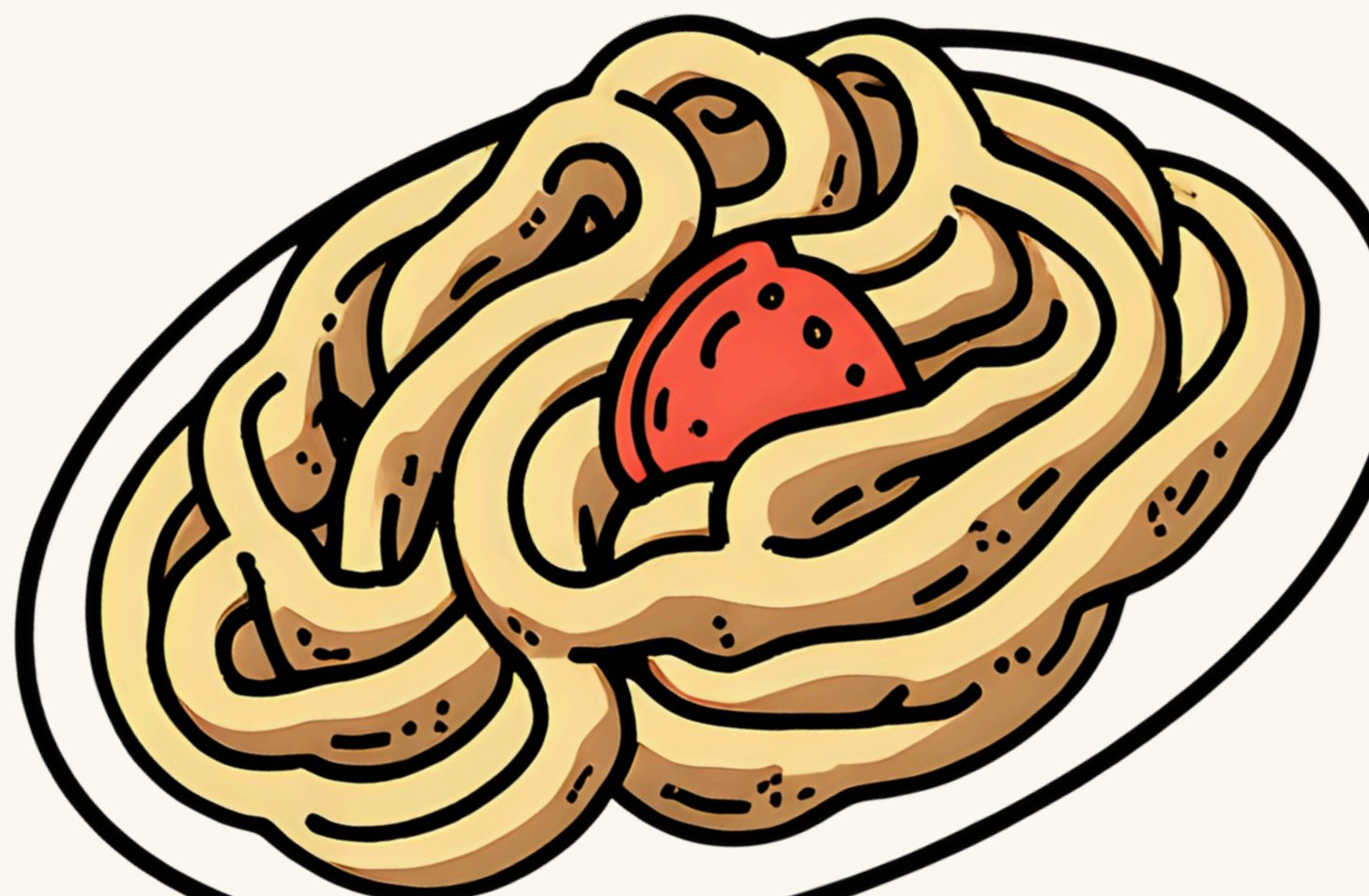
Whether you loved a recipe, tweaked it, or have ideas for what you'd like more of — we want to hear from you!

Drop us a note at [contact@busymommealprep.com](mailto:contact@busymommealprep.com) or message us on Instagram [@BusyMomMealPrep](https://www.instagram.com/BusyMomMealPrep). Your feedback helps us make mealtime even better for busy moms everywhere. 💬❤️

Here's to faster meals, fewer dishes, and more time for the stuff that really matters.

Let's get cooking — quickly.

With gratitude, **The Busy Mom Meal Prep Team**







# HOW TO USE THIS BOOK

*Let's face it* — no two days look the same when you're a busy mom. Some mornings are smooth (miraculously!), while others are total chaos. Some evenings allow for a calm dinner, and others have you tossing snacks at the kids on the way to soccer practice. That's why this book is designed to flex with your life, not fight against it. Here's how to make the most of what's inside:

## Divided by Meal Type, Not Rigid Rules

This book is broken into four main sections:

- Breakfasts – to energize your mornings (or even serve as a lazy dinner!)
- Lunches – quick, balanced meals perfect for midday fuel
- Dinners – hearty, satisfying options for when everyone's finally home
- Snacks – fast fixes for little tummies and big cravings

You don't have to eat breakfast foods at breakfast or lunch ideas at noon. Everything is interchangeable based on your time, energy, and what's in your fridge. A breakfast smoothie can double as a snack, and a quick lunch wrap works great for dinner in a pinch.

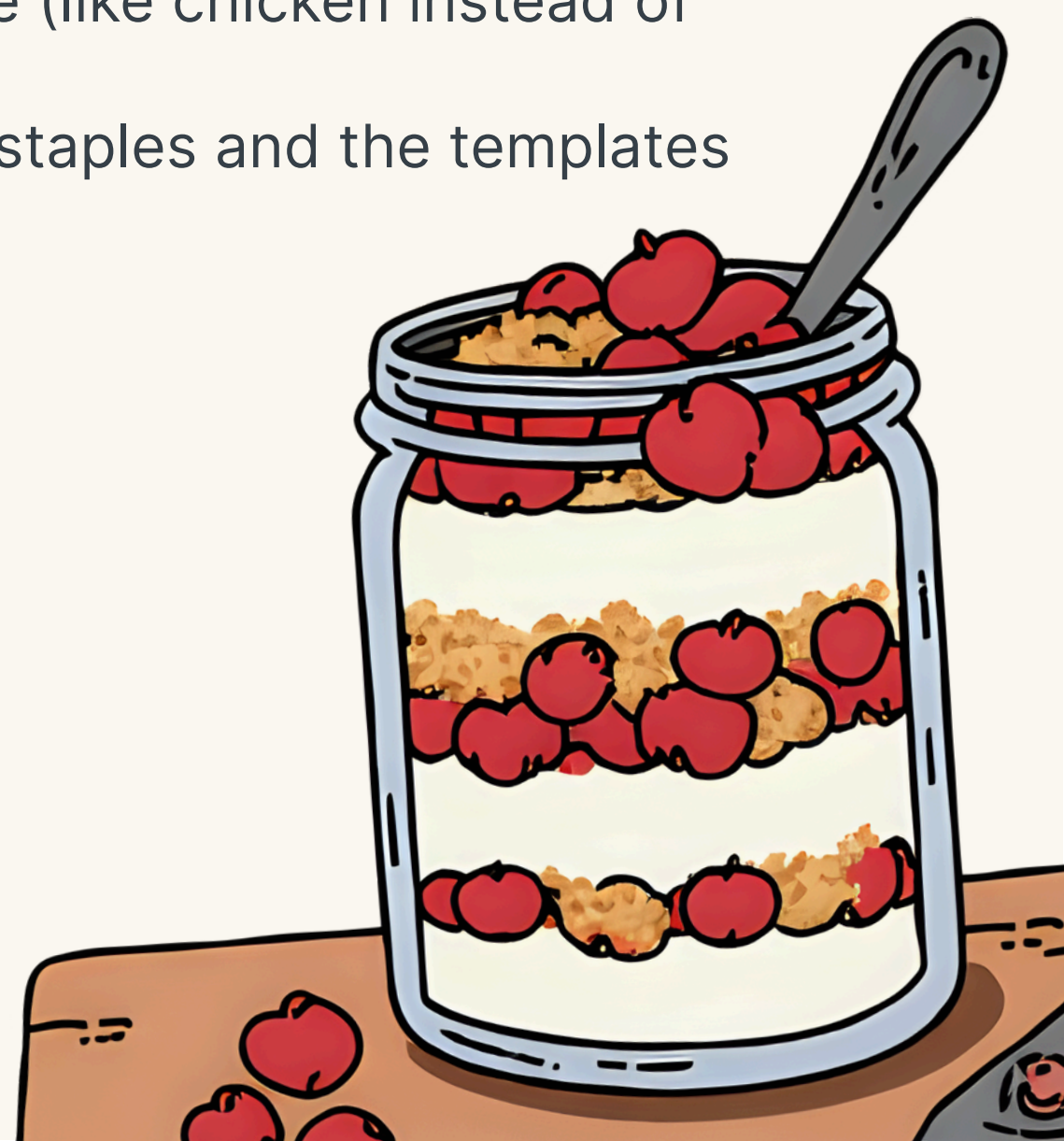
## Combine Recipes for Meal Pairing Magic

Want to make meals feel more complete? Here are a few ideas:

- Pair a breakfast with a snack
- → Greek yogurt parfait + rice cake with berries = on-the-go power breakfast
- Lunch + snack = light dinner
- → Turkey & hummus wrap + apple slices with almond butter = satisfying, no-cook dinner
- Double up on dinner

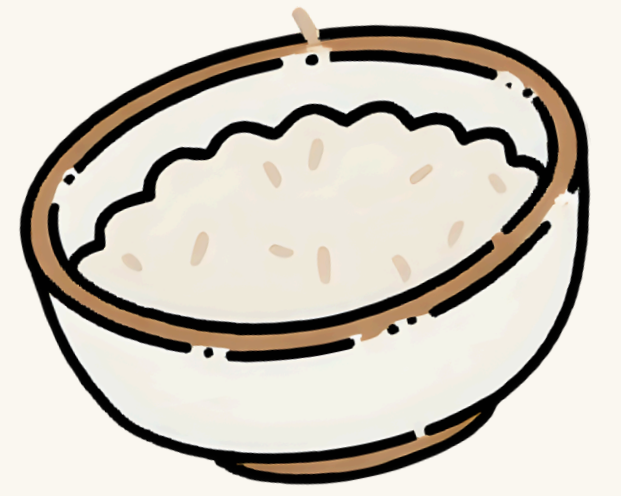
The beauty of these recipes is in their modularity. You can:

- Batch-cook grains or proteins and plug them into different meals
- Swap ingredients based on what you have (like chicken instead of shrimp, pita instead of bread)
- Build your own combinations with pantry staples and the templates in this book





# HOW TO USE THIS BOOK



## **Built for Real Life**

*This isn't a rigid meal plan. It's a toolkit. You can flip to any section, find something fast, and feel confident it'll come together quickly.*

*Everything's made to take 15 minutes or less, so you can get in, get out, and get on with your day.*

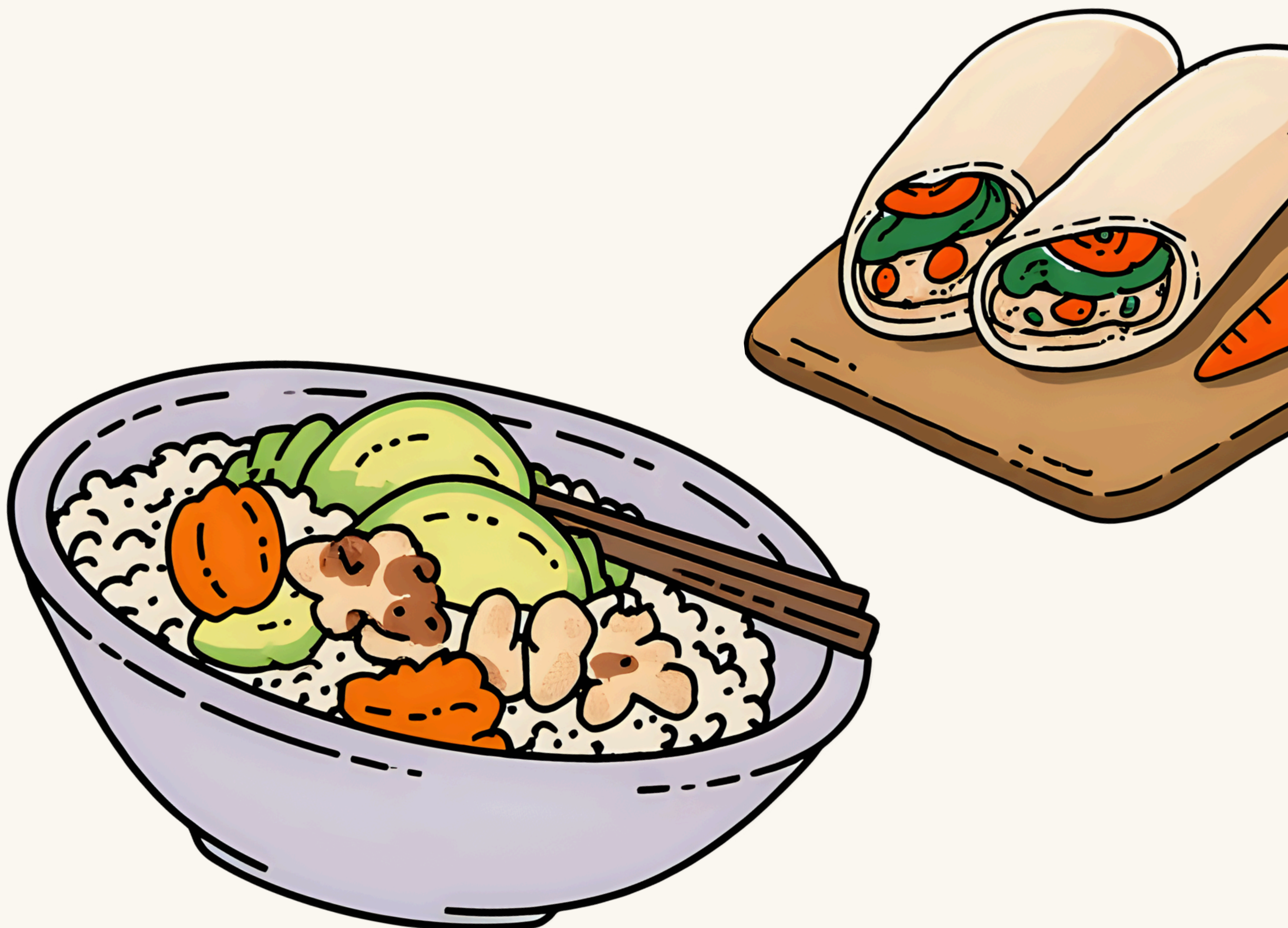
*And remember: what works for your family today might change tomorrow. That's okay! Come back, try something new, and tweak as you go.*

## **A Little Planning Goes a Long Way**

*If you do a little prep on the weekend — like cooking a batch of rice, roasting some veggies, or pre-chopping fruits — many of these recipes come together even faster. We'll give you tips on that in the final section, too!*

*Let this book be your mix-and-match meal helper. Whether you need one quick fix or want to string a few recipes together for a full day's worth of food, you've got everything you need right here — fast, flexible, and family-friendly.*

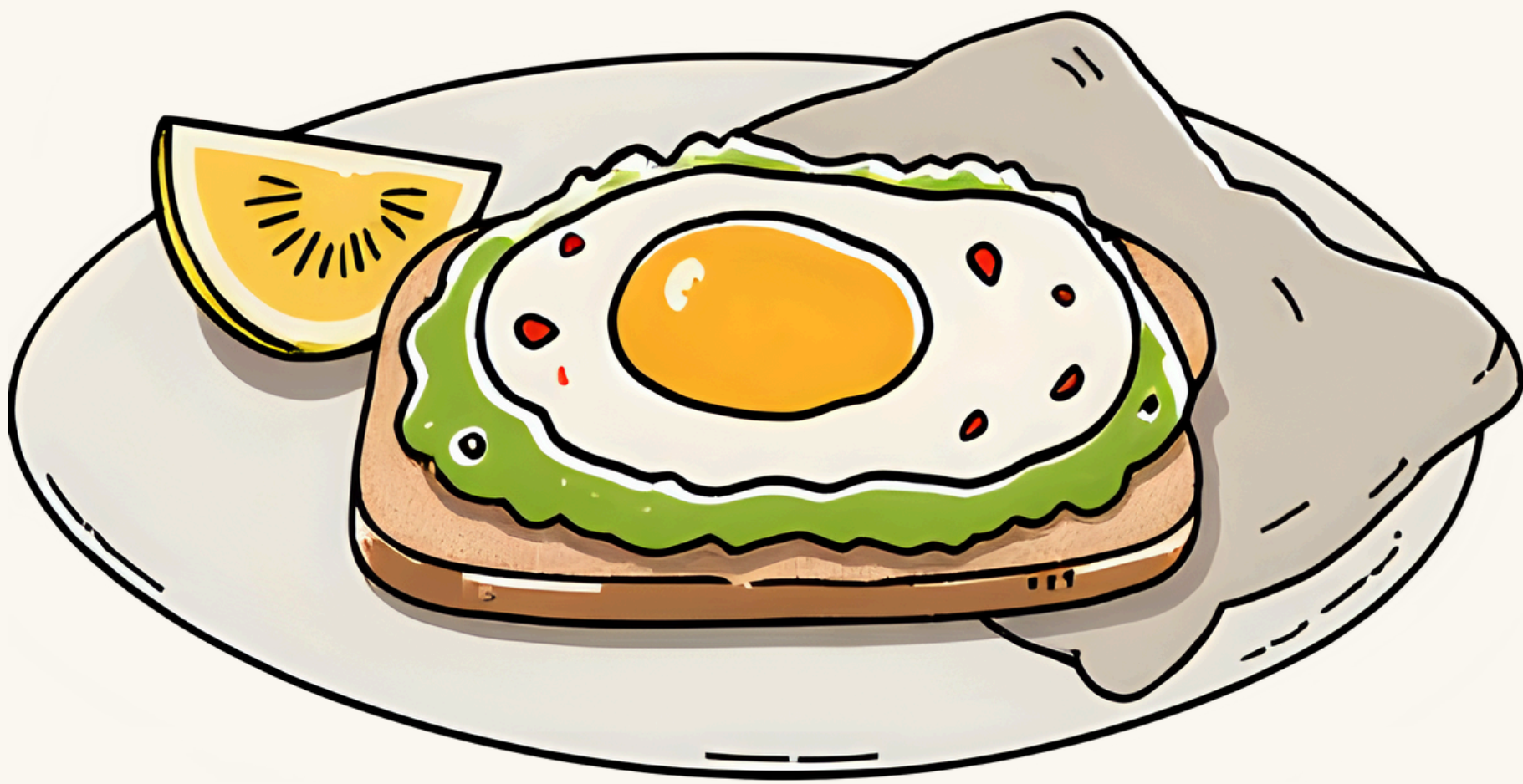
*Now flip to the recipes and let the 15-minute magic begin! ✨*





# BREAKFAST

## 🔍 RECIPE 1: AVOCADO TOAST WITH EGG



### Summary:

🕒 Ready in: 10 minutes

🍴 Serves: 1

### 🛒 Ingredients:

- 1 slice whole-grain bread (or gluten-free if needed)
- ½ ripe avocado
- 1 large egg
- 1 tsp (5 ml) olive oil
- Pinch of salt
- Pinch of black pepper
- Optional: red pepper flakes, lemon juice, or everything bagel seasoning

### 👩🍳 Instructions:

1. Toast the bread until golden and crispy.
2. While the bread is toasting, heat olive oil in a small pan over medium heat. Crack in the egg and cook it to your preference (fried, sunny-side up, or scrambled).
3. In a bowl, mash the avocado with a pinch of salt and pepper.
4. Spread the mashed avocado over the toasted bread.
5. Top with the cooked egg and finish with your favorite optional toppings.

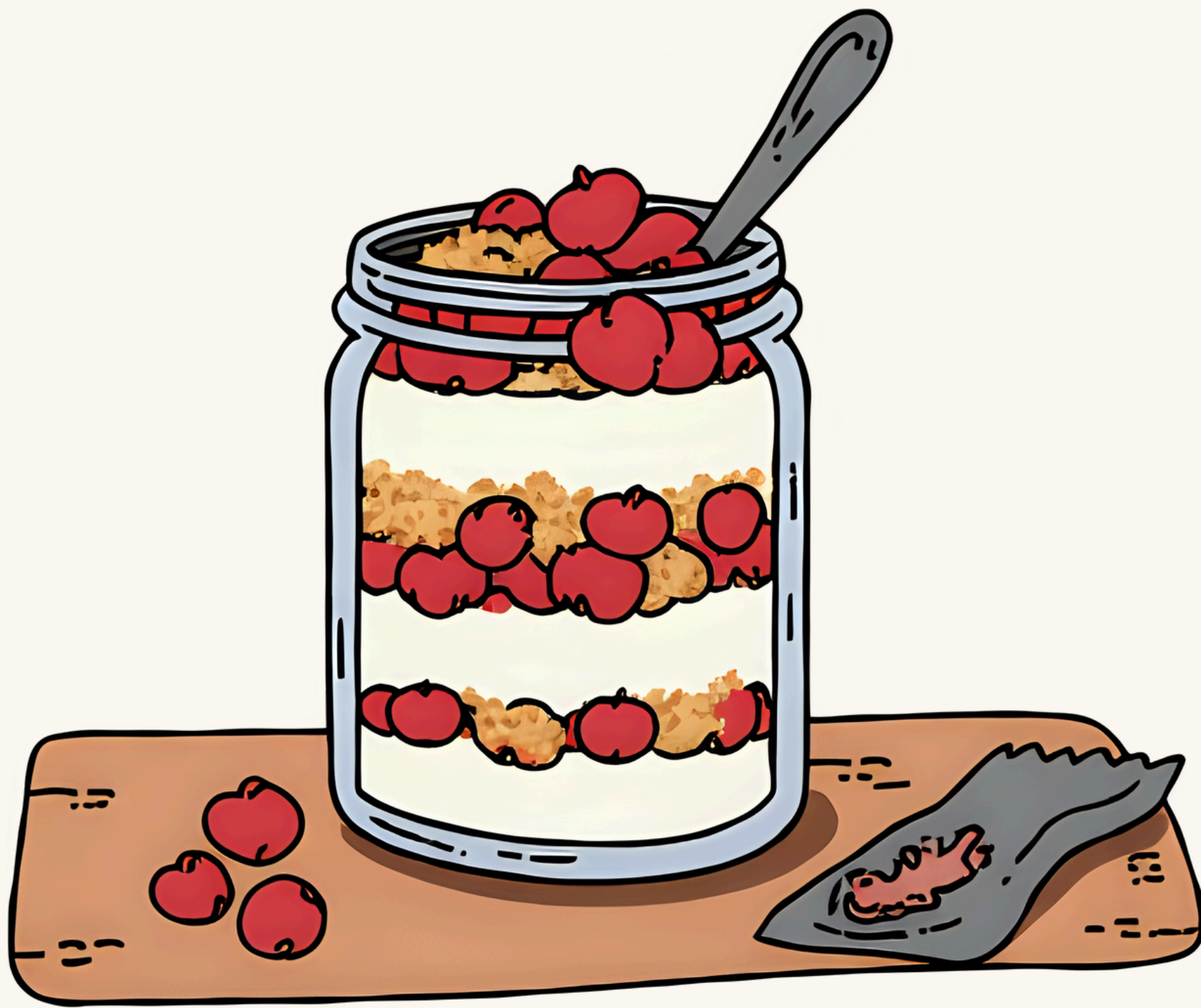
### 🧠 Time-Saving Tip:

Use a pre-boiled or microwave egg on super busy mornings!



# BREAKFAST

## 🍓 RECIPE 2: GREEK YOGURT PARFAIT



### Summary:

🕒 Ready in: 5 minutes

🍴 Serves: 1

### 🛒 Ingredients:

- $\frac{3}{4}$  cup (180 g) plain Greek yogurt
- $\frac{1}{2}$  cup (75 g) mixed berries (fresh or frozen)
- $\frac{1}{4}$  cup (30 g) granola
- 1 tsp (5 ml) honey (optional)

### 👩🍳 Instructions:

1. Spoon half the yogurt into a glass or bowl.
2. Add a layer of berries, then sprinkle half the granola.
3. Repeat the layers with the remaining yogurt, berries, and granola.
4. Drizzle honey on top if using.

### 🧠 Time-Saving Tip:

Use pre-portioned yogurt cups and pre-washed berries for a grab-and-layer setup.



# BREAKFAST

## RECIPE 3: BANANA OAT SMOOTHIE



### Summary:

 Ready in: 5 minutes

 Serves: 1

### Ingredients:

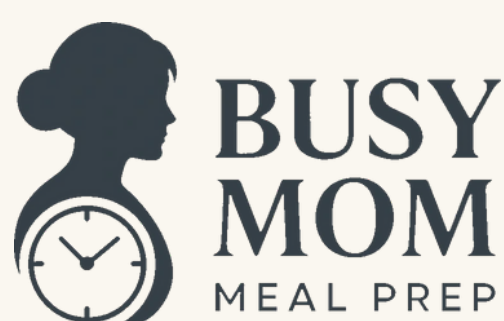
- 1 ripe banana
- ½ cup (120 ml) milk or almond milk
- ¼ cup (25 g) rolled oats
- 1 tbsp (15 g) peanut butter
- ½ tsp cinnamon (optional)
- 3–4 ice cubes (optional)

### Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Pour into a glass and serve immediately.

### Time-Saving Tip:

Make smoothie packs ahead by freezing banana slices, oats, and peanut butter in individual bags.





# BREAKFAST

## 🔍 RECIPE 4: MICROWAVE VEGGIE OMELET IN A MUG



### Summary:

🕒 Ready in: 5 minutes

🍴 Serves: 1

### 🛒 Ingredients:

- 2 large eggs
- 2 tbsp (30 ml) milk
- 2 tbsp (20 g) shredded cheese
- 2 tbsp (20 g) chopped bell peppers
- 1 tbsp (10 g) chopped spinach or kale
- Pinch of salt & pepper
- Optional: chopped onion, tomato, or cooked bacon bits

### 👩🍳 Instructions:

1. In a microwave-safe mug, whisk the eggs and milk.
2. Stir in veggies, cheese, salt, and pepper.
3. Microwave on high for 1 minute. Stir, then microwave for another 30–60 seconds, or until the eggs are fully set.
4. Let sit for 1 minute before eating (it's hot!).

### 🧠 Time-Saving Tip:

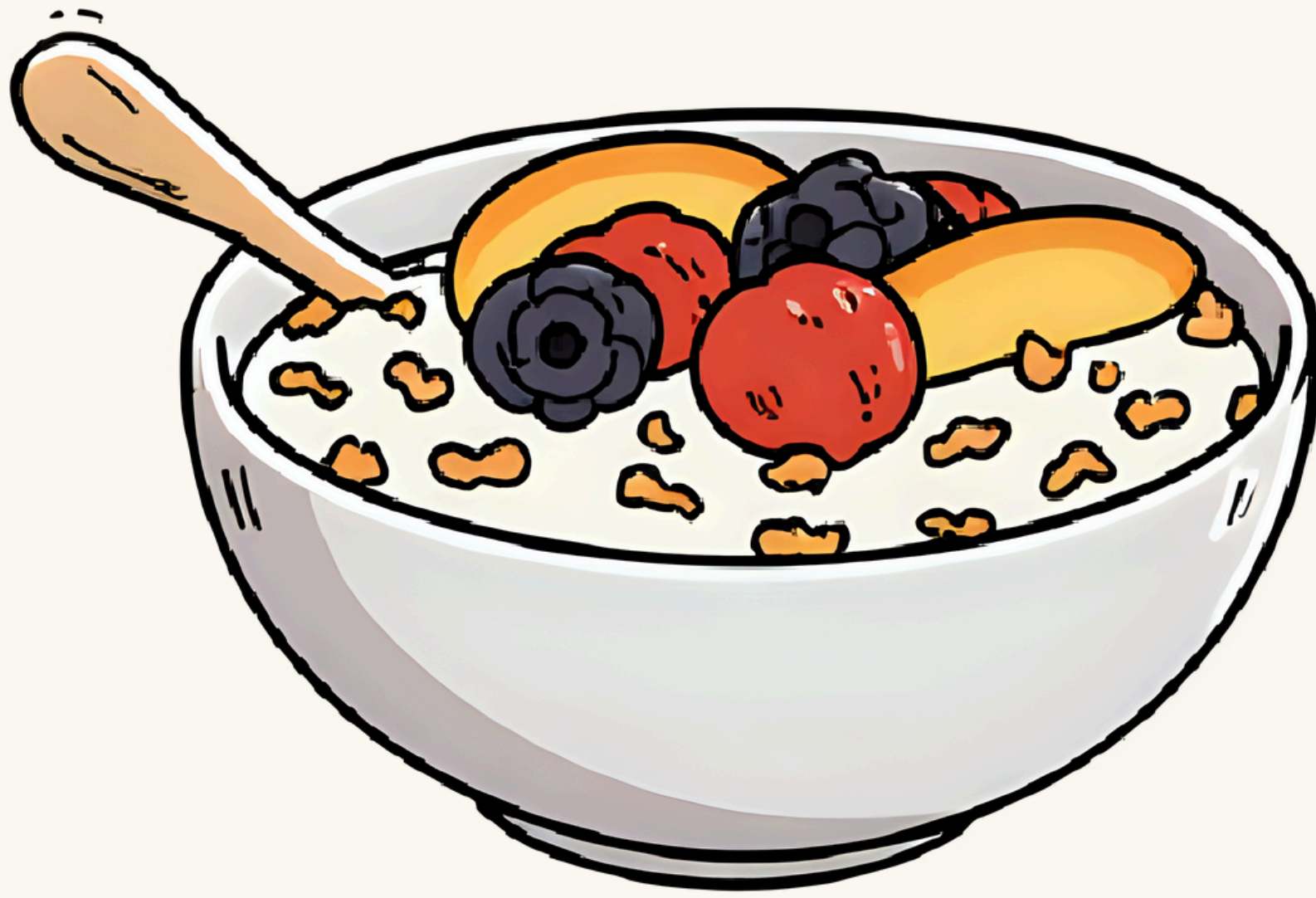
Chop veggies at the start of the week and store them in small containers or baggies for omelets, wraps, or snacks.





# BREAKFAST

## 🍑 RECIPE 5: COTTAGE CHEESE WITH FRUIT & NUTS



### Summary:

🕒 Ready in: 3–5 minutes

🍴 Serves: 1

### 🛒 Ingredients:

- $\frac{3}{4}$  cup (180 g) cottage cheese
- $\frac{1}{2}$  cup (80 g) sliced fresh fruit (like peaches, berries, or pineapple)
- 1 tbsp (10 g) chopped walnuts or almonds
- Optional: drizzle of honey or sprinkle of cinnamon

### 👩🍳 Instructions:

1. Scoop cottage cheese into a bowl.
2. Top with sliced fruit and chopped nuts.
3. Add honey or cinnamon if desired.

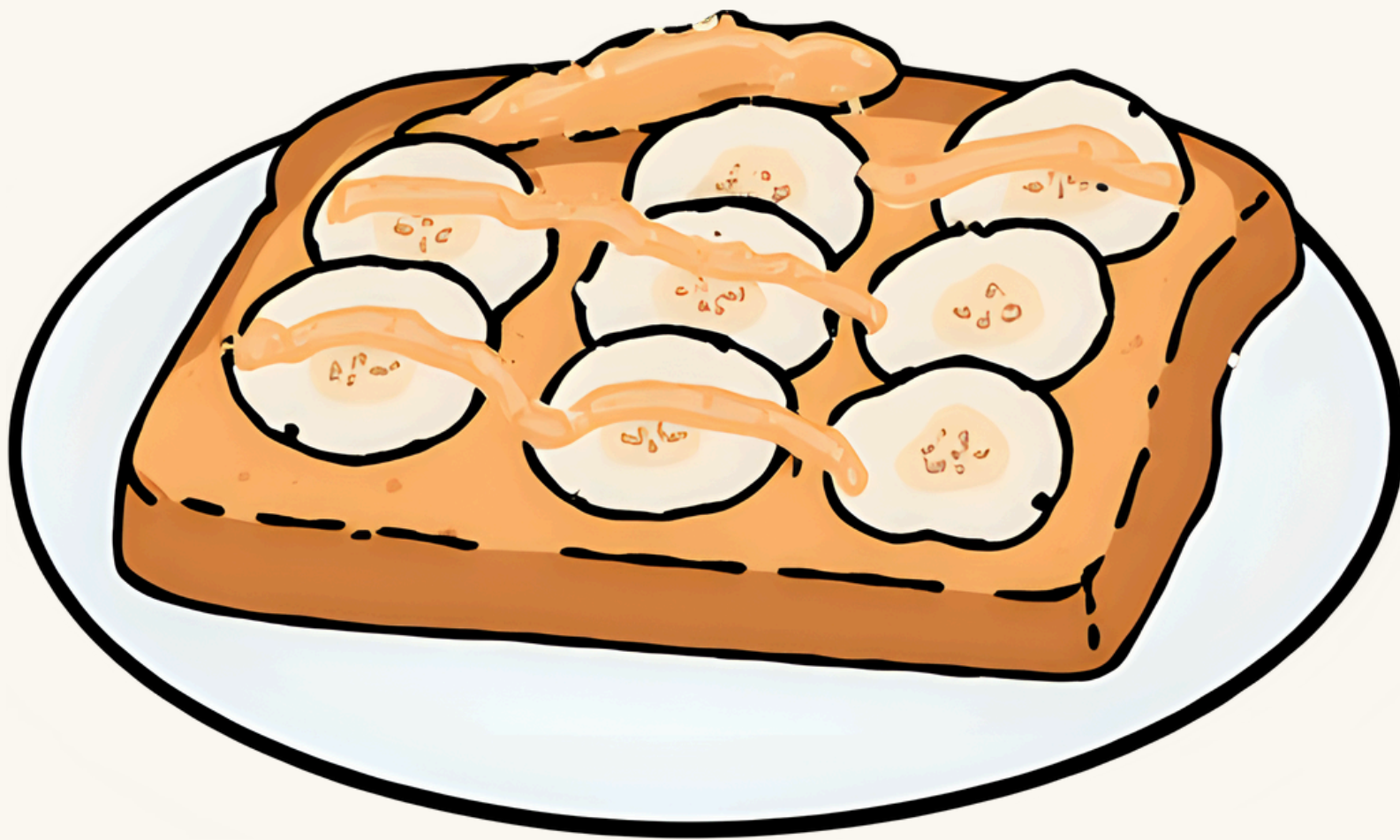
### 🧠 Time-Saving Tip:

Use canned fruit in juice (drained) or pre-sliced fruit cups for even quicker assembly.



# BREAKFAST

## 🍞 RECIPE 6: PEANUT BUTTER BANANA TOAST



### Summary:

🕒 Ready in: 5 minutes

🍴 Serves: 1

### 🛒 Ingredients:

- 1 slice whole-grain bread
- 1 tbsp (15 g) peanut butter
- ½ banana, sliced
- Dash of cinnamon
- Optional: drizzle of honey

### 👩🍳 Instructions:

1. Toast the bread to your liking.
2. Spread peanut butter evenly over the toast.
3. Layer banana slices on top.
4. Sprinkle with cinnamon and drizzle honey if desired.

### 🧠 Time-Saving Tip:

Pre-slice bananas in the morning and store in an airtight container for up to 24 hours.



# BREAKFAST

## 🍷 RECIPE 7: OVERNIGHT OATS (MAKE-AHEAD MAGIC)



### Summary:

🕒 Prep Time: 5 minutes (plus overnight chill)

🍴 Serves: 1

### 🛒 Ingredients:

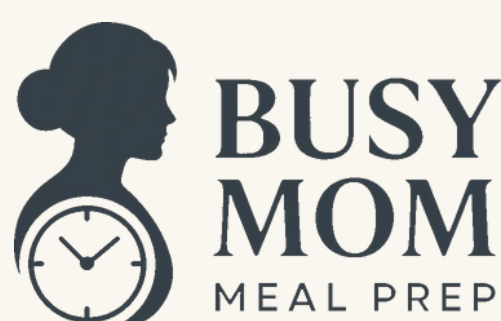
- ½ cup (45 g) rolled oats
- ½ cup (120 ml) milk or milk alternative
- ¼ cup (60 g) Greek yogurt
- 1 tsp (5 ml) chia seeds (optional)
- ½ banana, sliced (or ¼ cup berries)
- 1 tsp (5 ml) maple syrup or honey (optional)

### 👩🍳 Instructions:

1. In a mason jar or container, combine oats, milk, yogurt, and chia seeds.
2. Stir well, then top with banana slices or berries.
3. Drizzle with honey or maple syrup, if desired.
4. Seal and refrigerate overnight (or at least 4 hours).
5. Grab and go in the morning — no cooking needed!

### 🧠 Time-Saving Tip:

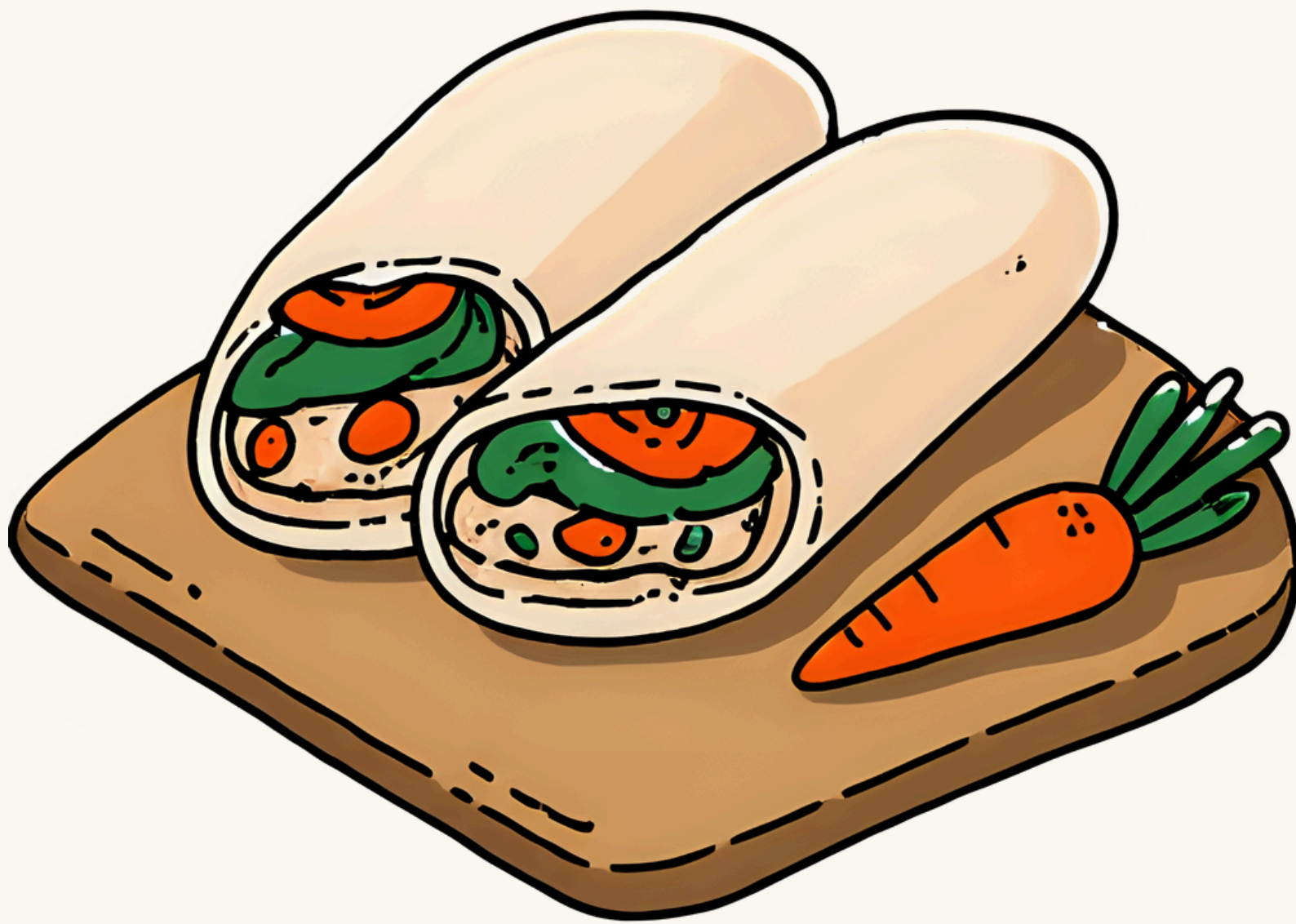
Make 3–4 jars ahead of time for multiple grab-and-go mornings.





# LUNCH

## RECIPE 8: TURKEY & HUMMUS WRAP



### Summary:

 Ready in: 5 minutes

 Serves: 1

### Ingredients:

- 1 whole wheat tortilla (20 cm / 8 in)
- 2 tbsp (30 g) hummus
- 2–3 slices (60–75 g) deli turkey or cooked shredded turkey
- ¼ cup (15 g) baby spinach or lettuce
- ¼ cup (30 g) sliced bell peppers or cucumber
- Optional: a dash of lemon juice or a sprinkle of feta cheese

### Instructions:

1. Lay the tortilla flat and spread hummus evenly over the surface.
2. Layer turkey, spinach, and sliced veggies.
3. Add any optional extras, then roll tightly into a wrap.
4. Slice in half and serve!

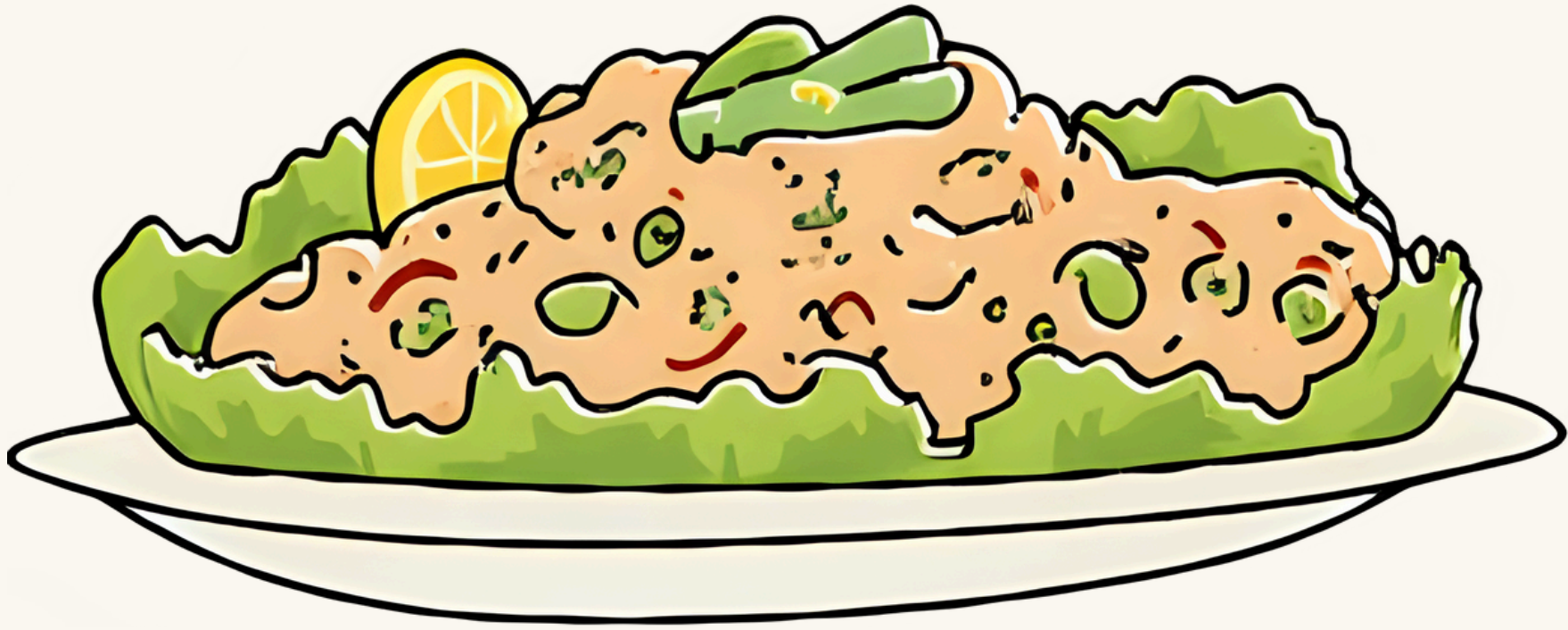
### Time-Saving Tip:

Wraps can be pre-assembled in the morning and stored in foil for grab-and-go lunch later.



# LUNCH

## RECIPE 9: TUNA SALAD LETTUCE CUPS



### Summary:

 Ready in: 10 minutes

 Serves: 2 (4 lettuce cups total)

### Ingredients:

- 1 can (120 g / 4 oz) tuna in water, drained
- 1 tbsp (15 g) mayonnaise or Greek yogurt
- 1 tsp (5 ml) Dijon mustard (optional)
- 1 tbsp (10 g) chopped celery or pickles
- Salt & pepper to taste
- 4 large romaine or butter lettuce leaves

### Instructions:

1. In a bowl, mix tuna, mayo (or yogurt), mustard, celery, and seasoning.
2. Spoon the tuna mixture into lettuce leaves.
3. Serve as boats or wrap them up taco-style.

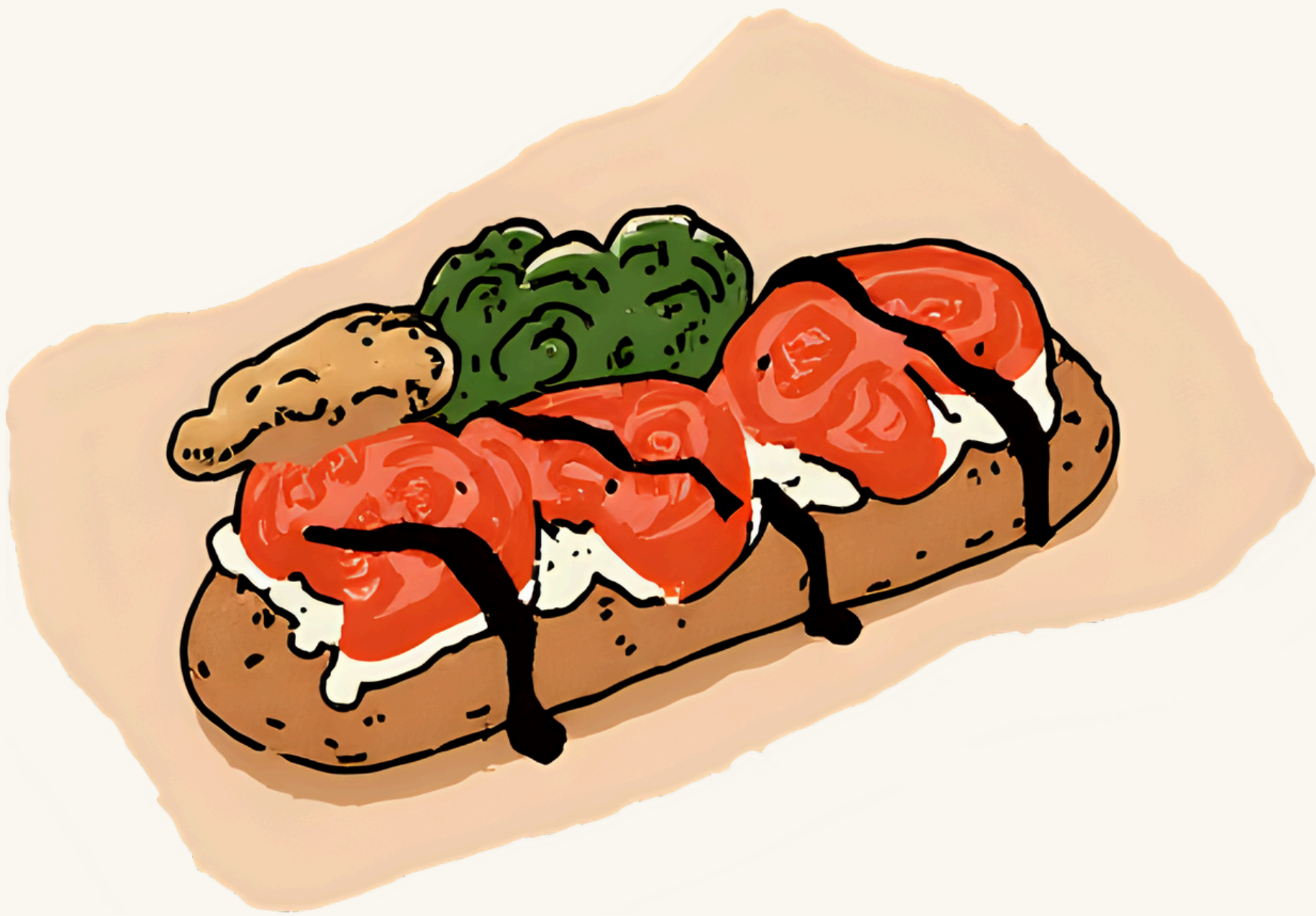
### Time-Saving Tip:

Double the tuna mixture and store for use in sandwiches, wraps, or salads later in the week.



# LUNCH

## RECIPE 10: CAPRESE SANDWICH



### Summary:

 Ready in: 10 minutes

 Serves: 1

### Ingredients:

- 1 small ciabatta roll or 2 slices sourdough
- 2–3 slices (50 g) fresh mozzarella
- 2–3 slices (50 g) tomato
- 3–4 fresh basil leaves
- 1 tsp (5 ml) olive oil
- 1 tsp (5 ml) balsamic glaze or vinegar
- Salt & pepper to taste

### Instructions:

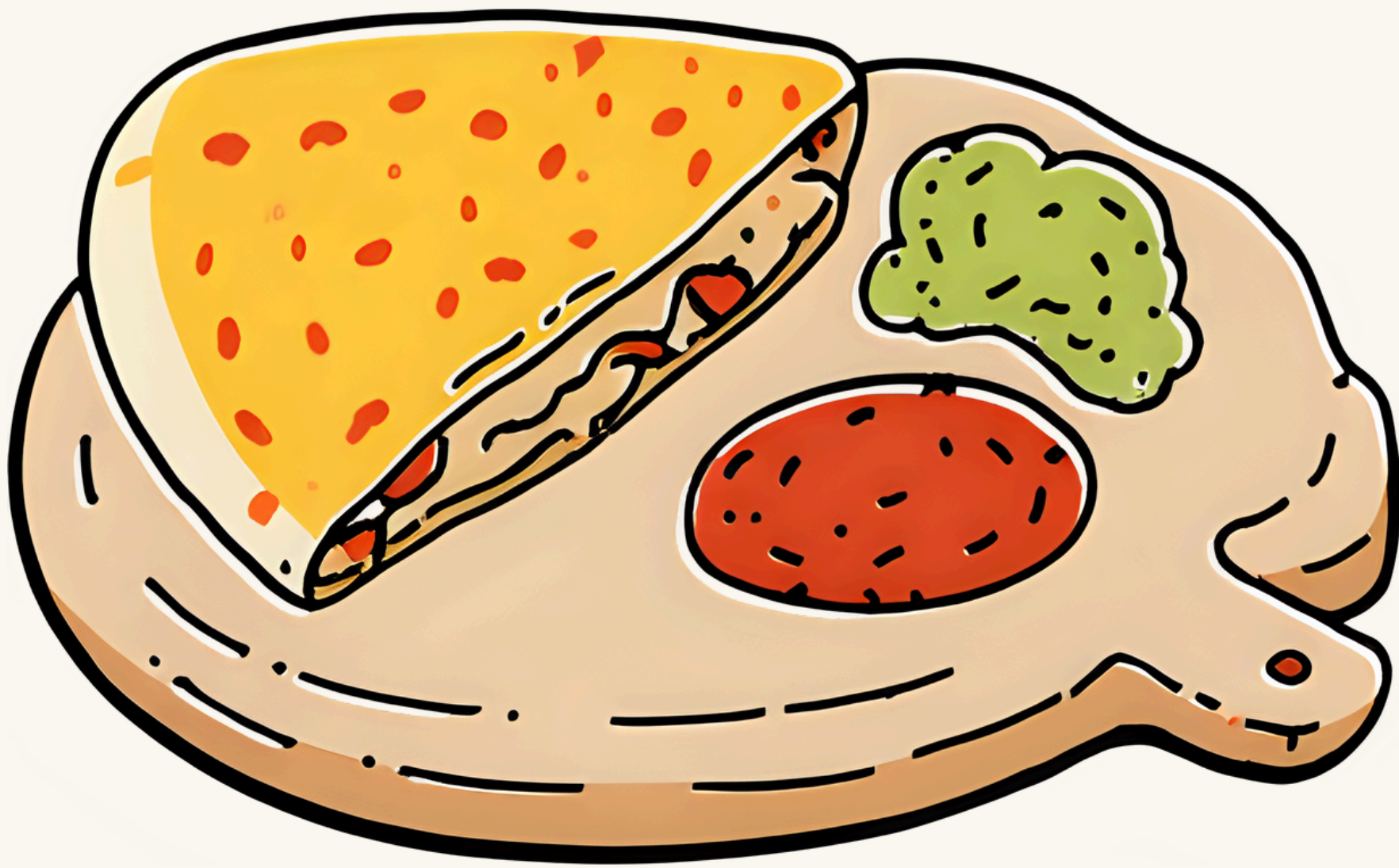
1. Slice bread and layer with mozzarella, tomato, and basil.
2. Drizzle with olive oil and balsamic glaze.
3. Sprinkle with salt and pepper.
4. Serve cold or toast lightly in a pan or press for a warm version.

### Time-Saving Tip:

Use pre-sliced mozzarella and tomato to assemble in 2 minutes flat.

# LUNCH

## 🧀 RECIPE 11: CHICKEN QUESADILLA



### Summary:

🕒 Ready in: 10 minutes

🍴 Serves: 1

### 🛒 Ingredients:

- 1 flour tortilla (20 cm / 8 in)
- ½ cup (75 g) shredded cooked chicken
- ¼ cup (30 g) shredded cheese (cheddar, mozzarella, or Mexican blend)
- 1 tbsp (15 g) salsa or diced tomatoes (optional)
- 1 tsp (5 ml) olive oil or butter for the pan

### 👨🍳 Instructions:

1. Heat oil in a pan over medium heat.
2. Place tortilla in the pan. On one half, layer chicken, cheese, and salsa.
3. Fold the tortilla in half and cook for 2–3 minutes per side, until golden and cheese is melted.
4. Slice and serve warm with sour cream, guac, or extra salsa if desired.

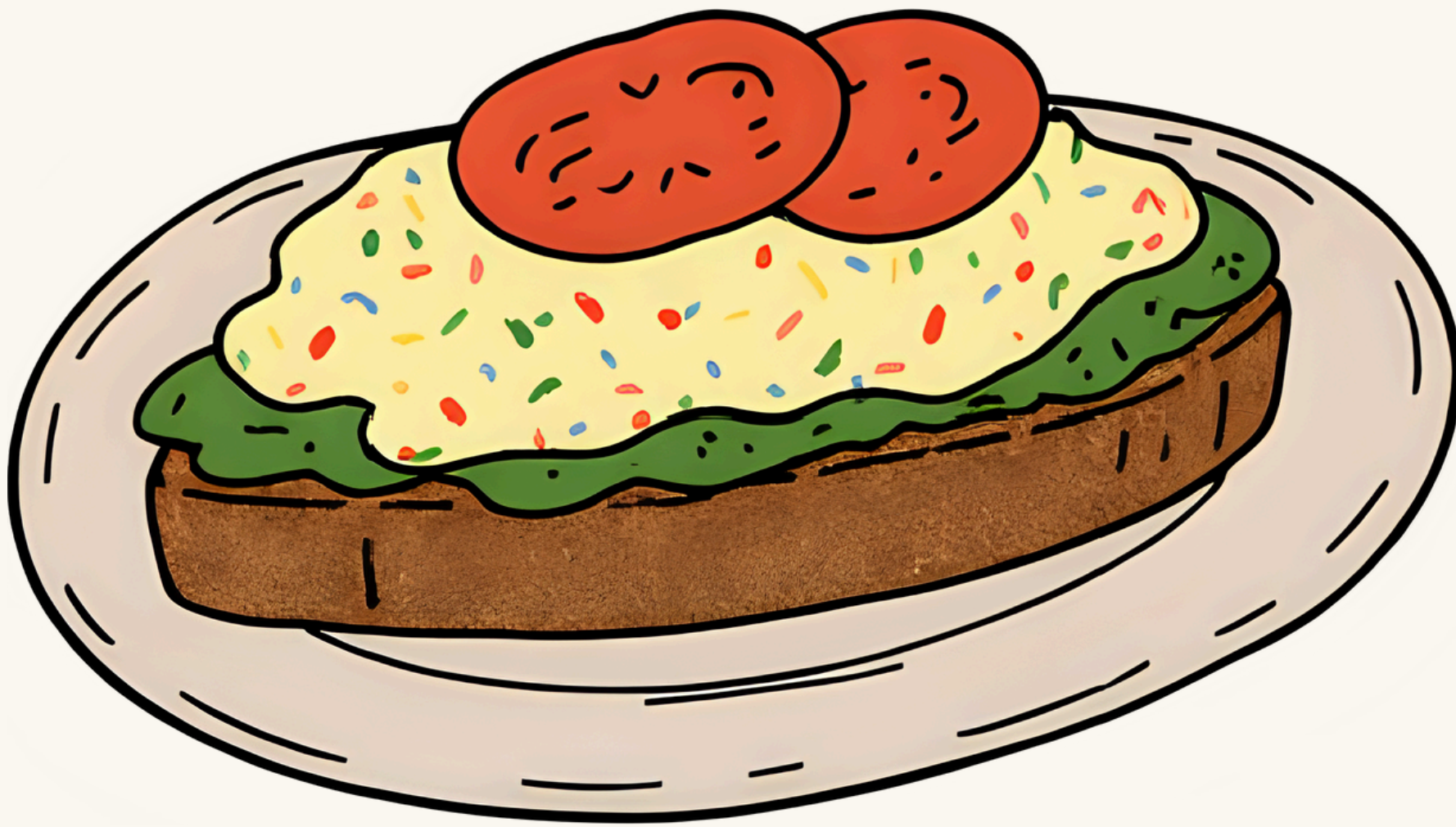
### 🧠 Time-Saving Tip:

Use rotisserie chicken and pre-shredded cheese for faster prep.



# LUNCH

## 🥚 RECIPE 12: EGG SALAD ON TOAST



### Summary:

🕒 Ready in: 10 minutes

🍴 Serves: 1

### 🛒 Ingredients:

- 2 hard-boiled eggs, chopped
- 1 tbsp (15 g) mayonnaise or Greek yogurt
- ½ tsp (2.5 ml) mustard (optional)
- Pinch of salt & pepper
- 1 slice whole grain or sourdough bread, toasted
- Optional: handful of baby spinach or sliced tomato for topping

### 👩🍳 Instructions:

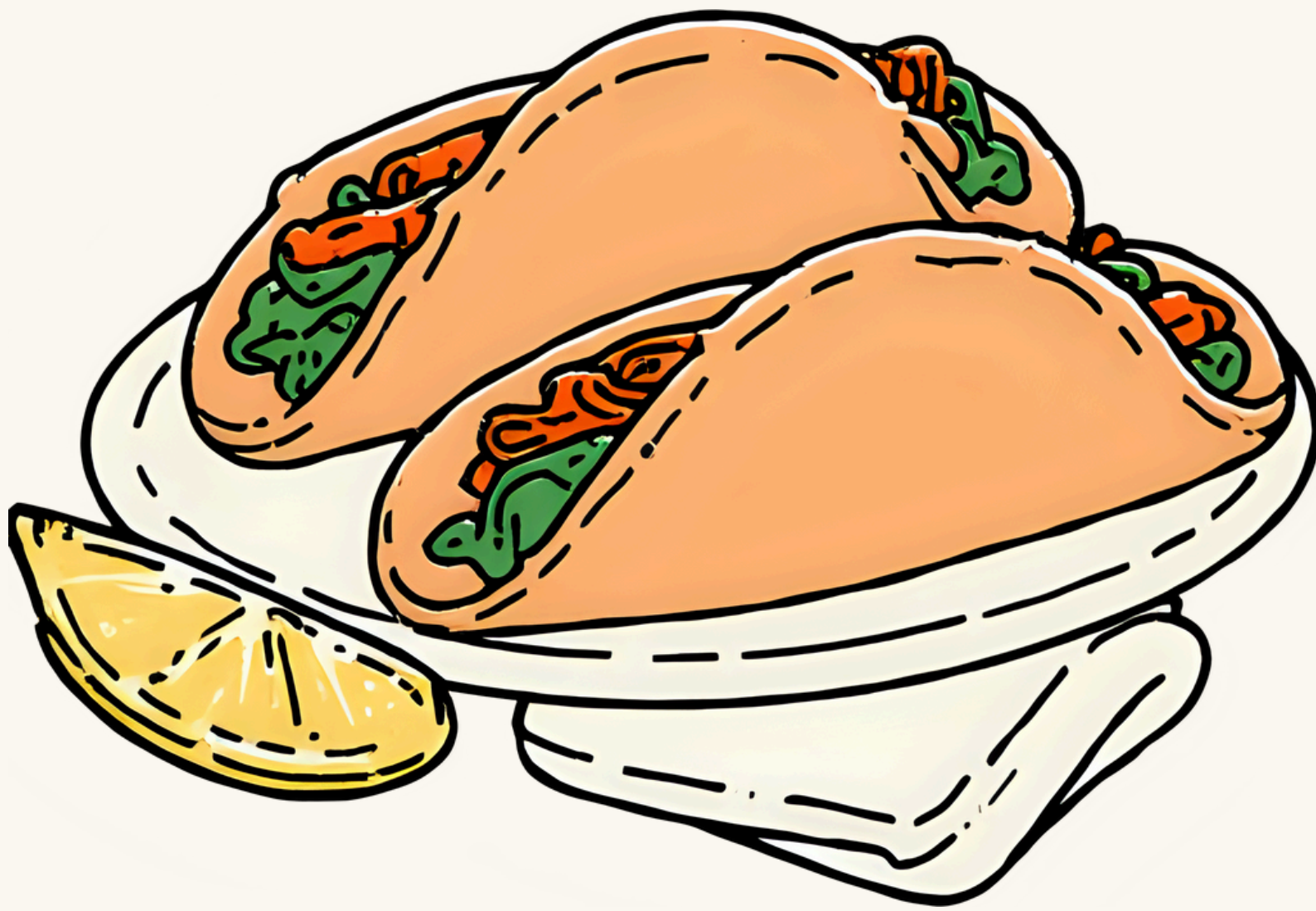
1. In a bowl, mash eggs with mayo, mustard, salt, and pepper.
2. Toast the bread and spread the egg salad over it.
3. Add spinach or tomato if using. Serve open-faced or top with a second slice of bread.

### 🧠 Time-Saving Tip:

Boil eggs in batches and store in the fridge for up to 5 days.

# LUNCH

## 🥗 RECIPE 13: PITA POCKET WITH HUMMUS & VEGGIES



### Summary:

🕒 Ready in: 5–7 minutes

🍴 Serves: 1

### 🛒 Ingredients:

- 1 whole wheat pita
- 2 tbsp (30 g) hummus
- ¼ cup (30 g) shredded carrots
- ¼ cup (30 g) sliced cucumber
- 2 tbsp (15 g) chopped olives or cherry tomatoes
- Optional: a few spinach leaves or feta crumbles

### 👩🍳 Instructions:

1. Cut the pita in half to make two pockets.
2. Spread hummus inside each half.
3. Stuff with veggies and any optional extras.
4. Serve immediately or wrap for on-the-go lunch.

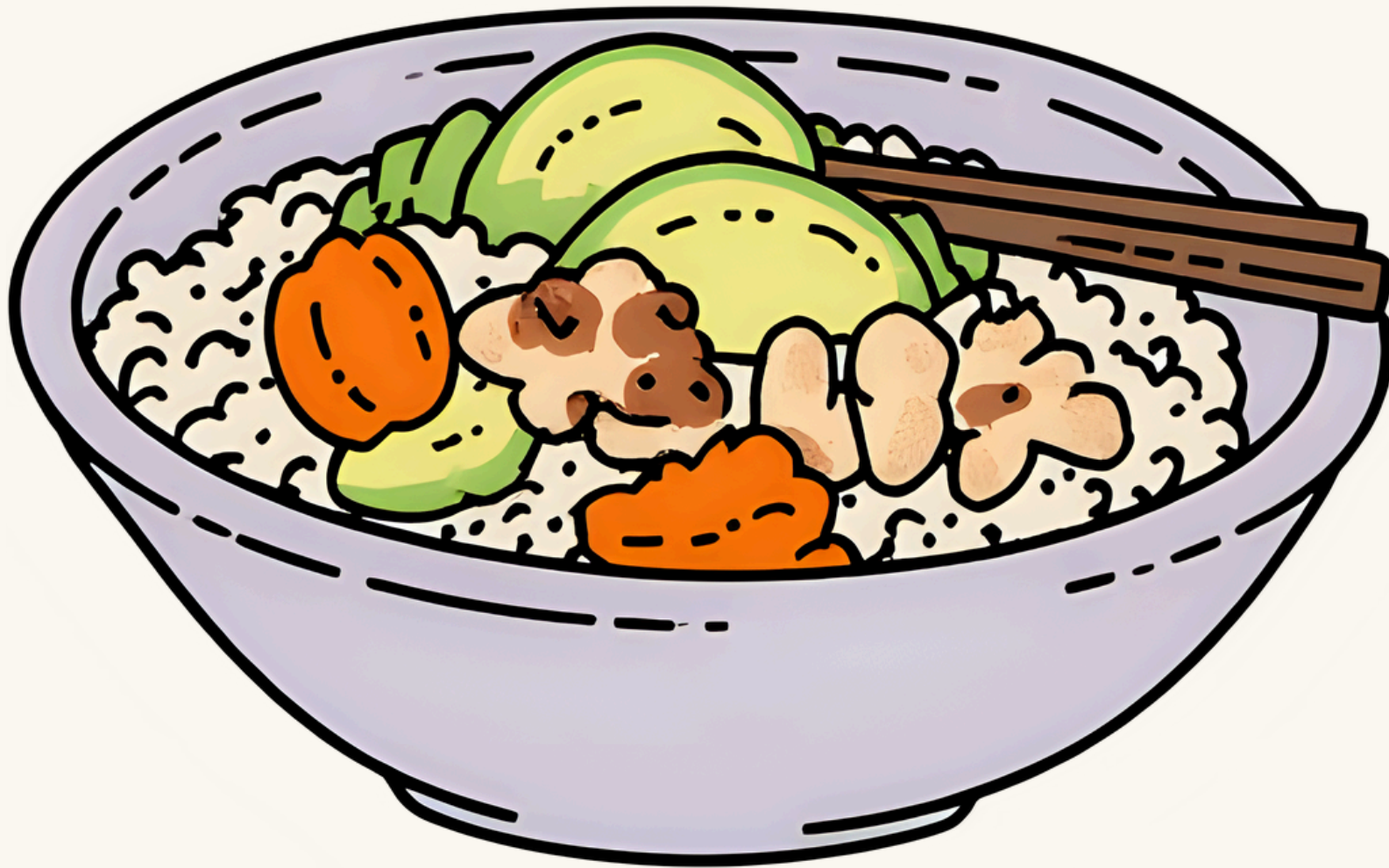
### 🧠 Time-Saving Tip:

Use pre-cut veggie sticks or a salad mix for quick stuffing.



# LUNCH

## RECIPE 14: QUICK RICE BOWL



### Summary:

 Ready in: 10 minutes

 Serves: 1

### Ingredients:

- 1 cup (150 g) cooked rice (white, brown, or jasmine)
- ½ cup (75 g) cooked chicken, tofu, or chickpeas
- ¼ avocado, sliced
- ¼ cup (30 g) chopped cucumber or bell pepper
- 1 tbsp (15 ml) soy sauce or dressing of choice
- Optional: sesame seeds, green onion, or a drizzle of sriracha

### Instructions:

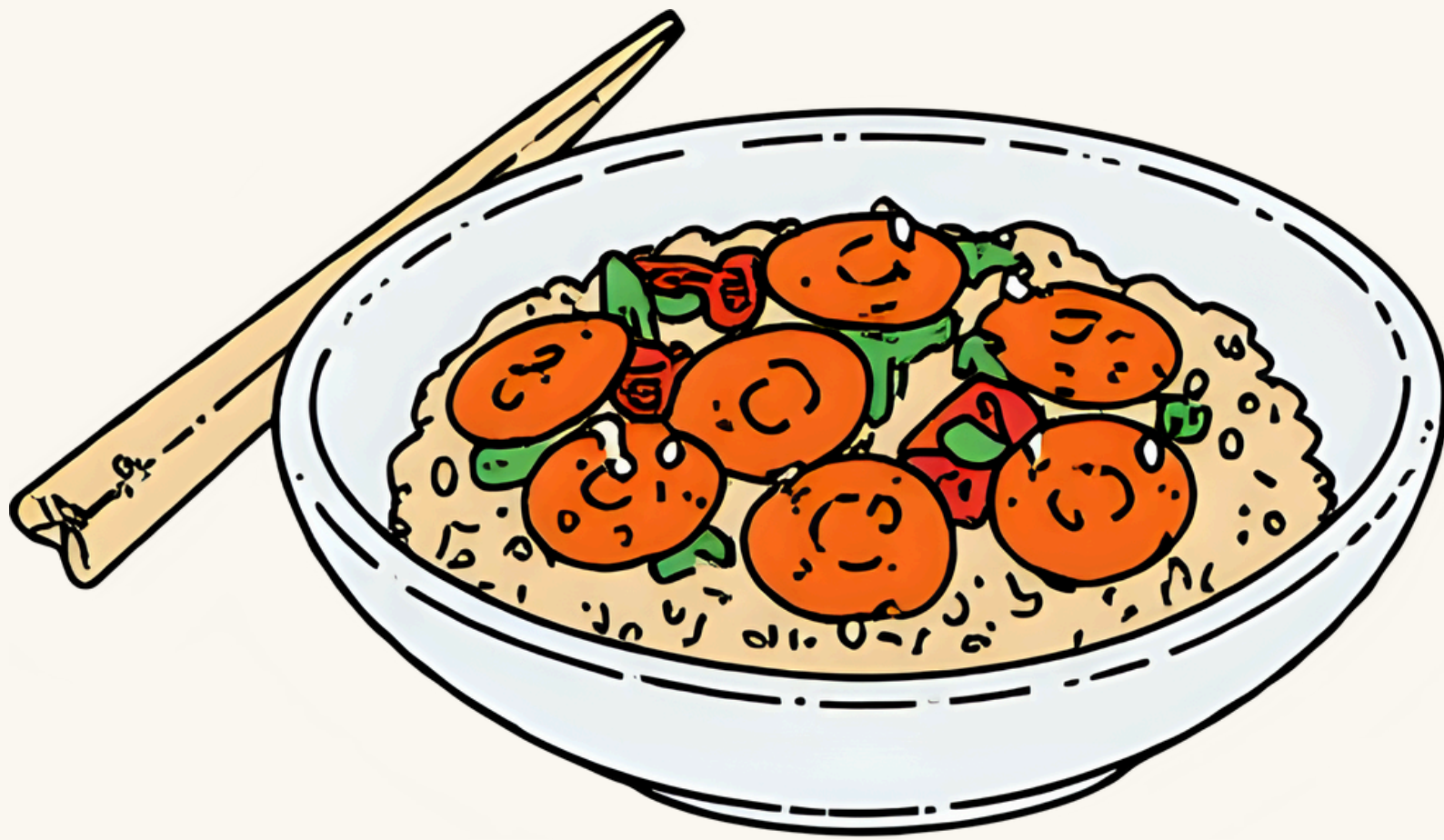
- 1.If using leftover rice, microwave it for 1–2 minutes until hot.
- 2.Add protein, chopped veggies, and avocado on top.
- 3.Drizzle with soy sauce or dressing.
- 4.Top with any optional garnishes and enjoy!

### Time-Saving Tip:


Use microwave-ready rice and pre-cooked proteins for ultimate speed.

# DINNER

## RECIPE 15: SHRIMP STIR-FRY



### Summary:

 Ready in: 15 minutes

 Serves: 2

### Ingredients:

- 200 g (7 oz) peeled shrimp (fresh or thawed from frozen)
- 1½ cups (150 g) frozen stir-fry veggies or fresh chopped vegetables
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 ml) sesame oil or olive oil
- 1 cup (150 g) cooked rice or noodles
- Optional: garlic, chili flakes, or sesame seeds

### Instructions:

1. Heat oil in a pan or wok over medium-high heat.
2. Add shrimp and cook for 2–3 minutes until pink.
3. Add vegetables and cook for another 4–5 minutes.
4. Stir in soy sauce and any optional seasonings.
5. Serve hot over rice or noodles.

### Time-Saving Tip:

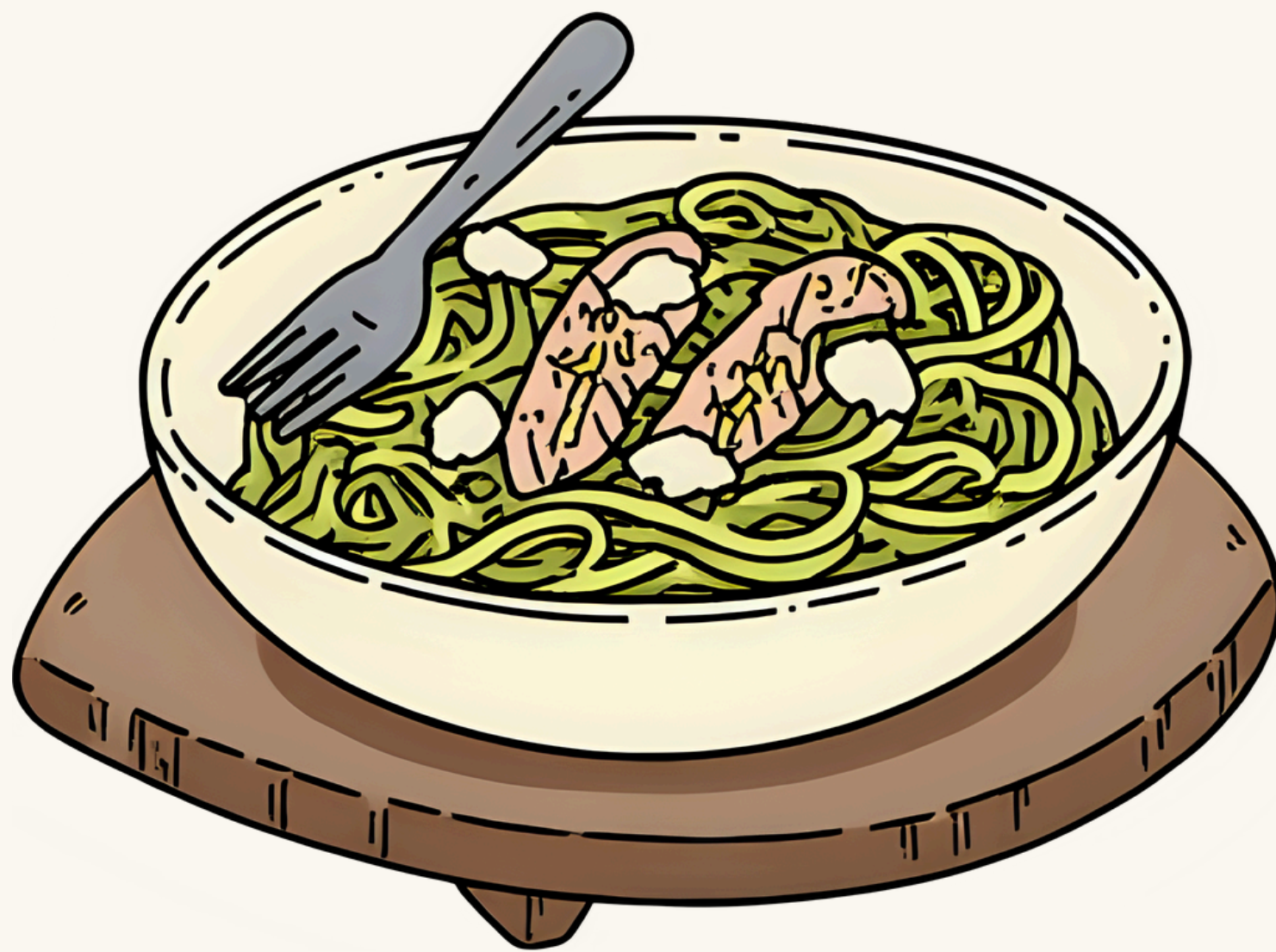
Use pre-cooked shrimp and frozen veggie blends for minimal prep.



# DINNER



## RECIPE 16: ZUCCHINI NOODLES WITH PESTO & CHICKEN



### Summary:



Ready in: 10 minutes



Serves: 1



### Ingredients:

- 1½ cups (150 g) spiralized zucchini (zoodles)
- ½ cup (75 g) cooked shredded chicken
- 2 tbsp (30 g) basil pesto
- 1 tbsp (15 g) grated Parmesan (optional)
- Salt & pepper to taste



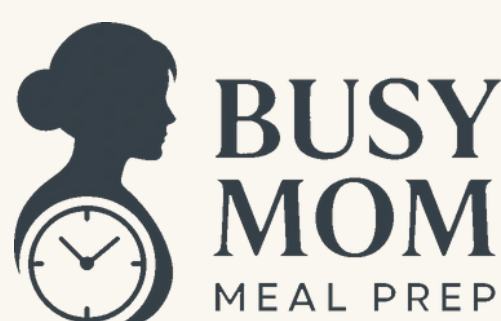
### Instructions:

1. Heat a non-stick skillet over medium heat.
2. Add zucchini noodles and sauté for 2–3 minutes.
3. Stir in chicken and pesto, cook 1–2 minutes more.
4. Sprinkle with Parmesan and serve warm.



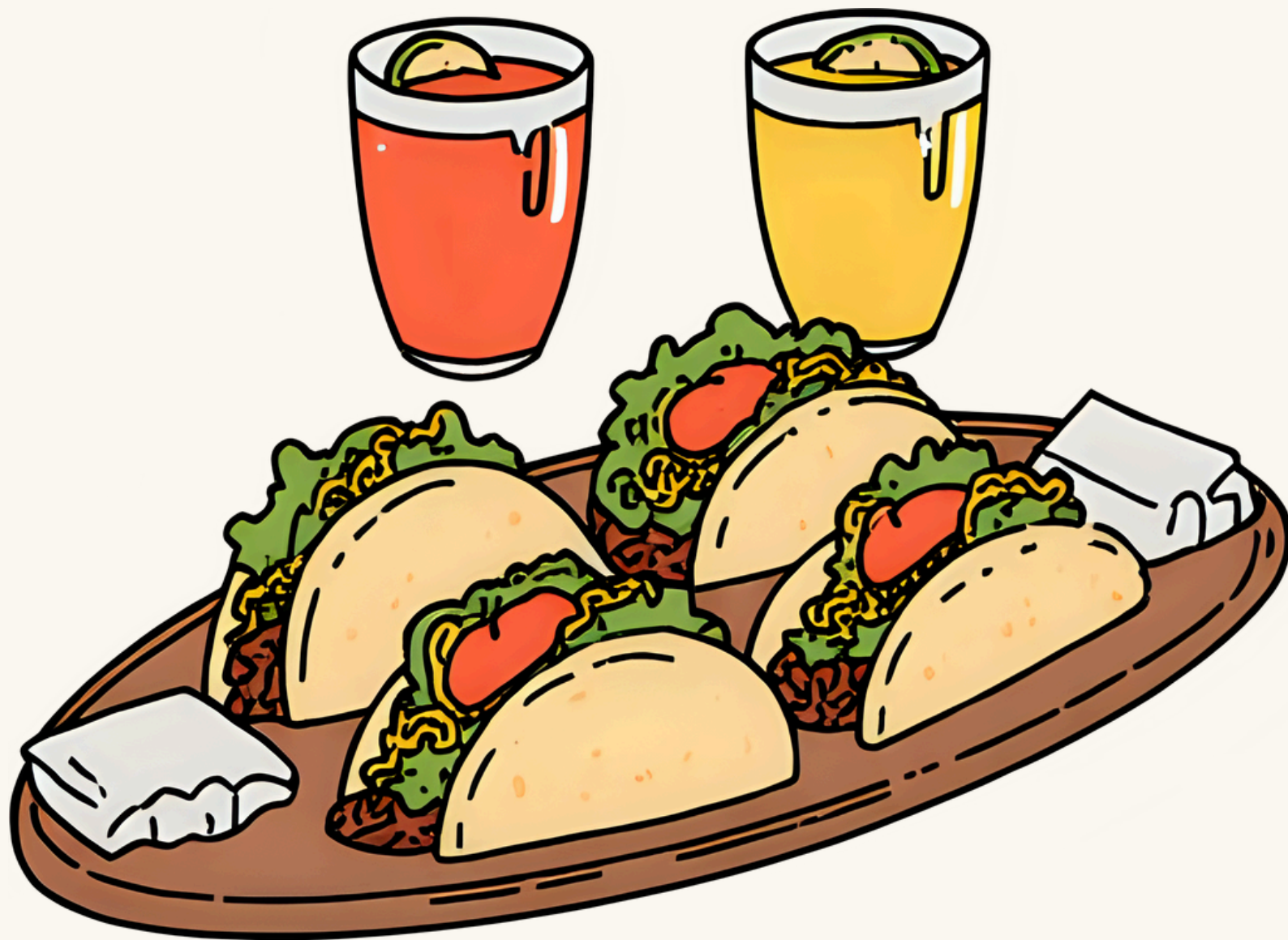
### Time-Saving Tip:

Buy pre-spiralized zucchini and rotisserie chicken for ultra-fast cooking.



# DINNER

## 🌮 RECIPE 17: QUICK TACO NIGHT



### Summary:

🕒 Ready in: 15 minutes

🍴 Serves: 2

### 🛒 Ingredients:

- 200 g (7 oz) ground beef, turkey, or plant-based crumble
- 1 tbsp (15 ml) taco seasoning
- 4 small taco shells
- ¼ cup (25 g) shredded cheese
- ¼ cup (30 g) chopped lettuce
- ¼ cup (30 g) diced tomato or salsa
- Optional: sour cream, avocado, or hot sauce

### 👩🍳 Instructions:

1. Cook ground meat in a skillet over medium heat until browned.
2. Add taco seasoning and a splash of water. Simmer for 2–3 minutes.
3. Fill taco shells with meat, cheese, and toppings.
4. Serve with optional sides like beans or rice.

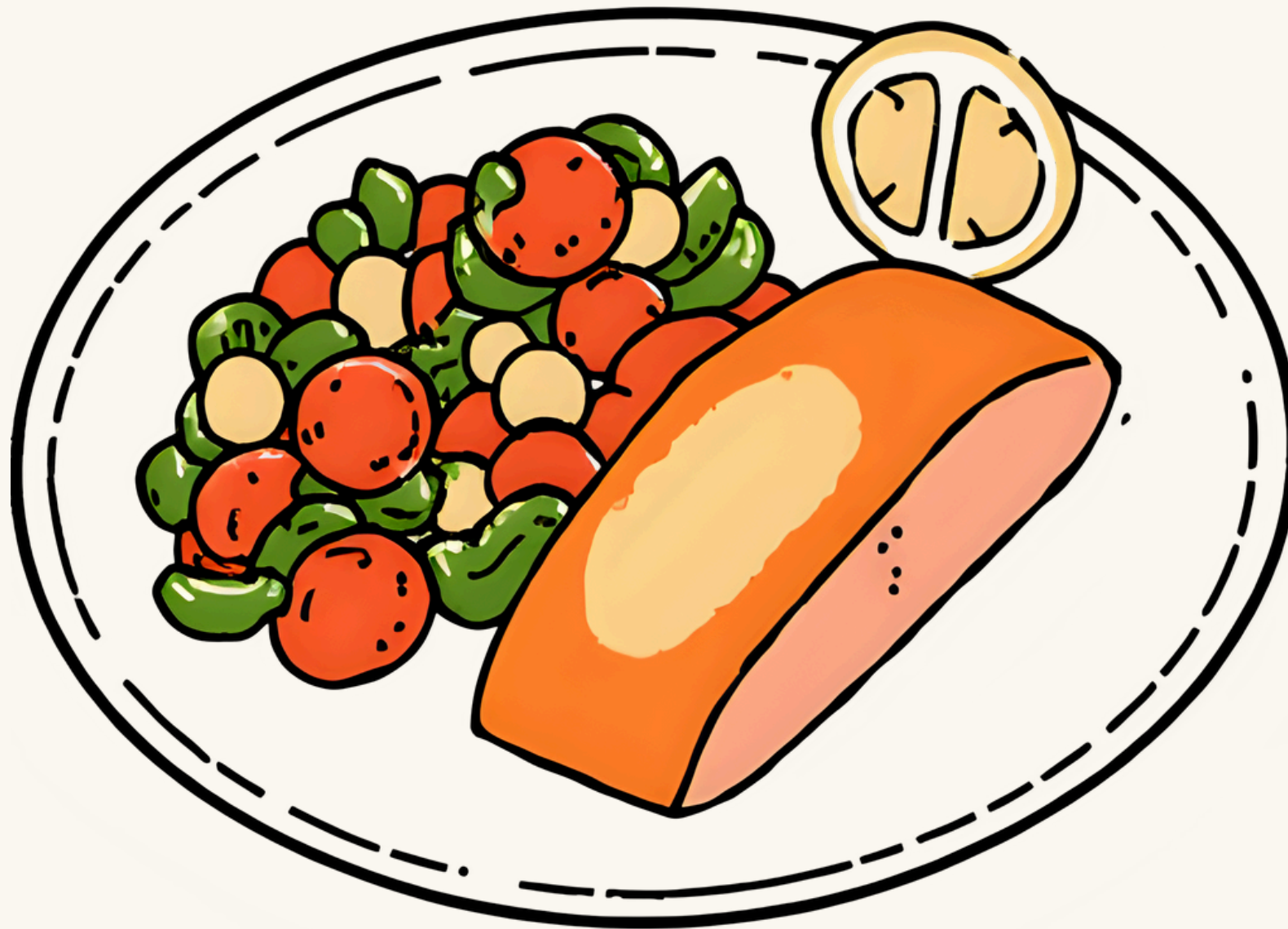
### 🧠 Time-Saving Tip:

Keep taco shells, pre-shredded cheese, and salsa in your pantry for last-minute dinners.



# DINNER

## **RECIPE 18: GARLIC BUTTER SALMON & STEAMED VEGGIES**



### **Summary:**

 Ready in: 15 minutes

 Serves: 2

### **Ingredients:**

- 2 salmon fillets (about 150 g / 5 oz each)
- 1 tbsp (15 g) butter
- 1 clove garlic, minced
- 2 cups (200 g) frozen or fresh mixed vegetables
- Salt, pepper & lemon juice to taste

### **Instructions:**

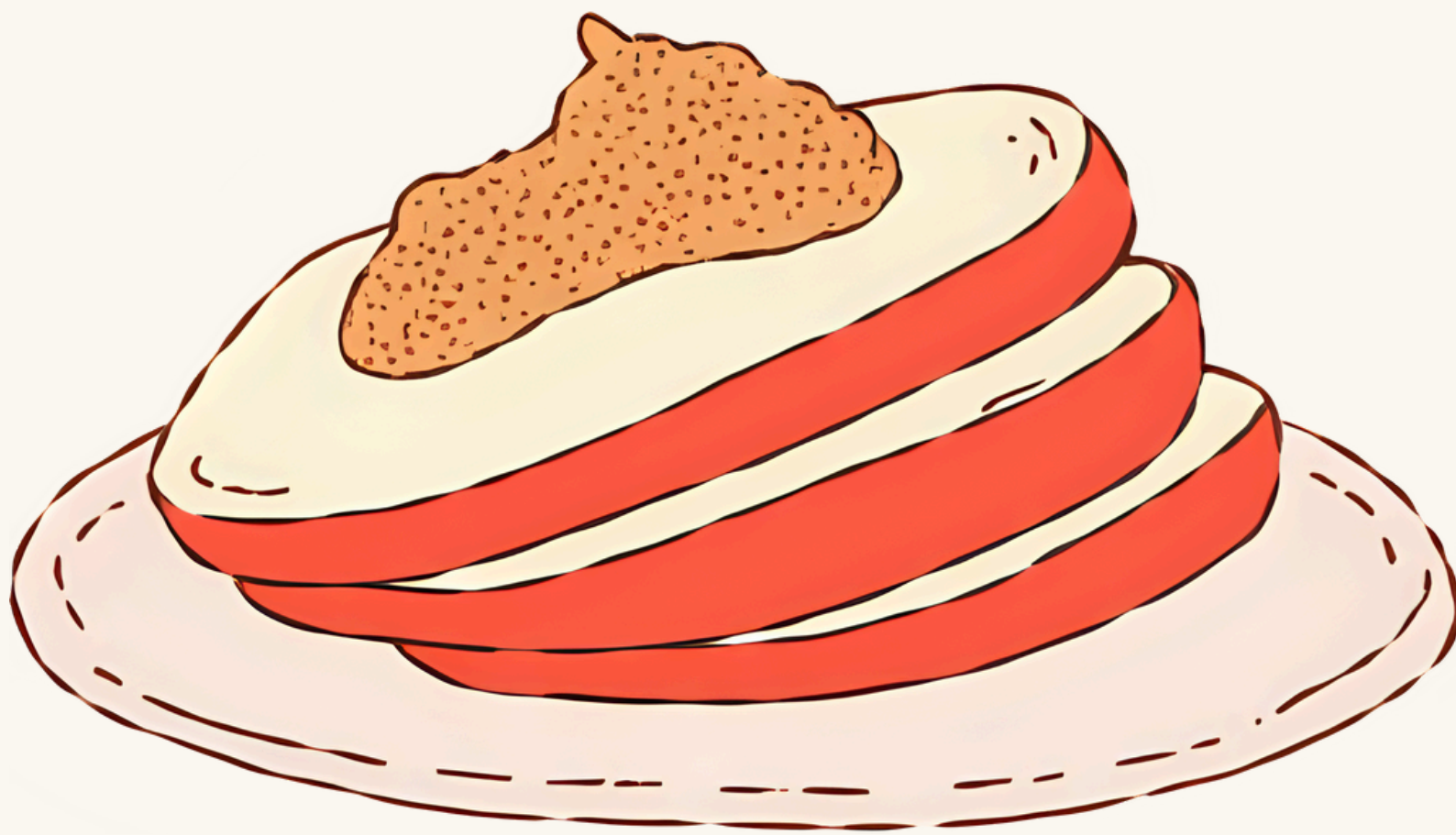
1. Melt butter in a skillet over medium heat. Add garlic and cook 1 minute.
2. Add salmon fillets, skin side down, and cook 4–5 minutes per side.
3. Steam vegetables in the microwave or stovetop while salmon cooks.
4. Plate salmon with veggies and squeeze lemon juice on top.

### **Time-Saving Tip:**

Use microwave steamable veggie bags for zero prep.

# SNACK

## 🍏 RECIPE 19: APPLE SLICES WITH ALMOND BUTTER



### Summary:

🕒 Ready in: 3 minutes

🍴 Serves: 1

### 🛒 Ingredients:

- 1 apple, sliced
- 1 tbsp (15 g) almond butter or peanut butter
- Optional: cinnamon or a sprinkle of granola

### 👩🍳 Instructions:

1. Wash and slice the apple.
2. Serve with almond butter on the side or spread onto each slice.
3. Add cinnamon or granola if desired.

### 🧠 Time-Saving Tip:

Toss apple slices in lemon water to prevent browning for lunchboxes or make-ahead snacks.



# SNACK

## RECIPE 20: TRAIL MIX YOGURT BOWL



### Summary:

 Ready in: 3–5 minutes

 Serves: 1

### Ingredients:

- $\frac{3}{4}$  cup (180 g) plain or vanilla Greek yogurt
- 2 tbsp (20 g) trail mix or chopped nuts/seeds
- 1 tsp (5 ml) honey or maple syrup (optional)

### Instructions:

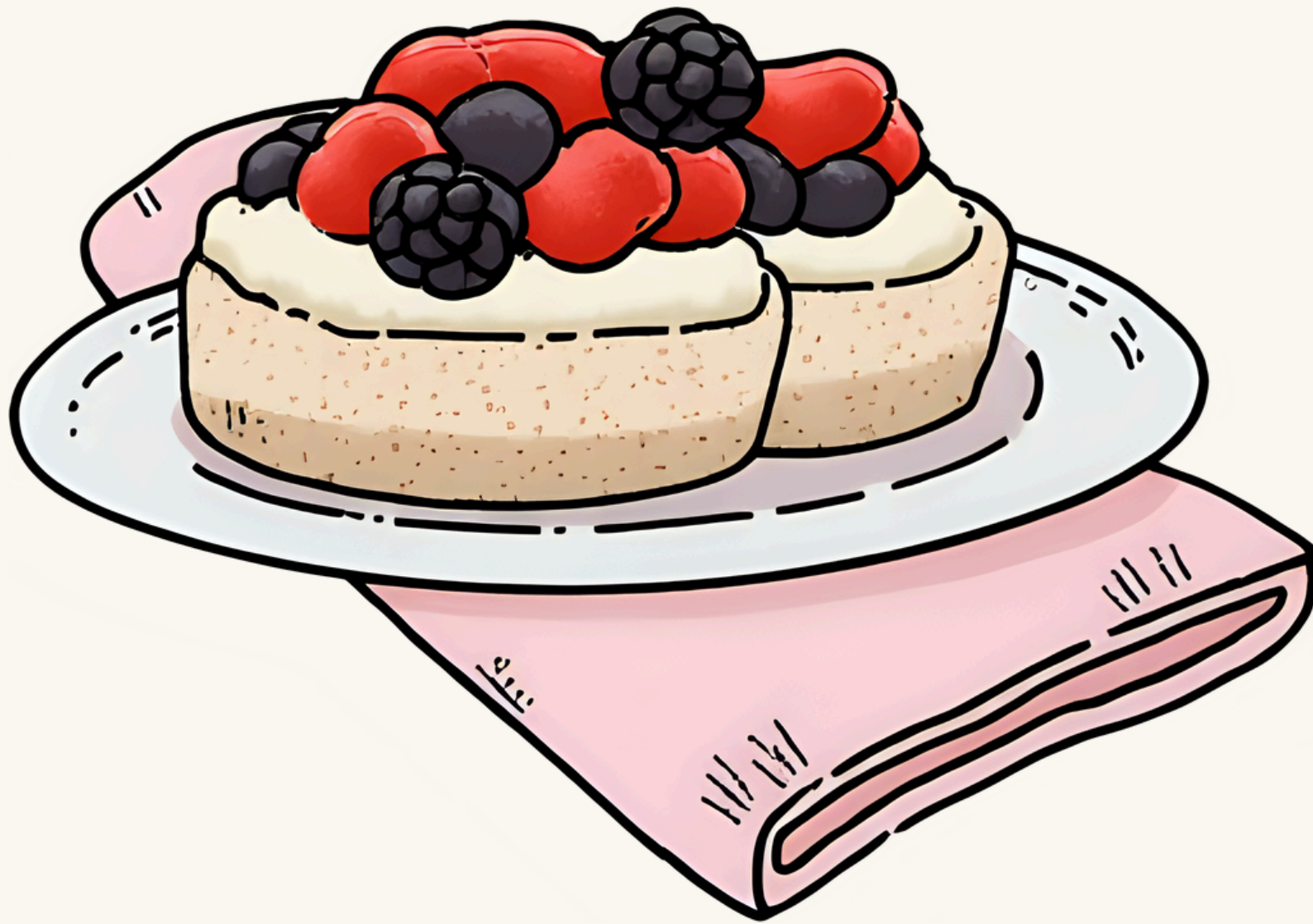
1. Scoop yogurt into a bowl.
2. Top with trail mix.
3. Drizzle with honey or maple syrup if you like it sweeter.

### Time-Saving Tip:

Pre-portion yogurt and toppings in containers for grab-and-go convenience.

# SNACK

## 🍷 RECIPE 21: RICE CAKES WITH COTTAGE CHEESE & BERRIES



### Summary:

🕒 **Ready in: 3–5 minutes**

🍴 **Serves: 1**

### 🛒 **Ingredients:**

- 2 plain rice cakes
- ½ cup (120 g) cottage cheese
- ¼ cup (40 g) fresh berries (blueberries, strawberries, or raspberries)
- Optional: honey drizzle or chia seeds for crunch

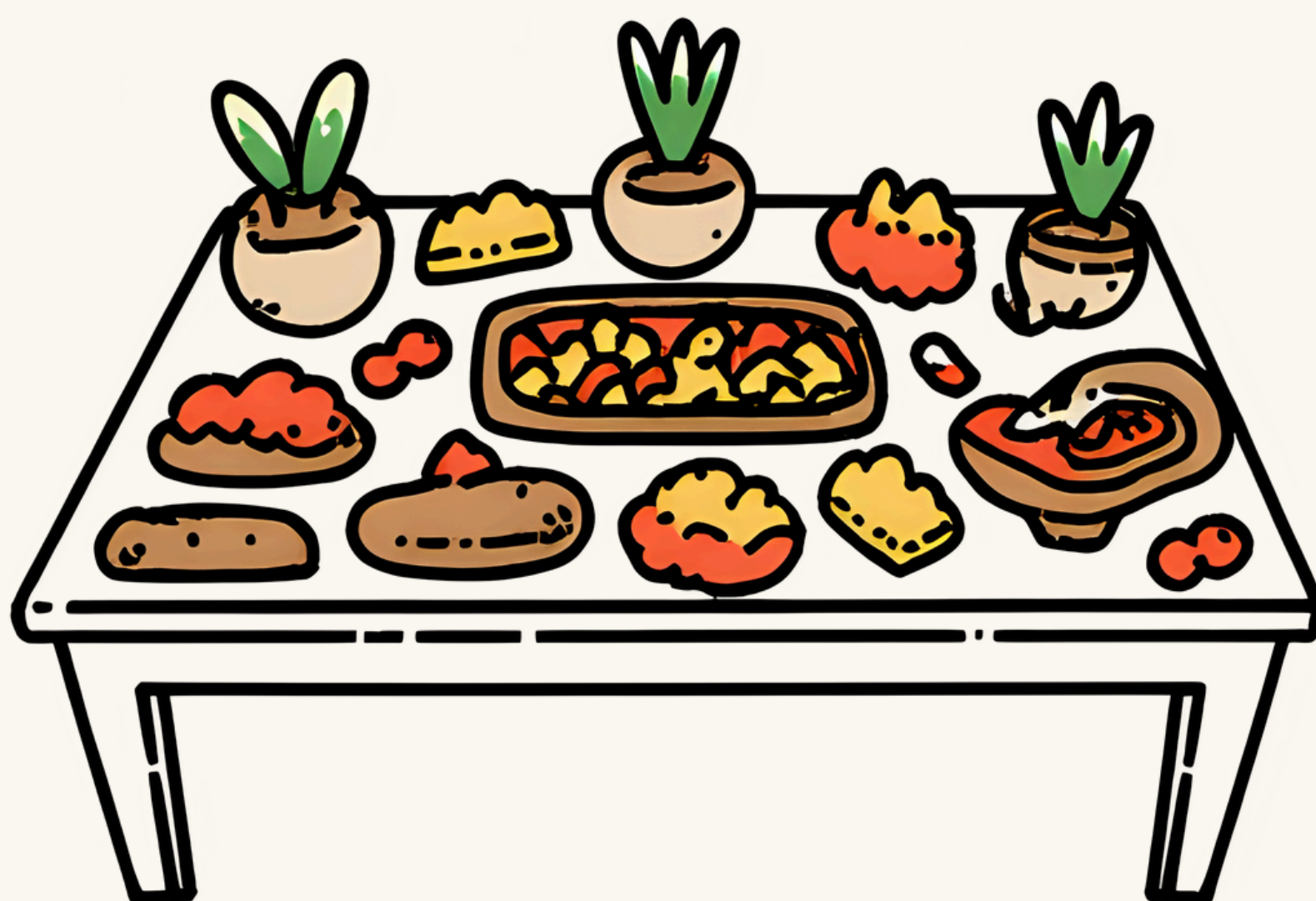
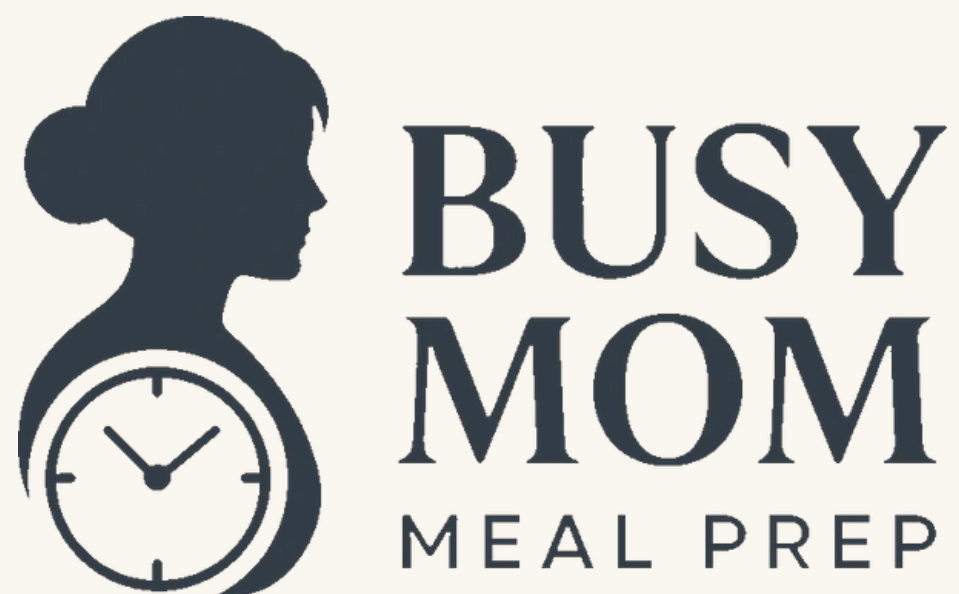
### 👩 **Instructions:**

1. Spread cottage cheese evenly on the rice cakes.
2. Top with fresh berries.
3. Drizzle honey or sprinkle chia seeds if desired.

### 🧠 **Time-Saving Tip:**

Use flavored cottage cheese (like pineapple) for extra kid appeal without extra prep.





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