

quick
MEALS

CHEAP. EASY. HEALTHY



DOCTOR BEE

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Dedicated to YOU,
the fearless culinary adventurer on a
mission to conquer the kingdom of
good health,
one delicious bite at a time! May your
kitchen be a playground of vibrant
veggies, lean proteins,
and the kind of wholesome goodness
that makes your taste buds do a happy
dance.

Here's to your journey of sizzling
salads, zesty zoodles, and the joyous
pursuit of a healthier, happier you!
Cheers to spreading the love, laughter,
and kale in the world! 🌱🍏🥑

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01

Breakfast



01

Avocado and Tomato Breakfast Salad

Ingredients:

1 ripe avocado

1 large tomato

Handful of spinach leaves

Lemon juice

Salt and pepper to taste

Instructions:

Chop avocado and tomato into
chunks.

Toss with spinach leaves.

Drizzle with lemon juice, and season
with salt and pepper.



02

Green Smoothie

Ingredients:

- 1 cup spinach leaves**
- 1/2 cucumber, chopped**
- 1/2 avocado**
- 1/2 cup almond milk
(unsweetened)**
- Handful of ice cubes**

Instructions:

Blend all ingredients until smooth.



Greek Yogurt Parfait

Ingredients:

- 1/2 cup Greek yogurt
- Handful of mixed berries (e.g., strawberries, blueberries)
- 1 tablespoon chopped nuts (almonds, walnuts)
- 1 teaspoon honey (optional)

Instructions:

- Layer Greek yogurt, berries, and nuts in a glass.
- Drizzle with honey if desired.



Green Shakshuka

Ingredients:

Eggs

Spinach

Kale

Garlic, minced

Olive oil

Instructions:

Sauté garlic in olive oil until fragrant. Add spinach and kale, cook until wilted. Make wells in the greens and crack eggs into them.

Cover and cook until eggs are set.



Chia Seed Pudding

Ingredients:

2 tablespoons chia seeds

1/2 cup unsweetened almond milk

1/4 teaspoon vanilla extract

Berries for topping

Instructions:

Mix chia seeds, almond milk, and vanilla extract in a jar.

Refrigerate overnight.

Top with berries before serving.



Egg Muffins

Ingredients:

Eggs

Spinach leaves

Diced bell peppers

Diced onions

Salt and pepper to taste

Instructions:

Preheat oven to 350°F (175°C).

Whisk eggs in a bowl and season with salt and pepper.

Stir in vegetables.

Pour mixture into greased muffin tin.

Bake for 20-25 minutes or until set.



Coconut Yogurt With Almond and berries

- **Ingredients:**

- **Coconut or plain yogurt**
- **Sliced almonds (soaked and peeled)**
- **Mixed berries (strawberries, raspberries, blackberries)**

- **Instructions:**

- **Spoon coconut or plain yogurt into a bowl.**
- **Top with sliced almonds and mixed berries.**



CHAPTER

02

lunch



01

Cucumber and Avocado Salad

Ingredients:

Sliced cucumbers

Diced avocado

Red onion slices

Lemon juice

Olive oil

Salt and pepper to taste

Instructions:

**Combine cucumbers, avocado,
and red onion in a bowl.**

**Drizzle with lemon juice and olive
oil.**

Season with salt and pepper.



Tuna Salad Lettuce Wraps

Ingredients:

Canned tuna, drained

Diced celery

Diced pickles

Greek yogurt

Dijon mustard

Lettuce leaves for wrapping

Instructions:

Mix tuna, celery, pickles, Greek yogurt, and mustard in a bowl. Spoon onto lettuce leaves and wrap.



Stuffed Bell peppers

Ingredients:

Bell peppers, halved and deseeded

Ground turkey or chicken

Cauliflower rice

Diced tomatoes

Italian seasoning

Instructions:

Preheat oven to 375°F (190°C).

Brown ground turkey or chicken in a skillet.

Mix in cauliflower rice, diced tomatoes, and Italian seasoning.

Spoon mixture into bell pepper halves.

Bake for 25-30 minutes until peppers are tender.



Egg Roll in a Bowl

Ingredients:

Ground pork or chicken

Coleslaw mix (shredded
cabbage and carrots)

Soy sauce

Garlic, minced

Ginger, grated

Instructions:

Brown ground pork or chicken
in a skillet.

Add coleslaw mix, soy sauce,
garlic, and ginger.

Stir-fry until vegetables are
tender.



Egg Salad Lettuce Wraps

Ingredients:

Hard-boiled eggs, chopped

Diced celery

Diced bell pepper

Greek yogurt

Salt, pepper, and paprika to taste

Lettuce leaves for wrapping

Instructions:

Mix chopped eggs, celery, bell pepper, and Greek yogurt.

Season with salt, pepper, and paprika.

Scoop onto lettuce leaves and wrap.



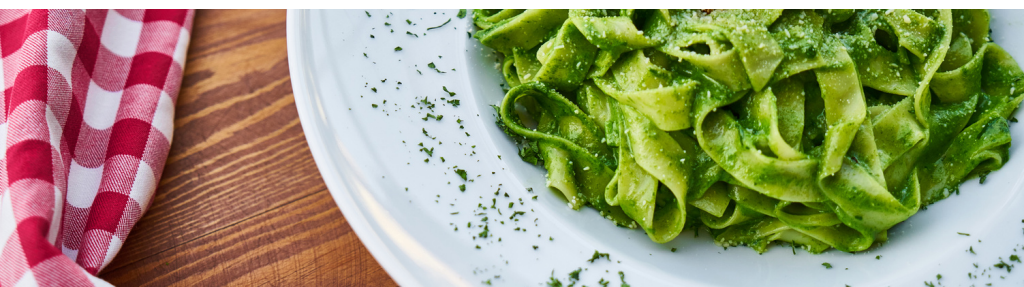
Zucchini Noodles With Pesto

Ingredients:

- 1 medium zucchini
- 2 tablespoons pesto sauce
- Cherry tomatoes, halved
- Grated Parmesan cheese

Instructions:

- Spiralize zucchini into noodles.
- Toss with pesto sauce and cherry tomatoes.
- Sprinkle with Parmesan cheese before serving.



Mason Jar Salad

Ingredients:

Mixed greens (spinach, lettuce)

Sliced cucumbers

Cherry tomatoes

Sliced bell peppers

Grilled chicken breast (optional)

Balsamic vinaigrette dressing

Instructions:

Layer ingredients in a mason jar, starting with dressing at the bottom.

Keep refrigerated until ready to eat, then shake and enjoy!



CHAPTER

03

Dinner



01

Stir Fry Vegetables

Ingredients:

Assorted vegetables (bell peppers, broccoli, carrots, snap peas)

Garlic, minced

Soy sauce

Sesame oil

Optional: tofu or chicken strips

Instructions:

Stir-fry vegetables and garlic in sesame oil.

Add soy sauce for flavor.

Serve alone or with protein of choice.



Cauliflower Fried Rice

Ingredients:

Cauliflower rice

Mixed vegetables (peas, carrots, onions)

Eggs, beaten

Soy sauce

Sesame oil

Instructions:

Stir-fry vegetables until tender.

Push vegetables to the side and scramble eggs.

Add cauliflower rice and soy sauce, stir until heated through.



Zucchini Boats

Zucchini Boats

Ingredients:

Zucchini

Ground beef or turkey

Tomato sauce

Italian seasoning

Shredded mozzarella cheese

Instructions:

Preheat oven to 375°F (190°C).

Cut zucchini in half lengthwise and scoop out the center.

Brown ground beef or turkey in a skillet.

Stir in tomato sauce and Italian seasoning.

Spoon mixture into zucchini halves.

Top with shredded mozzarella cheese.

Bake for 20-25 minutes until cheese is bubbly.



Salmon and Asparagus Foil Packets

Ingredients:

Salmon fillets

Asparagus spears

Lemon slices

Garlic, minced

Olive oil

Salt and pepper to taste

Instructions:

Preheat oven to 400°F (200°C).

Place salmon fillets and asparagus spears on a piece of foil.

Drizzle with olive oil and sprinkle with minced garlic, salt, and pepper.

Top with lemon slices.

Seal foil packets and bake for 15-20 minutes until salmon is cooked through.



Cauliflower Crust Pizza

Ingredients:

Cauliflower rice

Eggs

Italian seasoning

Tomato sauce

Mozzarella cheese

Toppings of your choice (e.g., bell peppers,
mushrooms, olives)

Instructions:

Preheat oven to 425°F (220°C).

Mix cauliflower rice, eggs, and Italian seasoning
to form a dough.

Press dough onto a baking sheet to form a
crust.

Bake crust for 15-20 minutes until golden
brown.

Top with tomato sauce, mozzarella cheese, and
desired toppings.

Bake for an additional 10-15 minutes until
cheese is melted and bubbly.



Shrimp Stir Fry

Ingredients:

Shrimp, peeled and deveined

Mixed vegetables (bell peppers, broccoli, snap peas)

Garlic, minced

Ginger, grated

Soy sauce

Sesame oil

Instructions:

Heat sesame oil in a wok or skillet.

Add garlic and ginger, cook until fragrant.

Add shrimp and stir-fry until pink.

Add mixed vegetables and soy sauce, stir-fry until tender.



Instant Pot Lemon Garlic Chicken

Ingredients:

4 boneless, skinless chicken breasts
4 cloves garlic, minced
1 lemon, juiced and zested
1 teaspoon dried oregano
1 teaspoon dried thyme
Salt and pepper to taste
1/2 cup low-sodium chicken broth
2 tablespoons olive oil
Fresh parsley, chopped for garnish (optional)

Instructions:

For Instant Pot:

Season chicken breasts with salt, pepper, oregano, and thyme.

Set the Instant Pot to "Saute" mode and heat olive oil.

Sear chicken breasts on both sides until golden brown, about 2-3 minutes per side. Remove and set aside.

Add minced garlic to the Instant Pot and sauté for 1 minute until fragrant.

Add chicken broth, lemon juice, and lemon zest to the pot, scraping up any browned bits from the bottom.

Return chicken breasts to the Instant Pot.

Close the lid and set the Instant Pot to "Pressure Cook" mode for 8 minutes.

Once the cooking cycle is complete, allow the pressure to naturally release for 5 minutes, then carefully quick-release any remaining pressure.

Open the lid and transfer the chicken to a serving platter.

