

10 Quick & Healthy Meals For Busy Women

Save Time, Money, and Energy!



By Mina Qandar



Mina Qandar

My name is Mina Qandar. My friends and co-workers have always called me the “Healthy Living Expert.” I am passionate about overall well-being. For 20 years, I have been helping busy co-workers lose weight and keep it off, sleep better without consuming drugs, and achieve higher levels of energy and serenity through my holistic approach.

My wellness journey knew challenges when I shifted from being a student to a full-time job, where I spent long hours in front of my computer in a stressful environment. Slowly, I began to gain weight, and my body had transformed for four years. I tried many diets and quick-fix weight loss products and was struggling with the yo-yo effects. I suffered silently, developing emotional eating habits and experiencing feelings of depression, loss of self-confidence, and nervousness.

Enough was enough! I decided to pause and understand what was going on. I invested a lot of time, energy, and money in self-improvement, researching, and learning about nutrition, fitness, stress, emotions, and time management.


My mission is to help busy women globally lose weight, keep it off, boost energy, embrace serenity, and feel confident and sexy. I love hearing positive feedback from those who followed my holistic approach.



Introduction

Are you tired of relying on takeout, fast food, and pizza to get you through your busy week? Do you struggle to find the time and energy to cook healthy meals at home? If so, this eBook is for you.

As a wellness strategist and certified nutrition coach specializing in working with busy professional women, I know firsthand how challenging it can be to find the time and motivation to eat healthy.



That's why I have put together this collection of **10 Quick and Healthy Meals**

That are perfect for busy women on the go.



Whether you are a



Working mom



Student



Someone with a packed schedule

The following recipes are designed to make healthy eating easy and convenient. From overnight oats to sheet pan fajitas, each recipe is simple to prepare and packed with nutrients to fuel your busy life and keep you energized.

And the best part? These recipes can be prepped in advance, so you can grab them on your way out the door and stay on track with your health and wellness goals all week long.

So, if you are ready to take control of your health and simplify your busy life, let's get started with these 10 quick and healthy meals. And don't forget to schedule a **[30-minute FREE discovery call](#)** with me, Mina Qandar, to take your wellness journey to the next level.

Quick & Easy Overnight Oats



Ah, breakfast. The most important meal of the day, yet the one we often skip because we are rushing out the door with our shoes untied and coffee in hand? Fear not, busy professional ladies, because overnight oats are here to save the day!

First, let's talk about why overnight oats are so great. They are incredibly easy to make; all you need is some rolled oats, milk (you can choose almond milk), and your favorite toppings. Plus, you can prep them the night before and grab them on your way out the door in the morning. No more sacrificing breakfast for the sake of time!

Here's a super simple recipe to get you started:

INGREDIENTS

- ½ cup rolled oats
- ½ cup of unsweetened almond milk (or any milk of your choice)
- 1 tbsp chia seeds
- 1 tsp honey (or any sweetener of your choice)
- ½ tsp vanilla extract
- Toppings of your choice (think fruits, nuts, nut butter, etc.)

METHOD

Quick & Easy Overnights Oats



1. Combine the oats, milk, chia seeds, honey, and vanilla extract in a mason jar or container with a lid.
2. Stir until everything is well combined.
3. Add your desired toppings, then put the lid on the container and pop it in the fridge overnight.
4. In the morning, give the oats a quick stir and enjoy!
5. See? Super simple. And the best part is that you can customize them to your liking. Want them sweeter? Add more honey. If you prefer a crunchy texture, you can add some chopped nuts or granola on top. The possibilities are endless!

So, next time you are rushing out the door without breakfast, remember the magic of overnight oats. Your taste buds (and your stomach) will thank you.

While you are at it, don't forget to snap a pic and share your creation with me on social media.

Let's inspire others to try the breakfast of champions!

Mason Jar Salads



Let's be real, salads can be boring. But fear not because mason jar salads are here to spice things up! Not only are they a great way to get in your daily dose of veggies, but they are also super easy to prep in advance and take on-the-go.

The key to a good mason jar salad is layering. You want to start with the heaviest and most sturdy ingredients at the bottom and work your way up to the lighter, more delicate ingredients at the top. This ensures that your salad doesn't get soggy or wilted, even if you are prepping it a few hours in advance.

Here's a simple recipe to get you started:

INGREDIENT

- 2 tbsp balsamic vinaigrette
- ½ cup cherry tomatoes, halved
- ½ cup of cucumber, chopped
- ½ cup chickpeas, drained and rinsed
- ¼ cup red onion, chopped
- ¼ cup of feta cheese, crumbled
- 2 cups mixed greens

METHOD



1. Pour the balsamic vinaigrette into the bottom of a mason jar.
2. Add the cherry tomatoes, cucumber, chickpeas, red onion, and feta cheese in layers, making sure to pack each layer down firmly.
3. Add the mixed greens on top, making sure to leave a little room at the top of the jar.
4. Screw the lid on tightly and store in the fridge until ready to eat.
5. When you are ready to enjoy your salad, simply shake the jar to distribute the dressing and pour it onto a plate or bowl.

Voila! A delicious and nutritious meal in minutes.

Feel free to experiment with different salad ingredients and dressings; the sky's the limit with mason jar salads.

And don't forget to share your creations with me on social media.

Let's show the world that salads don't have to be boring!

One-Pot Pasta



Do you love pasta but hate the clean-up? Then you are going to love this meal prep idea one-pot pasta! Not only is it delicious and satisfying, but it's also incredibly easy to make and requires minimal clean-up.

The beauty of one-pot pasta is that everything cooks together in one pot, allowing the flavors to meld together for a delicious and hearty meal. Plus, you can customize it to your liking by adding your favorite veggies and protein sources.

Here is a simple recipe to get you started:

Ingredients

- 250 g pasta (any kind will do)
- 1 can diced tomatoes
- 2 cups vegetable broth
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tsp dried basil
- 1 tsp dried oregano
- salt and pepper to taste

METHOD



1. In a large pot, combine the pasta, diced tomatoes, vegetable broth, onion, garlic, basil, oregano, salt, and pepper.
2. Bring the mixture to a boil over medium-high heat, stirring occasionally.
3. Reduce the heat to medium-low and let the pasta simmer for about 8-10 minutes, or until the pasta is cooked to your liking.
4. If you are adding veggies or protein, add them to the pot in the last 5-10 minutes of cooking, depending on the ingredients.
5. That's it! Your delicious and easy one-pot pasta is ready to be enjoyed. Feel free to experiment with different veggies and protein sources to create your unique version.

One-pot pasta is a great meal prep option because it can be made in advance and stored in the fridge. Simply heat it up for a quick and easy meal when you are short on time. So, next time you are craving pasta but dreading the clean-up, give this one-pot pasta recipe a try.

Slow Cooker Chili



There's nothing quite like a warm and comforting bowl of chili on a chilly day. But who has the time to babysit a pot of chili on the stove for hours? That's where the slow cooker comes in! This meal prep idea is perfect for busy women who want a delicious and hearty meal with minimal effort.

Not only is slow cooker chili easy to prepare, but it's also incredibly versatile. You can customize it to your liking by adjusting the spice level, adding different types of beans, or even swapping out the protein source.

Here is a simple recipe to get you started:

INGREDIENTS

- 1 pound ground beef (or ground turkey, chicken, or veggie crumbles)
- 1 onion, chopped
- 2 Cloves garlic, minced
- 2 cans kidney beans, drained and rinsed
- 1 can black beans, drained and rinsed
- 1 can corn, drained
- 2 tbsp chili powder
- 1 tsp cumin
- 1 tsp paprika
- Salt and pepper to taste

METHOD



1. In a large skillet, brown the ground beef (or other protein source) over medium heat. Drain any excess fat.
2. Add the onion and garlic to the skillet and sauté for a few minutes until fragrant.
3. Transfer the beef mixture to a slow cooker and add the diced tomatoes, kidney beans, black beans, corn, chili powder, cumin, paprika, salt, and pepper.
4. Stir everything together, then cover the slow cooker and cook on low or high until it's ready.
5. That's it! Your delicious and hearty slow-cooker chili is ready to be enjoyed. You can store it in the fridge for up to 3 or 4 days or freeze it for later use.

Feel free to experiment with different protein sources or add-ins to create your unique version of slow-cooker chili.

Incorporating slow-cooker chili into your meal prep routine is a great way to have a nutritious and satisfying meal ready when you are short on time.

Sheet Pan Fajitas



Who says you need a skillet to make fajitas? This meal prep idea takes the classic Tex-Mex dish and turns it into an easy, one-pan meal that's perfect for busy working women.

Not only is it easy to make, but it's also a great way to get in your veggies and protein in one delicious and flavorful meal.

Here is a simple recipe to get you started:

INGREDIENTS

- 1 pound boneless, skinless chicken breasts or thighs, sliced into strips
- 1 onion, sliced
- 2 bell peppers, sliced
- 1 tbsp chili powder
- 1 tsp cumin
- 1 tsp garlic powder
- ½ tsp paprika
- Salt and pepper to taste

Optional: tortillas, guacamole, salsa, shredded cheese, sour cream.

METHOD



1. Preheat your oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Arrange the sliced chicken, onion, and bell peppers on the baking sheet.
3. In a small bowl, mix the chili powder, cumin, garlic powder, paprika, salt, and pepper.
4. Sprinkle the spice mixture over the chicken and veggies, then toss together to evenly coat.
5. Bake in the preheated oven for 20-25 minutes, or until the chicken is cooked and the veggies are tender and slightly charred.
6. Serve with tortillas, guacamole, salsa, shredded cheese, and sour cream, if desired.
7. Your easy and delicious sheet pan fajitas are ready to be enjoyed. This meal prep idea can be done in advance and stored in the fridge for up to 4 days. Simply reheat when you are ready to eat.

Feel free to experiment with different protein sources or veggies to create your unique version of sheet pan fajitas.

Homemade Granola Bars



Are you tired of buying pre-packaged granola bars loaded with sugar and preservatives? Why not try making your own homemade granola bars? Not only are they healthier and more delicious than store-bought versions, but they are also incredibly easy to make and perfect for on-the-go snacking.

Here is a simple recipe to get you started:

INGREDIENTS

- 2 cups old-fashioned rolled oats
- ½ cup chopped nuts (such as almonds or walnuts)
- ½ cup of dried fruit (such as cranberries or raisins)
- ¼ cup honey
- ¼ cup of nut butter (such as peanut butter or almond butter)
- ¼ cup coconut oil
- 1 teaspoon vanilla extract

METHOD



1. Preheat your oven to 350°F (180°C) and line an 8x8 inch baking pan with parchment paper.
2. In a large bowl, mix the oats, chopped nuts, and dried fruit.
3. In a small saucepan, heat nut butter, coconut oil, and vanilla extract, and add honey over low heat until melted and smooth.
4. Pour the honey mixture over the oat mixture and stir everything until well combined.
5. Transfer the mixture to the prepared baking pan and press it down firmly with a spatula.
6. Bake in the preheated oven for 20-25 minutes, or until the edges are golden brown.
7. Let the granola bars cool in the pan for at least 10 minutes before slicing into bars.
8. Your homemade granola bars are ready to be enjoyed!

This meal prep idea can be made in advance and stored in an airtight container for up to 2 weeks. They are perfect for on-the-go snacking or as a quick and easy breakfast option.

Veggie Stir-Fry



Are you for something quick, easy, and packed with veggies? Then you are going to love this meal prep idea: veggie stir-fry!

This colorful and flavorful dish is not only healthy, but it's also incredibly easy to make and perfect for a busy weeknight dinner.

Here is a simple recipe to get you started:

INGREDIENTS

- 1 tbsp vegetable oil (I prefer Olive oil)
- 1 onion, sliced
- 2 cloves garlic, minced
- 2 cups mixed veggies (such as broccoli, carrots, bell peppers, and snow peas)
- ¼ cup soy sauce
- 1 tbsp honey
- 1 tbsp cornstarch
- Salt and pepper to taste

- Optional: rice, quinoa, or noodles

METHOD



1. Heat the vegetable oil in a large skillet or wok over high heat.
2. Add the onion and garlic and stir-fry for a minute or two until fragrant.
3. Add the mixed veggies to the skillet and continue stir-frying for a few more minutes until the veggies are tender but still crisp.
4. In a small bowl, whisk together the soy sauce, honey, and cornstarch.
5. Pour the soy sauce mixture over the veggies and stir everything together until well coated.
6. Season with salt and pepper to taste.
7. Your veggie stir-fry is ready to be enjoyed. Serve it over rice, quinoa, or noodles for a complete and satisfying meal.

This meal prep idea can also be made in advance and stored in the fridge for up to 3 days.

You can experiment with different veggies and flavorings to create your unique version of veggie stir-fry. What delicious variations are you coming up with?

Greek Yogurt Parfaits



Looking for a healthy and delicious breakfast option that is quick and easy to make? Look no further than Greek yogurt parfaits! These tasty and satisfying parfaits are a great way to start your day off right, and they are perfect for busy women on the go.

Here is a simple recipe to get you started:

INGREDIENTS

- 1 cup Greek yogurt
- 1 cup fresh berries (such as strawberries, blueberries, or raspberries)
- ¼ cup granola (homemade is better)
- 1 tsp honey

METHOD



1. In a small bowl, mix the Greek yogurt and honey.
2. Layer the yogurt mixture, fresh berries, and granola in a jar or bowl.
3. Repeat the layers until all the ingredients are used up.
4. Serve immediately or store in the fridge for up to 2 days.
5. Your delicious and healthy Greek yogurt parfait is ready.

This meal prep idea can also be made in advance and stored in the fridge for a quick and easy breakfast option during the week.

Different options can be made. Be creative and experiment with other fruits, nuts, and toppings!

Incorporating Greek yogurt parfaits into your meal prep routine is a great way to have a nutritious and satisfying breakfast.

Quinoa Salad



Looking for a healthy and delicious lunch option that is quick and easy to make?

Look no further than Quinoa Salad! It's tasty, satisfying, and perfect for busy women on the go.

Here is a simple recipe to get you started:

INGREDIENTS

- 1 cup quinoa, rinsed and drained
- 2 cups water
- ¼ cup olive oil
- 2 tbsp lemon juice
- 2 cloves garlic, minced
- ½ tsp salt
- ¼ tsp black pepper
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- ½ red onion, chopped
- ½ cup chopped fresh parsley
- ¼ cup crumbled feta cheese

METHOD



1. In a medium saucepan, bring the quinoa and water to a boil. Reduce the heat to low, and simmer until the quinoa is tender and water is absorbed.
2. In a small bowl, whisk together the olive oil, lemon juice, garlic, salt, and black pepper.
3. In a large bowl, combine the cooked quinoa, chopped bell peppers, red onion, and parley.
4. Pour the dressing over the quinoa mixture and toss everything together until well combined.
5. Sprinkle the crumbled feta cheese on top.
6. Your fun and delicious quinoa salad is ready.

This can be made in advance and stored in the fridge for up to 4 days. Simply add a protein source such as chicken, shrimp, or chickpeas for a complete and filling meal.

Quinoa salad is a great way to have a nutritious and flavorful meal ready to go. You will feel energized and satisfied with this delicious quinoa salad recipe!

Sweet Potato Hash



Last but not least, we have a meal prep idea that's both sweet and savory, sweet potato hash! This fun and colorful dish is perfect for breakfast, brunch, or even dinner, and it's easy to make in large batches for meal prep.

Here is a recipe that is sure to put a smile on your face:

INGREDIENTS

- 2 medium sweet potatoes, peeled and diced
- 1 onion, diced
- 1 red bell pepper, diced
- 2 tbsp olive oil
- 1 tsp smoked paprika
- ½ tsp garlic powder
- Salt and pepper to taste

Optional: 4-6 eggs

METHOD



1. Preheat your oven to 400°F (200°C).
2. In a large bowl, mix the sweet potatoes, onion, red bell pepper, olive oil, smoked paprika, garlic powder, salt, and pepper until well combined.
3. Spread the mixture out in a single layer on a baking sheet.
4. Bake in the preheated oven for 20 minutes, or until the sweet potatoes are tender and golden brown.
5. If desired, crack the eggs on top of the sweet potato mixture and return to the oven for an additional 5-7 minutes, or until the eggs are cooked to your liking.
6. Your fun and delicious sweet potato hash is ready to be enjoyed.

Be creative and try different veggies, spices, and toppings to create your unique version of sweet potato hash.

Sweet potato hash meal is a great way to add some fun and variety to your meals. Give this sweet potato hash recipe a try. It's the perfect way to end this meal prep journey on a sweet note!

That's A Wrap!

Wow, we made it to the end! I hope you have enjoyed these 10 simple meal prep ideas and that you feel inspired to prioritize your health and wellness.

As a wellness strategist and certified nutrition coach, I know that making sustainable changes to your lifestyle can be challenging, especially when you are a busy woman. That's why I'm here to offer you a helping hand and a FREE 30-minute discovery call on Zoom.

During our call, we can discuss your wellness goals and challenges and create a personalized plan that works for you. I am here to listen, support, and guide you on your journey towards a healthier and happier YOU.

So, don't hesitate to hop on a FREE Zoom call with me. There is no obligation, and it's completely free.

[Click Here For A
FREE Discovery Call](#)

Let's Personalize Your Nutrition Plan



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