

Marcelle Pick's Quick & Easy Meal Guide:



**Nutritious Eating in
Under 20 Minutes!**

Step 1: 5-Minute Breakfasts

Start your day with energy-packed, quick breakfasts. These options are designed to be prepared in just 5 minutes, giving you a nutritious start without sacrificing time.

1

Greek Yogurt with Nuts & Berries

A high-protein, fiber-rich option for sustained energy.

2

Scrambled Eggs with Spinach & Whole-Grain Toast

Simple, filling, and packed with essential nutrients.

3

Protein Smoothie

Blend banana, peanut butter, almond milk, and protein powder for a delicious on-the-go meal.



Step 2: 10-Minute Lunches

Quick and satisfying options for midday meals. These lunches are designed to be both nutritious and easy to prepare, keeping you energized throughout the afternoon.

1

Avocado & Salmon Salad on Whole-Grain Bread

A heart-healthy, protein-rich choice for a filling lunch.

2

Quinoa Bowl with Mixed Veggies & Lean Protein

A nutrient-dense, easy-to-make meal for balanced nutrition.

3

Pre-made Salad Mix with Quick Protein

Add grilled chicken, canned beans, or hard-boiled eggs for a balanced plate.



Step 3: 15-Minute Dinners

Nutritious, home-cooked dinners without the long prep time. These dinner options are designed to be quick to prepare, without compromising on flavor or nutritional value.

1

One-Pan Roasted Chicken & Vegetables

Toss chicken breast, bell peppers, zucchini, olive oil, and herbs in the oven for a complete meal.

2

Stir-Fry with Pre-Chopped Veggies & Tofu

Use broccoli, carrots, tofu, soy sauce, and garlic for a flavorful and quick dish.

3

Whole-Wheat Pasta with Veggie & Protein Sauce

Combine pasta, spinach, ground turkey, and tomato sauce for a wholesome and satisfying meal.



Step 4: Meal Prep Strategies

Save time and effort with these simple meal-prep hacks. Implementing these strategies can significantly reduce your cooking time during the week, making healthy eating more manageable.

1

Dedicate one hour on Sunday to prepping grab-and-go meals, ensuring you have healthy options ready throughout the week.

2

Use slow cookers or pressure cookers to make effortless meals while you focus on other tasks, maximizing your time.

3

Stock up on staple ingredients like whole grains, proteins, and frozen veggies for easy mixing and matching, simplifying meal preparation.

4

Pre-chop ingredients ahead of time to speed up cooking during the week, saving valuable minutes on busy days.



Your Health, Your Choice!

Your health is a reflection of what you eat. Making small, manageable changes will transform your energy, mindset, and overall well-being. Embrace the journey towards a healthier you, one meal at a time.

Start Small:

Begin with a simple plan to get started.



Stay Consistent:

Progress happens when you stick with it.



Celebrate Wins:

Every positive step counts-
acknowledge your progress!



Are you ready to take charge of your health?

Let's do this together! Your commitment to these small changes will create significant improvements in your life.

Sample 3-Day Kickstart Plan

Day 1

- **Breakfast:** Greek yogurt with berries and a sprinkle of nuts.
- **Lunch:** Avocado and salmon salad on whole-grain bread.
- **Dinner:** One-pan roasted chicken and vegetables.



Day 2

- **Breakfast:** Scrambled eggs with spinach and whole-grain toast.
- **Lunch:** Quinoa bowl with mixed veggies and lean protein.
- **Dinner:** Stir-fry with pre- chopped veggies and tofu.



Day 3

- **Breakfast:** Protein smoothie with banana, peanut butter, and almond milk.
- **Lunch:** Pre-made salad mix with grilled chicken.
- **Dinner:** Whole-wheat pasta with veggie and protein sauce.



Final Thoughts

Embracing quick and easy meal options doesn't mean compromising on nutrition. By incorporating simple strategies like meal prepping, stocking up on staples, and utilizing quick cooking methods, *you can enjoy delicious and healthy meals even on the busiest days.* Remember, small changes can lead to significant improvements in your overall health and well-being.

