

SUPER QUICK MEAL IDEAS

Ready in 15 minutes or less

BREAKFAST

- Scrambled eggs with cheese
- Fried eggs + avocado
- Veggie omelette (pre-chopped veggies)
- Cottage cheese with berries
- Greek yogurt with berries and nuts
- Avocado + hard-boiled egg (already boiled) with salt
- Bacon and eggs
- Grain-free granola with unsweetened coconut milk and strawberries

LUNCH

- Egg salad lettuce wraps — *homemade mayo*
- Tuna salad lettuce wraps — *homemade mayo*
- Deli meat & cheese lettuce wraps
- Chicken salad lettuce wraps (rotisserie or pre-cooked chicken) — *homemade mayo*
- BLT lettuce wraps — *homemade mayo*
- Cobb salad (pre-cooked bacon and chicken) — *Primal Kitchen Ranch or Greek dressing*
- Antipasto plate (salami, cheese, olives, peppers — no cooking)
- Tuna salad over cucumber slices — *homemade mayo*

DINNER

- Hamburger bowls (ground beef, cheese, pickles, lettuce)
- Taco bowls or tacos on lettuce (ground beef or pre-cooked chicken) — *Primal Kitchen Cilantro Lime Dressing, or Cholula/Tapatío/Frank's RedHot + clean-label refrigerated salsa*
- Taco salad — *same options as above*
- Fajitas on lettuce (thin-sliced steak or chicken + peppers) — *Primal Kitchen Cilantro Lime Dressing as a marinade, or Cholula/Tapatío/Frank's RedHot*
- Sausage and cabbage skillet (pre-cooked sausage, sliced cabbage, olive oil, salt, pepper)