



Busybee Meal Ideas

Healthy, Nutritious & Tasty

Welcome!

WELCOME TO MY MEAL IDEAS BOOK! MEAL IDEAS HAVE BEEN A GAME CHANGER FOR ME AND I REALLY HOPE YOU FIND THEM SD HELPFUL AS I DO! I HAVE CO-WRITTEN THIS BOOK WITH A HIGHLY QUALIFIED AND EXPERIENCED NUTRITIONALIST.

THE GUIDE CONTAINS 7 BREAKFAST, 7 LUNCH, 7 DINNER AND 7 SNACK IDEAS, MEANING THAT YOU CAN HAVE A DIFFERENT MEAL EVERY DAY OF THE WEEK! WE SUGGEST THAT YOU HAVE A MINIMUM OF 2 SNACKS A DAY ALONG WITH BREAKFAST, LUNCH AND DINNER. WE HAVE ALSO RANKED THE MEALS IN ORDER OF DIFFICULTY. THE FIRST MEALS WILL BE EASIER TO MAKE THAN THE LAST MEALS IN THE ORDER THAT THEY APPEAR. WE HAVE ALSO USED A TRAFFIC LIGHT SYSTEM AROUND ON THE BORDERS OF THE PAGES TO MAKE THIS MORE OBVIOUS WITH THE EASIER TO MAKE MEALS BEING GREEN, THE MOST DIFFICULT RED AND EVERYTHING IN-BETWEEN HAVING AN ORANGE BORDER.

HAPPY EATING!.

7 BREAKFAST IDEAS



SMOKED SALMON & EGGS

- 2 EGGS
- SMOKED SALMON
- HALF AN AVOCADO CRUSHED
- 1 SLICE OF WHOLEMEAL TOAST

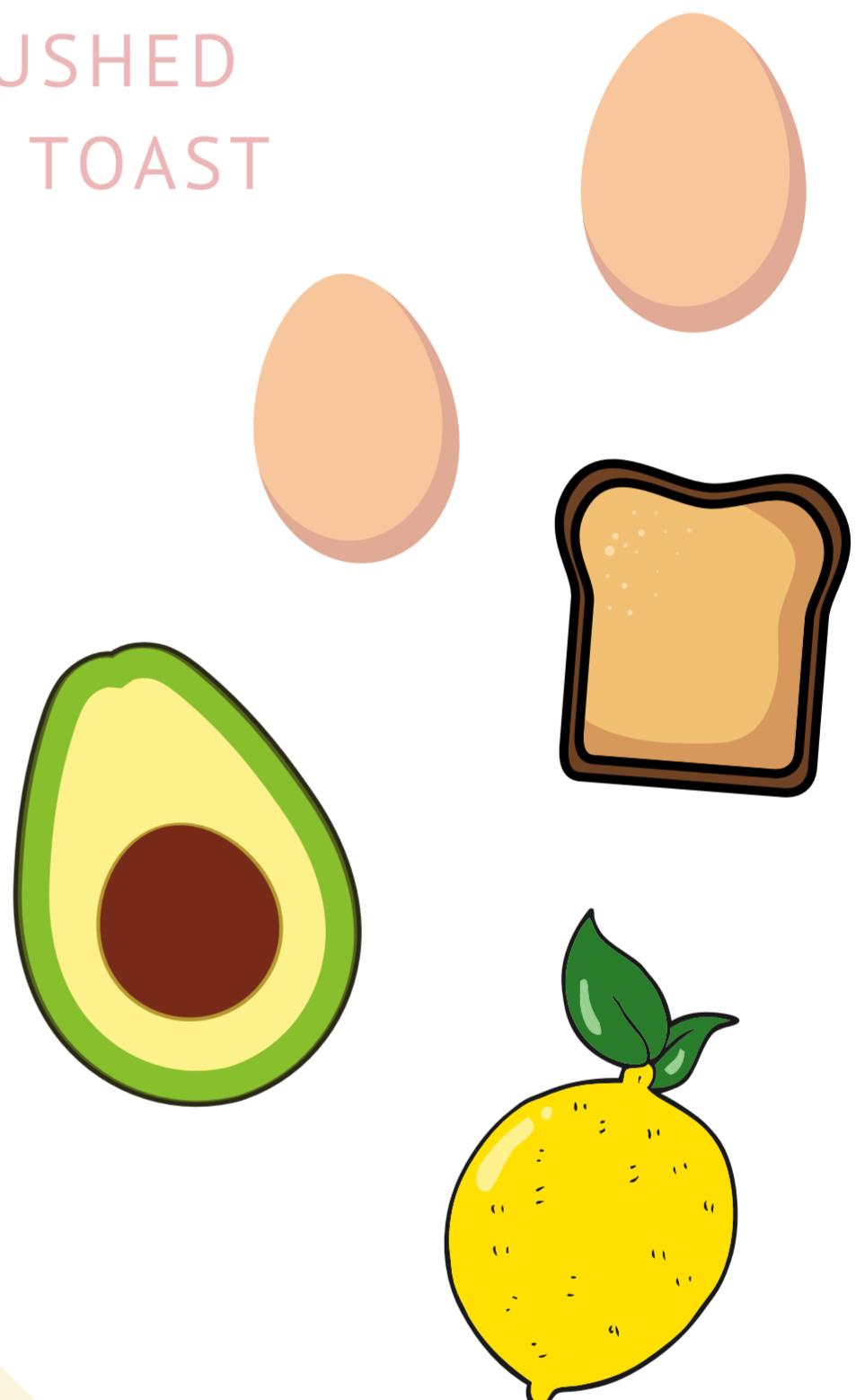
OPTIONAL SEASONINGS

- SALT & PEPPER
- LEMON JUICE
- PAPRIKA
- BALSAMIC VINEGAR

Notes

You can have your eggs
scrambled, fried, poached or
however you like them!

Feel free to add extra veggies
such as spinach!



7 BREAKFAST IDEAS



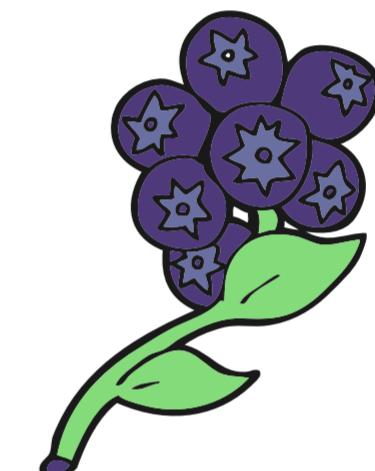
PORRIDGE

- PORRIDGE OATS
- SKIMMED MILK



OPTIONAL TOPPINGS

- HONEY (OR SWEETNER)
- HALF CUP OF BLUEBERRIES / OTHER FRUITS
- NUTS / SEEDS



Notes

You can also do over-night oats where you make the oats (with twice as much liquid as oats e.g: 1/2 cup of oats + 1 cup of milk) add all the ingredients and then leave overnight in the fridge and eat cold in the morning!

7 BREAKFAST IDEAS

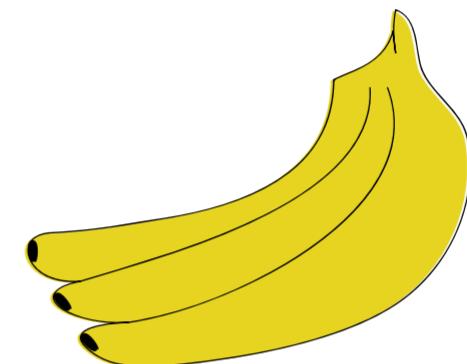


TOAST

PEANUT BUTTER & BANANA

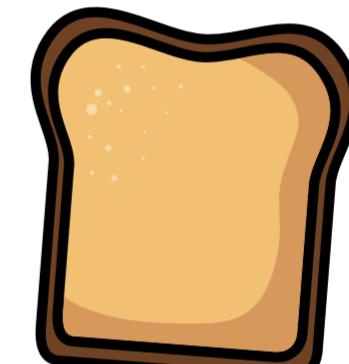
ALL OPTIONAL

- 1 BANANA
- PEANUT BUTTER
- 1 SLICE OF WHOLEMEAL TOAST
- SPRINKLE CINAMON POWDER
- HONEY DRIZZLE



SMASHED AVOCADO

- AVOCADO
- SPRINKLE OF DRIED CHILLI FLAKES (OPTIONAL)
- SPINKLE OF GARLIC POWDER
- SQUEEZE OF LIME
- PINCH OF SEA SALT
- DRIZZLE OF EXTRA VIRGIN OLIVE OIL



BALSAMIC MUSHROOMS

- MUSHROOMS
- SPLASH OF EXTRA VIRGIN OLIVE OIL
- DRIZZLE OF BALSAMIC VINEGAR
- THYME
- GARLIC POWDER
- ONION POWDER
- ½ TSP. SUGAR

1. HEAT THE OLIVE OIL IN A FRYING PAN
2. ADD THE MUSHROOMS AND SAUTÉ FOR A FEW MINUTES
3. THEN POUR IN THE BALSAMIC VINEGAR AND SPRINKLE IN THE SUGAR, COOK AND STIR FOR A FURTHER MINUTE UNTIL IT'S CARAMELISED
4. ADD THE THYME AND SEASON WITH SALT AND PEPPER IF DESIRED

7 BREAKFAST IDEAS

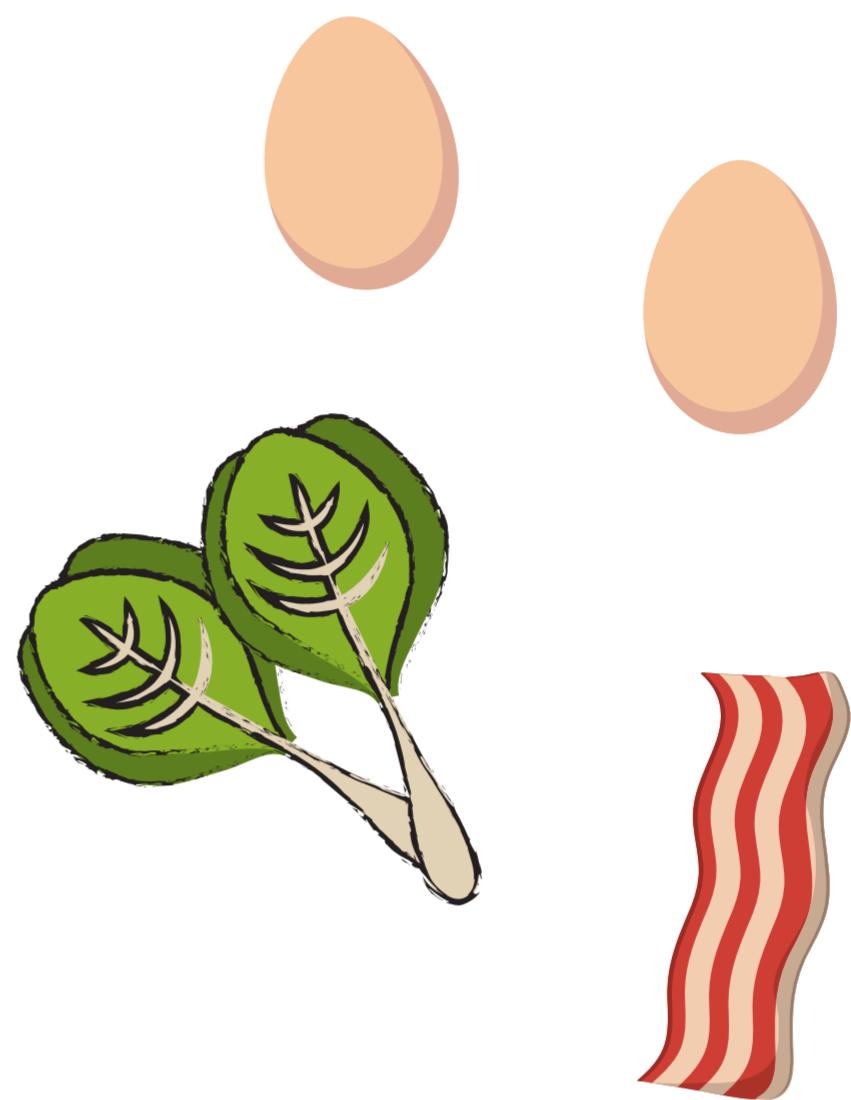


EGGS & BACON ON SPINACH

- 2 POACHED EGGS
- BED OF SPINACH
- BACON LARDONS

OPTIONAL SEASONING:

- BLACK PEPPER
- SALT
- THYME
- SQUEEZE OF LEMON



Notes -

You can have your eggs however you fancy (scrambled, fried...)

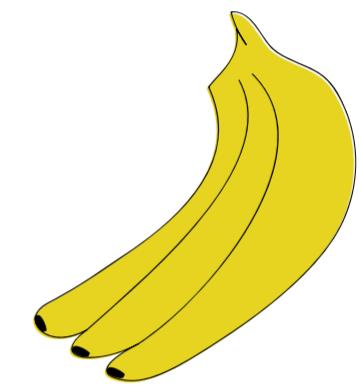
you can change up / add different veggies and seasonings!

7 BREAKFAST IDEAS



BANANA PANCAKES

- 30G GROUND PORRIDGE OATS OR OAT FLOUR
- 30G PLAIN FLOUR
- 1 TSP. BAKING POWDER
- 120ML MILK OF CHOICE (I USE SEMI SKIMMED)
- 2 TSP. SWEETENER (AVOID ARTIFICIAL SWEETENERS)
- $\frac{1}{2}$ RIPE BANANA (REPLACE WITH ONE EGG IF YOU DON'T LIKE BANANA TASTE)



1. BLEND THE BANANA AND MILK UNTIL SMOOTH (MASH THE BANANA IF YOU DON'T HAVE A BLENDER)

2. THEN ADD THE REST OF THE INGREDIENTS AND BLEND/MIX UNTIL ALL IS COMBINED

3. HEAT A (NON-STICK) FRYING PAN AND ADD OIL/SPRAY TO MAKE SURE THE MIX DOESN'T STICK (KEEP IT ON A LOW-MEDIUM HEAT, IT WILL MAKE THEM RISE MORE AND BECOME FLUFFIER)

4. POUR IN SOME BATTER (ABOUT 25ML, BUT WILL DEPEND ON WHAT SIZE YOU WANT THEM) AND MOVE/SPREAD THEM AROUND THE PAN UNTIL THE BATTER IS LEVEL

5. COOK FOR ABOUT 2 MINUTES UNTIL BUBBLES APPEAR (TIMES WILL VARY), FLIP OVER AND THEN COOK FOR A FURTHER 30 SECONDS UNTIL THE MIXTURE BROWNS

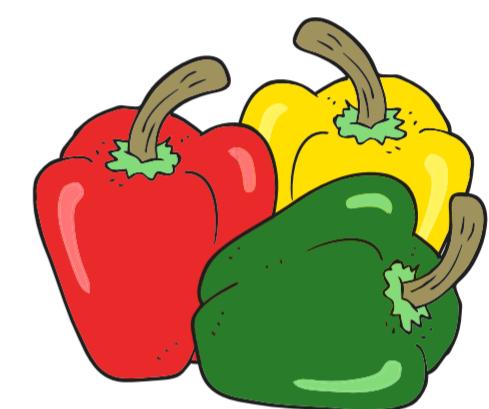
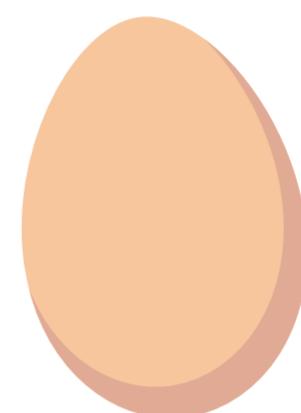
6. TRANSFER TO A PLATE THEN REPEAT FOR THE REST OF THE MIXTURE

7 BREAKFAST IDEAS

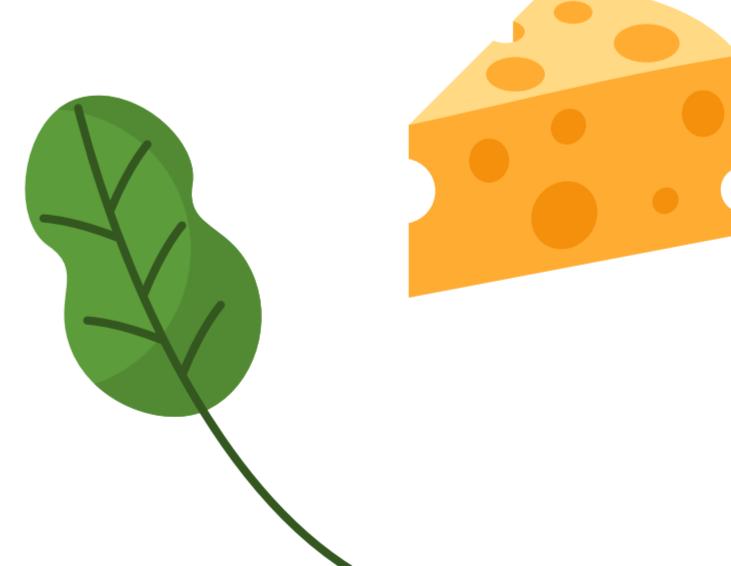


BREAKFAST EGG CUPS / OMELETTE

- COOKING SPRAY
- 3 EGGS
- 30ML MILK
- SALT & BLACK PEPPER SEASONING
- CHOPPED PEPPER
- FINELY CHOPPED SPINACH
- HANDFUL OF LOW FAT CHEESE



1. SPRAY MUFFIN TIN WITH COOKING SPRAY AND PREHEAT OVEN TO 180 DEGREES.
2. WHISK THE EGGS AND MILK TOGETHER IN A BOWL.
3. ADD THE CHOPPED PEPPERS, SPINACH, HANDFUL OF CHEESE AND SALT/PEPPER SEASONING TO THE EGG/MILK.
4. POUR MIXTURE INTO MUFFIN CUPS (3/4 FULL) AND BAKE FOR 20-25 MINUTES UNTIL CENTERS ARE NO LONGER RUNNY



NOTES

ALTERNATIVELY A QUICKER OPTION IS ALWAYS AN OMELETTE! WHISK YOUR EGGS IN A BOWL, CHUCK ALL THE INGREDIENTS IN AND MIX. POUR INTO A FRYING PAN AND FRY!

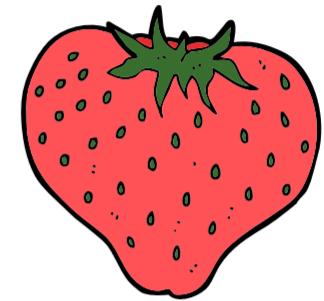
7 BREAKFAST IDEAS



HOMEMADE GRANOLA



- 90G MIXED NUTS OF CHOICE
- 225G ROLLED OATS
- 30ML SUNFLOWER OIL
- 40ML PURE MAPLE SYRUP
- SPRINKLE OF DRIED FRUIT AND SEEDS
IF DESIRED: FOR EXAMPLE, PUMPKIN
AND SUNFLOWER SEEDS AND DRIED
FRUIT SUCH AS RAISINS, ORANGE,
BANANA AND BERRIES ALL WORK
PERFECTLY



METHOD:

1. PREHEAT THE OVEN AT 170°C (FAN OVEN)
2. LINE A BAKING TRAY WITH BAKING PAPER AND POUR IN THE OATS
3. BAKE FOR ABOUT 10 MINUTES UNTIL GOLDEN
4. COMBINE OATS WITH NUTS AND DRIED FRUIT AND POUR IN THE OIL AND
MAPLE SYRUP AND MIX TOGETHER
5. BAKE THE MIXTURE FOR A FURTHER 10 MINUTES UNTIL GOLDEN BROWN -
MAKE SURE YOU STIR A FEW TIMES DURING THIS TIME

SUGGESTIONS:

- * ENJOY WITH DAIRY FREE MILK OR ON ITS OWN
- * TOP WITH MORE FRUIT FOR BIGGER PORTIONS

7 LUNCH IDEAS

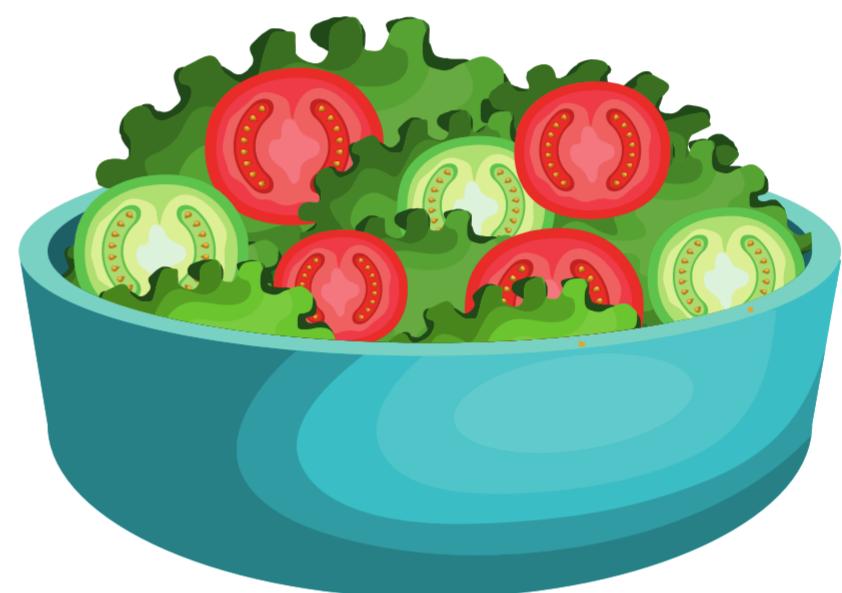


KING PRAWN SALAD

- KING PRAWNS
- MIXED SALAD (EG: LETTUCE, CHOPPED TOMATO, SLICED CUCUMBER, RED ONION, GRATED CARROT AND SWEETCORN)

OPTIONAL SEASONING:

- LEMON OR LIME JUICE
- TEASPOON OF OLIVE OIL
- LIGHT MAYONNAISE
- MINT LEAVES
- SPLASH OF WHITE WINE VINEGAR



Notes

I have around 60g prawns and also I usually add all the seasonings- yum!

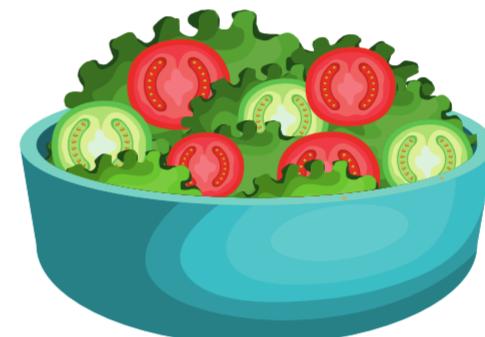
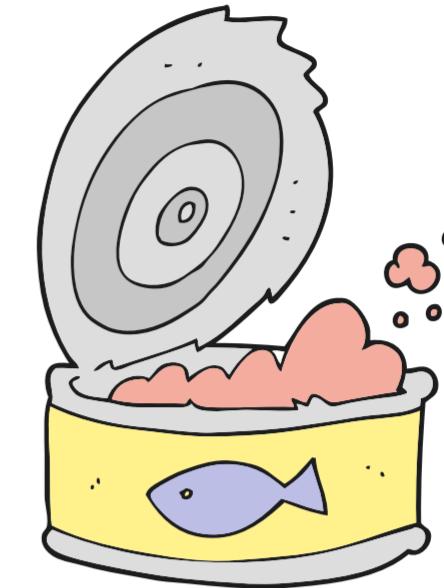
I have recently started mixing the dressing/seasoning into the salad with my hands (clean hands!) this way it ensures every bit of salad is covered in dressing and the salad gets mixed really well! I would recommend this!

7 LUNCH IDEAS



TUNA LETTUCE WRAP

- TIN OF TUNA (IN SPRING WATER)
- LIGHT MAYONNAISE (OPTIONAL)
- CHERRY TOMATOES
- ROMAINE LETTUCE LEAVES (CAN BE USED AS THE 'WRAP' FOR LOW CARB MEAL)
- WHOLEMEAL WRAP
- HALF CRUSHED AVOCADO



OPTIONAL SEASONING:

- LEMON OR LIME JUICE
- TEASPOON OF OLIVE OIL
- CHILLI FLAKES
- SPLASH OF WHITE WINE VINEGAR

Notes

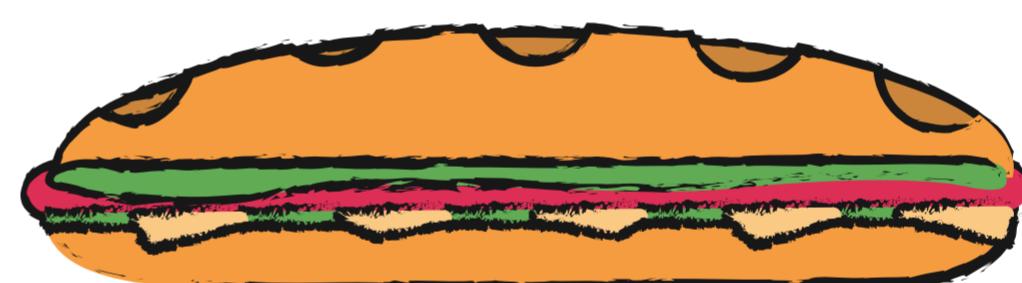
I tend to lay everything out of my plate separately and take a bit of everything on my fork each time!

7 LUNCH IDEAS



CHICKEN PITTA

- CHICKEN BREAST
- WHOLE MEAL PITTA
- LETTUCE
- GRATED CARROT (OR ALTERNATIVE SALAD)
- CHOPPED RED ONION
- LEMON JUICE
- TABLE SPOON OF LOW FAT NATURAL YOGURT OR LIGHT MAYO OR REDUCE SUGAR/SALT KETCHUP



Notes

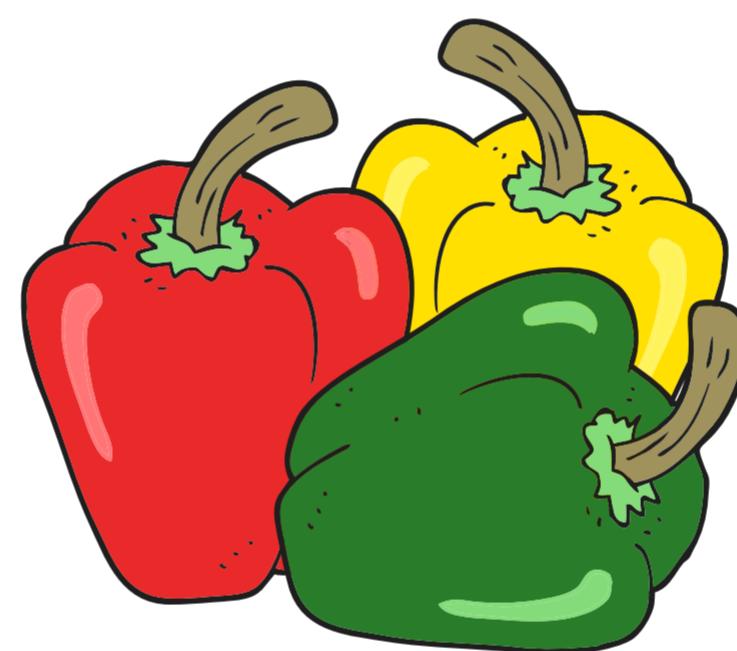
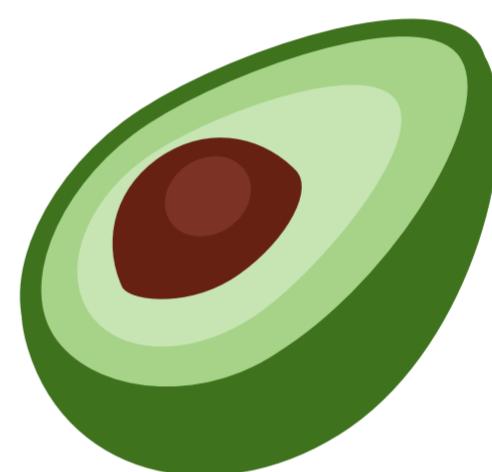
I like to spray my pitta with 1 cal buttery spray and then lightly toast my pitta bread before filling it to create a lightly toasted sandwich!

7 LUNCH IDEAS



CAJUN CHICKEN AND RICE

- CHICKEN BREAST
- CAJUN SPICES
- HALF AVOCADO CHOPPED
- GRILLED MIXED PEPPERS
- RICE COOKED WITH LIME AND CORIANDER



Notes

Don't forget you can always switch your meats up for other low fat high protein alternatives such as turkey breast or beef medallions!

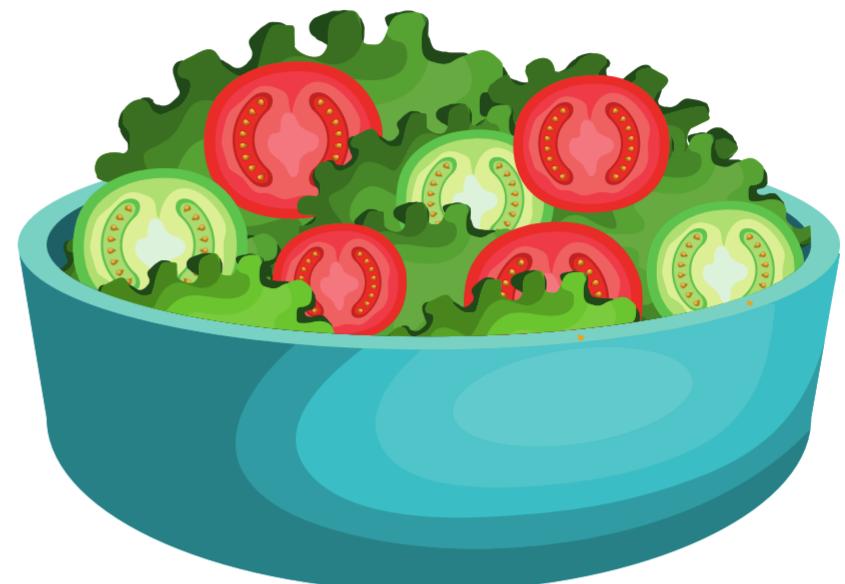
for a super quick meal I use microwave rice packets! you can often get them in lime and coriander flavour too!

7 LUNCH IDEAS



EGGY PASTA

- 2 HARD BOILED EGGS
- WHOLEWHEAT PASTA
- TOMATOES
- SPRING ONION
- LIGHT MAYONNAISE



METHOD:

1. COOK THE PASTA AND BOIL THE EGGS SEPERATELY
2. PEEL THE EGGS AND MASH THEM UP WITH A FORK (I MIX WITH LIGHT MAYO HERE)
3. ONCE THE PASTA IS COOKED MIX THE EGG INTO THE PASTA
4. ADD ADITIONAL INGREDIENTS OF YOUR CHOICE SUCH AS SPRING ONION, TOMATOES, SALAD LEAVES, CUCUMBER... YOU CAN FRY THESE IN A PAN BEFORE ADDING IF YOU WANT THEM COOKED/WARMED

Notes

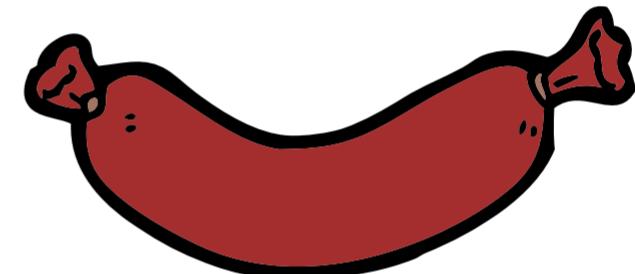
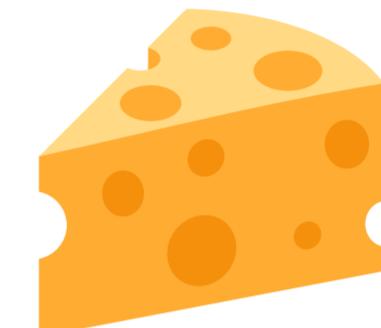
I love this dish with loads of spring onion and tomatoes. I also love cooking it and letting it cool before adding the salad ingredients for cold pasta salad dish!

7 LUNCH IDEAS



CHEESY CHICKEN AND CHORIZO

- CHICKEN BREAST
- CHORIZO
- GRATED LOW FAT CHEDDAR CHEESE/ PROTEIN CHEESE
- CUP SPINACH
- CHOPPED TOMATOES
- MUSHROOMS
- CHOPPED RED ONION
- EXTRA VIRGIN OLIVE OIL
- LEMON JUICE



METHOD:

1. FRY THE ONION AND MUSHROOMS USING THE OIL / SPRAY OIL IN THE BOTTOM OF A SAUCE PAN FOR A COUPLE OF MINUTES MAX
2. FRY/COOK THE CHICKEN BREAST SEPERATELY UNTIL COOKED THROUGH,
3. ADD THE TINNED CHOPPED TOMATOES TO THE SAUCE PAN AND HEAT FOR A FEW MINS
4. ADD THE COOKED CHICKEN PLUS CHOPPED CHORIZO PIECES THEN ADD THE ADDITIONAL INGREDIENTS TO THE SAUCEPAN (SPINACH, CHEESE MUSHROOMS, MORE VEGGIES IF WANTED...) AND CONTINUING HEATING UNTIL CHEESE HAS MELTED AND THE MIXTURE IS HEATED TO YOUR LIKING.

7 LUNCH IDEAS



CHIKEN STIR FRY:



- 1 TBSP OLIVE OIL
- 1 GARLIC CLOVE, CHOPPED
- 150-200G CHICKEN BREAST, THINLY SLICED
- ½ RED PEPPER, THINLY SLICED
- 1 TBSP SOY SAUCE
- 30G MANGETOUT (GREEN BEANS OR SUGAR SNAP PEAS)
- 100ML CHICKEN STOCK
- 1 NEST OF EGG NOODLES (COOKED ACCORDING TO THE PACKET INSTRUCTIONS)

METHOD:

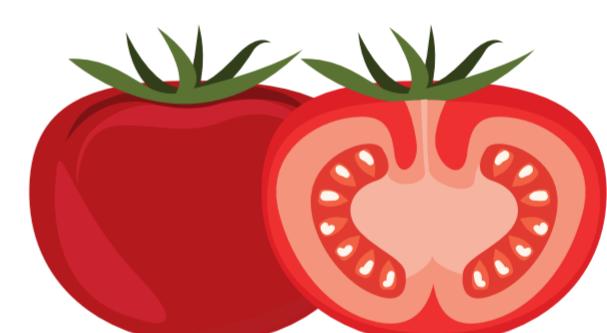
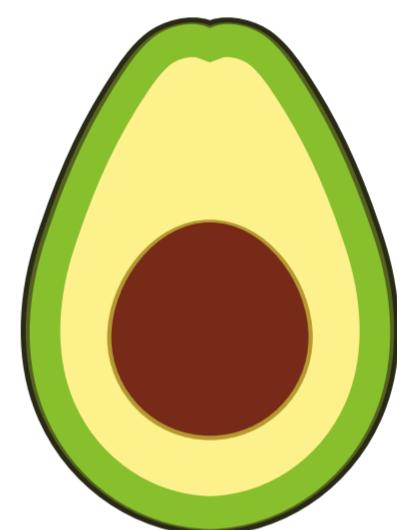
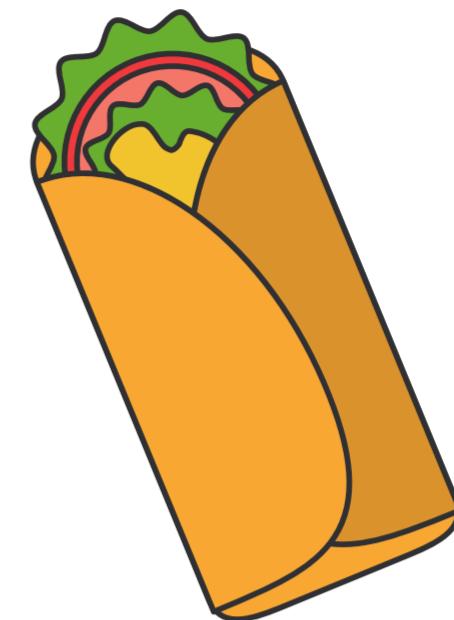
1. FRY THE GARLIC AND CHICKEN USING THE OIL, UNTIL BROWNED.
2. ADD THE PEPPER TO THE PAN AND STIR-FRY FOR 2-3 MINUTES.
3. ADD THE SOY SAUCE, MANGETOUT AND CHICKEN STOCK. CONTINUE TO STIR-FRY OVER A MEDIUM-HIGH HEAT FOR 3-4 MINUTES, OR UNTIL THE CHICKEN IS COOKED THROUGH.
4. ADD IN THE COOKED NOODLES AND MIX TOGETHER. (SEASON WITH SALT AND BLACK PEPPER TO YOUR LIKING)

7 DINNER IDEAS



CHICKEN WRAP

- CHOPPED CHICKEN BREAST
- WHOLEMEAL WRAP
- LIME AND CORIANDER WHOLEGRAIN RICE (YOU CAN GET MICROWAVE PACKETS!)
- LETTUCE
- RED ONION
- TOMATOES
- HALF AVOCADO CRUSHED WITH LEMON JUICE.



Notes

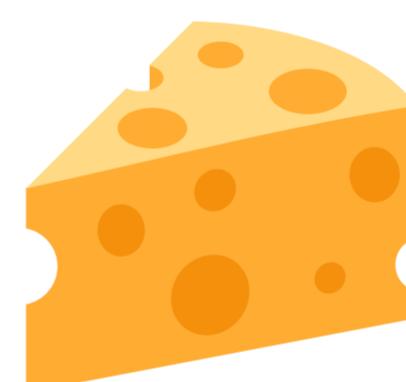
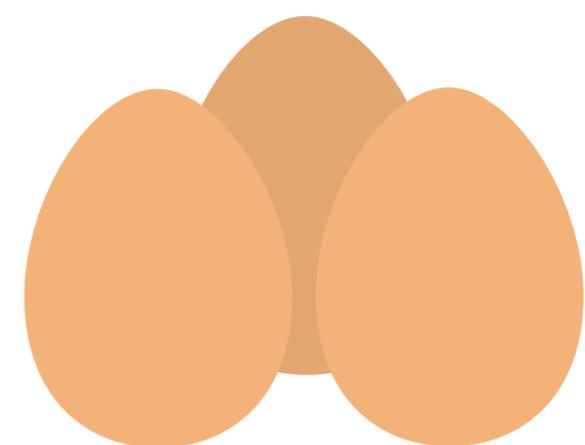
I often have this meal without the rice too depending on how hungry I'm feeling!

7 DINNER IDEAS



OMELETTE

- 2 EGGS
- 2 EGG WHITES (OPTIONAL)
- CHOPPED PEPPERS
- SPRING ONIONS
- COOKED CHICKEN BREAST OR LEAN HAM
- OLIVES
- GRATED LOW FAT CHEESE
- CHOPPED RED ONION
- BLACK PEPPER & SALT
- THYME (OPTIONAL)



Notes

I love this meal as a super quick, easy high protein choice!

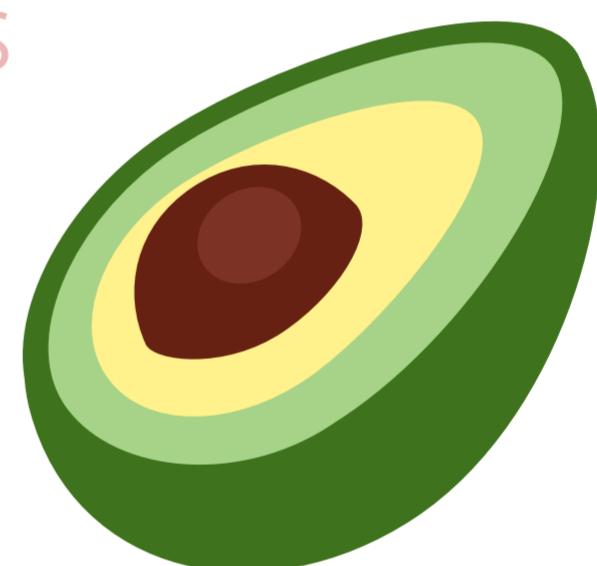
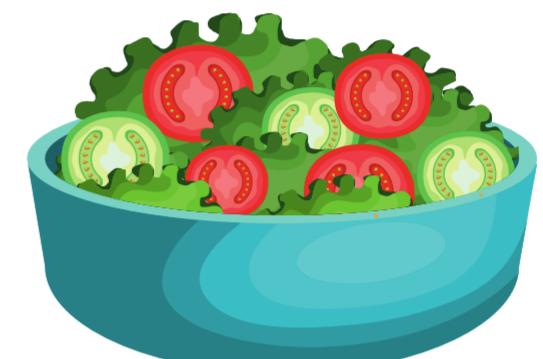
Don't forget these are meal ideas so your ingredients are always optional and can be changed up to suit YOU!

7 DINNER IDEAS



RICE SALAD BOWL

- COOKED WHOLEMEAL RICE
- COOKED CHICKEN (OR OTHER LEAN MEAT)
- LIGHT MAYO
- SQUEEZE OF LEMON
- DRIZZLE OF WHITE WINE VINEGAR
- CHOPPED MINT LEAVES
- CHOPPED SPRING ONIONS
- CHOPPED AVOCADO
- ANY OTHER SALAD INGREDIENTS OF YOUR CHOICE!



Notes

This is one of my FAVOURITE lunch and dinner meals for summer time! it's refreshing, tasty and filling all at the same time!

I often pre cook a lot of rice and create different versions of this with what I have in my fridge!

7 DINNER IDEAS

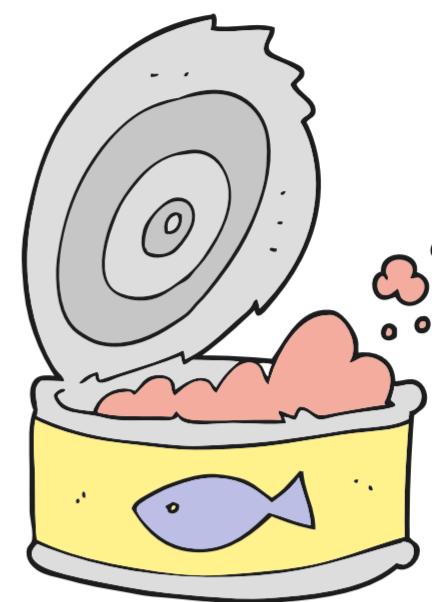


TUNA PASTA

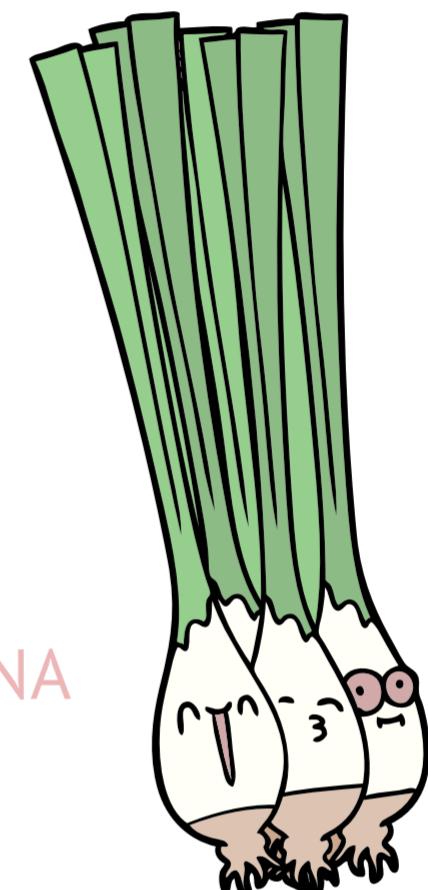
- WHOLEWHEAT PASTA
- SPRING ONIONS
- TUNA CAN IN SPRING WATER,
DRAINED
- CANNED SWEETCORN, DRAINED
- LIGHT MAYONNAISE
- BLACK PEPPER & SALT

METHOD:

1. COOK THE PASTA , CHOP THE SPRING ONIONS, DRAIN THE TUNA AND MIX WITH LIGHT MAYONNAISE, DRAIN THE SWEETCORN.



2. ONCE THE PASTA IS COOKED, DRAIN IT, RETURN IT TO THE SAUCEPAN AND MIX EVERYTHING TOGETHER!



Notes

When I make this dish I usually make 2 portions and save one for the next day to have as a chilled pasta salad dish!

I also add a few more veggies such as tomatoes, and finely chopped spinach

7 DINNER IDEAS



STEAK NIGHT

- SIRLOIN STEAK
- SWEET POTATO WEDGES
(PAPRIKA SEASONING
OPTIONAL)
- GRILLED ASPARAGUS
- GRILLED PEPPERS
- GRILLED MUSHROOMS
- PEPPER CORN SAUCE (BE
CAREFUL WITH FAT AND
SUGAR CONTENT!)



Notes

I usually use beef medallions instead of sirloin steak as the fat content is much lower! only 2.3g fat per 100g!

I also use the Schwartz mild creamy peppercorn sauce which is fab and the fat and sugar contents are good!

7 DINNER IDEAS



SALMON NOODLE BOWL

- SALMON FILLET (OR SMOKED SALMON)
- COOKED WHOLEWHEAT SPAGHETTI
- GRILLED CHOPPED ASPARAGUS
- GRILLED CHOPPED MIXED PEPPERS
- TEASPOON OF SOY SAUCE
- TEASPOON OF EXTRA VIRGIN OLIVE OIL.
- LIGHT MAYONNAISE (OPTIONAL)

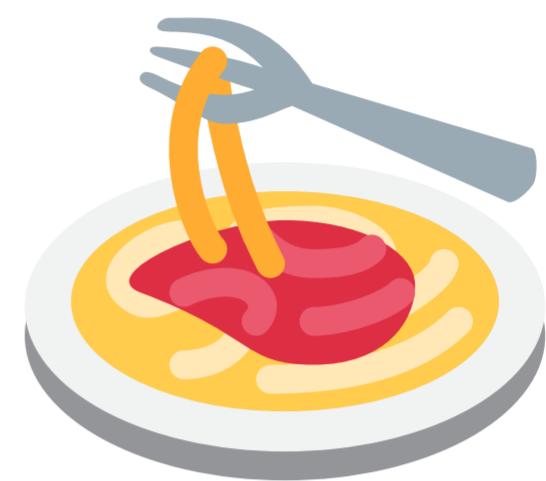


7 DINNER IDEAS



BOLOGNESE (4 PORTIONS)

- EXTRA VIRGIN OLIVE OIL(SPRAY) - FOR FRYING
- 2 ONIONS (CHOPPED)
- 2 CLOVES OF GARLIC (CRUSHED)
- 3 LARGE CARROTS (CHOPPED)
- 2 STICKS OF CELERY (CHOPPED)
- 200G 5% BEEF MINCE
- 600ML VEGETABLE STOCK
- 2 TINS OF CHOPPED TOMATOES (400G EACH)
- 1 TBSP. TOMATO PUREE
- PINCH OF ALLSPICE
- 2 RED OR GREEN BELL PEPPERS (CHOPPED)
- PINCH OF SALT
- BLACK PEPPER AS DESIRED
- SPLASH OF REDUCED SALT SOY SAUCE
- A FEW DROPS OF LEMON JUICE
- 2 TBSP. (DRIED OR FRESH) OREGANO
- 2 TBSP. (DRIED OR FRESH) BASIL



METHOD:

1. COOK THE BEEF MINCE AND REMOVE TO A BOWL
1. GENTLY FRY THE ONIONS IN A LITTLE OLIVE OIL UNTIL SOFTENED
2. ADD THE GARLIC, STIR, THEN COOK FOR A FURTHER 1-2 MINUTES
3. THROW IN THE CARROTS AND CELERY THEN COVER AND COOK GENTLY FOR ABOUT 10 MINUTES
5. ADD THE STOCK, TINNED TOMATOES AND TOMATO PUREE, THEN BRING TO THE BOIL (STIRRING OCCASIONALLY)
6. COVER AND SIMMER AGAIN FOR ANOTHER 10 MINUTES
7. THEN ADD THE ALLSPICE, PEPPERS, MUSHROOMS, SALT, PEPPER, SOY SAUCE AND LEMON JUICE. ADD THE COOKED MINCE ALONG WITH ANY JUICES IN THE BOWL
8. COVER FOR ONE FINAL TIME THEN LEAVE TO COOK FOR ABOUT ~30 MINUTES (STIR OCCASIONALLY)
9. AFTER THIS, ADD THE HERBS AND CHECK SEASONING – ADD SUGAR AS NECESSARY
10. YOU CAN THEN CHECK TO ENSURE ALL THE VEG IS SOFT AND EVERYTHING IS COOKED (IF THE SAUCE IS A LITTLE THIN ADD A FEW VEGETABLE GRAVY GRANULES TO HELP THICKEN)
11. THEN SERVE AND ENJOY!

7 SNACK IDEAS



RYVITA OR RICE / CORN CRACKERS

- CRACKERS
- LOW FAT CREAM CHEESE
- 1 SLICE OF SMOKED SALMON OR CHOPPED TOMATOES

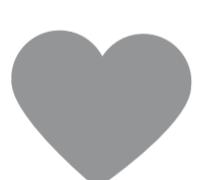


MIXED BERRIES & FRUIT

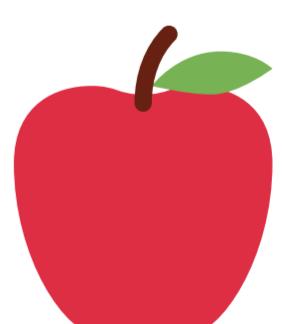
- MIXED BERRIES (BLUEBERRIES, BLACKBERRIES, RASPBERRIES, STRAWBERRIES)
- LOW FAT NATURAL YOGURT
- SWEETNER (OPTIONAL)



NUTS & MIXED SEEDS



APPLE & PEANUT BUTTER / NUT BUTTER



VEGETABLE STICKS WITH HUMMUS

- VEGETABLES OF YOUR CHOICE EG: CARROT, CUCUMBER, CELERY
- LOW FAT HUMMUS

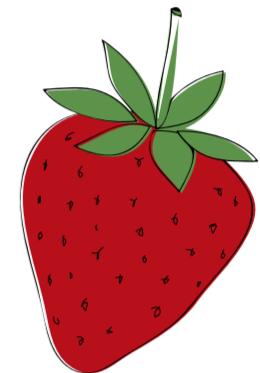


7 SNACK IDEAS



GRANOLA BOWL

- MIXED NUTS OF CHOICE
- HANDFUL OF ROLLED OATS
- HONEY
- SPLASH OF SUNFLOWER OIL
- SPRINKLE OF DRIED FRUIT AND SEEDS IF DESIRED: FOR EXAMPLE, PUMPKIN AND SUNFLOWER SEEDS AND DRIED FRUIT SUCH AS RAISINS, ORANGE, BANANA AND BERRIES ALL WORK PERFECTLY.



METHOD:

1. PREHEAT THE OVEN AT 170°C (FAN OVEN)
2. LINE A BAKING TRAY WITH BAKING PAPER AND POUR IN THE OATS
3. BAKE FOR ABOUT 10 MINUTES UNTIL GOLDEN
4. COMBINE OATS WITH NUTS AND DRIED FRUIT AND POUR IN THE OIL AND HONEY AND MIX TOGETHER
5. BAKE THE MIXTURE FOR A FURTHER 10 MINUTES UNTIL GOLDEN BROWN - MAKE SURE YOU STIR A FEW TIMES DURING THIS TIME

SUGGESTIONS:

- * ENJOY WITH MILK OR ON ITS OWN
- * MAKE IN BULK AND KEEP IN TUPPERWARE AS SNACK PREP!



SMOOTHIE

- BERRIES (FROZEN OR NOT)
- SPINACH
- (CHOPPED) FROZEN BANANA
- APPROX 200ML OF OTHER FRUIT JUICE OF CHOICE (EXAMPLES: ORANGE, POMEGRANATE, CRANBERRY)
- ADD WATER TO CREATE YOUR IDEAL THICKNESS



EXTRA INFORMATION!

CUPS TO GRAMS/MILLILITERS CONVERTER

	1 CUP	1/3 CUP	1/4 CUP
Flour & Icing Sugar	150g	50g	37g
Granulated & Brown Sugar	114g	70g	56g
Rice (uncooked)	190g	65g	48g
Pasta (uncooked)	140g	45g	35g
Couscous (uncooked)	180g	60g	45g
Oats (uncooked)	90g	30g	22g
Chopped Fruit & Veg	150g	50g	40g
Grains & Small or Chopped Nuts (Hazelnuts, Almonds etc.)	160g	50g	40g

Large Whole Nuts (Walnuts, Pecans, etc.)	112g	40g	32g
Oils	224g	70g	56g
Syrup	352g	110g	88g
Water & Milk	240ml	80ml	60ml
Cream & Yoghurt	250ml	80ml	60ml