

Convenience Meals Recipe Book

no-fuss, no-think meal ideas from store bought items!



**MADE FOR YOU WITH
LOVE & SPRINKLES**

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About This Recipe Book



hey, gorgeous!

in Colleen!

WHADDA YA SAY WE GET COOKIN'!?

You know those nights where you're like... "I need to make dinner but I don't want to cook!" I sure do! For me it's usually Thursday and Friday when I get to the anti-cooking point. Totally fine!

In those times I turn to these easy meal ideas that are made up of store bought items.

It's 180% okay to "cut corners" and make your life easier by not totally cooking from scratch. Don't feel shame over that!

Enjoy these meal ideas and enjoy the weight of cooking from scratch being lifted off of your shoulders!

-xoxo Colleen

protein oatmeal bowl

packet of microwave oatmeal + a scoop of protein powder + peanut butter + banana

how to:

make the oatmeal according to package directions but before cooking add a scoop of protein and a splash more water. when cooked add peanut butter and banana on top



tips:

get creative with toppings and fruit!

super easy yogurt parfait

yogurt + granola + berries + nuts



how to:

add everything to a bowl and enjoy (or right in the yogurt cup!)



tips:

fresh, frozen or canned fruit works of any kind; any type of nut or seed is great- could also sub in some peanut butter



lox bagel sandwich

bagel + lox (smoked salmon) + cream cheese
+ side of berries



how to:

toast your bagel as desired,
add lox/salmon and cream
cheese. serve with berries on
the side.

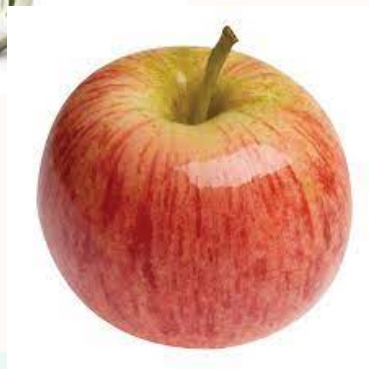


tips:

fresh, frozen or
canned fruit works of
any kind; could also
sub lunch meat in for
salmon!

chicken salad wrap

store bought chicken salad + lettuce leaves +
flatbread wrap + apple



how to:

add lettuce leaves to the wrap, fill with chicken salad and roll it up! serve with an apple.

tips:

use any kind of store bought salad or make your own by pairing shredded chicken with ANY sauce! (try buffalo or bbq sauce!)

pre-prepared salad

pre-prepared salad + lunch meat



how to:

grab yourself a prepared salad and simply add lunch meat for protein!



tips:

use any kind of store bought salad!

warmed up salad kit

1 salad kit (cabbage based) + cooked rice (can use microwave!) + ground meat (could sub chicken, fish or tofu!)



how to:

warm up the salad kit contents in a pan or even in the microwave (just the veggies!) then serve warmed veggies with cooked rice + protein source. Top with the toppings & sauce from the package!



tips:

cook turkey in a little soy sauce!
add extra veggies (cauli rice actually works great here! if serving a few people)



super easy stir fry

frozen microwavable veggies (any kind- broccoli or green beans are great) + rice + protein source (ground meat is easy or even leftover grilled chicken or tofu!) + store bought stir fry sauce



how to:

cook veggies in microwave.
cook protein source. add protein & veggies to a pan, add sauce and warm. serve over rice.

tips:

you can also use fresh veggies and steam them. add toppings as desired like green onion or sesame seeds



taco Tuesday but ANY day!

ground meat (could sub textured vegetable protein for plant based!) + taco seasoning + tortillas + lettuce + salsa + frozen microwave veggies



how to:

brown meat with taco seasoning (or prepare TVP then mix it in) serve in tortillas with lettuce + salsa. add microwave veggies!

tips:

can use any protein source!
feel free to add cheese, avocado, sour cream, etc.

minimal prep veggie burgers

frozen veggie burgers + burger buns + toppings
as desired + frozen fries + frozen microwavable
bag of veggies



how to:

cook veggie burgers according to the box; serve with buns & toppings of choice. add veggies!

tips:

thick slices of tomato are amazing, hummus is a great spread!

no fuss salad kit

1 salad kit (any kind! I like this southwest) + any carb (rice, potatoes, pasta!) + protein source (chicken, fish or tofu!) + a little extra lettuce to bulk it up if serving multiple people



how to:

just add the protein, carb and additional lettuce to the salad kit and enjoy!

tips:

add a little salsa on top or avocado for extra flavor! use taco seasoning when cooking protein



crockpot ranch chicken tacos

1 lb boneless skinless chicken breasts + 1/2 jar of salsa + 1 packet ranch seasoning + tortillas + lettuce + serve with broccoli



how to:

add chicken, salsa and ranch mix to a crockpot and cook on low for ~8 hours. Shred chicken with a fork. Serve in tortillas with lettuce and a side of broccoli!

tips:

double the recipe for leftovers! could also make into taco salads and serve with rice

crockpot chicken stir fry

1 lb boneless skinless chicken breasts + 1/2 cup
store bought stir fry sauce (like teriyaki!) +
microwavable veggies + rice



how to:
add chicken and sauce to
crockpot and cook on low for
~8 hours. shred chicken with
a fork. stir in cooked
microwave veggies and serve
over rice!



tips:
use any microwave veggies like
carrots, stir fry blend, broccoli or
green beans. use microwave or
minute rice for even more ease!

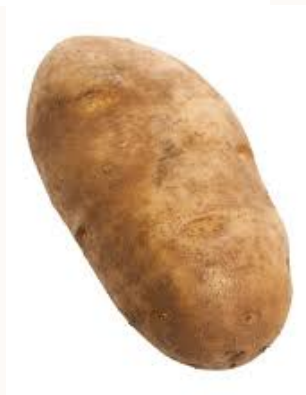


crockpot Italian chicken and potatoes

1 lb boneless skinless chicken breasts + 4 small-
medium potatoes + 1/2 cup Italian dressing



how to:
add cubed chicken, diced potatoes and salad dressing to a crockpot and cook on low for ~8 hours. shred chicken with a fork. serve with microwavable veggies



tips:
try using sweet potatoes or even different dressings!



crockpot beef stroganoff

2 lb cubed stew meat or beef sirloin + 2 cans sliced mushrooms + 1 packet dry onion soup mix
1/2 can cream of mushroom soup + egg noodles
+ frozen microwave veggies

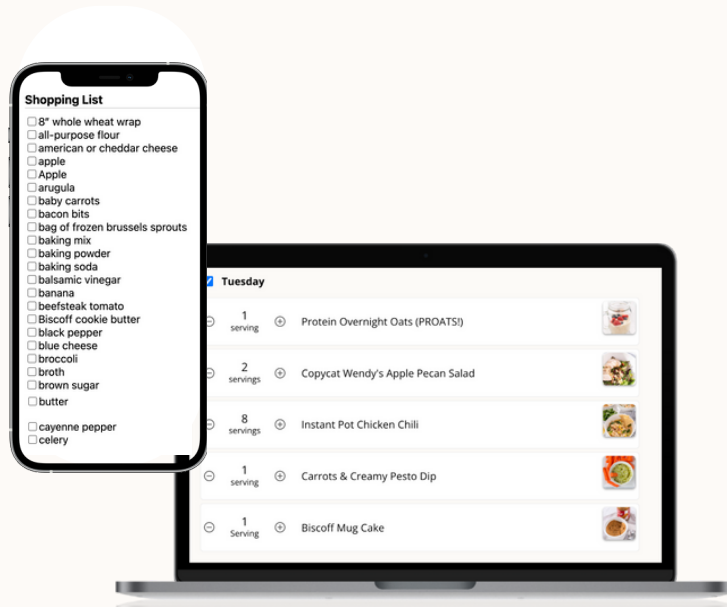


how to:
add sirloin, mushrooms, onion soup mix, and cream of mushroom soup to the crockpot and cook for ~8 hours on low. serve over egg noodles and with veggies.



want more recipes?

Be sure to checkout the recipe index and meal planner inside of The SociEATy! It's filled with easy recipes and sample meal plans that will help you nourish both your body and soul as you learn to become an intuitive eater. Plus? The meal planning tool will automate a grocery list based on the recipes you choose!



explore the
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