

5 Single-Serve Meals for the Busy Mom

Simple, realistic lunches for the mom who is done living on coffee, leftovers, and fumes.

You do not need a complicated meal plan to feed yourself well. Start with a quick formula: **protein + produce + something satisfying**. These ideas are meant to be flexible, fast, and doable in the middle of real life.

1 Bagged Salad + Whatever Protein Is Ready

What to grab: A bagged salad or pre-washed greens plus rotisserie chicken, deli meat, tuna, leftover grilled chicken, or whatever protein is already in the fridge.

Make it work: Put the greens in a big bowl, add protein, and use the dressing or toppings that come with the kit. Lunch is done in minutes.

2 Quick Egg Scramble

What to grab: Eggs, egg whites if you like them, and quick non-starchy veggies like spinach, peppers, mushrooms, zucchini, or frozen chopped veggies.

Make it work: Scramble everything in one pan and add a side of cucumbers, carrots, tomatoes, or any easy veggie you will actually eat.

3 Classic Sandwich Plate

What to grab: Sprouted bread, light Laughing Cow cheese, deli turkey or chicken, tuna, or another easy protein, plus fruit and veggies on the side.

Make it work: Use the cheese as your spread, build a simple sandwich, and round it out with produce so it feels like a real meal.

Two More Easy Options

Because lunch should not feel like one more impossible decision.

4 Busy Mom Snack Plate

What to grab: Deli meat, cheese, fruit, veggies, dip, pickles, boiled eggs, nuts, or anything easy you can put on a plate.

Make it work: Think simple charcuterie. Add enough protein to make it filling, then fill the plate with easy grab-and-go sides.

5 Tuna Salad Greens

What to grab: Tuna mixed with half Greek yogurt and half mayo, plus salt, pepper, pickles, celery, onion powder, or whatever you love.

Make it work: Spoon it over ready-to-go greens from the store. Add cucumbers, tomatoes, or crackers on the side if you want a little crunch.

Busy mom reminder: Feeding yourself well does not have to be fancy. It just needs to be simple enough that you will actually do it.

Ready to build these habits for real life?

Join **The 7 Skills in Real Life**, starting **June 1st**. This group will help you learn how to eat healthy from the ground up, with simple skills you can practice in your actual busy life - not a perfect version of it.

Learn more and join here:

<https://coach-michelle.kit.com/products/the-7-skills-in-real-life>