



EASY MEALS FOR BUSY PEOPLE

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Chicken & Chorizo Traybake

<http://www.bbcgoodfood.com/recipes/1897691/chicken-and-chorizo-traybake>

Credit: BBC Good Food

Serves	Prep	Cook	Calories	Protein (g)	Fat (g)	Carbs (g)
4	10 mins	45 mins	489	30	23	30

Speedy Moroccan Meatballs

<http://www.bbcgoodfood.com/recipes/2998/speedy-moroccan-meatballs>

Credit: BBC Good Food

Serves	Prep	Cook	Calories	Protein (g)	Fat (g)	Carbs (g)
4	5 mins	15 mins	388	18	25	24

Quick Thai-Style Turkey Mince

<http://www.nigella.com/recipes/view/quick-thai-style-turkey-mince-4594>

Credit: Nigella Lawson

Serves	Prep	Cook	Calories	Protein (g)	Fat (g)	Carbs (g)
2-3	2 mins	7 mins	346	31	25	12

Fresh Asian noodle salad

<http://www.jamieoliver.com/recipes/beef-recipes/fresh-asian-noodle-salad/>

Credit: Jamie Oliver

Serves	Prep	Cook	Calories	Protein (g)	Fat (g)	Carbs (g)
4		20 mins	668	22.8	31.4	72.3

Easy Spicy Turkey Chilli

<http://www.chow.com/recipes/30668-easy-spicy-turkey-chili>

Credit: BBC Good Food

Serves	Prep	Cook	Calories	Protein (g)	Fat (g)	Carbs (g)
6		60 mins	571	29	37	32

5-Ingredient Chilli

<http://www.gimmesomeoven.com/5-ingredient-easy-chili-recipe/>

Credit: Gimme Some Oven

Serves	Prep	Cook	Calories	Protein (g)	Fat (g)	Carbs (g)
4	5 mins	20 mins	465	34	14	51

Italian Beef Stew

<http://foodforfitness.co.uk/low-carb-beef-stew-recipe.php#.VLUiqcbz3zl>

Credit: Food For Fitness

Serves	Prep	Cook	Calories	Protein (g)	Fat (g)	Carbs (g)
4	5 mins	45 mins	243	27	11	9

Chorizo, new potato & haddock one-pot

<http://www.bbcgoodfood.com/recipes/10583/chorizo-new-potato-and-haddock-onepot>

Credit: BBC Good Food

Serves	Prep	Cook	Calories	Protein (g)	Fat (g)	Carbs (g)
2	10 mins	20 mins	534	47	19	39

Chicken, red pepper & almond traybake

<http://www.bbcgoodfood.com/recipes/1813670/chicken-red-pepper-and-almond-traybake>

Credit: BBC Good Food

Serves	Prep	Cook	Calories	Protein (g)	Fat (g)	Carbs (g)
4	15 mins	40 mins	442	34	20	34

Griddled chicken with quinoa Greek salad

<http://www.bbcgoodfood.com/recipes/2196639/griddled-chicken-with-quinoa-greek-salad>

Credit: BBC Good Food

Serves	Prep	Cook	Calories	Protein (g)	Fat (g)	Carbs (g)
4		20 mins	473	37	20	35

Cajun turkey steaks with pineapple salsa

<http://www.bbcgoodfood.com/recipes/234606/cajun-turkey-steaks-with-pineapple-salsa>

Credit: BBC Good Food

Serves	Prep	Cook	Calories	Protein (g)	Fat (g)	Carbs (g)
4	10 mins	30 mins	467	49	5	60

Spicy Cajun chicken quinoa

<http://www.bbcgoodfood.com/recipes/1162644/spicy-cajun-chicken-quinoa>

Credit: BBC Good Food

Serves	Prep	Cook	Calories	Protein (g)	Fat (g)	Carbs (g)
4	10 mins	25 mins	386	47	7	35

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Fruity lamb tagine

<http://www.bbcgoodfood.com/recipes/12751/fruity-lamb-tagine>

Credit: BBC Good Food

Serves	Prep	Cook	Calories	Protein (g)	Fat (g)	Carbs (g)
4	15 mins	90 mins	497	40	18	46

Spicy tuna & cottage cheese jacket

<http://www.bbcgoodfood.com/recipes/1897713/spicy-tuna-and-cottage-cheese-jacket>

Credit: BBC Good Food

Serves	Prep	Cook	Calories	Protein (g)	Fat (g)	Carbs (g)
1	10 mins	60 mins	439	64	5	33

Cajun Jambalaya

http://www.foodforfitness.co.uk/cajun-jambalaya-recipe.php#.VMo_ncbz3zl

Credit: Food For Fitness

Serves	Prep	Cook	Calories	Protein (g)	Fat (g)	Carbs (g)
5	5 mins	40 mins	387	24	8	56

Turkey Bolognese

http://www.foodforfitness.co.uk/turkey-bolognese-recipe.php#.VMo_ncbz3zl

Credit: Food For Fitness

Serves	Prep	Cook	Calories	Protein (g)	Fat (g)	Carbs (g)
4	5 mins	40 mins	325	31	16	14

Rosemary & Honey Chicken with Roast Vegetables

http://www.foodforfitness.co.uk/low-carb-rosemary-chicken-recipe.php#.VMo_psbz3zl

Credit: Food For Fitness

Serves	Prep	Cook	Calories	Protein (g)	Fat (g)	Carbs (g)
4	5 mins	40 mins	230	30	5	15

Five spice duck salad

<http://www.jamieoliver.com/recipes/duck-recipes/five-spice-duck-salad/#qLy6QQkoRAxd4mt1.97>

Credit: Jamie Oliver

Serves	Prep	Cook	Calories	Protein (g)	Fat (g)	Carbs (g)
2		20 mins	295	24.3	15.6	12.8

Easy chicken curry

<http://www.slimmingworld.com/recipes/easy-chicken-curry.aspx>

Credit: Slimming World

Serves	Prep	Cook	Calories	Protein (g)	Fat (g)	Carbs (g)
4		<60 mins	403	59	8	22

Turkey risotto

<http://www.slimmingworld.com/recipes/turkey-risotto.aspx>

Credit: Slimming World

Serves	Prep	Cook	Calories	Protein (g)	Fat (g)	Carbs (g)
4	15 mins	60 mins	313	12	4	57

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Italian Braised Cod

http://allrecipes.co.uk/recipe/1472/italian-braised-cod.aspx?o_is=Hub_TopRecipe_3

Credit: AllRecipes

Serves	Prep	Cook	Calories	Protein (g)	Fat (g)	Carbs (g)
4	10 mins	15 mins	249	22	11	10

Quick White Fish Curry

http://allrecipes.co.uk/recipe/5550/quick-white-fish-curry.aspx?o_is=LV

Credit: AllRecipes

Serves	Prep	Cook	Calories	Protein (g)	Fat (g)	Carbs (g)
4	15 mins	25 mins	194	27	6	6

Quick Cold Tuna Noodle Salad

http://allrecipes.co.uk/recipe/23547/quick-cold-tuna-noodle-salad.aspx?o_is=LV

Credit: AllRecipes

Serves	Prep	Cook	Calories	Protein (g)	Fat (g)	Carbs (g)
1	5 mins	5 mins	482	24	19	58

Chicken and Couscous Salad

http://allrecipes.co.uk/recipe/1152/chicken-and-couscous-salad.aspx?o_is=Hub_TopRecipe_2

Credit: AllRecipes

Serves	Prep	Cook	Calories	Protein (g)	Fat (g)	Carbs (g)
6	15 mins	15 mins	191	21	3	18