



Quick meals for busy mums.

A GUIDE TO THE QUICKEST AND EASIEST MEAL OPTIONS FOR BUSY MUMS.



Nice to meet you!

I see you keeping your kids safe and fed. I see you keeping the house clean, which is a never-ending task. I see you nailing your job even when the kids are sick (again). As a mum and Nutritionist, I get that your solutions need to be quick and easy. That's why I developed this guide to help you fuel yourself, easier.

All the options in here are designed to keep you feeling full and satisfied, while being quick, convenient and easy at the same time. Not all of them are perfect, but in this season of life done is better than perfect. And done leads you to feeling fuelled, confident and have more energy to run around with your kids.

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Breakfast.



Smoothie.

Frozen fruit, chia seeds, protein powder, milk of choice and you're done. I promise it doesn't take too long - I've timed it and it's less than 2 minutes. Pop your blender in the dishwasher and off you go!

[SEE RECIPE](#)



Yoghurt + fruit.

Stock up on your fave high protein yoghurt (YoPro and Chobani Fit are good options) at your weekly shop. On a busy morning, grab one of these and any piece of fruit you like as you head out the door. Protein and fat in the yoghurt, and fibre in the fruit and you'll feel full for ages!



Overnight oats.

Prep these on a Sunday and this recipe will last you 4 days. Make them in individual jars and all you have to do is grab one from the fridge in the morning and add fruit if you want to.

[SEE RECIPE](#)

Lunch.



Edamame tuna salad.

Edamame beans can be kept in the freezer, and other ingredients in the pantry. All you need is a carrot lying around and you're good to go.

[SEE RECIPE](#)



Fine Foods WA

A great, cost effective salad on-the-go option. These are available at Coles, Woolies, Farmer Jack's and IGA's for \$6.99. Only the protein salad option though as it has a decent amount of protein!

[SEE PRODUCT](#)



Breakfast for lunch.

Any breakfast option is just as good for lunch! Ideally, we'd love all the veg, but in this period of your life, just getting protein, fibre and healthy fats is the goal even if there's not a vegetable in sight. All the breakfast options will keep you fuelled and satisfied. Just try not to do this every single day.

Dinner.



Honey mustard chicken.

One pan and a hit with the kids? Perfect! Feel free to change up the veggies to whatever you have on hand too.

[SEE RECIPE](#)



Minced beef one pan.

Less than 10 ingredients in less than 30 minutes - that's my kind of meal! And the bonus? It's all in one pan.

[SEE RECIPE](#)



Coles PerForm meals.

Break in case of emergency! Basically, add these to your weekly shop and keep them in the freezer.

They're far from perfect, but a great option rather than you skipping dinner or eating kid's leftovers.

[SEE MEALS](#)

Snacks.



Chickpeas

Chickpeas contain protein and fibre so they will keep you satisfied. The Happy Snack Company from Coles and Woolies have some great options which are all gluten and dairy free.

[FIND IN WOOLIES](#)



Banana & nut butter

The easiest snack to make. Simply cut one banana in half lengthways, and spread 1 tbsp of your favourite nut butter. Bonus points if you sprinkle chia, flax or hemp seeds on top. The fibre from the seeds and banana plus the fat from the nut butter will help keep you satisfied.



KIC Bliss Mini Bars.

These are my favourite bars! They don't contain dates so they are lower in sugar, and they have a decent amount of protein to fill you up. Bonus that they're not too energy dense.

[FIND AT COLES](#)



Meal recipes.

A DETAILED RECIPE FOR EACH HOME MADE MEAL OR SNACK MENTIONED IN THE PREVIOUS SECTIONS.

Berry protein smoothie.



INGREDIENTS (1 SERVE)

- 1/3 cup Frozen Blueberries
- 1/3 cup Frozen Raspberries
- 1 cup Baby Spinach
- 1 tsp All Natural Peanut Butter
- 1 tbsp Chia Seeds
- 30 grams Chocolate or Vanilla Protein Powder (one serve)
- 1 cup Unsweetened Almond Milk

METHOD

1. Add all ingredients to blender, and blend!

Banana protein smoothie.



INGREDIENTS (1 SERVE)

- 1 Banana
- 1 tsp All Natural Peanut Butter
- 1 tbsp Chia Seeds
- 30 grams Chocolate Protein Powder (one serve)
- 1 cup Unsweetened Almond Milk

METHOD

1. Add all ingredients to blender, and blend!

Overnight oats.



INGREDIENTS (4 SERVES)

- 1/4 cup Quinoa (dry)
- 1 cup Oats (rolled or quick)
- 3 tbsps Chia Seeds
- 1 1/2 tsps Cinnamon
- 2 1/2 cups Unsweetened Almond Milk
- 3 tbsps Maple Syrup
- 1 tsp Vanilla Extract
- 3 tbsps Hemp Seeds

METHOD

1. In a small pot, cook the quinoa according to package directions. Let the quinoa cool for 10 to 15 minutes.
2. In a mixing bowl combine the cooked quinoa with the oats, chia seeds, hemp seeds and cinnamon. Stir in the almond milk, maple syrup, and vanilla extract, and mix well. Cover and refrigerate for at least three hours or overnight.
3. Divide between bowls or jars and enjoy!

Edamame and tuna salad.



INGREDIENTS (SERVES 1-2)

- 1 1/2 tbsps All Natural Peanut Butter
- 2 tbsps Sesame Oil
- 1 tbsp Apple Cider Vinegar
- 1 tbsp Sesame Seeds
- Sea Salt & Black Pepper (to taste)
- 2 cups Frozen Edamame (thawed)
- 1 can Tuna (drained)
- 1 Carrot (medium, julienned)
- 1 stalk Green Onion (sliced)

METHOD

1. In a medium bowl, add peanut butter, sesame oil, vinegar, sesame seeds, salt, and pepper. Whisk until combined well.
2. In the same bowl, add edamame, tuna, carrot, and green onion. Stir until everything is mixed together and enjoy.

Honey mustard chicken.



INGREDIENTS (SERVES 2)

- 300 grams Chicken Breast
- 1 cup Asparagus (one bunch)
- 1 cup Cherry Tomatoes
- 1 cup Brussels Sprouts (12 sprouts)
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Sea Salt
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Apple Cider Vinegar
- 1 tbsp Dijon Mustard
- 1 tbsp Honey
- 1 Garlic
- 2 tbsps Parsley

METHOD

1. Preheat the oven to 180°C.
2. Cut the Brussels sprouts and cherry tomatoes in half and arrange on a lined baking tray. Chop the ends off asparagus and arrange on the same baking tray. Drizzle with 1 tbsp olive oil and season with sea salt.
3. To make the marinade, add all of the ingredients in a small bowl and whisk until combined.
4. Add two chicken breasts to the centre of the tray and spoon over the marinade.
5. Place tray in oven and bake for 30-35 minutes, until the chicken breast is cooked and vegetables are golden.

Minced beef one pan.



INGREDIENTS (SERVES 2)

- 1 tsp Extra Virgin Olive Oil
- 1/3 Yellow Onion (diced)
- 1 Garlic (clove, minced)
- 227 grams Extra Lean Ground Beef
- 2 cups Green Cabbage (thinly sliced)
- 1 Carrot (medium, julienned)
- Sea Salt & Black Pepper (to taste)
- 1/2 Lime (juiced)
- 2 tsps Coriander (fresh, chopped)

METHOD

1. Warm the oil in a large pan over medium heat. Add the onion and sauté for three to four minutes or until soft. Add the garlic and cook for another minute.
2. Add the beef, breaking it up as it cooks. Cook for five to seven minutes, stirring occasionally. Add the cabbage and carrot to the pan. Season with salt and pepper and cook for 10 to 12 minutes or until everything is cooked through. Stir occasionally.
3. Drizzle with lime juice and top with coriander before serving. Enjoy!



I see you trying your hardest, every day.

I see you keeping your kids safe and fed. I see you keeping the house clean, which is a never-ending job. I see you nailing your job even when the kids are sick (again).

As a mum and Nutritionist, I get that your solutions need to be quick and easy. That's why I developed all the tools I have so you can stay healthy, easier.

HARMANHEALTH

More ways to feel your best.

Keep the momentum going with these simple, practical resources designed to help you (and your family) eat well, feel good, and stay on track without the overwhelm.

01 The Feel Good Formula

A 4-part mini course to help you boost your energy, rebuild confidence with food, and ditch the all-or-nothing mindset for good.

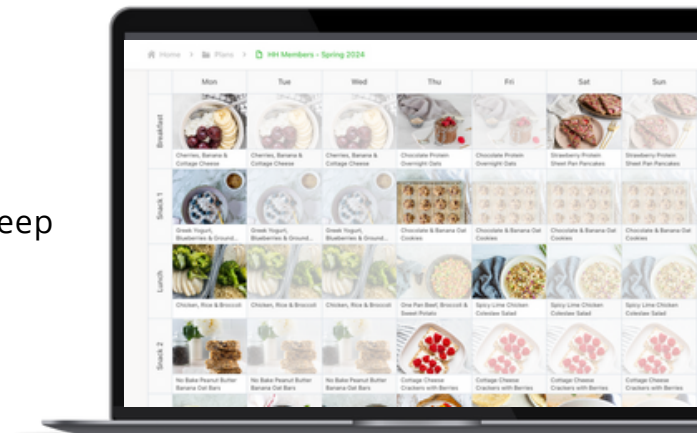
LEARN MORE



02 Meal Plan Bundle

Healthy eating made easy - four seasonal dinner plans packed with protein, fibre, and flavour to keep you full, satisfied, and inspired all year long.

GET IT NOW



03 Happy Little Eaters

A self-paced course for parents who want calmer mealtimes and confident, adventurous eaters - without stress or bribery at the table.

LEARN MORE





Worth Your Weight

THE WEIGHT LOSS PROGRAM FOR BUSY MUMS WHO WANT THEIR PRE-KIDS BODY (OR BETTER) BACK.

You want to be the 'put-together' mum and feel like your pre-kids self, but you have no time and no energy. Which means you only eat whatever your kids haven't eaten and put up with niggling health issues. I give you the tools to improve your nutrition and lifestyle to feel confident (or dare I say - sexy?) at work, at home and on the playground.

[LEARN MORE](#)

