



30 Min Kitchen - 5 Day Meal Prep Plan

Here's your quick and healthy 5-day meal prep plan designed for busy professionals.

All meals are ready in 30 minutes or less!

Day 1

Lunch: Grilled Chicken + Quinoa + Steamed Broccoli

Dinner: Shrimp Stir-Fry with Brown Rice

Day 2

Lunch: Turkey Wrap with Hummus + Carrot Sticks

Dinner: Salmon + Sweet Potato Mash + Green Beans

Day 3

Lunch: Chickpea Salad with Lemon Dressing

Dinner: Beef & Veggie Skillet with Couscous

Day 4

Lunch: Tuna Lettuce Wraps + Greek Yogurt

Dinner: Chicken Fajita Bowl (with Brown Rice)

Day 5

Lunch: Quinoa Tabbouleh + Boiled Eggs

Dinner: Turkey Meatballs + Zucchini Noodles