**Quick Meals & Snack Ideas for Busy Parents**

**Quick Breakfasts**

* Overnight oats with fruit (make ahead).
* Greek yogurt with granola and berries.
* Whole wheat toast with peanut butter or avocado.
* Mini muffins (store-bought or batch baked).
* Scrambled eggs with cheese and spinach.
* Banana pancakes (mashed banana + egg + oats).

**Quick Lunch & Dinner**

* Quesadillas with cheese + beans or chicken.
* Mini pita pockets stuffed with hummus + veggies.
* Pasta with butter, parmesan, and peas.
* Sheet pan roasted chicken + veggies (one pan).
* Sandwich roll-ups (turkey + cheese or PB&J;).
* Frozen veggie nuggets or fish sticks with fruit on the side.

**Toddler & Parent-Friendly Snacks**

* Apple slices with peanut butter (thin slices for toddlers).
* Cheese cubes or string cheese.
* Veggie sticks with hummus or ranch.
* Rice cakes with cream cheese or nut butter.
* Fruit pouches or cut-up fresh fruit.
* Hard-boiled eggs.
* Trail mix (for parents, skip nuts for toddlers if under 4).

**Tips for Quick Meals**

• Prep in batches: Wash fruit, chop veggies, and boil eggs ahead of time.

• Use freezer staples: Keep frozen peas, corn, or nuggets for emergencies.

• Keep it simple: Kids thrive on repetition, don’t stress about variety every meal.

• Feed yourself too: Double toddler portions so you can eat without extra prep