

E-BOOK

45 Quick & Budget-Friendly Recipes in Under 30 Minutes



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Mia

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45 Quick & Budget-Friendly Recipes in Under 30 Minutes

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INTRODUCTION

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Life moves fast. Between work, school, family responsibilities, and daily commitments, cooking can easily feel overwhelming. Many people believe that preparing delicious, homemade meals requires hours in the kitchen or expensive ingredients. The truth? It doesn't.

This cookbook was created with one clear mission: to help you cook simple, affordable, and satisfying meals in 30 minutes or less — without stress, complicated techniques, or hard-to-find ingredients.

Whether you're a busy parent trying to feed your family, a college student cooking for the first time, or someone looking to cut down on grocery expenses, this book is designed specifically for you.

Why Quick & Budget Cooking Matters

Food prices continue to rise, and eating out regularly can quickly drain your budget. Preparing meals at home is one of the most effective ways to save money — and it's healthier, too. But time is often the biggest obstacle.

That's why every recipe in this book:

- Uses affordable, everyday ingredients
- Requires 30 minutes or less
- Includes clear step-by-step instructions
- Is beginner-friendly
- Provides estimated cost and nutrition info

No complicated culinary skills required. If you can follow simple instructions, you can cook these meals.

Built for Real Life

This book understands real-life cooking challenges:

- Small kitchens
- Limited equipment
- Tight grocery budgets
- Minimal prep time
- Kids who are picky eaters
- Students with only a stovetop

You won't find complicated sauces, specialty ingredients, or advanced techniques. Instead, you'll discover practical recipes like:

- Fluffy pancakes made in one cup
- Oven-baked chicken with simple seasoning
- No-oven skillet pizza
- Creamy garlic pasta
- 5-minute chocolate mousse

These are meals designed for normal people, busy schedules, and real budgets.

How to Use This Book

The cookbook is divided into four main chapters:

1. Quick Breakfasts
2. Budget Lunches
3. Light Dinners
4. Easy Desserts

Each recipe includes:

- Preparation & cooking time
- Exact ingredient measurements
- Numbered instructions
- Pro tips for better results
- Estimated cost per recipe
- Approximate nutrition breakdown
- Serving suggestions
- A ready-to-use AI image prompt for professional food photography

At the end of the book, you'll find bonus sections including:

- A 7-day budget meal plan
- A complete weekly grocery list
- Money-saving grocery strategies
- Food storage tips
- Creative leftover ideas

Cooking Should Feel Empowering

Cooking at home is more than just saving money — it builds confidence. Each recipe you complete is a skill gained. Each meal you prepare is proof that you can take control of your kitchen, your health, and your budget.

Start simple. Pick one recipe. Follow the steps. In less than 30 minutes, you'll have a homemade dish ready to enjoy.

You don't need to be a chef.

You don't need expensive tools.

You don't need hours of free time.

You just need this book — and a little hunger.

Let's start cooking.

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One-Cup Budget Pancakes

Ingredients:

- 1 cup all-purpose flour
- 1 tbsp sugar
- 1 tsp baking powder
- 1 egg
- 1 cup milk
- 1 tbsp oil

Fluffy, simple, and made using just one cup for measuring — no fancy tools required. These pancakes are perfect for rushed mornings and beginner cooks.

Soft inside and golden outside, they're ideal with syrup, fruit, or even peanut butter.

Prep Time: 5 min

Cook Time: 10 min

Total Time: 15 min

Servings: 2

Ingredients:

- 1 cup all-purpose flour
- 1 tbsp sugar
- 1 tsp baking powder
- 1 egg
- 1 cup milk
- 1 tbsp oil

Instructions:

1. Mix dry ingredients in a bowl.
2. Add egg, milk, and oil. Stir until smooth.
3. Heat lightly oiled pan over medium heat.
4. Pour $\frac{1}{4}$ cup batter per pancake.
5. Cook 2 minutes each side.

Pro Tips:

Do not overmix. Small lumps are fine.

Estimated Cost: \$1.20

Nutrition: 220 cal | 6g protein | 30g carbs | 8g fat

Serving Suggestions:

Top with fruit, honey, or yogurt.



Ingredients:

- 2 eggs
- 2 tbsp chopped onion
- 2 tbsp diced bell pepper
- Salt & pepper
- 1 tsp oil

Minute Veggie Omelet

A protein-packed breakfast using leftover vegetables. Fast, filling, and customizable.

Prep: 3 min

Cook: 5 min

Total: 8 min

Serves: 1

Ingredients:

- 2 eggs
- 2 tbsp chopped onion
- 2 tbsp diced bell pepper
- Salt & pepper
- 1 tsp oil

Instructions:

1. Beat eggs with salt and pepper.
2. Heat oil, sauté vegetables 1 minute.
3. Pour eggs over veggies.
4. Cook until set, fold and serve.

Pro Tip: Add cheese for extra flavor.

Cost: \$1.00

Nutrition: 250 cal | 14g protein | 5g carbs | 18g fat

Serving: Serve with toast.



Avocado Egg Toast

Ingredients

- 1 slice whole-grain bread
- ½ ripe avocado
- 1 egg
- Salt to taste
- Black pepper to taste
- 1 tsp butter or oil

Creamy avocado paired with perfectly cooked eggs on crispy toast creates a balanced, energizing breakfast in minutes. This recipe is ideal for busy mornings when you want something nutritious but satisfying. The combination of healthy fats and protein keeps you full longer, making it perfect for students or working parents rushing out the door.

Prep Time: 5 minutes

Cook Time: 5 minutes

Total Time: 10 minutes

Servings: 1

Ingredients

- 1 slice whole-grain bread
- ½ ripe avocado
- 1 egg
- Salt to taste
- Black pepper to taste
- 1 tsp butter or oil

Instructions

1. Toast the bread until golden and crisp.
2. Mash the avocado in a small bowl with salt and pepper.
3. Heat butter or oil in a pan over medium heat.
4. Fry the egg to your preference (sunny-side or over-easy).
5. Spread mashed avocado on toast.
6. Place egg on top and season lightly.

Pro Tips

Add chili flakes or lemon juice for extra flavor.

Estimated Cost

\$1.50

Approximate Nutrition

300 calories | 12g protein | 25g carbs | 18g fat

Serving Suggestions

Serve with sliced tomatoes or a small fruit bowl.



No-Knead Skillet Flatbread

Ingredients

- 2 cups all-purpose flour
- 1 tsp salt
- 1 tsp baking powder
- $\frac{3}{4}$ cup warm water
- 2 tbsp oil

This soft, chewy flatbread requires no yeast and no kneading — perfect for beginners. Made with simple pantry ingredients, it cooks directly in a skillet.

It's excellent for wraps, dipping, or as a side to soups and stews.

Prep Time: 10 minutes

Cook Time: 10 minutes

Total Time: 20 minutes

Servings: 4 flatbreads

Ingredients

- 2 cups all-purpose flour
- 1 tsp salt
- 1 tsp baking powder
- $\frac{3}{4}$ cup warm water
- 2 tbsp oil

Instructions

1. Mix flour, salt, and baking powder.
2. Add water and oil. Stir until dough forms.
3. Divide into 4 balls.
4. Roll each thinly.
5. Cook in hot dry skillet 2–3 minutes per side.

Pro Tips

Brush with butter while warm for softer texture.

Estimated Cost

\$0.80

Approximate Nutrition

180 calories | 4g protein | 30g carbs | 4g fat (per flatbread)

Serving Suggestions

Use for wraps or serve alongside soup.



Milk-Free Crepes

Ingredients

- 1 cup flour
- 1 egg
- 1 cup water
- 1 tbsp oil
- Pinch salt

Light, thin crepes made without milk — ideal for lactose-intolerant households or when milk runs out.

These versatile crepes can be filled sweet or savory.

They are budget-friendly and cook in under 15 minutes.

Prep Time: 5 minutes

Cook Time: 10 minutes

Total Time: 15 minutes

Servings: 6 crepes

Ingredients

- 1 cup flour
- 1 egg
- 1 cup water
- 1 tbsp oil
- Pinch salt

Instructions

1. Whisk all ingredients until smooth.
2. Heat lightly oiled pan.
3. Pour thin layer of batter.
4. Cook 1–2 minutes each side.

Pro Tips

Let batter rest 5 minutes for smoother texture.

Estimated Cost

\$0.90

Approximate Nutrition

110 calories | 3g protein | 18g carbs | 3g fat (per crepe)

Serving Suggestions

Fill with jam, cheese, or sautéed vegetables.



Ingredients

- 1 can tuna (drained)
- 1 tbsp mayonnaise
- Salt and pepper
- 2 slices bread
- Lettuce (optional)

Quick Tuna Sandwich

A protein-packed sandwich perfect for busy mornings or packed lunches. Canned tuna makes this affordable and convenient.

Prep Time: 5 minutes

Cook Time: 0 minutes

Total Time: 5 minutes

Servings: 1

Ingredients

- 1 can tuna (drained)
- 1 tbsp mayonnaise
- Salt and pepper
- 2 slices bread
- Lettuce (optional)

Instructions

1. Mix tuna with mayonnaise, salt, and pepper.
2. Spread onto bread.
3. Add lettuce and close sandwich.

Pro Tips

Add lemon juice for freshness.

Estimated Cost

\$1.40

Approximate Nutrition

350 calories | 22g protein | 30g carbs | 15g fat

Serving Suggestions

Serve with sliced cucumbers.



Easy Breakfast Wrap

Ingredients

- 1 tortilla
- 2 eggs
- 2 tbsp diced vegetables
- 2 tbsp shredded cheese
- Salt and pepper

Quick, filling, and portable — perfect for mornings on the go.

Prep Time: 5 minutes

Cook Time: 7 minutes

Total Time: 12 minutes

Servings: 1

Ingredients

- 1 tortilla
- 2 eggs
- 2 tbsp diced vegetables
- 2 tbsp shredded cheese
- Salt and pepper

Instructions

1. Scramble eggs with vegetables.
2. Place in tortilla.
3. Sprinkle cheese.
4. Roll tightly and toast lightly in pan.

Pro Tips

Wrap in foil for easy travel.

Estimated Cost

\$1.30

Approximate Nutrition

420 calories | 18g protein | 35g carbs | 22g fat

Serving Suggestions

Serve with salsa.



Cheesy Scrambled Eggs

Ingredients

- 2 eggs
- 2 tbsp milk
- ¼ cup shredded cheese
- Salt and pepper

Creamy, fluffy eggs enriched with melted cheese for a comforting breakfast.

Prep: 3 minutes

Cook: 5 minutes

Total: 8 minutes

Servings: 1

Ingredients

- 2 eggs
- 2 tbsp milk
- ¼ cup shredded cheese
- Salt and pepper

Instructions

1. Whisk eggs and milk.
2. Cook slowly over medium-low heat.
3. Add cheese just before eggs fully set.

Pro Tips

Cook gently for soft texture.

Estimated Cost

\$1.10

Nutrition

300 calories | 16g protein | 4g carbs | 24g fat

Serving Suggestions

Serve with toast.



Ingredients

- 1 banana
- ½ cup oats
- 1 cup milk
- 1 tsp honey

Banana Oat Smoothie

A creamy, filling smoothie using simple pantry staples.

Prep: 3 minutes

Cook: 0

Total: 3 minutes

Servings: 1

Ingredients

- 1 banana
- ½ cup oats
- 1 cup milk
- 1 tsp honey

Instructions

1. Blend all ingredients until smooth.

Pro Tips

Freeze banana for thicker texture.

Estimated Cost

\$0.90

Nutrition

280 calories | 8g protein | 50g carbs | 5g fat

Serving Suggestions

Add peanut butter for extra protein.



3-Minute Oatmeal Bowl

Ingredients

- ½ cup oats
- 1 cup water or milk
- 1 tsp sugar or honey
- Fruit topping

Simple, hearty, and endlessly customizable.

Prep: 1 minute

Cook: 3 minutes

Total: 4 minutes

Servings: 1

Ingredients

- ½ cup oats
- 1 cup water or milk
- 1 tsp sugar or honey
- Fruit topping

Instructions

1. Microwave oats and liquid 2–3 minutes.
2. Stir and top with fruit.

Pro Tips

Add nuts for crunch.

Estimated Cost

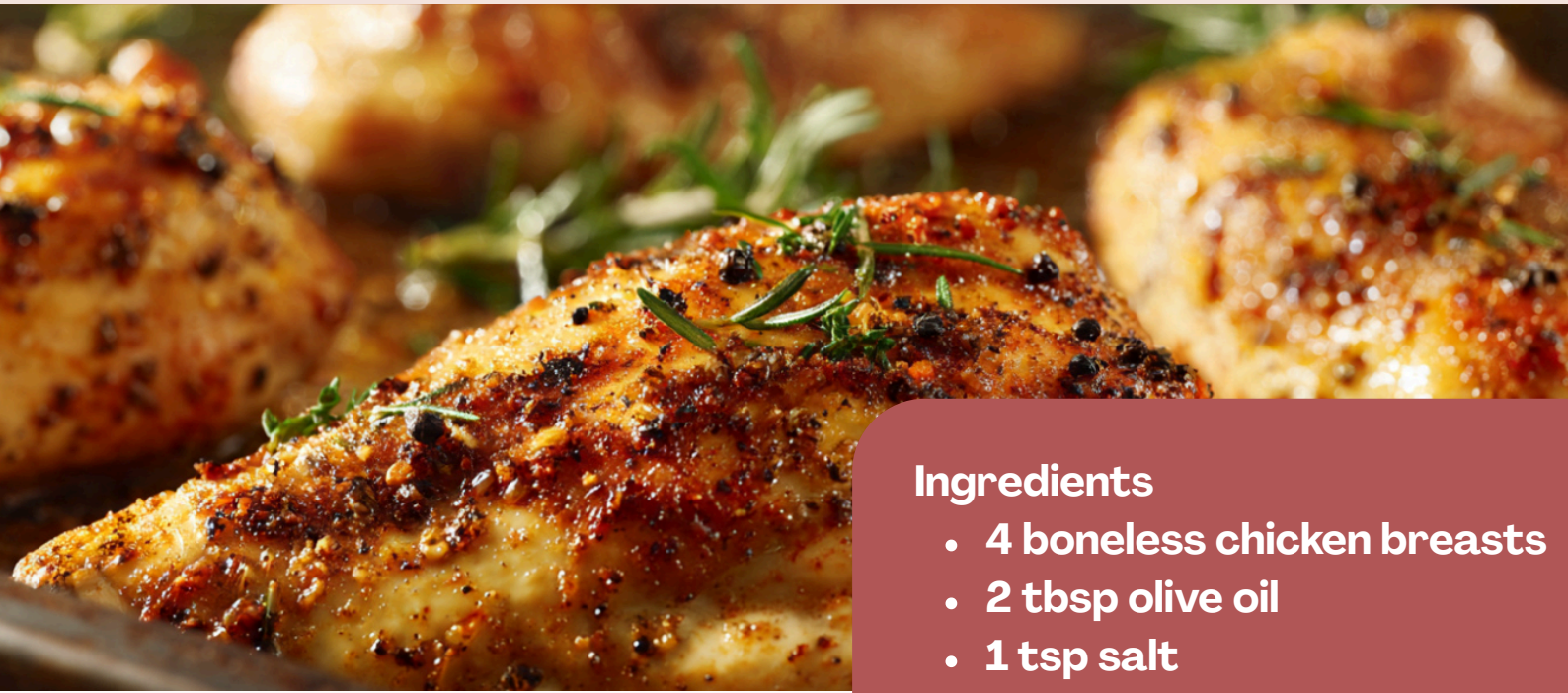
\$0.70

Nutrition

220 calories | 6g protein | 40g carbs | 4g fat

Serving Suggestions

Serve warm.



Fast Oven-Baked Chicken

Ingredients

- 4 boneless chicken breasts
- 2 tbsp olive oil
- 1 tsp salt
- 1 tsp paprika
- ½ tsp black pepper
- 1 tsp garlic powder

Juicy, tender chicken baked with simple seasonings — no complicated marinades required. This is a reliable, family-friendly recipe that works beautifully for meal prep.

Prep Time: 5 minutes

Cook Time: 25 minutes

Total Time: 30 minutes

Servings: 4

Ingredients

- 4 boneless chicken breasts
- 2 tbsp olive oil
- 1 tsp salt
- 1 tsp paprika
- ½ tsp black pepper
- 1 tsp garlic powder

Instructions

1. Preheat oven to 400°F (200°C).
2. Place chicken on baking tray.
3. Rub with olive oil and seasonings.
4. Bake 22–25 minutes until cooked through.
5. Rest 5 minutes before slicing.

Pro Tips

Cover with foil for extra juiciness.

Estimated Cost

\$6.00 (\$1.50 per serving)

Approximate Nutrition

280 calories | 35g protein | 0g carbs | 12g fat

Serving Suggestions

Serve with rice, salad, or roasted potatoes.



Chicken & Vegetable Rice

Ingredients

- 1 cup rice
- 2 cups water
- 1 cup diced cooked chicken
- 1 cup mixed vegetables
- 1 tbsp oil
- Salt and pepper

A complete one-pan meal combining protein, vegetables, and grains in under 30 minutes.

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Servings: 4

Ingredients

- 1 cup rice
- 2 cups water
- 1 cup diced cooked chicken
- 1 cup mixed vegetables
- 1 tbsp oil
- Salt and pepper

Instructions

1. Cook rice according to package instructions.
2. Heat oil in skillet.
3. Add vegetables and sauté 3–4 minutes.
4. Stir in chicken and cooked rice.
5. Season and cook 2 minutes more.

Pro Tips

Use leftover chicken for faster prep.

Estimated Cost

\$4.50

Approximate Nutrition

350 calories | 20g protein | 45g carbs | 8g fat

Serving Suggestions

Add soy sauce or lemon juice for flavor.



Quick Tomato Pasta

Ingredients

- 8 oz pasta
- 1 can crushed tomatoes
- 2 cloves garlic, minced
- 2 tbsp olive oil
- Salt and pepper
- ½ tsp dried oregano

A comforting pasta dish made with pantry staples and ready in minutes.

Prep Time: 5 minutes

Cook Time: 15 minutes

Total Time: 20 minutes

Servings: 4

Ingredients

- 8 oz pasta
- 1 can crushed tomatoes
- 2 cloves garlic, minced
- 2 tbsp olive oil
- Salt and pepper
- ½ tsp dried oregano

Instructions

1. Cook pasta according to package instructions.
2. Heat oil and sauté garlic 1 minute.
3. Add tomatoes and oregano. Simmer 5 minutes.
4. Drain pasta and mix with sauce.

Pro Tips

Reserve some pasta water to thicken sauce.

Estimated Cost

\$3.00

Approximate Nutrition

400 calories | 10g protein | 70g carbs | 10g fat

Serving Suggestions

Top with grated cheese or fresh basil.



Garlic Roasted Potatoes

Ingredients

- 4 medium potatoes, cubed
- 2 tbsp olive oil
- 3 cloves garlic, minced
- Salt and pepper

Crispy on the outside, soft on the inside — a perfect budget-friendly side dish.

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Servings: 4

Ingredients

- 4 medium potatoes, cubed
- 2 tbsp olive oil
- 3 cloves garlic, minced
- Salt and pepper

Instructions

1. **Preheat oven to 425°F (220°C).**
2. **Toss potatoes with oil and garlic.**
3. **Spread on baking sheet.**
4. **Roast 20–25 minutes until golden.**

Pro Tips

Turn halfway for even crispiness.

Estimated Cost

\$2.00

Approximate Nutrition

210 calories | 4g protein | 35g carbs | 7g fat

Serving Suggestions

Serve with chicken or salad.



Simple Chicken Stew

Ingredients

- 1 lb diced chicken
- 2 carrots, sliced
- 1 potato, diced
- 1 onion, chopped
- 3 cups chicken broth
- Salt and pepper

A hearty, comforting stew made quickly using diced chicken and vegetables.

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Servings: 4

Ingredients

- 1 lb diced chicken
- 2 carrots, sliced
- 1 potato, diced
- 1 onion, chopped
- 3 cups chicken broth
- Salt and pepper

Instructions

1. Sauté onion in pot 2 minutes.
2. Add chicken and brown lightly.
3. Add vegetables and broth.
4. Simmer 20 minutes until tender.

Pro Tips

Add a spoon of flour for thicker stew.

Estimated Cost

\$5.50

Approximate Nutrition

320 calories | 28g protein | 30g carbs | 9g fat

Serving Suggestions

Serve with bread.



Quick Lentil Soup

Ingredients

- 1 cup red lentils
- 4 cups water or broth
- 1 carrot, diced
- 1 onion, chopped
- 1 tsp cumin
- Salt and pepper

Protein-rich, affordable, and filling — lentils cook quickly and require no soaking.

Prep Time: 5 minutes

Cook Time: 20 minutes

Total Time: 25 minutes

Servings: 4

Ingredients

- 1 cup red lentils
- 4 cups water or broth
- 1 carrot, diced
- 1 onion, chopped
- 1 tsp cumin
- Salt and pepper

Instructions

1. Combine all ingredients in pot.
2. Bring to boil.
3. Reduce heat and simmer 20 minutes.
4. Blend slightly if desired.

Pro Tips

Add lemon juice before serving.

Estimated Cost

\$2.50

Approximate Nutrition

230 calories | 14g protein | 35g carbs | 3g fat

Serving Suggestions

Serve with flatbread.



Homemade Budget Burger

Ingredients

- 1 lb ground beef
- 1 tsp salt
- ½ tsp pepper
- 4 burger buns
- Lettuce and tomato

Juicy homemade burgers made with simple ingredients — cheaper and healthier than takeout.

Prep: 10 minutes

Cook: 10 minutes

Total: 20 minutes

Servings: 4

Ingredients

- 1 lb ground beef
- 1 tsp salt
- ½ tsp pepper
- 4 burger buns
- Lettuce and tomato

Instructions

1. Mix beef with seasoning.
2. Shape into patties.
3. Cook 4–5 minutes each side.
4. Assemble burgers.

Pro Tips

Do not press patties while cooking.

Estimated Cost

\$6.00

Nutrition

450 calories | 28g protein | 30g carbs | 25g fat

Serving Suggestions

Serve with roasted potatoes.



Skillet Pizza (No Oven)

Ingredients

- 1 flatbread
- ½ cup tomato sauce
- 1 cup shredded cheese
- Toppings of choice

Perfect for small kitchens — no oven required.

Prep: 10 minutes

Cook: 15 minutes

Total: 25 minutes

Servings: 2

Ingredients

- 1 flatbread
- ½ cup tomato sauce
- 1 cup shredded cheese
- Toppings of choice

Instructions

1. Heat skillet on medium.
2. Place flatbread in pan.
3. Spread sauce and toppings.
4. Cover and cook 10–15 minutes.

Pro Tips

Keep heat low to avoid burning.

Estimated Cost

\$3.50

Nutrition

420 calories | 18g protein | 45g carbs | 18g fat

Serving Suggestions

Serve with salad.



Baked Chicken Meatballs

Ingredients

- 1 lb ground chicken
- 1 egg
- ¼ cup breadcrumbs
- 1 tsp garlic powder
- Salt and pepper

Tender, juicy meatballs perfect for pasta or sandwiches.

Prep: 10 minutes

Cook: 20 minutes

Total: 30 minutes

Servings: 4

Ingredients

- 1 lb ground chicken
- 1 egg
- ¼ cup breadcrumbs
- 1 tsp garlic powder
- Salt and pepper

Instructions

1. Mix all ingredients.
2. Form small balls.
3. Bake at 400°F for 18–20 minutes.

Pro Tips

Do not overmix.

Estimated Cost

\$5.00

Nutrition

280 calories | 30g protein | 10g carbs | 12g fat

Serving Suggestions

Serve with pasta or rice.



Ingredients

- 8 oz spaghetti
- 2 tbsp butter
- 3 cloves garlic
- ½ cup milk
- ¼ cup grated cheese

Creamy Garlic Spaghetti

A simple creamy pasta made without heavy cream.

Prep: 5 minutes

Cook: 15 minutes

Total: 20 minutes

Servings: 4

Ingredients

- 8 oz spaghetti
- 2 tbsp butter
- 3 cloves garlic
- ½ cup milk
- ¼ cup grated cheese

Instructions

1. **Cook spaghetti.**
2. **Sauté garlic in butter.**
3. **Add milk and cheese.**
4. **Toss pasta in sauce.**

Pro Tips

Add pasta water if too thick.

Estimated Cost

\$3.00

Nutrition

410 calories | 12g protein | 60g carbs | 14g fat

Serving Suggestions

Top with parsley.



Quick Vegetable Couscous

Ingredients

- 1 cup couscous
- 1 cup boiling water
- 1 cup mixed diced vegetables
- 1 tbsp olive oil
- Salt and pepper

Light, fluffy couscous mixed with colorful vegetables makes this dish both affordable and nutritious. It cooks in minutes and works well as a main or side.

Prep Time: 10 minutes

Cook Time: 10 minutes

Total Time: 20 minutes

Servings: 4

Ingredients

- 1 cup couscous
- 1 cup boiling water
- 1 cup mixed diced vegetables
- 1 tbsp olive oil
- Salt and pepper

Instructions

1. Place couscous in a bowl and pour boiling water over it.
2. Cover and let sit 5 minutes.
3. Fluff with fork.
4. Sauté vegetables in olive oil 5 minutes.
5. Mix vegetables into couscous and season.

Pro Tips

Add chickpeas for extra protein.

Estimated Cost

\$2.50

Approximate Nutrition

300 calories | 8g protein | 50g carbs | 7g fat

Serving Suggestions

Serve alongside grilled chicken or fish.



Chicken Tortilla Wrap

Ingredients

- 2 tortillas
- 1 cup cooked shredded chicken
- ½ cup shredded lettuce
- ¼ cup diced tomatoes
- ¼ cup shredded cheese
- 2 tbsp yogurt or mayo

A fast and portable lunch option packed with flavor and protein. Great for meal prep or packed lunches.

Prep Time: 10 minutes

Cook Time: 5 minutes

Total Time: 15 minutes

Servings: 2

Ingredients

- 2 tortillas
- 1 cup cooked shredded chicken
- ½ cup shredded lettuce
- ¼ cup diced tomatoes
- ¼ cup shredded cheese
- 2 tbsp yogurt or mayo

Instructions

1. Lay tortillas flat.
2. Spread yogurt or mayo in the center.
3. Add chicken, lettuce, tomatoes, and cheese.
4. Fold sides inward and roll tightly.
5. Toast lightly in a skillet if desired.

Pro Tips

Wrap tightly in foil to keep secure.

Estimated Cost

\$4.00

Approximate Nutrition

420 calories | 28g protein | 35g carbs | 18g fat

Serving Suggestions

Serve with fresh fruit or a side salad.



Fast Potato Casserole

Ingredients

- 4 medium potatoes, thinly sliced
- 1 cup milk
- ½ cup shredded cheese
- 1 tbsp butter
- Salt and pepper

Creamy, comforting, and budget-friendly, this quick casserole uses thinly sliced potatoes baked in a simple sauce.

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes

Servings: 4

Ingredients

- 4 medium potatoes, thinly sliced
- 1 cup milk
- ½ cup shredded cheese
- 1 tbsp butter
- Salt and pepper

Instructions

1. **Preheat oven to 375°F (190°C).**
2. **Grease baking dish with butter.**
3. **Layer potatoes evenly.**
4. **Pour milk over potatoes and season.**
5. **Top with cheese.**
6. **Bake 25–30 minutes until tender.**

Pro Tips

Slice potatoes evenly for uniform cooking.

Estimated Cost

\$3.00

Approximate Nutrition

320 calories | 9g protein | 45g carbs | 12g fat

Serving Suggestions

Serve with roasted vegetables or grilled meat.



Simple Vegetable Soup

Ingredients

- 1 onion, chopped
- 1 carrot, diced
- 1 potato, diced
- 1 cup chopped mixed vegetables
- 4 cups vegetable broth
- Salt and pepper

A classic, flexible recipe that helps use up leftover vegetables while staying budget-friendly.

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Servings: 4

Ingredients

- 1 onion, chopped
- 1 carrot, diced
- 1 potato, diced
- 1 cup chopped mixed vegetables
- 4 cups vegetable broth
- Salt and pepper

Instructions

1. Sauté onion in pot 3 minutes.
2. Add remaining vegetables and broth.
3. Bring to boil, then simmer 20 minutes.
4. Adjust seasoning and serve.

Pro Tips

Add small pasta shapes for a heartier soup.

Estimated Cost

\$2.50

Approximate Nutrition

180 calories | 5g protein | 35g carbs | 2g fat

Serving Suggestions

Serve hot with toasted bread.



Fresh Tuna Salad

Ingredients

- 1 can tuna, drained
- 2 cups mixed greens
- ½ cucumber, sliced
- ½ cup cherry tomatoes
- 2 tbsp olive oil
- 1 tbsp lemon juice
- Salt and pepper

A refreshing, protein-rich salad that comes together in minutes.

Prep Time: 10 minutes

Cook Time: 0 minutes

Total Time: 10 minutes

Servings: 2

Ingredients

- 1 can tuna, drained
- 2 cups mixed greens
- ½ cucumber, sliced
- ½ cup cherry tomatoes
- 2 tbsp olive oil
- 1 tbsp lemon juice
- Salt and pepper

Instructions

1. Arrange greens on plate.
2. Top with tuna and vegetables.
3. Whisk oil, lemon, salt, and pepper.
4. Drizzle over salad.

Pro Tips

Add boiled eggs for extra protein.

Estimated Cost

\$3.50

Approximate Nutrition

300 calories | 25g protein | 10g carbs | 18g fat

Serving Suggestions

Serve with whole-grain bread.



Creamy Potato Salad

Ingredients

- 4 medium potatoes, cubed
- ¼ cup mayonnaise
- 1 tbsp mustard
- 2 tbsp chopped onion
- Salt and pepper to taste

This simple, creamy potato salad is perfect for light dinners, picnics, or quick side dishes. It uses affordable pantry ingredients and comes together in under 30 minutes.

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Servings: 4

Ingredients

- 4 medium potatoes, cubed
- ¼ cup mayonnaise
- 1 tbsp mustard
- 2 tbsp chopped onion
- Salt and pepper to taste

Instructions

1. Boil potatoes in salted water for 12–15 minutes until tender.
2. Drain and cool slightly.
3. In a bowl, mix mayonnaise, mustard, onion, salt, and pepper.
4. Fold potatoes gently into dressing.
5. Chill 10 minutes before serving if possible.

Pro Tips

Add chopped boiled eggs or pickles for extra flavor.

Estimated Cost

\$2.50

Approximate Nutrition

280 calories | 5g protein | 35g carbs | 14g fat

Serving Suggestions

Serve with grilled chicken or as a standalone light meal.



Chicken Caesar Salad

Ingredients

- 2 cups chopped romaine lettuce
- 1 cup cooked sliced chicken
- ¼ cup croutons
- 2 tbsp Caesar dressing
- 2 tbsp grated Parmesan

A lighter homemade version of the classic favorite. Crisp lettuce, tender chicken, and a creamy dressing make this a satisfying dinner.

Prep Time: 10 minutes

Cook Time: 10 minutes

Total Time: 20 minutes

Servings: 2

Ingredients

- 2 cups chopped romaine lettuce
- 1 cup cooked sliced chicken
- ¼ cup croutons
- 2 tbsp Caesar dressing
- 2 tbsp grated Parmesan

Instructions

1. Place lettuce in a large bowl.
2. Add sliced chicken and croutons.
3. Drizzle with dressing.
4. Toss gently and top with Parmesan.

Pro Tips

Use leftover baked chicken to save time.

Estimated Cost

\$4.00

Approximate Nutrition

350 calories | 30g protein | 15g carbs | 20g fat

Serving Suggestions

Serve with garlic bread or soup.



Grilled Chicken Sandwich

Ingredients

- 2 small chicken breasts
- 1 tbsp olive oil
- Salt and pepper
- 2 sandwich buns
- Lettuce and tomato slices

Simple, juicy grilled chicken served in toasted bread makes a balanced and quick dinner.

Prep Time: 10 minutes

Cook Time: 10 minutes

Total Time: 20 minutes

Servings: 2

Ingredients

- 2 small chicken breasts
- 1 tbsp olive oil
- Salt and pepper
- 2 sandwich buns
- Lettuce and tomato slices

Instructions

1. Season chicken with oil, salt, and pepper.
2. Grill or pan-cook 5 minutes per side.
3. Toast buns lightly.
4. Assemble with lettuce and tomato.

Pro Tips

Let chicken rest before slicing for juicier results.

Estimated Cost

\$5.00

Approximate Nutrition

420 calories | 35g protein | 35g carbs | 15g fat

Serving Suggestions

Pair with baked potatoes or salad.



Savory Stuffed Crepes

Ingredients

- 4 prepared crepes
- 1 cup sautéed vegetables
- ½ cup shredded cheese
- Salt and pepper

These thin crepes filled with vegetables or cheese make a light yet satisfying dinner option.

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Servings: 4 crepes

Ingredients

- 4 prepared crepes
- 1 cup sautéed vegetables
- ½ cup shredded cheese
- Salt and pepper

Instructions

1. Place filling in center of each crepe.
2. Sprinkle cheese over filling.
3. Fold crepes and heat in skillet 2–3 minutes.

Pro Tips

Add shredded chicken for extra protein.

Estimated Cost

\$3.50

Approximate Nutrition

260 calories | 10g protein | 30g carbs | 10g fat

Serving Suggestions

Serve with yogurt sauce.



Light Barley Soup

Ingredients

- ½ cup quick-cooking barley
- 1 carrot, diced
- 1 celery stalk, diced
- 4 cups vegetable broth
- Salt and pepper

Hearty yet light, this barley soup is nourishing and budget-friendly.

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Servings: 4

Ingredients

- ½ cup quick-cooking barley
- 1 carrot, diced
- 1 celery stalk, diced
- 4 cups vegetable broth
- Salt and pepper

Instructions

1. Bring broth to boil.
2. Add barley and vegetables.
3. Simmer 20 minutes.
4. Season and serve.

Pro Tips

Add herbs like parsley for freshness.

Estimated Cost

\$2.50

Approximate Nutrition

200 calories | 6g protein | 40g carbs | 2g fat

Serving Suggestions

Serve with toast.



Boiled Eggs & Avocado Plate

Ingredients

- 2 eggs
- ½ avocado, sliced
- Salt and pepper

A simple protein-rich plate ideal for light evenings.

Prep Time: 5 minutes

Cook Time: 10 minutes

Total Time: 15 minutes

Servings: 1

Ingredients

- 2 eggs
- ½ avocado, sliced
- Salt and pepper

Instructions

1. Boil eggs 8–10 minutes.
2. Peel and slice.
3. Arrange with avocado slices and season.

Pro Tips

Add chili flakes for extra flavor.

Estimated Cost

\$1.50

Approximate Nutrition

320 calories | 18g protein | 10g carbs | 24g fat

Serving Suggestions

Serve with whole-grain toast.



Yogurt Cucumber Salad

Ingredients

- 1 cup plain yogurt
- 1 cucumber, diced
- 1 tbsp lemon juice
- Salt and pepper

Cool, refreshing, and perfect for warm evenings.

Prep Time: 5 minutes

Cook Time: 0 minutes

Total Time: 5 minutes

Servings: 2

Ingredients

- 1 cup plain yogurt
- 1 cucumber, diced
- 1 tbsp lemon juice
- Salt and pepper

Instructions

1. Combine yogurt and lemon juice.
2. Stir in cucumber.
3. Season and chill briefly.

Pro Tips

Add fresh dill or mint.

Estimated Cost

\$1.80

Approximate Nutrition

120 calories | 6g protein | 10g carbs | 5g fat

Serving Suggestions

Serve with grilled meats or flatbread.



Melted Cheese Toast

Ingredients

- 2 slices bread
- ½ cup shredded cheese
- 1 tbsp butter

Crispy bread topped with bubbling cheese — simple comfort food.

Prep Time: 5 minutes

Cook Time: 5 minutes

Total Time: 10 minutes

Servings: 2

Ingredients

- 2 slices bread
- ½ cup shredded cheese
- 1 tbsp butter

Instructions

1. **Butter bread lightly.**
2. **Sprinkle cheese evenly.**
3. **Toast in oven or skillet until melted.**

Pro Tips

Add sliced tomatoes before cheese.

Estimated Cost

\$1.50

Approximate Nutrition

300 calories | 12g protein | 25g carbs | 18g fat

Serving Suggestions

Serve with soup.



Stuffed Flatbread Wraps

Ingredients

- 2 flatbreads
- 1 cup cooked chicken or beans
- ½ cup chopped vegetables
- 2 tbsp yogurt sauce

Soft flatbread filled with simple ingredients makes a quick and satisfying dinner.

Prep Time: 10 minutes

Cook Time: 5 minutes

Total Time: 15 minutes

Servings: 2

Ingredients

- 2 flatbreads
- 1 cup cooked chicken or beans
- ½ cup chopped vegetables
- 2 tbsp yogurt sauce

Instructions

1. Spread filling across flatbread.
2. Add vegetables and sauce.
3. Roll tightly and heat briefly in skillet.

Pro Tips

Use leftovers to reduce waste.

Estimated Cost

\$3.50

Approximate Nutrition

380 calories | 20g protein | 40g carbs | 14g fat

Serving Suggestions

Serve with salad or soup.



One-Cup Budget Cake

Ingredients

- 1 cup flour
- 1 cup sugar
- 1 egg
- ½ cup milk
- ¼ cup oil
- 1 tsp baking powder
- 1 tsp vanilla

A soft, fluffy cake made using basic pantry ingredients and one measuring cup.

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes

Servings: 6

Ingredients

- 1 cup flour
- 1 cup sugar
- 1 egg
- ½ cup milk
- ¼ cup oil
- 1 tsp baking powder
- 1 tsp vanilla

Instructions

1. Preheat oven to 350°F (175°C).
2. Mix egg, sugar, milk, oil, and vanilla.
3. Add flour and baking powder.
4. Pour into greased pan.
5. Bake 25 minutes.

Pro Tips

Dust with powdered sugar for decoration.

Estimated Cost

\$2.50

Approximate Nutrition

220 calories | 4g protein | 35g carbs | 8g fat (per slice)

Serving Suggestions

Serve warm with tea or coffee.



Egg-Free Cookies

Ingredients

- 1½ cups flour
- ½ cup sugar
- ½ cup butter
- ¼ cup milk
- 1 tsp baking powder

Perfect for when you're out of eggs — soft, chewy, and simple.

Prep: 10 minutes

Cook: 12 minutes

Total: 22 minutes

Servings: 12 cookies

Ingredients

- 1½ cups flour
- ½ cup sugar
- ½ cup butter
- ¼ cup milk
- 1 tsp baking powder

Instructions

1. Cream butter and sugar.
2. Add milk.
3. Mix in flour and baking powder.
4. Shape cookies.
5. Bake at 350°F for 12 minutes.

Pro Tips

Add chocolate chips if available.

Estimated Cost

\$3.00

Nutrition

150 calories | 2g protein | 20g carbs | 7g fat

Serving Suggestions

Store in airtight container.



Quick Vanilla Pudding

Ingredients

- 2 cups milk
- 3 tbsp sugar
- 2 tbsp cornstarch
- 1 tsp vanilla

Creamy homemade pudding ready in minutes.

Prep: 5 minutes

Cook: 10 minutes

Total: 15 minutes

Servings: 4

Ingredients

- 2 cups milk
- 3 tbsp sugar
- 2 tbsp cornstarch
- 1 tsp vanilla

Instructions

1. Mix sugar and cornstarch.
2. Gradually add milk.
3. Cook over medium heat, stirring until thick.
4. Remove and add vanilla.

Pro Tips

Cover with plastic wrap to prevent skin.

Estimated Cost

\$1.80

Nutrition

180 calories | 6g protein | 28g carbs | 5g fat

Serving Suggestions

Top with fruit or cocoa powder.



Easy Banana Bread

Ingredients

- 2 ripe bananas
- 1½ cups flour
- ½ cup sugar
- 1 egg
- ¼ cup oil
- 1 tsp baking soda

A great way to use ripe bananas.

Prep: 10 minutes

Cook: 30 minutes

Total: 40 minutes

Servings: 8

Ingredients

- 2 ripe bananas
- 1½ cups flour
- ½ cup sugar
- 1 egg
- ¼ cup oil
- 1 tsp baking soda

Instructions

1. Mash bananas.
2. Mix with sugar, egg, oil.
3. Add flour and baking soda.
4. Bake at 350°F for 30 minutes.

Pro Tips

Add nuts for texture.

Estimated Cost

\$3.00

Nutrition

210 calories | 3g protein | 35g carbs | 7g fat

Serving Suggestions

Slice and freeze for later.



Chocolate Crepes

Ingredients

- 1 cup flour
- 1 egg
- 1 cup milk
- 1 tbsp cocoa powder
- 1 tbsp sugar

Thin, delicate crepes with cocoa flavor — perfect for quick desserts.

Prep: 5 minutes

Cook: 10 minutes

Total: 15 minutes

Servings: 6 crepes

Ingredients

- 1 cup flour
- 1 egg
- 1 cup milk
- 1 tbsp cocoa powder
- 1 tbsp sugar

Instructions

1. Whisk all ingredients.
2. Pour thin layer in hot pan.
3. Cook 1–2 minutes per side.

Pro Tips

Fill with bananas or whipped cream.

Estimated Cost

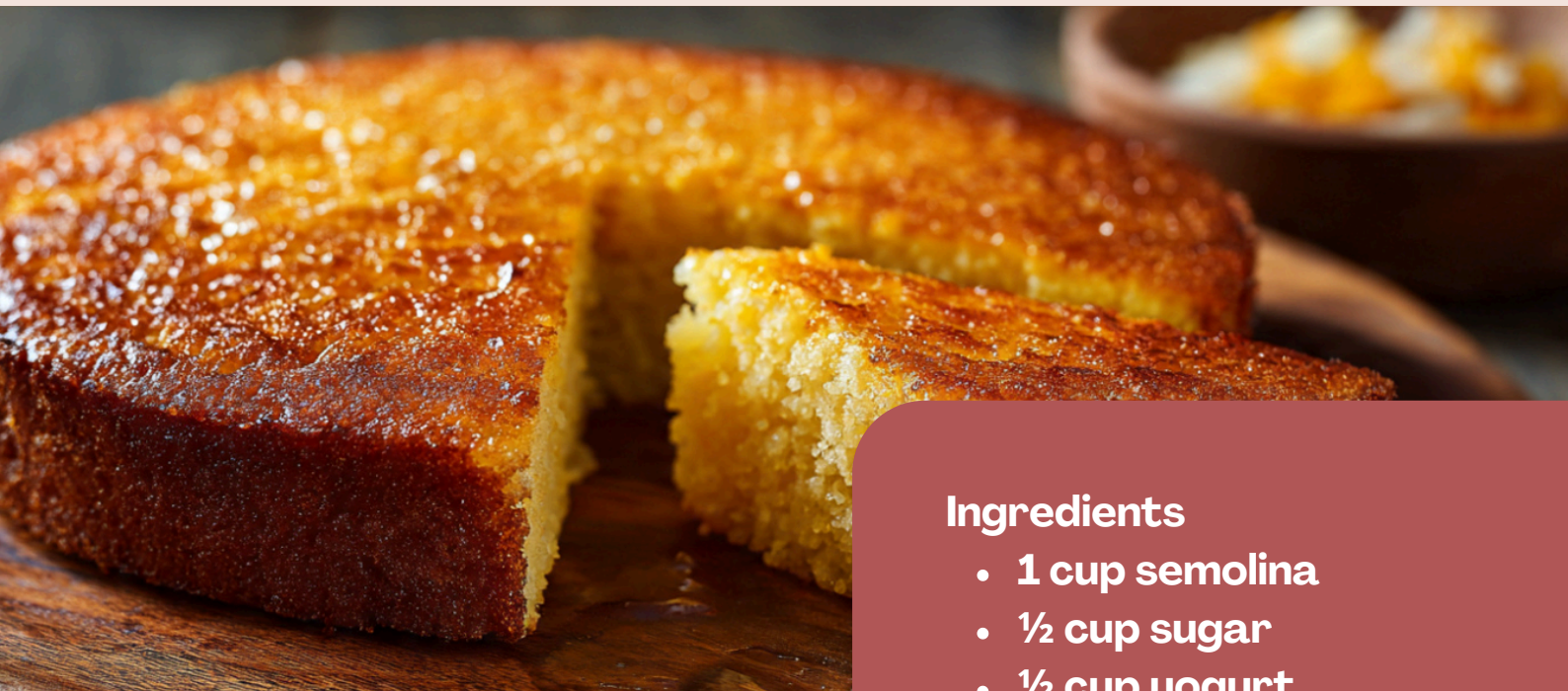
\$2.00

Nutrition

140 calories | 4g protein | 20g carbs | 4g fat

Serving Suggestions

Dust with powdered sugar.



Quick Semolina Cake

Ingredients

- 1 cup semolina
- ½ cup sugar
- ½ cup yogurt
- ¼ cup oil
- 1 tsp baking powder

A moist, lightly sweet cake made with semolina flour.

Prep: 10 minutes

Cook: 25 minutes

Total: 35 minutes

Servings: 8

Ingredients

- 1 cup semolina
- ½ cup sugar
- ½ cup yogurt
- ¼ cup oil
- 1 tsp baking powder

Instructions

1. Mix all ingredients.
2. Pour into greased pan.
3. Bake at 350°F for 25 minutes.

Pro Tips

Drizzle with simple syrup after baking.

Estimated Cost

\$2.50

Nutrition

230 calories | 4g protein | 30g carbs | 10g fat

Serving Suggestions

Serve with tea.



Ingredients

- 1 cup crushed biscuits
- 3 tbsp melted butter
- 1 cup cream cheese
- ¼ cup sugar
- ½ cup whipped cream

No-Bake Cheesecake

Creamy and rich without turning on the oven.

Prep: 15 minutes

Chill: 20 minutes

Total: 35 minutes

Servings: 6

Ingredients

- 1 cup crushed biscuits
- 3 tbsp melted butter
- 1 cup cream cheese
- ¼ cup sugar
- ½ cup whipped cream

Instructions

1. Mix biscuits and butter, press into pan.
2. Beat cream cheese and sugar.
3. Fold in whipped cream.
4. Spread over crust and chill.

Pro Tips

Top with jam or fruit.

Estimated Cost

\$4.00

Nutrition

320 calories | 5g protein | 25g carbs | 22g fat

Serving Suggestions

Chill before slicing.



Ingredients

- 2 cups shredded coconut
- ½ cup sugar
- 2 egg whites

3-Ingredient Coconut Cookies

Simple, chewy, and naturally sweet.

Prep: 5 minutes

Cook: 12 minutes

Total: 17 minutes

Servings: 12

Ingredients

- 2 cups shredded coconut
- ½ cup sugar
- 2 egg whites

Instructions

1. Mix all ingredients.
2. Shape into small mounds.
3. Bake at 350°F for 12 minutes.

Pro Tips

Dip bottoms in melted chocolate.

Estimated Cost

\$3.00

Nutrition

120 calories | 2g protein | 10g carbs | 8g fat

Serving Suggestions

Cool completely before storing.



Ingredients

- ½ cup whipped cream
- 2 tbsp cocoa powder
- 2 tbsp powdered sugar

5-Minute Chocolate Mousse

Light, airy, and incredibly fast.

Prep: 5 minutes

Cook: 0

Total: 5 minutes

Servings: 2

Ingredients

- ½ cup whipped cream
- 2 tbsp cocoa powder
- 2 tbsp powdered sugar

Instructions

1. Whisk cocoa and sugar into whipped cream.
2. Spoon into cups.
3. Chill briefly if desired.

Pro Tips

Add chocolate chips for texture.

Estimated Cost

\$1.80

Nutrition

250 calories | 3g protein | 15g carbs | 20g fat

Serving Suggestions

Top with berries.



Easy Budget Basbousa

Ingredients

- 1 cup semolina
- ½ cup sugar
- ½ cup yogurt
- ¼ cup oil
- 1 tsp baking powder
- ½ cup sugar + ½ cup water (for syrup)

A simple syrup-soaked semolina cake inspired by Middle Eastern flavors.

Prep: 10 minutes

Cook: 25 minutes

Total: 35 minutes

Servings: 8

Ingredients

- 1 cup semolina
- ½ cup sugar
- ½ cup yogurt
- ¼ cup oil
- 1 tsp baking powder
- ½ cup sugar + ½ cup water (for syrup)

Instructions

1. Mix cake ingredients.
2. Bake at 350°F for 25 minutes.
3. Boil syrup ingredients 5 minutes.
4. Pour syrup over warm cake.

Pro Tips

Score cake before baking for neat slices.

Estimated Cost

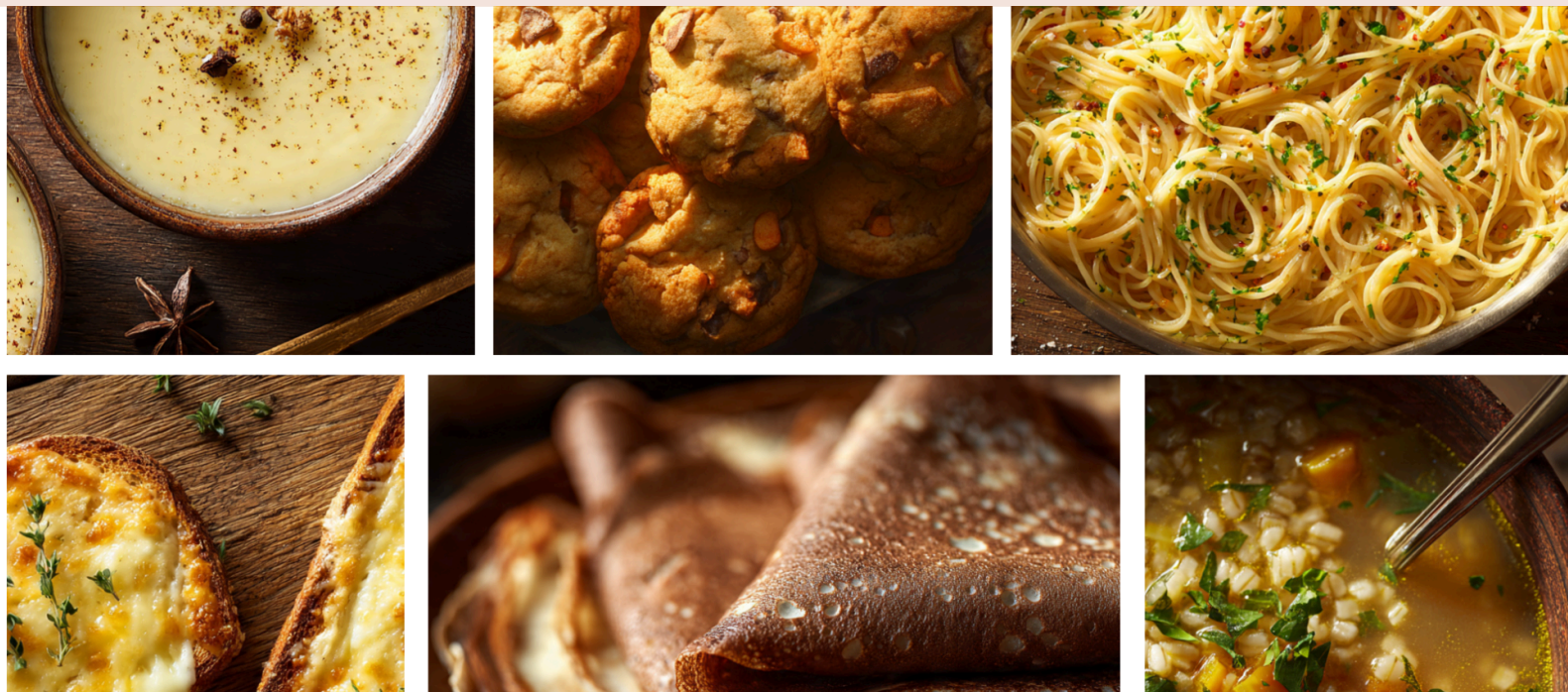
\$2.50

Nutrition

260 calories | 4g protein | 40g carbs | 9g fat

Serving Suggestions

Serve at room temperature.



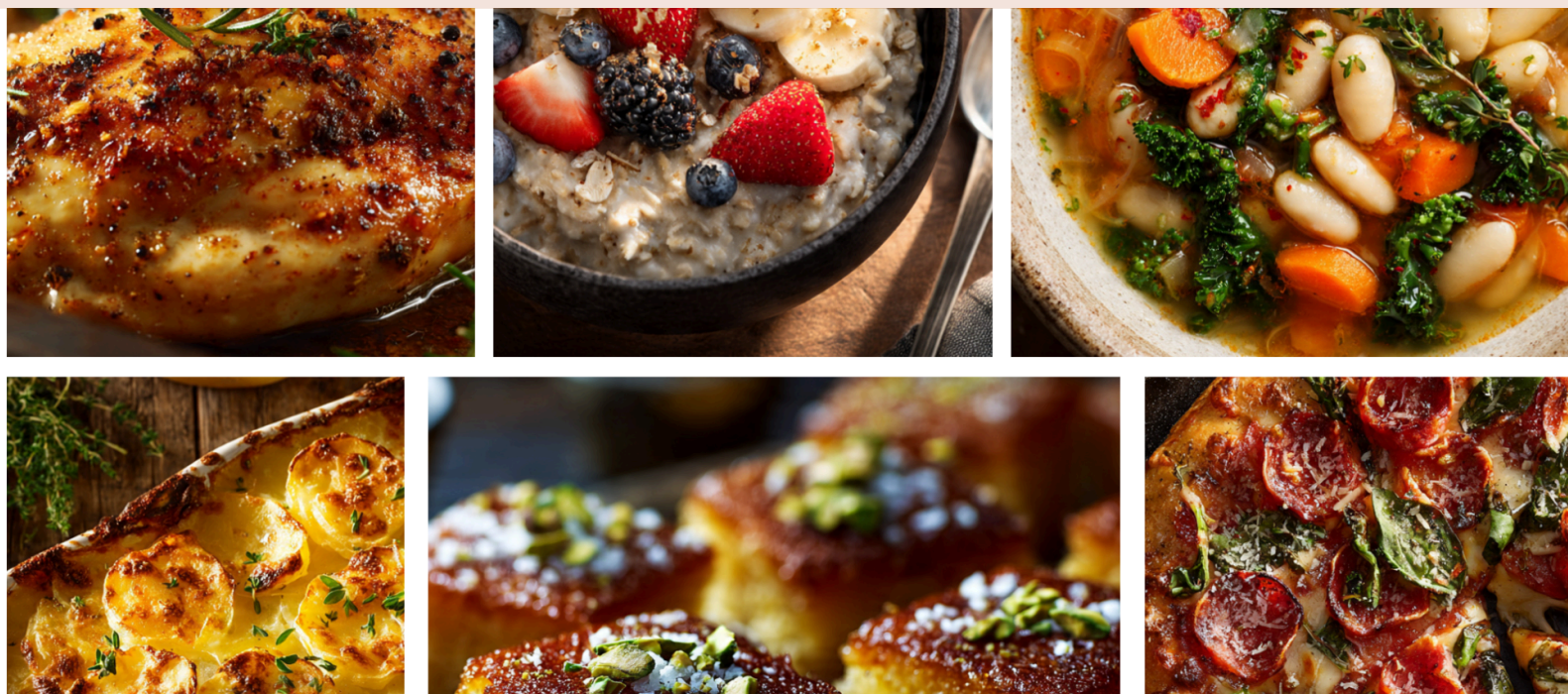
FINAL BOOK OVERVIEW

45 Quick & Budget-Friendly Recipes in Under 30 Minutes is a complete, practical cookbook designed for real-life kitchens. With 50 structured recipes, cost estimates, nutrition guidance, and bonus planning tools, it empowers readers to:

- Cook confidently
- Save money
- Reduce food waste
- Plan meals efficiently
- Enjoy homemade food daily

This book is ideal for busy families, students, beginner cooks, and anyone looking to eat well without overspending.

SAVE TIME. SPEND LESS. EAT BETTER



Cooking at home doesn't have to be expensive or time-consuming.

With 50 Quick & Budget-Friendly Recipes in Under 30 Minutes, you'll discover practical meals designed for busy schedules and tight budgets. From energizing breakfasts to satisfying dinners and simple desserts, every recipe is clear, affordable, and beginner-friendly.

Save time. Spend less. Eat better.

Your kitchen is about to become your greatest money-saving tool.