The Healthiest, Cheapest, and Easiest Meals to Make at Home

- Eggs
- Milk
- Canned or dry beans
  - For canned, buy low sodium, drain and rinse to cut out salt even more
- Brown rice
- Old-fashioned oats
- 100% whole grain bread
- Whole wheat pasta
- Plain Greek yogurt
- Frozen vegetables
- Bagged spinach
- Whole-wheat pita bread
- Frozen edamame
- Dried lentils

Better Frozen Meal Brands:

- Evol
- Sweet Earth
- Luvo
- Amy’s

**Look for meals with lots of vegetables and less than 800 mg sodium**
Other Tips

Warm up scrambled eggs in the microwave
  ○ Make vegetable omelettes
• Multitask: Start up crock pot and cook all day while running errands/working
  ○ 4 hours high, 8 hours low)
• Pre-cut fruits and vegetables
  ○ Can do frozen or canned
    ■ Reduce sodium by 40% through rinsing and draining
• Foods to Try
  ○ Bread and nut butter
  ○ Stuffed microwaveable sweet potatoes
  ○ Whole grain toast with 2-3 eggs and ½ avocado
  ○ Brown rice stir fry with spinach, bell peppers, mushrooms, chicken, and edamame in low sodium soy/tamari/liquid/coconut aminos
  ○ Greek yogurt and fruit parfait
  ○ Chipotle bowls
  ○ Salads
  ○ Whole wheat/quinoa tortilla wraps
  ○ Greek yogurt Ranch dip with vegetables
  ○ Canned/packaged salmon or tuna in water
  ○ Pancakes and eggs for dinner