

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

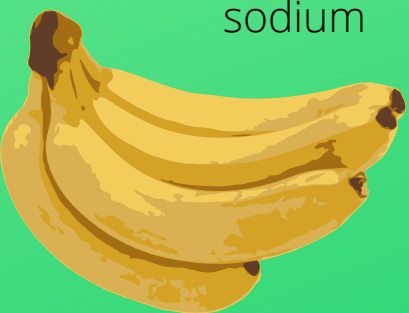
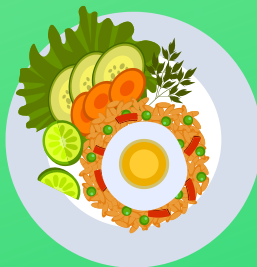
- Eggs
- Milk
- Canned or dry beans
  - For canned, buy low sodium, drain and rinse to cut out salt even more
- Brown rice
- Old-fashioned oats
- 100% whole grain bread
- Whole wheat pasta
- Plain Greek yogurt
- Frozen vegetables
- Bagged spinach
- Whole-wheat pita bread
- Frozen edamame
- Dried lentils



## 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