

Quick and Easy Meals



Healthy meals can be cheap and easy to prepare. Use ready made products (e.g. frozen vegetables, tinned fish, pasta sauces) to make things easier. Here are some ideas...

1. Main meal

- Omelette or scrambled eggs with vegetables or salad.
- Tinned fish on toast with mixed vegetables.
- Combine a tin of soup with cooked pasta, leftover meat or chicken, and mixed vegetables.
- Takeaway BBQ chicken or pizza with salad.
- Cook fish (in foil) in the oven and serve with frozen oven-baked potato chips and salad.
- Fried rice - lightly fry diced ham or bacon with frozen or fresh vegetables and cooked rice.
- Mix cooked pasta with a jar of pasta sauce, and serve with a salad.
- Cook a jacket potato in the microwave, top with baked beans and cheese. Serve with a salad.



2. Desserts

- Tinned fruit with ice cream or yoghurt.
- Stewed fruit with custard.
- Hot chocolate made with milk.
- Fruit smoothie.