Budget-Friendly Meal Ideas

Breakfast

1 Oatmeal with peanut butter & banana

2 Scrambled eggs with spinach & toast

3 Oatmeal with Berries & Nuts

4 Avocado Toast with Egg

Lunch

1 Tuna salad with cucumbers, tomatoes & brown rice

2 Black bean soup with canned tomatoes & corn tortillas

3 Grilled Salmon Salad

4 Lentil Soup with Whole-Grain Crackers

Dinner

1 Salmon patty with brown rice & steamed broccoli

2 Lentil stew with carrots & potatoes

3 Baked Chicken with Quinoa & Steamed Broccoli

4 Stir-Fried Tofu with Brown Rice & Vegetables

These meals are rich in fiber, healthy fats, and lean protein while keeping sodium and unhealthy fats low—perfect for heart health! ❤️