



EASY MEALS TO MAKE

- Cheese & Onion Omelet, a salad
- French toast & berries
- Grilled Cheese sandwich, celery & pepper strips with dip
- Shish Kebabs (beef/lamb cubes, green/red pepper, onion on skewer) & rice
- Spaghetti (noodles with meat sauce), salad
- Breakfast sandwich: egg, cheese on an English muffin
- Hamburger, macaroni salad, watermelon
- Unsalted crackers with tuna, chicken or egg salad
- Meatloaf, mashed potatoes, frozen vegetables
- Peanut butter and pear on bread
- English muffin with cheese melted under broiler
- Tuna melt (Split English muffin halves, top with tuna, mayonnaise and cheese, broil)
- Egg salad with sprouts on cracked wheat bread
- Cottage cheese, fruit salad, zucchini loaf
- Hard cooked egg, coleslaw, buttered bread
- Chicken or turkey, slice of tomato, lettuce on Kaiser
- Tuna casserole, salad, fruit
- Homemade macaroni and cheese, broccoli or cauliflower
- Salad plate: sliced turkey, hard-boiled egg, lettuce, cottage cheese, crackers
- Low sodium soup (try "Soup's On" for a ready-made low salt soup), crackers with Brie cheese
- Spread peanut butter over pita bread. Slice fresh apples over top, sprinkle with cinnamon, and broil for 3 to 5 minutes.
- Chicken on light rye, raw veggies, fruit cocktail
- Top flour tortillas with diced tomatoes and green pepper, diced leftover chicken, and grated cheese. Fold in half, and bake in the oven until heated through. Cut into wedges, and serve with salsa and sour cream
- Peanut butter, crackers, apple
- Salad topped with tuna or cottage cheese, bread with margarine, fruit
- Meatballs, rice, peas, fruit cocktail
- Broiled fish, couscous, salad with mandarins
- Tuna pasta salad, applesauce
- Stir fry chicken & vegetables, rice
- Chicken on pita with cucumbers & lettuce, salad dressing

- Roast beef sandwich, raw veggies
- Turkey on bagel, cucumber salad, juice
- Salmon sandwich, green salad, peach
- Chicken breast, green beans, roll
- Mini pizzas — Spoon pizza sauce onto half a bagel, English muffin, or mini pita. Top with mozzarella cheese, cooked chicken and your favourite veggies, bake at a low setting until the cheese is melted and the bagel is crispy.
- Mix leftover chicken with sliced grapes, mayonnaise, dash of curry powder. Stuff into pita pocket.

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