Quick and Easy Meal Ideas

When you don’t have the time and/or energy to cook a meal, some ‘ready to go’ foods can be handy. Nutritious meals can be cheap, tasty and quick to prepare.

* Omelette or scrambled eggs made with diced or frozen vegetables (try carrot, zucchini, corn and/or mushrooms) and grated cheese.
* Tinned sardines, tuna or salmon on toast with some salad.
* Combine a jar of pasta sauce with cooked pasta, leftover meat, and frozen or tinned vegetables.
* Cook a jacket potato in the microwave, top with baked beans and cheese and serve with some salad.
* Baked beans on wholegrain toast with cheese.
* Multigrain bread or bread roll with sliced cheese, avocado, tomato and tuna.

Desserts can be quick and easy as well:

* Tinned fruit or stewed fruit with ice cream, yoghurt or ready-made custard.
* Hot chocolate or Milo® made with milk.
* Fruit smoothie. Blend milk, soft or frozen fruit (try banana, tinned peaches or berries) and yoghurt. Add honey to taste.
* Tinned creamed rice with diced fruit.
* Pikelets or pancakes with jam and cream.

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