

Healthy Eating Inspirations



Healthy family meals are much easier to plan every week if you have a bit of inspiration. For this reason we have rounded up some links that will direct you to a collection of healthy dinner recipes that the whole family can enjoy.

Each recipe is easy to cook and budget-friendly so that you'll be able to feed your family nutritious dinners without running up a big food bill. Find new ideas for healthy recipes so you and your family will never get bored. Plus, pick up new ways to whip up healthy versions of your favorite dinners.

You can access these collection of recipes via the following links:

- <https://www.tasteofhome.com/collection/cheap-healthy-meals/>
- https://wello.ca/wp-content/uploads/2020/04/Power-Bowl-Recipes-2020_April-21.pdf
- <https://www.delish.com/cooking/recipe-ideas/g3166/cheap-easy-recipes/?slide=1>
- <https://www.foodnetwork.ca/healthy-eating/photos/cheap-healthy-dinner-recipes/#!chicken-tagine-with-apricots>
- <https://www.budgetbytes.com/top-20-recipes-eating-healthy-budget/>

We look forward to hearing about how you and your family enjoyed these different options. Take some photos, feel free to post them on yammer and share them with your family, friends and co-workers.