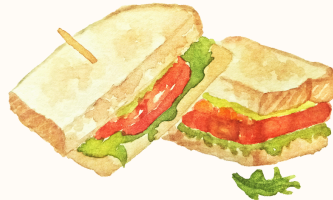


Canadian Salmon Salad Sandwich



- 1 can of salmon (\$2.50)
- 2 slices whole-grain bread (\$0.40)
- Mixed greens (\$0.60)
- Light mayo and seasonings (\$0.25)

Total cost: - \$3.75

Provides: omega-3s, protein, calcium

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Roasted Root Vegetable Bowl with Chicken



- 2 cups mixed root vegetables (\$1.50)
- 3 oz chicken thigh (\$2.00)
- 1/2 cup brown rice (\$0.25)
- Olive oil and herbs (\$0.25)

Total cost: - \$4.00 | Provides: complete protein, complex carbs, vitamins

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