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Thread: [cheap healthy dishes that is fast?](#)

LionMark - August 31, 2024, 9:35 pm

Hello, was wondering if someone has this.

Fried rice could be a good example of what i mean

Jamika - August 31, 2024, 10:49 pm

I love Omelette with Vegetables and lantin soup, tried any of?

LionMark - August 31, 2024, 11:32 pm

(Aug 31, 2024 10:49 PM)Jamika Wrote: [\[CITE\]](#) I love Omelette with Vegetables and lantin soup, tried any of?

ommeletes yes, but only for lunch.

Lentin soup? if so yes tried dhal if that counts?

stark1337 - September 8, 2024, 1:43 pm

rice, chicken breast, fast and easy

Cap - September 8, 2024, 7:21 pm

I've always liked getting pre-cooked chicken at the store and just making a quick dish with rice or some veggies. There's also the option to use a crockpot to let a meal cook while you're at work or out for the day. Really any chicken or turkey dish is healthy and lean.

Kyrus - September 9, 2024, 12:41 pm

Fried rice is fast to you????

Just fry an egg and some bacon eat it w rice and call it good.

Avocado toast idk.

Steamed eggs.

Sandwich.

What is healthy to you???