

# What to eat today? 150 daily meal ideas.

QuanTriMang has compiled a list of daily meal menus, ranging from simple to elaborate, for your reference to answer the questions 'What should I eat today?' or 'What should I eat tonight?'.

*"What should we eat today?" or "What should we eat tonight?"* are seemingly simple questions, yet they often cause headaches for homemakers because preparing a delicious, affordable, and nutritious daily meal is never easy.

To address this issue, we invite you to refer to the meal plans and daily menus, ranging from simple and inexpensive to elaborate, that are widely shared online and compiled by TipsMake.com in the article below.

## Affordable menu for family meals

These affordable menus (ranging from 50,000 to 100,000 VND) for family meals will help you enjoy delicious and nutritious dishes while saving money, perfect for small families.











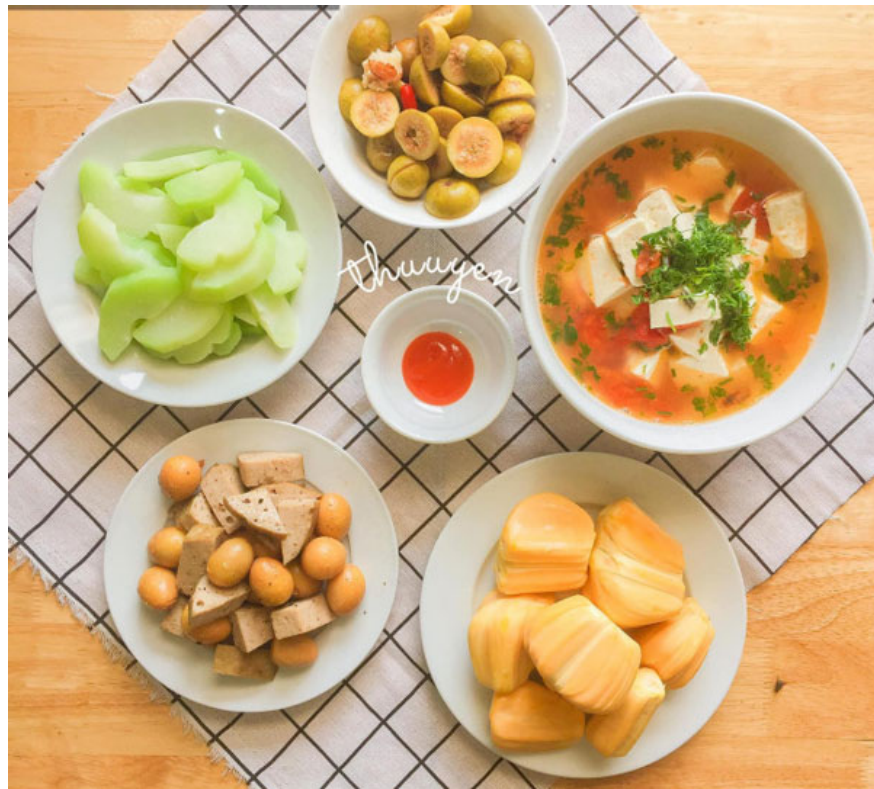
## 18 summer menus

What to eat in the summer that's refreshing, easy to eat, and easy to cook? Many people wonder about summer dishes for the family. Below are some summer dishes and menus with simple ingredients that are delicious, refreshing, easy to eat, and include soups, green vegetables, and protein for hot days, shared by FB ThuUyên. Please feel free to refer to them.





















1. 5 easy-to-make and delicious cooling soups for summer.
2. How to cook delicious and refreshing crab soup to cool down in the summer.

## **Facebook post by Ngan Pham, priced between 80-120k VND.**

Facebook user Ngan Pham from Tien Giang shared photos of a family meal costing around 80,000-120,000 VND, usually consisting of 3-4 dishes, including always 2 savory dishes and 2 vegetable dishes. Ngan carefully balances the nutrition of each dish and presents them beautifully.



*Ngân Phạm*



*Canh rau má*

*Đậu que-cà cải luộc*

*Thịt kho trứng cút*

*Đậu hũ non sốt cay*

*Ngân Phạm*



*Canh chua cá diêu hồng*

*Bàu luộc chấm chao*

*Lòng gà xào giá mướp ở p*

*Tôm rim nước ớt dĩa*

*Ngân Phạm*



*Ốc nấu chuối đậu*

*Nộm hoa chuối*

*Rau dền luộc*

*Thịt ram nư ở c dưa*

Ngân Phạm



*Canh cải xanh cá rô*



*Thịt bò xào khổ qua*



*Mì cá chi vàng chiên*



*Salad trái ng hạt chia*



*Ngân Phạm*



*Canh tép cải ngọt*

*Dưa leo - hoa chuối*

*Cá phèn chiên giòn*

*Gà luộc*

*Ngân Phạm*



*Canh bí xanh thịt băm*

*Cá bạc má chiên nư ớc mắm*

*Sườn ram nư ớc dĩa*

*Thịt gà xào tỏi*



## Simple dishes for small families

These dishes are simple and easy to make, perfect for those living alone or with small families.

### Day 1:

1. Lunch: Boiled water spinach, sweet and sour pork ribs, boiled white beans.
2. Dinner: Chicken stewed with ginger, stir-fried chicken gizzards with zucchini and mushrooms, cucumber, and mango.



**Day 2:**

1. Boiled green beans, butter with fish sauce dip, and sweet and sour pork ribs.
2. Grilled meat and fruit salad



**Day 3:**

1. Shrimp stir-fry, eggplant soup, pickled vegetables
2. Seafood stir-fried noodles

**Day 4:**



1. Vermicelli with bamboo shoots and chicken
2. Mushroom omelet, stir-fried beef with daylily flowers, watermelon, and avocado.

**Day 5:**

1. Korean-style mixed rice
2. Stir-fried pasta with beef



**Day 6:**

1. Fried eggs with meat, zucchini stew with shrimp, cucumber
2. Pork rib stew with vegetables



**Day 7:**

1. Korean-style stir-fried glass noodles (Japche)
2. Braised pork belly with eggs, bitter melon soup

**Day 8:**

1. Spaghetti with tomato sauce and minced beef, fruit salad
2. Chicken stewed with ginger, grilled eggplant with scallion oil, cucumber.



**Day 9:**

1. Rice with egg and pork chop, and spinach and clam soup.
2. Boiled gourd, chicken braised with ginger, stir-fried chicken gizzards with mushrooms



**Day 10:**

1. Sweet and sour stir-fried squid, braised pork rib soup
2. Crispy pork belly, boiled water spinach

**Day 11:**

1. Chicken curry, bread
2. Vegetarian mushroom salad, Korean beef kimchi stew



**Day 12:**

1. Braised fish, boiled broccoli, steamed eggs with mushrooms.
2. Spaghetti with tomato sauce and minced beef, fruit salad



**Day 13:**

1. Beef Kimbap
2. Braised fish, boiled green beans, stir-fried bamboo shoots

**Day 14:**

1. Pork dumplings in tomato sauce, bread
2. Beef stir-fried with pickled mustard greens, boiled amaranth, and cucumber.



**Facebook user Nguyen Thi Phuong Thanh's one-month meal plan**

A Facebook user named Nguyen Thi Phuong Thanh shared a 31-day meal plan to help women answer the question "What should I eat today?" for a month.

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02



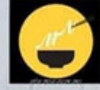
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## Facebook Ninh Giang's menu of dishes

A Facebook user named Ninh Giang shared her daily meal plan, featuring simple, easy-to-make dishes that women can refer to to avoid worrying about what to eat each day.



CANH MỘC THẬP CẨM



♡  
FB  
Ninh Giang  
♡



BÒ XÀO CHUA NGỌT

Canh rau mồng tơi

♡  
FB  
Ninh Giang  
♡



Tim hầm thuốc bắc



Rau mồng tơi xào tỏi



thịt xiên nướng





Canh xương chua

—♡—  
FB  
Ninh Giang  
—♡—



Rau muống xào tỏi

Sụn kho đậu sốt cà chua

Sung muối

Canh thịt nấu rau đay, mướp

—♡—  
FB  
Ninh Giang  
—♡—



Gỏi bò bóp thấu

Gân bò chấm tương

Sấu ngâm mắm



























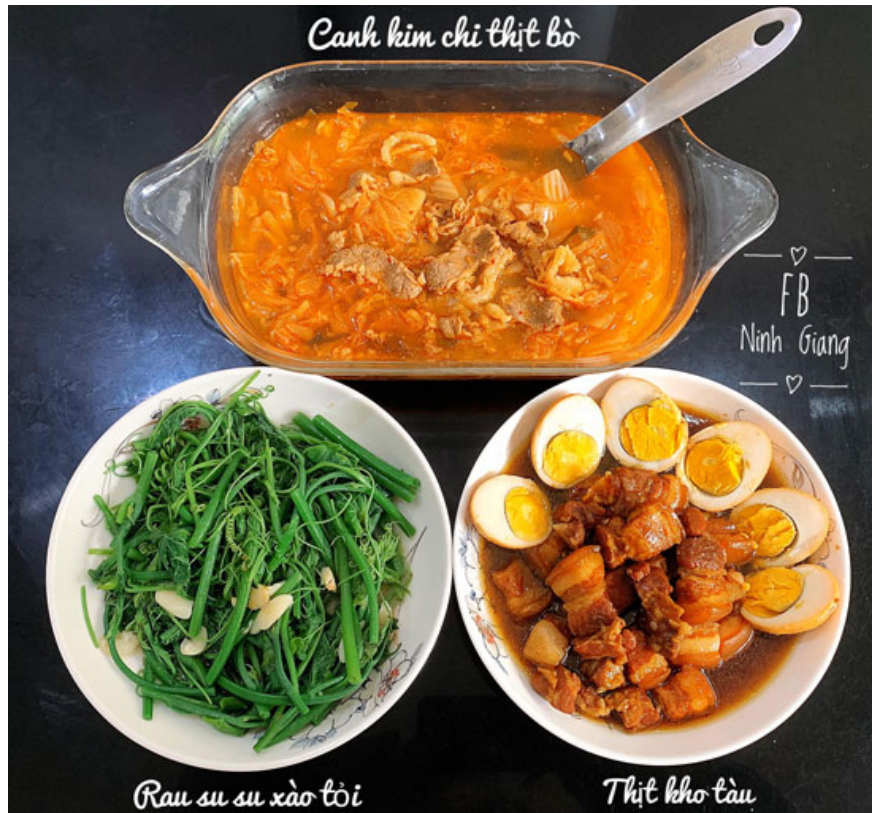
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BÒ BÍT TẾT















**Facebook menu of dishes by Chau Hoai Anh**







*Bếp Nhà Châu*



*Bếp Nhà Châu*

*Bếp Nhà Châu*



*Bếp Nhà Châu*









*Bếp Nhà Châu*



*Bếp Nhà Châu*





*Bếp Nhà Châu*



*Bếp*



To prepare delicious meals for your family, don't forget to equip your kitchen with high-quality, durable household appliances and kitchenware!

>> **See more articles on the same topic:**

1. Revealing the secret to making delicious and attractive salt-roasted chicken just like in restaurants.
2. 4 easy-to-make and delicious kimchi soup recipes.
3. How to make fruit salad
4. Duck stewed with sour plums: 3 simple ways to cook it at home.

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