

COOKING FOR ONE



Are you cooking for just one, or maybe two people? Use some of these ideas to prepare healthy and quick meals with limited waste.

Plan Ahead

- Before grocery shopping, list what food items are available in the freezer, refrigerator and pantry that could be used in your menu.
- Create a meal plan for the week to include food items available.
- Create a grocery list to supplement foods you already have.
- Buy large portions of meat products if you have the space to store in the freezer. Divide them into individual portions to freeze for later use.



Fill it up

To easily create meals, consider filling up your freezer and pantry with staple food items to use in your favorite dishes.

Freezer

- Leftovers
- Individual chopped ingredients
- Meat products - in individual servings

Pantry

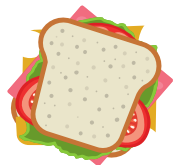
- Canned vegetables
- Rice, pasta
- Canned meat and beans

Reinvent Leftovers

Add variety and interest to your menu. Start with a simple ingredient such as cooked chicken breasts. Cook more than needed for one meal. Later in the week, create different meals using chicken breasts such as:

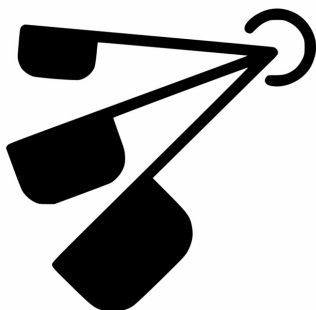


- chicken salad
- burrito bowl
- chicken fried rice
- quesadilla
- toasted sandwich
- soup



Reduce Recipes

If the freezer is full of leftovers, try reducing your favorite recipe by half.



Full recipe

Half recipe

1 cup	1/2 cup
3/4 cup	6 Tablespoons
2/3 cup	1/3 cup
1/2 cup	1/4 cup
1/3 cup	2 Tablespoons & 2 teaspoons
1/4 cup	2 Tablespoons
1 Tablespoon	1 1/2 teaspoons
1 teaspoon	1/2 teaspoon
1/2 teaspoon	1/4 teaspoon

Easy Meal Ideas

Stuffed baked potato	Pasta	BLT
Omelet or eggs	Casserole	Pizza
Salad	Grilled Cheese	Tuna/Egg/Chicken Salad
Fried rice	Mac & Cheese	Meatloaf
Chili	Soup	Sandwich

For more recipes and ideas visit:

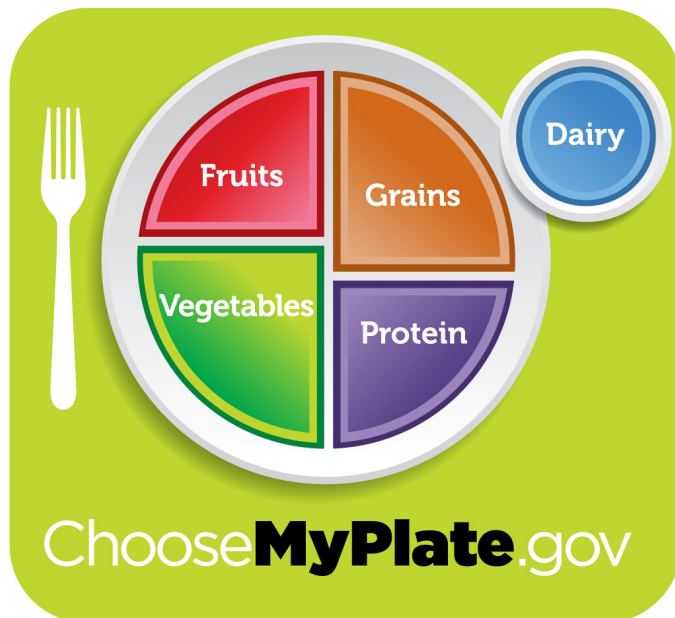
<https://cookingmatters.org/recipes>

<https://www.foodhero.org/healthy-recipes>

<https://onedishkitchen.com/cooking-for-one-recipes/main-dish/>

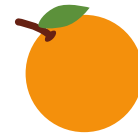
Nutrition is Important

- Buy produce of varying ripeness. Use the most ripe fruits and vegetables first, saving the others for later.
- Buy frozen vegetables and use only what you need for one meal. Place the rest back in the freezer in a tightly sealed bag.
- Plan to have fruits and vegetables at every meal.
- Balance your plate and monitor portion sizes.
- Don't forget to drink water throughout the day. Limit sugar sweetened beverages.



Common Serving Sizes Per Meal

Fruit - 1 cup



Vegetables - 1 cup

Grains - 1/2 cup or 1 slice bread

Protein - 2 1/2 - 3 ounces

Dairy - 1 cup



Focus on making half your grains whole grains. Vary your source of protein with meat, fish, beans and legumes. Keep your plate colorful with different fruits and vegetables.

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