

# 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

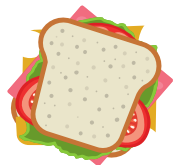
- Canned vegetables
- Rice, pasta
- Canned meat and beans

## 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:

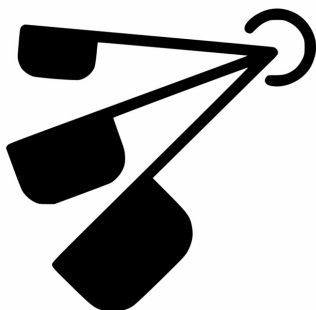


- chicken salad
- burrito bowl
- chicken fried rice
- quesadilla
- toasted sandwich
- soup



## 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:

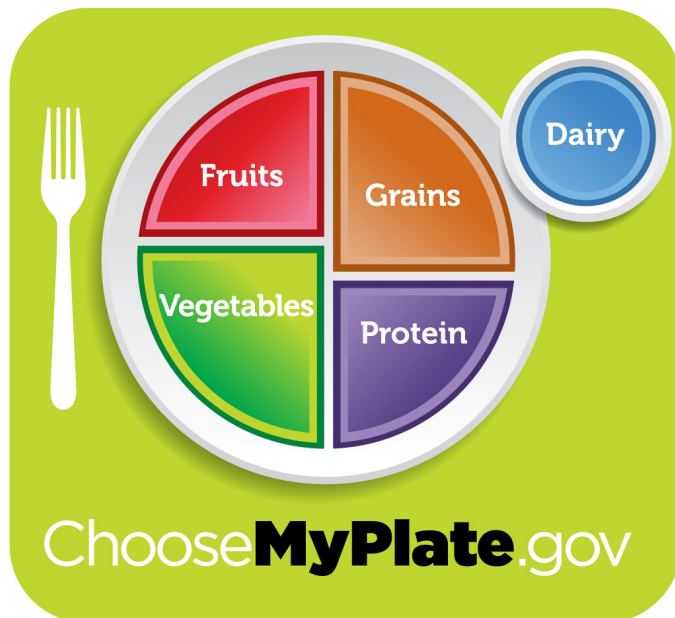
<https://cookingmatters.org/recipes>

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

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

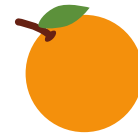
## Nutrition is Important

- 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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