

# EASY EATING



## Meal Ideas... *that don't take forever to make.*

- Grilled cheese + canned tomato soup
  - add a protein - ham, turkey, tofurkey
  - add a veg - tomatoes, pesto, onions, spinach
- Bagged salad mix (is *not* a full meal unless you add a little something else...)
  - canned or frozen protein (tuna, chicken, beans)
  - cheese
  - extra croutons, rice, couscous, orzo
- Ramen noodles + mix ins
  - frozen broccoli, edamame, green beans
  - soft boiled egg
  - rotisserie chicken or tofu
  - chili oil/sesame oil/veg oil
- PBJ + sides
  - veggies and dip
  - fruit
  - bag of chips
  - cheese and crackers
- Quesadilla + toppings
  - salsa, sour cream, guacamole
  - canned beans, chicken, frozen protein,
  - rice
  - sauteed veggies
- Deli Sandwich
  - meat, cheese, fat (mayo, hummus, avocado)
  - bonus if you have some lettuce/tomato/onion around
- Frozen Tortellini
  - canned pesto or red sauce
  - frozen veggies
  - frozen meatballs or leftover protein

- Burrito Bowl
  - rice
  - canned beans
  - frozen or fresh veggies (I prefer peppers, onions, mushrooms, spinach)
  - Salsa
  - Cheese
  - avocado
  - sour cream
- Loaded baked potato
  - sour cream
  - bacon bits
  - frozen broccoli/cauliflower
  - cheese
- Mac and cheese + optional add ins
  - stewed tomatoes
  - chicken nuggets
  - broccoli/peas/veg
- Pizza Bagel
  - halve a bagel + put in oven with marinara sauce, cheese, and toppings of choice
- Homemade Lunchables
  - crackers
  - deli meat
  - cheese
  - fruit or veggie
- Frozen Waffles + Breakfast Protein of choice
  - with peanut butter, butter, whipped cream, or Nutella
  - topped with fruit
- Canned Soup
  - chili + cornbread or chips
  - chicken noodle
  - minestrone (add in extra beans and serve with bread)
  - make sure you have a carbohydrate, protein, and fat in the soup or add one in!
- Parfait
  - yogurt
  - fruit
  - granola
  - coconut flakes
  - chia or flax seeds
  - honey
- Breakfast burrito
  - eggs
  - frozen sausage
  - cheese

- salsa
- sour cream/guacamole
- Breakfast Sandwich
  - fried egg(s)
  - cheese
  - guacamole or mayo
  - hot sauce (optional)
- Spaghetti and Meatballs
  - noodles with canned sauce, frozen meatballs, and option to throw in frozen spinach or other veggies
- Frozen Burritos
  - add toppings of your choosing



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## Do Less.

- Buy the rotisserie chicken. You're already one step ahead by the time you get home.
- Avoid the diet frozen meals. Unless they are for a snack. They are not enough for a meal.
- Trader Joe's is king (IMO) when it comes to frozen meals that taste good. It's worth the trip even once a season to stock up on easy meals to keep in your freezer. If I run out of the TJ's Orange Chicken (they have a meat and veg version) I will make sure that TJ's is my next grocery run. It's amazing. (I make it with rice and frozen broccoli on the side) I usually find that Amy's frozen meals are my second favorite choice that taste good and have enough energy.
- Buy extra salad toppings that you enjoy - croutons, fun cheese, good dressing, pepitas/sunflowerseeds/nuts, etc. That way you can make a couple salads out of one bag without being stingy with the toppings!
- Freeze your fruits and veggies as they are starting to turn if you don't think you'll have time to eat them. Then you can cook them or use them in a smoothie the next time you need an easy fruit/vegetable. Here are some of the options I have tried that turn out well:
  - bananas (*smoothies or baked goods*)
  - spinach, kale, greens (*smoothies or in soups/pastas/casseroles*)
  - berries (*smoothies or baked goods*)
  - avocado (*smoothies*)
  - onions, green onions, leeks (*soups/pastas/casseroles*)
  - peppers (*soups/pastas/casseroles*)
- Freeze a portion or two of the casseroles/soups that you cook in big portions. Freeze them in a single/double portion to be defrosted and reheated in a pinch.
- Grocery shop for you on different days. The version of you that wants to cook a meal deserves some fun ingredients for a chef moment. The version of you that worked a long day and wants to lay on the couch while your air fryer cooks for you also deserves some options.
- If you have goals to reduce your food waste and stretch your food budget, the *best* way to do that is to utilize processed foods appropriately - stock your pantry and freezer with foods you will want to eat and that are versatile. Building a meal can be an art form - it takes practice and willingness to get creative!