

COOKING HEALTHFUL MEALS FOR ONE OR TWO



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COOKING MEALS CAN BE EASY AND ENJOYABLE

- Plan Ahead
- Cook Simple Foods
- Cook in Bulk
- Recipe Reduction
- Safe Food Storage
- Enjoy the Meals



PLAN AHEAD

- Monday- Grilled Chicken Breast with Broccoli & Steamed Carrots
 - Tuesday--Grilled Salmon With Tomato Sauce & Mixed Vegetables
 - Wednesday-Chicken Tacos with Corn, Tomato and Cucumber Salsa
 - Thursday--Chicken and Vegetables Soup, Baked Potato & Squash
 - Friday-Chili with Beans, & Salad Greens
 - Saturday- Spaghetti with Beef and Vegetables Sauce
 - Sunday- Left over day with Creamed Spinach
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PLAN AHEAD

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meat	Grilled chicken Breast	Grilled Salmon With Tomato Sauce	Chicken Tacos	Chicken and Vegetables Soup	Chili with Beans	Spaghetti with Beef and Vegetables Sauce	Left over day
Vegetables	Broccoli Florets & Steamed Carrots	Mixed Vegetables	Tomato and Cucumber Salsa with corn	Baked Potato	Salad Greens		Creamed Spinach

COOK SIMPLE FOODS

- Prepare a grocery list and buy in bulk
- Keep your pantry stocked
- Keep a variety of your favorite foods on hand
- Use all types of foods, fresh, frozen, canned, dried
- Cook food together in the oven that need same temperature
- Cook in a slow cooker



COOK IN BULK

- Cheaper if you buy in bulk.
- Shop with a friend and split foods
- Make a larger batch and freeze the rest for later.
- Pasta
- Chicken
- Sauces
- Soups
- Casseroles



RECIPE REDUCTION

A Recipe for Four

	Half	1/4
1 cup=8 oz= 16 Tb	$\frac{1}{2}$ cup=4 OZ=8 Tb	$\frac{1}{4}$ cup=2 OZ=4 Tb
1OZ=2 Tb=6 tsp	$\frac{1}{2}$ oz=1 Tb=3 tsp	$\frac{1}{4}$ oz= $\frac{1}{2}$ Tb= $1 \frac{1}{2}$ tsp
$\frac{2}{3}$ cup	$\frac{1}{3}$ cup	2 Tb+2 tsp
$\frac{3}{4}$ cup	6 Tb	3 Tb

ENJOY YOUR MEALS

- Do light exercise
- Keep your portion sizes smaller
- Set the table
- Play your favorite music
- Give yourself time to eat
- Eat when the food is hot. The food will smell better.
- Make food appealing----add fresh herbs and spices
- Invite a friend



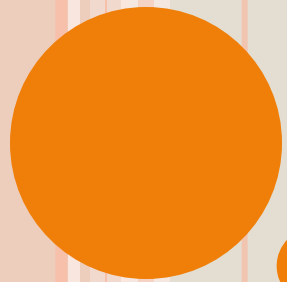
STORE FOOD SAFELY

- Store leftovers in the refrigerator or freezer.
- Store in thick plastic bags or shallow plastic containers.
- “First In, First Out” rule
- Store away from the stove, oven and direct sunlight.
- Avoid dusty, dented or damaged canned and packaged products.
- Vegetable storage - Wrap them in paper towels or brown paper bags and store in the crisper drawers of the fridge.

NUMBERS TO REMEMBER

- The **freezer** temperature should be **0 degrees**.
- The optimal temperature for the **refrigerator** should be **35-40 degrees Fahrenheit**.
- Refrigerate **perishables** within **2 hours**
- Consume **cooked refrigerated foods** in a timely manner; **72 hours**





THANKS