

COOKING FOR ONE OR TWO

Cooking for one or two people may feel hard sometimes.

However, with a few simple tips, cooking for one or two can be easier, enjoyable, and less time-consuming.



Click Underlined Text for More Information

CANADA'S FOOD GUIDE

To help you plan a meal, use the [Canada's Food Guide plate](#) as a template.

Aim for $\frac{1}{2}$ your meal to be fruits and vegetables, $\frac{1}{4}$ whole grains, and $\frac{1}{4}$ protein foods.



TIME-SAVING FOODS

Choose ready-to-eat or low preparation foods to reduce overall time spent cooking:

- Use [low-sodium](#) canned beans in a bean salad or as a protein in a burrito
- Use fruit canned in juice in a yogurt parfait
- Use whole grain brown minute rice (instead of long-grain rice) as a side for your dinners or lunches

NO-COOK MEALS

Meals that don't require any cooking are great for if you have no energy, limited time, or if it's hot outside.

Some Easy No Cook Meals:

- [Overnight Oats](#)
- [Tuna Salad Sandwich](#)

Is there a nutrition topic you want to know more about?

Submit your ideas here: https://redcap.link/Nutrition_Topics



COOK ONCE, EAT MANY TIMES

When making meals, cook a larger batch so you can freeze extra portions for another time.

- Soups, stews, and casseroles freeze well for future use
- Cook extra proteins (e.g. chicken, ground beef, etc.) and either freeze or add to meals later in the week

LEARN MORE

[Planning for One or Two](#)

[Tasty Meals When Cooking for One](#)

[Cooking for One or Two - Video Series](#)

[Quick and Easy No-Cook Meals](#)

