



HEALTHY COOKING FOR ONE OR TWO REFERENCE CARD

My name is Laura Lauinger RD, I create the menus for the Mission Point Healthcare Services facilities. I write 5-week rotating menus. In doing this for many years, I have come up with lots of menu ideas! When writing menus and meal planning, I try to strike a balance of healthy food, that looks and tastes good at a reasonable cost.

I do apply those same principles to my personal meals. Although, I am used to the large quantity meals for both work and home, I have recently transitioned to cooking for only my husband and me and often only myself because he travels. So, in addition to my menu planning skills, I have learned a few things that may help you in cooking for one.

First, it is challenging to how much food to buy. Secondly, it is not as much fun to just cook for just me. Sometimes when I cook something delicious, I want someone else to validate that!! BUT you have to eat! AND you are what you eat! Let's eat well!

1. Plan a couple of meals a week (this will allow you to grocery shop more effectively and take the burden out of trying to come up with meals while at the grocery store).
2. Buy larger quantities to take advantage of bulk pricing.
 - a. Split the food up into smaller quantities before you cook it.
 - b. Split up the food after you cook it (and freeze).
3. Buy one or two pre-portioned or ready to cook items when you are not in the mood to cook.
4. Consider food prep one day a week.
5. All food any meal. You can have breakfast food for dinner or leftover dinner for breakfast.
6. Fresh food that is going bad cook it.
 - a. Fruits can be cooked and turned into dessert or cooked cooled and put in the fridge or freezer for later use. Frozen fruits make good smoothies.
 - b. Clean out your vegetable drawer and Sautee all the vegetables together for a meal (oil, pepper and splash low sodium soy sauce for flavor).
7. Get comfortable with leftovers; Roast an entire chicken or buy a rotisserie chicken: Roasted chicken, chicken noodle soup, chicken salad, chicken tetrazzini.
8. Invite friends over to share a meal and alternate houses.
9. Learn one new recipe a week.

Bon Appetit from Mission Point Healthcare Services!