

## Cooking Without a Recipe

### Breakfasts

- Scrambled egg prepared with chopped bell pepper, onion, fried in olive oil, toast or tortilla, and a piece of seasonal fruit
- Whole-wheat toast topped with peanut butter and a tiny bit of honey
- Nuts, dried fruit or fresh fruit, tea with milk
- Fruit smoothie milk or coconut milk or a mixture of yogurt and fruit juice, fruit of choice, splash of vanilla
- Plain oatmeal and jazz it up
  - Add a combination of your choice: dried or fresh fruit, cream, nuts, nut butter, pinch of cinnamon, drizzle of maple syrup or honey or tiny bit brown sugar.
- Buckwheat
- Couscous or bulgur (add same choices you would add to oatmeal)
- Grits
- Granola, make a batch it keeps for weeks.
- Make a large amount of a fruit smoothie and store the extra in the fridge.
- Yogurt as your base:
  - Add: nuts of choice, sliced apple or banana a pinch of cinnamon and a tiny drizzle of maple syrup or brown sugar
  - Yogurt with granola
- Half bagel with cream cheese or avocado and tomato
- Toast with butter, seasonal fruit
- Banana or apple with nut butter of choice
- Cheese and bread
- Cappuccino or hot cocoa



## Bases for Lunches and Dinners

### Pastas & Grains

- Angel hair pasta and couscous can be staples in the pantry and they only take 3 to 5 minutes to cook.
  - Angel hair pasta with tuna fish, olives and artichokes. Piece of fruit, piece of dark chocolate.
  - Couscous topped with shrimp sautéed in butter and steamed broccoli, piece of fruit, hot chocolate.
- Bulgur is a great grain that cooks quickly and can be used in a variety of ways.
  - Bulgur topped with sautéed vegetables, grilled chicken, piece of fruit
- Oil-based Pasta: Pasta of choice, olive oil and sautéed veggies as a base. Add cooked chicken or shrimp
- Rice (or grain of choice) Bowl: topped with beans or fish salsa and veggies
- Rice noodles take no time to cook and can be the base for many meals. So always keep some in the pantry. Remember to use the sauces you already have made.



### Sandwiches, Subs, & Wraps

- Wrap: tortilla, beans, shredded cheese or hummus and veggies, or sautéed veggies
- Quesadillas: tortilla, cheese veggies, cooked chicken
- Salad Sandwiches: Tuna, chicken or egg salad, complement with a side of fruit and nuts
- Having deli meat sandwiches/subs a couple times a week can work too. Choose deli meats that are free of nitrates and nitrites. If those are not available, limit consumption to once per week.
- Fresh bread and vegetables topped with a balsamic vinaigrette, olives, some slices of cheese and some nuts.
- Fancy Toasted Sandwiches: Cheeses, meats, roasted pepper, sun-dried tomatoes, artichokes, spinach, etc.
- Chicken sausage sandwich or cut up the chicken sausage and put it in a pasta. Many brands are starting to make chicken sausage free of additives and preservatives.
  - Aidell's is one brand and is fairly common and can be found at many grocery stores.

### Soup and Salad

- Taco Salads are quick, easy, and can be very nutritious. Open up a can of beans, top with lettuce, sour cream, diced peppers, salsa, and olives.
- Have a box or can of broth on hand at all times. Need a quick meal? Make a soup with some chopped veggies, noodles, and herbs.

### Seafood

- Crab or salmon cakes
- Shelled fish in white wine and olive oil butter
- Fish is also a food that can be cooked fast and does not need to marinate for that long of a period of time.
- Also prepare shrimp with a marinade unpeeled. It will take less time and it will cause whomever is eating the dish to eat the shrimp slowly. Eating slowly does help to control portion size.

### Vegetarian

- Hard-boiled egg, olive oil, bread, sliced tomatoes, slices of cheese. Or take the boiled egg and mash it with a little bit of olive oil, lemon juice, salt and pepper.
- Sauté vegetables in olive oil, serve with bread and cheese.
- Jazzed up Baked Potato (or sweet potato): Kids love a baked potato bar when they get to pick their toppings.
- Canned beans are also a helpful ingredient for the base of a quick meal. If you do not want to use canned beans but would rather prepare the beans from the dried state and want to do it in a short amount of time cooking them in a pressure cooker is the way to go. When you cook beans from the dried state in a pressure cooker, you cook the beans and a fourth of the time when compared to using the stove.

### Others

- Stir fry: Cooked rice, egg, veggies and/or meat of choice
- Frittata, or Omelet: Eggs, cheese, meats and veggies of choice
- French Bread Pizza: take some pesto or sauce, place it on the bread, top with vegetables and cheese of your choice and bake.
- Every once in a while to purchase foods from the prepared food section of the grocery store is an okay thing to do.
  - Many times you can find grilled fish, couscous salads, hummus wraps, pasta dishes and fruit salads etc...
- Buy a roasted chicken and use it for more than one meal. Roasted chicken with potatoes one night and quesadillas the next.
- If every once in a while you are going to choose something from the frozen section, just make sure you are choosing an all-natural product and be aware of the fact that the sodium content is probably quite high and you should try to reduce your sodium intake at other meals during the day.
- There are many frozen pizzas out there these days that are free of additives and preservatives. This would be the better option to choose.