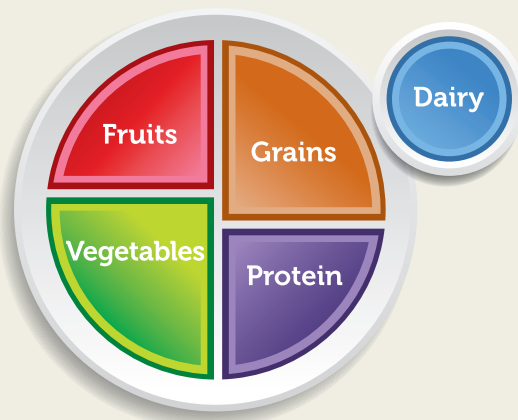


# COOKING FOR ONE (OR TWO)

The key to cooking for one is to have a plan, stock up on essential ingredients, and get creative. After all, the best thing about cooking for one is you don't have to please anyone but yourself!



## MEAL PLANNING STRATEGIES

- Make a list of all your favorite recipes and “assembly-style” (rotisserie chicken + salad kit) meals.
- Look for new recipes! Try Savory magazine (free in-store or online at [savoryonline.com](http://savoryonline.com)) or search online for “meals for one.”
- Review your list and decide how to make it for one (or two), how to use leftovers, or what can be doubled and put in the freezer for another day.
- For inspiration, go to [giantfood.com](http://giantfood.com) to see what’s on sale.
- Create your plan – make sure every meal is balanced like MyPlate.
- Try to plan meals, not meal times. Eggs for dinner, soup for breakfast – get creative!
- Make a shopping list so you don’t forget essential ingredients.



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## SHOPPING TIPS

- Fill half your cart with produce - fresh, frozen, or canned (look for low sodium/ no sugar added).
- Fill the rest of your cart with lean proteins (meat, poultry, seafood, eggs, low fat dairy, beans, nuts, seeds) and whole grains/starches (brown rice, whole wheat bread, potatoes).
- Stock up on the staples you use most when they’re on sale.
- Buy store brands - they offer all the quality of the national brands at lower prices!
- For perishable products, buy smaller portions or pre-packaged, single-serving items. If buying in bulk, take the time to portion out and freeze, or store appropriately.
- Use meal shortcuts like salad kits, rotisserie chickens, pre-cut fruit and veggies, and the salad bar.
- For frozen meals, choose those that contain less than 500mg sodium and have a protein and veggies. Add fresh or frozen veggies, if needed.



good



better



best

*It's as easy as 1, 2, 3...*

Use Guiding Stars to find foods that have more vitamins, minerals, dietary fiber, whole grains and less fats, cholesterol, sugar, and sodium. The more stars, the better nutritional value!

## COOKING STRATEGIES

- **Sheet Pan Cooking:** Make an entire meal (protein + veggie + starch) on a single sheet pan. Or batch cook veggies - simply toss veggies in olive and bake at 375F for 20-40 minutes until fork tender and golden brown. Line pan with foil or parchment paper for easy clean up!
- **Toaster Oven:** Works just like an oven! Use it to cook pizza, toasted sandwiches, roasted veggies, and small sheet pan meals.
- **Slow-Cooker:** Not just for soups, stews and chili. Think of your slow cooker as a countertop oven when you don't want to use your stove. Use it to cook a turkey breast or whole chicken, baked potatoes, corn on the cob, and even dessert!



## BREAKFAST/SNACK IDEAS

- Hot oatmeal with peanut butter
- Cold overnight oats (oats with Greek yogurt)
- Omelet with veggies and cheese
- Yogurt with fruit and cereal
- Cottage cheese with fruit or veggies
- Smoothie (fruit + yogurt + raw greens + milk)
- Egg sandwich or wrap with veggies



## LUNCH/DINNER IDEAS

- One pot meals: soup, stew, chili, casserole, or stir fry
- Sheet pan meals: protein + veggie + starch
- Sandwich or wrap (grilled or cold)
- Pizza or flatbread (top with protein + veggies)
- Quesadilla (protein + cheese + veggies)
- Hearty salad topped with beans, canned fish, or hard boiled egg

## USING LEFTOVERS

Get creative with leftovers:

- Use roasted chicken and veggies in a panini, stir fry, quesadilla, or wrap.
- Use cut fruit in smoothies and parfaits or as a salad topping.
- Use rice and beans in tacos or burritos or make a breakfast fried rice.



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TO FIND A NUTRITIONIST NEAR YOU!