

# LOW FUSS MEALS

## PERSPECTIVE

- challenge your idea of a meal
- embrace "good enough"
- let go of the fantasy

## PROCESS

- honor your reality
- take it one meal at a time
- have a shopping strategy

## CONVENIENCE IS NOT A DIRTY WORD!

- instant brown rice
- instant oats
- frozen potatoes
- whole grain breads, tortillas, pasta, crackers
- precooked and/or pre-seasoned proteins
- hard-cooked eggs
- canned beans
- canned or frozen fruits & vegetables
- prechopped fruits & vegetables
- bagged salads
- premade hummus, guacamole, pesto, salsa, dressing
- premade sauces (e.g. BBQ, stir-fry, curry, marinara)
- seasoning blends (e.g. Mexican, Asian, Mediterranean)
- single-serve, easy-to-transport items (e.g. hummus cups, yogurt cups, string cheese)

## TOOLS

- crockpot
- instant pot
- air fryer
- rice cooker
- countertop grill

## TECHNIQUES

- one-pot meals
- sheet pan meals
- foil packet meals
- muffin tin meals
- snack plates
- component cooking
- grain bowls
- salad-in-a-jar
- overnight oats

## NO RECIPE NEEDED!

- panini: whole grain bread + deli meat + cheese + baby spinach
- pita pocket: whole wheat pita + bagged salad + canned tuna + salad dressing
- beans & rice: instant brown rice + canned beans + salsa + cheese
- scramble: frozen diced potatoes + scrambled eggs + cheese
- chicken parmesan: air fried breaded chicken + marinara + mozzarella + whole wheat pasta
- quesadillas: whole wheat tortillas + canned beans + cheese
- tacos: whole wheat tortillas + ground meat + taco seasoning + salsa + shredded lettuce
- stir-fry: precooked chicken + frozen stir fry veggies + bottled stir fry sauce + instant brown rice
- hash: turkey smoked sausage + shredded slaw mix + frozen shredded potatoes + paprika
- pasta: whole wheat pasta + pesto + diced tomato + cooked shrimp + parmesan