

Low Fuss Meals

With the right approach, you can make meals that are simple, tasty and (mostly) healthy:

- Forget perfection. This is about embracing meals that are "good enough."
- Honor your reality by accepting what you *can* do, and letting go of what you *should* do.
- If you are just starting out, start small and don't overwhelm yourself.
- Getting food into your home is critical - ensure you have a solid plan for grocery shopping.

Ignore these myths about grocery shopping - they are making your life harder!

- Only shop the perimeter of the store and avoid the middle aisles.
- There's nothing healthy in the frozen food section.
- You shouldn't buy a food if it is in a can, bag, box or jar.
- Already cooked, or otherwise prepared foods, are always bad.

Shop for these foods at the grocery store and you'll be on your way to more low fuss meals:

- instant brown rice or quinoa
- whole grain or bean-based pastas
- whole grain breads and tortillas
- instant oats
- frozen potatoes with no oil or salt added
- frozen, precooked and/or pre-seasoned proteins
- hard-cooked eggs
- canned beans, fish, chicken
- 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, portable items (e.g. hummus, avocado, guacamole, nut butter, yogurt cups, string cheese)

These low fuss ideas require just a few ingredients, and no recipe is needed!

- panini or wrap: bread/wrap + deli meat + cheese + baby spinach
- pita pocket: pita + bagged salad + canned salmon + salad dressing
- beans & rice: instant rice + canned beans + salsa
- scramble: frozen diced potatoes + scrambled eggs + cheese
- chicken parmesan: frozen breaded chicken + pasta + marinara + mozzarella
- quesadillas: tortillas + canned beans + cheese
- tuna ranch salad: bagged salad + canned tuna + ranch dressing
- tacos: ground meat + taco seasoning + tortillas + shredded lettuce
- stir-fry: precooked chicken + frozen stir fry veggies + bottled stir fry sauce + instant rice
- pesto pasta: pasta + pesto + diced tomato + cooked shrimp + parmesan
- baked potato: microwave baked potato + frozen broccoli + cheese
- omelette: eggs + vegetables + cheese
- falafel: falafel mix + pita + tzatziki sauce + cucumber
- Breakfast for dinner: pancakes + fruit + eggs

Use these concepts to help inspire and organize low fuss meal planning:

- International flavors (Mexican, Italian, Asian, Middle Eastern, etc.)
- One pot meals
- Sheet pan meals
- Snack plates/charcuterie boards
- Grain bowls (also known as Buddha bowls)
- Sandwiches, wraps, paninis, etc.
- Quiches and frittatas
- Salads
- For breakfast or snacks: overnight oats, egg bites, energy balls

Consider kitchen appliances that can help save time and energy:

- crockpot
- instant pot
- air fryer
- rice cooker
- countertop grill
- mini food processor
- immersion blender
- stand mixer
- toaster oven
- blender/Nutribullet