

COMPONENT COOKING

WHAT IS COMPONENT COOKING?

Component cooking is a convenient and creative alternative to making full meals. Component cooking involves preparing individual meal elements that you can then combine in a variety of different ways.

BASIC COMPONENTS

CARBOHYDRATES:

- Whole grain or bean-based pasta
- Brown rice, wild rice or quinoa
- Whole grain breads, tortillas or pitas
- Potatoes (white or sweet)
- Winter squash (butternut, acorn, spaghetti)
- Corn
- Oats
- Fruit

VEGETABLES:

- Roasted or steamed vegetables
- Leafy greens
- Riced vegetables
- Spiralized vegetables
- Raw vegetables

PROTEIN:

- Chicken, turkey, beef
- Fish or shellfish
- Eggs
- Beans or lentils
- Tofu or tempeh
- Cheese (natural, cottage, ricotta)
- Nut or seed butters

FLAVOR:

- Hummus
- Guacamole
- Pesto
- Salsa
- Salad dressing
- Sauces
- Spices and seasonings



CONVENIENT COMPONENTS:

- Instant brown rice and quinoa
- Instant oats
- Frozen diced potatoes
- Whole grain breads, tortillas, pitas
- Pre-cooked and/or pre-seasoned proteins
- Hard-cooked eggs
- Canned beans or lentils
- Canned or frozen fruits and vegetables
- Pre-chopped fruits and vegetables
- Bagged salads
- Store-bought hummus, guacamole, pesto, salsa, dressings
- Bottled sauces (e.g. BBQ, stir-fry, curry, marinara)
- Seasoning blends (e.g. Mexican, Asian, Mediterranean)

MEAL IDEAS INCLUDE:

- Bowl meals
- Stir-fries
- Burritos, tacos, quesadillas
- Wraps or sandwiches
- Salads
- Pastas
- Scrambles, omelettes or frittatas
- Open-faced toasts
- Overnight oats
- Savory oats

LEARN MORE:

[Component Meal Prep Guide](#)

[Mix and Match Meal Prep](#)

[A Guide to Meal Prep](#)