

No Cook Meal Guide

You don't need a kitchen to eat well! Here are some ideas for what to make when you don't have access to a kitchen.

Mix-and-Match

Pick one thing from each group below for a balanced meal.

Protein



Rotisserie
Chicken



Canned
Chicken



Canned
Tuna



Tinned
Sardines



Canned Beans



Hard Boiled
Eggs



Nut Butters



Hummus

Vegetables



Canned



Steamed



Fresh



Salad Kits

Grains



Microwavable
Rice



Bread &
Tortillas



Ready
Pasta

Seasoning
(optional)

Use salt-free seasoning to
add extra flavor.



Bean Burritos

Ingredients:

- 2 small tortillas
- ½ cup canned beans
- 1 cup canned mixed vegetables.



Directions:

1. Mix beans and canned vegetables together. Add salt and pepper if wanted.
2. Add beans and mix vegetables on top of tortillas and fold.

Tasty Rice

Ingredients:

- 1 Tbsp Oil (optional)
- 1 cup uncooked rice (white or brown).
- 1 cups water for white rice OR 2 cups water for brown rice.



Directions:

1. Add oil, rice, and water in a microwave-safe dish.
2. Cook on HIGH for 2 minutes and stir well.
3. Cover tightly with plastic wrap and cook on HIGH for 8 to 10 minutes for white rice or 25 to 30 minutes for brown rice.
4. If rice is still too firm, cook for another 2 to 3 minutes. Add salt and pepper.

Fruity Peanut butter Pitas

Ingredients:

- 1-2 tablespoon peanut butter
- 2 whole wheat pita pocket halves.
- 1/2 medium apple, thinly sliced
- 1/2 medium firm banana, sliced



Directions:

1. Spread peanut butter inside pita bread.
2. Fill with apple and banana slices.

Options: You can also try this recipe whole wheat bread, canned fruits and with any nut butter.

Endless meal options from Rotisserie Chicken

1. Chicken tacos
 2. Chicken salad
 3. Chicken wrap
 4. Chicken pasta
 5. Chicken noodle soup
 6. Chicken over rice and vegetables
- * Add fresh, frozen or canned vegetables to add flavor and nutrients

