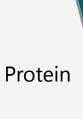
No Cook Meal Guide

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.







Chicken





Sardines





Canned Beans







Vegetables







Steamed



Fresh



Salad Kits

Grains



Microwavable Rice







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

- 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



