
Cooking for One

Heart Healthy Diet

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Presentation Overview



Shopping and food storage to reduce waste



Quick and easy meal tips



Recipe modification



Heart-healthy eating on a budget



Grocery store hot bars and salad bars



Meal kit delivery services



Finding the motivation to cook



Solo Shopping and Food Storage to Minimize Waste

- Shopping tips
 - Plan meals and shop with a grocery list
 - Avoid shopping when hungry
- Food storage tips
 - Invest in see-through re-useable containers
 - Inventory fridge and freezer
 - Utilize canned and frozen fruits, vegetables, and proteins
 - "No salt added" or "low sodium"
 - Learn appropriate food storage methods
 - Use perishable items first

Quick and Easy Meal Tips

- Meal prep on weekends
- Pre-prepare cooked grains, fruits, and vegetables
- Kitchen gadgets (e.g. rice cooker, crockpot, salad chopper)
- Single skillet or single sheet pan meals
- Leftovers!
- Keep shelf-stable ingredients on hand
- Grab and go breakfasts (e.g. overnight oats)



Recipe Ideas

GOOD FOR LEFTOVERS

- Stuffed pepper
- Crockpot bean chili
- Veggie packed pasta salad
- Vegetable lasagna
- Bean and vegetable soups

QUICK AND MINIMUM EFFORT

- Canned tuna salad
- Greens and grains salad bowls
- Bean pasta (chickpea, lentil, edamame)
- Pan seared salmon with steamed vegetables
- Three bean salad
- Scrambled tofu tacos
- Plain Greek yogurt with fruits and nut butter
- Toast with avocado and eggs

Recipe Modification Tips

- **Serving size modification**
 - Do you want to modify? Or do you want leftovers?
 - Halve or quarter all ingredients for desired number of servings
 - Adjust cooking vessel and times and temperatures
- **Heart-healthy modification**
 - Season with herbs and spices
 - Replace butter with liquid vegetable oils
 - Decrease added sugars





Heart-Healthy on a Budget

- Cook at home
- Plan your week of meals
- Shelf stable ingredients
- Produce
 - Don't worry about organic
 - Buy whole/un-cut produce
- Focus on whole foods
- Store brand over name brand
- Look for specials and sales
 - Grocery store rewards programs
- Shop with a grocery list and stick to it!
 - Don't shop hungry

Grocery Store Hot Bars and Salad Bars

- Check out the salad bar first
 - More fresh fruits, vegetables, and lean proteins
 - Use the oil, vinegar, and chopped nuts for dressing
- Keep it simple
 - Go for roasted, steamed, and sautéed options, and limit saucy and cheesy entrées
- Fill at least half of your box with veggies
- Be mindful of portion sizes
- Pre-packaged options are often high in sodium
- Pass over the dessert case

Hot bar example:

Dill roasted carrots, green beans, lemon rice with split chickpeas, and grilled chicken (from salad bar)



Salad bar example:

Spring mix and spinach salad, roasted zucchini, baked tofu, blueberries, black beans, chickpeas, crushed pecans, with olive oil and balsamic vinegar for dressing

Meal Kit Delivery Services

PROS

- Introduce variety
- Less food waste
- Most meals have 2-3 servings of fruits and vegetables
- Leftovers (large portions)
- Registered Dietitians are often involved in meal development

CONS

- Cost (\$10-25 per serving)
- Some meals are high in **sodium and saturated fat**
- Packaging waste (many companies are moving to 100% recyclable packaging)
- Meals are produced in facilities with major allergens

Finding Motivation to Cook

- Set yourself challenges
 - Try one new recipe each week
 - Highlight an ingredient of the week
 - Cook at home one more night each week
- **Make your plate pretty!**
- Find pleasure in the act of preparing a meal
- Find ways to cook for others (family, friends, neighbors)

Your health is always worth the effort!



Thank You!



QUESTIONS?