

No-Recipe Meals

The reason these are no-recipe meals is because they are so simple, you don't need a recipe AND they can be changed up depending on what you have on hand.

Quesadillas: load leftover protein, rice, veggies, WHATEVER, in a tortilla with lots of cheese and cook on a griddle or frying pan

A million ways to cook eggs: homemade "egg McMuffins" with fried eggs on toasted English muffins + cheese + sausage or ham, scrambled eggs/breakfast burritos, over easy eggs on toast, omelets, etc.

Italian chopped salad: chop up some romaine lettuce, tomatoes, and salami or pepperoni. Toss with shredded mozzarella, a drained can of garbanzo or white beans, and your favorite Italian dressing.

White Bean Tuna Salad: tuna packet or canned tuna + drained can of white beans + salt and pepper + splash of lemon juice - serve with crackers or bread.

Loaded baked potatoes: cook a russet, Yukon Gold, red or sweet potato in the oven or microwave until tender. Split in half and top with butter (of course) and your favorite cooked veggies and/or leftover cooked meat if you have some to use up. Top with cheese and bake or broil until cheese is melted.

Sausage Skillet Meal: slice precooked chicken sausage (like Aidells brand) and cook in a skillet with a bit of oil until golden. Add drained can of beans, veggies, spinach or kale, and cook until heated through. Add cheese if you want! Or cook up the sausage and serve in a bowl with rice and vegetables. Frozen veggies heat up quickly for recipes like this!

Sweet potato bowl: roast sweet potatoes in air fryer or oven. Cook ground meat (turkey, beef, chicken) in a skillet. Add pre-cut fresh or frozen veggies and a bit of water or broth - cook until veggies are tender. Season well with salt and pepper. Add sweet potatoes. Delicious with cottage cheese or fried egg on top (and leftovers make great lunches/dinners).

Snack Plates: choose protein (deli meats, salami, leftover chicken, etc) + sliced cheese(s) + olives and/or pickles + fresh, crunchy veggies (like celery, carrots, bell peppers) + sauces (hummus, guacamole, ranch) + crackers.

Easy Caesar Salad Wraps: Costco (or other store) rotisserie chicken + Caesar salad bagged kit. Mix up salad, dice or shred chicken - serve the chicken and salad wrapped up in large tortillas or wraps.

Greek Pitas: warm up pita bread or tortillas, spread with hummus, add leftover cooked chicken (or rotisserie chicken), cucumbers, tomatoes, lettuce, and red onion. Top with some tzatziki (easily found in grocery stores - or just use a bit of Greek yogurt or mayo with a touch of salt and pepper).

Other Ideas:

- Tuna melts
- Grilled cheese + tomato soup
- Breakfast for dinner in all its forms (pancakes, waffles, eggs)
- Bagged salad with tuna or leftover protein, croutons, fresh veggies and dressing
- BLTs (Bacon, Lettuce, Tomato sandwiches)
- English Muffin or naan bread "Pizzas" - top with sauce, cheese, pepperoni and broil in oven
- Microwaveable lentils (like Tasty Bite brand) + microwave rice (like Bibigo brand)