



Psst!

Plan to Stay in Shape Today

TIPS AND RECIPES
FOR
PEOPLE
LIVING ALONE

By Isabelle Huot,
Doctor of Nutrition

HEALTHY EATING FOR

one

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TIPS AND RECIPES FOR PEOPLE LIVING ALONE

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One-third of Quebec households are comprised of only one person, and that figure keeps rising.

Whether by choice or circumstance, more and more people of all ages are living on their own. Eating healthy when you're alone can be more challenging. Food shopping is more complicated—and costlier—because of the smaller amounts required, and cooking can seem more of a hassle when you don't have someone to share your meal with. This guide was created to provide a host of simple tips and tricks to improve your eating habits and rekindle your desire to cook.

HERE'S TO YOUR HEALTH!

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GROCERIES SMART shopping

10 BASIC RULES FOR SMART SHOPPING

- 1 Plan your meals for the week and write your shopping list based on specials advertised in flyers. When shopping for one, it may be a better idea to **buy smaller amounts more often**. That way you'll always have fresh food on hand, and nothing will go to waste.
- 2 Write your shopping list in the order the foods are displayed at your local grocery store so you don't have to double back—a great way to avoid temptation!
- 3 Stay out of the aisles with mostly processed products. Healthy items from the 4 food groups in Canada's Food Guide (<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>) are usually found around the store perimeter.
- 4 To avoid impulse buying, never shop on an empty stomach.

It can be hard to do groceries for one person without spending too much or wasting food. Larger sizes are often more affordable but they are impractical for single people. Here are a few strategies to help you eat healthy and save money.

- 5 | Choose private brands. They are just as good and they cost less.
- 6 | Don't forget to look at the top and bottom shelves! Products at eye level draw your attention, but they aren't necessarily the healthiest options.
- 7 | Check best before dates and choose the furthest ones to avoid throwing food away.
- 8 | Check the source. **Buying local**—a hot trend these days—is a great way to enjoy quality produce and encourage your local economy.
- 9 | Read the list of ingredients and choose products with short lists. They tend to contain fewer additives.
- 10 | Think critically! Certain health logos (e.g., *Sensible Solution*) and nutritional claims (e.g., light, low sodium, no cholesterol) do not necessarily indicate the best choice.



10 TIPS
TO SAVE

- 1 In the fruits and vegetables section, choose products that are in season. They will be fresher, more affordable, and more nutritious. A harvest schedule is available on the Quebec Produce Growers Association website at www.eatquebec.ca.
- 2 Shop at **farmers' markets**. It's a great way to discover local growers, learn some cooking tips, and save money.
- 3 Stock up on canned or frozen fruits and vegetables when they are on special. They're great in a pinch and when you're short on fresh fruits and veggies.
- 4 Buy food **in bulk** whenever possible. You can buy small amounts, and the price on bulk food is always better.
- 5 Make your own cookies, cereal bars, and muffins. You'll save money and enjoy a healthier product.
- 6 Choose regular size over single serving formats. Individual sizes are practical, but they're more expensive and less eco-friendly.
- 7 Watch out for deceptive discounts! Always compare discounts to regular formats and prices before adding items to your shopping cart. Here's a tip: the price for 100g is written on the price tag on the shelf, making it quick and easy to compare prices for standard portions.
- 8 Eggs, legumes, and canned fish are great sources of protein and they're very affordable. Always have some on hand!
- 9 Choose meat and poultry that has undergone as little processing as possible. Take advantage of specials. Buying a whole chicken or blade roast and cutting up and **freezing part** of it is a great way to stock up on meat.
- 10 Avoid items that provide empty calories, like chips, candy, soft drinks, and chocolate bars. All they do is inflate your grocery bill—and your waistline!

CUT DOWN ON FOOD waste

It's easy to let food go to waste when you live alone. If you don't make an active effort to get the most out of what you buy, you can find yourself throwing out food on a regular basis. That can get expensive. Here are some tips to help you cut down on waste.

10 TIPS TO CUT DOWN ON WASTE

- 1 | Plan your meals in advance and shop accordingly. **Don't buy things "just in case."** You're better off going shopping more often than trying to stock up to save time.
- 2 | **Buy produce often but in small quantities.** These items are the most perishable, so they account for most of what gets thrown out. Bulk produce is great. Snow peas, mushrooms, and mung beans are usually sold in bulk.

- 3 | Always check the shelf life and best before date before buying something. Make sure you'll have time to eat it before it expires.
- 4 | Prewashed and/or precut fruits and vegetables can help avoid waste if you can't stand prep work. It's an easy way to get your fruits and veggies, but remember that they cost more and don't last as long.
- 5 | Make soup with withered veggies and make smoothies with overripe fruit. Don't throw out overripe bananas. Freeze them to make banana bread or muffins.
- 6 | Use vegetable scraps (broccoli stems, celery leaves, etc.) and bones from roasts to make homemade stock.
- 7 | Do an inventory of your pantry, freezer, and refrigerator on a regular basis to avoid making needless purchases.
- 8 | Freeze your leftovers and excess purchases right away to preserve their nutrients.
- 9 | Check out websites like www.sauvetabouffe.org for tips on avoiding food waste.
- 10 | See pages 14 to 17 of our guide to learn about the best ways to store and preserve food.

EATING WELL at home

Whether you live alone, with a partner, or as a family, organizing and planning your meals is key to healthy eating. For a meal to be enjoyable, even when you're eating alone, the preparation has to be simple, and the ambiance has to be pleasant.

10 RULES FOR ENJOYING MEALS AT HOME

- 1 | Plan meals around your weekly schedule. If you have a regular activity scheduled on Tuesdays, for example, plan on having leftovers or a quick meal that night and leave meals with longer prep times for evenings when you're not rushed.
- 2 | Choose a day (like Sunday) to cook several meals in advance. Divide the cooked meals into individual portions and freeze them for later.
- 3 | Take a few moments to cut up some fruits and vegetables in advance. It will make them easier to use as snacks or in recipes and they'll be less likely to go to waste.

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- 4 | Be creative! Cook up more than you need and find a way to use the leftovers. For example, if you're making salmon, cook up a nice big piece and you'll have plenty left to whip up an Asian-style salmon salad; salmon and pesto pasta; a salmon, cheese, and caper tortilla; or other tasty meals.
 - 5 | Make cooking a social occasion. Cooking alone tends to feel like a chore, but spending time in the kitchen with friends is fun. Schedule a monthly group **cooking session**. You'll enjoy yourselves and save money too.
 - 6 | Browse through cookbooks and food websites for inspiration. Look for recipes with few ingredients, simple instructions, and short prep times.
 - 7 | Add some colour to your plate! **Concoct meals** that are bright and colourful, even when you are **eating alone**. Think mixed vegetables, couscous with sundried tomatoes, and mashed sweet potatoes. Colourful dishes aren't just pretty, they're a sign that you're eating healthy!
 - 8 | Set the table as if you were having guests over and put on some music. Don't just plop down in front of the computer or TV at mealtime.
 - 9 | Develop an interest in the cuisines of the world—Asia, the Middle East, the Mediterranean—there's a whole world out there to discover!
 - 10 | Explore new foods and new flavours. Buy something new every week!

TIPS AND TRICKS

Always have a selection of healthy foods on hand so you can whip up good meals in minutes!

FOOD TO ALWAYS HAVE ON HAND

PANTRY	REFRIGERATOR	FREEZER
Canned fruits and vegetables (no salt and/or sugar added)	Fresh fruits and vegetables	Frozen fruits and vegetables
Unsweetened apple or other fruit sauce	Fruit juice and vegetable juice	Frozen ripe bananas
Pasta, rice, couscous, quinoa (whole grain)	Sliced bread	Sliced bread
White flour and whole wheat flour	Bagels, English muffins, pitas, or tortillas	Bagels, English muffins, pitas, or tortillas
Powdered milk	Milk	Iced milk
Tetra Pak® soy/almond/ rice milk	Yogurt	Frozen yogurt drinks (in tubes)
Canned legumes	Cheese	Whole or shredded cheese
Canned tomatoes, tomato sauce, tomato paste	Fresh and hard boiled eggs	Frozen cooked pasta or rice
Canned fish (tuna, salmon, sardines)	Fresh and cooked meat, fish, and poultry	Meat, poultry, and fish
Nuts and grains	Firm and soft tofu	Nuts and grains
Cold cereal, hot cereal (oatmeal, cream of wheat)		Frozen homemade cookies or muffins
Dried fruit		Flax or chia seeds
Vegetable oils	Salsa	
Nut butter	Butter or margarine	
Vinegar	Mustard	
Soy sauce	Mayonnaise	
Maple syrup or honey		
Spices		

BASIC RULES FOR STORING AND PRESERVING FOOD

IN THE PANTRY

- Once opened, canned food must be put in a hermetically sealed container and kept refrigerated.
- Dry foods must be stored in airtight containers in a cool, dark place.
- Spices and oils must be kept away from heat and light sources (i.e., far from the oven).
- When you pour flour or sugar into a container, note the packaging date so you'll know when you have to use it by.

IN THE REFRIGERATOR

- Check the temperature of your refrigerator regularly and make sure it's always between 0°C and 4°C.
- The temperature in the refrigerator door varies widely. Don't use it to store food that is sensitive to temperature changes, such as milk, eggs, or cheese. Use it to store juice and condiments instead.

IN THE FREEZER

- Check the temperature of the freezer regularly and make sure it stays at -18°C.
- Make a note of the dates on which you freeze food and/or meals. Identify the product or dish as well because it's easy to confuse frozen foods.
- Thaw food in the refrigerator and never re-freeze something that has been thawed.
- Use only freezer-safe containers and bags.



RECOMMENDED STORAGE OR PRESERVATION PERIOD FOR **BASIC FOOD ITEMS (MAPAQ)**

IN THE PANTRY (AMBIENT TEMPERATURE OF 20°C)

FOOD ITEM	DURATION
Canned fruits and vegetables (no salt and/or sugar added)	1 year
Canned tomatoes, tomato sauce, or tomato paste	1 year
Dried fruit	1 year
Unsweetened apple or fruit sauce	6 months
Pasta, rice, couscous, quinoa (whole grain)	1 year
Cold cereal and hot cereal (oatmeal, cream of wheat)	6–10 months
White flour and whole wheat flour	2 years
Powdered milk	1 month
Tetra Pak® soy/almond/rice milk	6 months
Canned fish (tuna, salmon, sardines)	1 year
Canned legumes	1 year
Nuts and grains in the shell	1 year
Nut butter	2 months
Vegetable oils*	1 year
Vinegar	2 years
Maple syrup or honey	18 months to 1 year
Soy sauce	1 year
Spices	1 year

* Nut oils are more susceptible to oxidation. It is better to keep them refrigerated.

IN THE REFRIGERATOR (BETWEEN 0°C AND 4°C)

FOOD ITEM	DURATION
Fresh vegetables	From 2 days to 2 weeks
Fresh fruits	From 2 days to 2 weeks
Vegetable juice	7–10 days
Fruit juice	7–10 days
Sliced bread	1 week
Bagels, English muffins	1 week
Pitas or tortillas	1 week
Milk	3–5 days
Yogurt	2–3 weeks
Hard cheese	5 weeks
Soft cheese	3–4 weeks
Fresh eggs	1 month
Hardboiled eggs	1 week
Tofu	6–7 days
Fresh meat, fish, and poultry	1–2 days
Cooked meat, fish, and poultry	3–4 days
Mayonnaise	2 months
Mustard	9–12 months
Salsa	1 month
Butter	3 weeks
Margarine	3 months



IN THE FREEZER (AT $\leq -18^{\circ}\text{C}$)

FOOD ITEM	DURATION
Frozen vegetables	1 year
Frozen fruits	1 year
Frozen ripe bananas	1 year
Sliced bread	3 months
Bagels, English muffins, pitas, or tortillas	3 months
Frozen homemade muffins or cookies	1–3 months
Frozen cooked pasta	3 months
Frozen cooked rice	6–8 months
Iced milk	3 months
Frozen drinkable yogurt (in tubes)	1 month
Whole or shredded hard cheese	6 months
Fresh meat and poultry	6–9 months
Cooked meat and poultry	1–3 months
Fresh fish	2–6 months
Cooked fish	1 month
Nuts and grains	1 year
Flax or chia seeds	1 year

NOTE: There isn't necessarily any danger in consuming these foods after the recommended periods, but the taste and nutritional value may be adversely affected.



EATING WELL WHEN *eating out*

Eating out is very tempting when you live alone. The ambiance is nice, and you can enjoy a good meal without having to prepare anything. Here are a few tips to help you make smart choices.

10 TIPS TO MAKE SMART DINING OUT CHOICES

- 1 | Have a snack in the afternoon. You're more likely to eat more if you arrive at the restaurant on an empty stomach. That can really pack on the pounds.
- 2 | Ask what's on the menu. Don't be afraid to ask questions about ingredients and portion sizes (e.g., types of vegetables, type of sauce).
- 3 | Get two appetizers instead of one main dish. That way you can try more things, get smaller portions, and add some variety to your meals without spending too much.

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- 4 | Choose dishes with big servings of vegetables and avoid anything breaded and fried.
 - 5 | Watch out for sauces and salad dressings. They often get slathered on, and that can really hike the calorie count of a salad or sandwich.
 - 6 | Don't be shy about asking to have your order customized. Get the sauce or dressing on the side or ask for more veggies, less rice, or a half portion.
 - 7 | **If you're having breakfast at a restaurant,** go for things like wholegrain bread, bagels, or cereal; peanut butter; cottage cheese; yogurt; fresh fruit; ham; eggs; or smoked salmon.
 - 8 | **If you're in fast food mode,** get a regular burger with a side salad and have water instead of a soft drink. Wraps and sandwiches with grilled rather than breaded chicken are also smart choices.
 - 9 | **At the coffee shop,** beware of flavoured coffees and drinks. They contain a lot of sugar but don't leave you feeling full. Breakfast burritos (with eggs and cheese) and whole wheat toast with peanut butter are better choices than muffins and pastries.
 - 10 | Moderation, moderation, moderation! Don't eat out too often, and don't eat too much when you do. Remember, all things are good, in moderation!

EATING WELL AT School or work

Cafeterias and vending machines are both a blessing and curse for the single person. Should you avoid them completely or is there a smart way to use them?

10 TIPS FOR EATING WELL AT SCHOOL OR WORK

- 1 Try to pack a lunch at least a few times a week. A balanced lunch includes all four food groups identified in *Canada's Food Guide*. You should also plan on **two snacks** a day to keep the munchies at bay.
- 2 Prepare your lunch the night before so you won't have to scramble in the morning.
- 3 Prepare a **double portion** for dinner and have the leftovers for lunch the next day.

- 4 | Keep basic food (see the pantry section on page 12) in your locker or desk drawer for busy mornings or evenings when you don't have time to pack a lunch.
- 5 | Salad bars are increasingly common features in cafeterias and they make it easy to put together a meal-sized salad. Add some whole wheat crackers you keep in your desk drawer and you have a complete meal.
- 6 | For a main meal, choose grilled meat (boneless and skinless if it's chicken), avoid anything breaded or fried, and say no to sauces. Veggies, mashed or baked potatoes, quinoa, and whole grains (rice, couscous, pasta) are great choices for sides.
- 7 | Get vegetable soups (or minestrone) for a starter, and for dessert, look for things made with fruit and/or milk (e.g., yogurt, tapioca, rice pudding).
- 8 | In the cafeteria or at the vending machine, opt for water, 100% pure fruit juice (small size), vegetable juice (low sodium if possible) or milk instead of soft drinks, iced tea, or fruit flavoured drinks. So-called "diet" drinks are not a smarter choice, because they just fuel your craving for sugar.
- 9 | When buying from regular or refrigerated vending machines, go for trail mixes, whole grain granola bars without any coating, fruit salads and sauces, yogurt, cheese, fresh fruit, sandwiches made with whole grains, or crackers and hummus.
- 10 | If you can't resist the temptation, remember there's nothing wrong with having a little treat every now and then. It's okay to indulge yourself once in a while, just not every day.



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RECIPES FOR

one

HERE'S TO SIMPLE,
BALANCED RECIPES!

When you're cooking alone, it's sometimes hard to get inspired. Here are **10 exclusive recipes** to make cooking fun, even when you're by yourself! Some were created specifically with young singles on a tight budget in mind. Others are designed to be more nutritional for seniors living alone. And yet others are perfect for making bigger batches and freezing.

BON APPÉTIT!



TUNA AND TOMATO CASSEROLE AU GRATIN

INGREDIENTS FOR 1 SERVING

60 ml (¼ cup)	whole wheat macaroni (dry)
2.5 ml (½ tsp.)	olive oil
½	onion, minced
125 ml (½ cup)	canned diced tomatoes
60 g	canned tuna in water (½ 170 g–120 g can, drained)
3	sliced black olives
30 ml (2 tbsp.)	grated cheese (20% MF or less)
	salt and pepper to taste

PREPARATION

1. Preheat oven to 400°F.
2. Cook macaroni as directed. Set aside.
3. Heat oil in a pan, add onions, and sauté 2 to 3 minutes.
4. Add tomatoes and simmer 5 minutes.
5. Add flaked tuna, macaroni, and olives.
6. Transfer to a baking dish, add grated cheese, and bake for 10 minutes.

Nutrition Facts

Amount	% Daily Value
Calories 340	
Fat 10 g	15%
Saturated 3 g	
+ trans 0.1 g	16%
Cholesterol 35 mg	12%
Sodium 1000 mg	42%
Carbohydrate 39 g	13%
Fibres 6 g	24%
Sugar 9 g	
Protein 24 g	
Vitamin A	6%
Vitamin C	45%
Calcium	20%
Iron	30%



RECIPES FOR YOUNG PEOPLE

BAKED EGGS IN TOMATO CUPS

INGREDIENTS FOR 1 SERVING

2	large tomatoes
10 ml (2 tsp.)	light cream cheese
2	eggs
2	basil leaves, chopped
30 ml (2 tbsp.)	grated cheese (20% MF or less)
	salt and pepper to taste

PREPARATION

1. Preheat oven to 400°F. 2. Wash tomatoes, slice off tops, scoop out insides. 3. Put 1 teaspoon of cream cheese at the bottom of each tomato cup and crack eggs inside. Add basil leaves. 4. Sprinkle with cheese and place in a baking dish. 5. Bake for 20 to 25 minutes.

Nutrition Facts

Amount	% Daily Value
Calories 260	
Fat 15 g	23%
Saturated 6 g	
+ trans 0.2 g	31%
Cholesterol 385 mg	128%
Sodium 270 mg	11%
Carbohydrate 11 g	4%
Fibres 3 g	12%
Sugar 8 g	
Protein 19 g	
Vitamin A	40%
Vitamin C	50%
Calcium	15%
Iron	15%

RECIPES FOR YOUNG PEOPLE

COCONUT MILK CHICKEN

INGREDIENTS FOR 1 SERVING

40 g	uncooked rice noodles
1	medium zucchini
5 ml (1 tsp.)	olive oil
100 g	chicken breast, diced
15 ml (1 tbsp.)	lemon juice
30 ml (2 tbsp.)	light coconut milk
	salt and pepper to taste

PREPARATION

1. Put rice noodles in a saucepan filled with boiling water and let sit for 3 to 4 minutes. 2. Strain and set aside. 3. Using a mandoline (or vegetable peeler), slice zucchini into thin strips. Do not peel. Do not use section with seeds. 4. Heat oil in a pan and add diced chicken. Once chicken pieces are browned, add zucchini strips and sauté 3 to 4 minutes. Do not overcook zucchini strips or they will break apart. 5. Deglaze pan with lemon juice and coconut milk. Add rice noodles, toss together, and serve immediately.

Nutrition Facts

Amount	% Daily Value
Calories 360	
Fat 9 g	14%
Saturated 3.5 g	
+ trans 0 g	18%
Cholesterol 75 mg	25%
Sodium 170 mg	7%
Carbohydrate 41 g	14%
Fibres 2 g	8%
Sugar 3 g	
Protein 29 g	
Vitamin A	4%
Vitamin C	60%
Calcium	4%
Iron	15%



INDONESIAN-STYLE RICE

INGREDIENTS FOR 1 SERVING

60 ml (¼ cup)	basmati rice
¼	onion, minced
100 g	chicken thighs, diced
125 ml (½ cup)	red bell pepper, diced
60 ml (¼ cup)	canned unsweetened pineapple chunks
20 ml (4 tsp.)	liquid from canned pineapple
10 ml (2 tsp.)	soy sauce
	salt and pepper to taste

PREPARATION

1. Cook basmati rice as directed and set aside. 2. Sprinkle a pan lightly with oil and sauté onion 2 to 3 minutes. 3. Add chicken and brown for 5 minutes. 4. Add bell pepper, stir-fry for 5 minutes, then add pineapple. 5. Deglaze using liquid from canned pineapple and soy sauce. Reduce 2 to 3 minutes. 6. Add rice, toss together thoroughly, and enjoy.

Nutrition Facts

Amount	% Daily Value
Calories 360	
Fat 5 g	8%
Saturated 0.1 g	
+ trans 0 g	1%
Cholesterol 70 mg	23%
Sodium 560 mg	23%
Carbohydrate 54 g	18%
Fibres 2 g	8%
Sugar 13 g	
Protein 24 g	
Vitamin A	15%
Vitamin C	170%
Calcium	4%
Iron	6%





RECIPES FOR SENIORS

LEEK AND POTATO SOUP WITH FLAKED HAM

INGREDIENTS FOR 1 SERVING

5 ml (1 tsp.)	olive oil
1	leek (white and light green part only, discard dark green section) sliced into rounds
125 ml (½ cup)	Potatoes, diced
180 ml (¾ cup)	low-sodium vegetable stock
60 ml (¼ cup)	1% milk
60 g (approx. 1 slice)	sliced ham
	salt and pepper to taste

PREPARATION

1. Heat oil in a saucepan, add leek, and soften for 3 to 4 minutes.
2. Add potatoes and vegetable stock, cover and simmer for 30 minutes.
3. Blend and add milk.
4. Served topped with sliced ham.

This soup is great for making a big batch and freezing portions for later.

Nutrition Facts

Amount	% Daily Value
Calories 210	
Fat 2 g	3%
Saturated 1 g	
+ trans 0 g	5%
Cholesterol 35 mg	12%
Sodium 650 mg	27%
Carbohydrate 30 g	10%
Fibres 3 g	12%
Sugar 6 g	
Protein 18 g	
Vitamin A	15%
Vitamin C	40%
Calcium	10%
Iron	20%



SALMON CAKES

INGREDIENTS FOR 4 SERVINGS

160 ml (2/3 cup)	potatoes, diced
100 g	canned salmon, drained
1	egg, beaten
5	fresh parsley leaves, chopped
15 ml (1 tbsp.)	lemon juice
2.5 ml (½ tsp.)	olive oil
30 ml (2 tbsp.)	breadcrumbs
	salt and pepper to taste

PREPARATION

1. Boil potatoes for 20 minutes. 2. Once cooked, mash roughly with fork. 3. Add salmon, egg, parsley, and lemon juice to mashed potatoes and combine. 4. Shape potato mix into small, fairly thick patties, and cover in breadcrumbs. 5. Shallow fry in a very hot, oiled pan. Serve with a green salad.

Nutrition Facts

Amount	% Daily Value
Calories 360	
Fat 15 g	23%
Saturated 3.5 g	
+ trans 0 g	18%
Cholesterol 210 mg	70%
Sodium 640 mg	27%
Carbohydrate 30 g	9%
Fibres 2 g	8%
Sugar 2 g	
Protein 26 g	
Vitamin A	15%
Vitamin C	60%
Calcium	25%
Iron	25%



FREEZER-FRIENDLY RECIPES

PITA PIZZA

INGREDIENTS FOR 1 SERVING

125 ml (½ cup)	sliced mushrooms
60 ml (¼ cup)	red bell pepper, cut into strips
1	whole wheat pita
15 ml (1 tbsp.)	tomato paste
60 g (approx. 1 slice)	ham
30 ml (1 tbsp.)	grated cheese (20% MF or less)
	salt and pepper to taste

PREPARATION

1. Sauté mushrooms in a pan until water has evaporated. Set aside. 2. In the same pan, stir-fry bell pepper 3 to 4 minutes. Set aside. 3. Spread tomato paste evenly over pita and place ham slice on top. 4. Arrange mushrooms, bell pepper, and cheese on top. 5. Bake at 400°F for 10 to 15 minutes.

You can make several pizzas at once, freeze them, and bake them later.

Nutrition Facts

Amount	% Daily Value
Calories 310	
Fat 5 g	8%
Saturated 2 g	
+ trans 0.1 g	11%
Cholesterol 40 mg	13%
Sodium 1000 mg	42%
Carbohydrate 41 g	14%
Fibres 6 g	24%
Sugar 4 g	
Protein 25 g	
Vitamin A	10%
Vitamin C	80%
Calcium	10%
Iron	20%

FREEZER-FRIENDLY RECIPES

EXPRESS CHILI

INGREDIENTS FOR 4 SERVINGS

10 ml (2 tsp)	olive oil
1	onion, minced
2	green chili peppers, diced
2	red bell peppers, cut into strips
2	cloves garlic, crushed
750 ml (3 cups)	canned diced tomatoes
1	340 g package plain firm tofu, diced
5 ml (1 tsp.)	chili powder
750 ml (3 cups)	canned red kidney beans, drained and rinsed
	salt and pepper to taste

PREPARATION

1. Heat oil in saucepan on high and sauté onions 3 minutes. Add chili pepper and bell pepper and cook 5 minutes. 2. Add garlic, tomatoes, tofu, chili powder, and kidney beans. 3. Simmer gently 20 to 30 minutes. 4. If chili seems too thick, add a bit of vegetable stock.

Divide into individual servings and freeze leftover portions for later.

Nutrition Facts

Amount	% Daily Value
Calories 350	
Fat 8 g	12%
Saturated 1.5 g	
+ trans 0 g	8%
Cholesterol 0 mg	0%
Sodium 1070 mg	45%
Carbohydrate 50 g	17%
Fibres 17 g	68%
Sugar 15 g	
Protein 20 g	
Vitamin A	20%
Vitamin C	270%
Calcium	30%
Iron	40%



VEGETABLE COUSCOUS

INGREDIENTS FOR 4 SERVINGS

250 ml (1 cup)	whole wheat couscous
250 ml (1 cup)	vegetable stock
5 ml (2 tsp.)	olive oil
1	onion, minced
750 ml (3 cups)	zucchini, diced
10 ml (2 tsp.)	Ras el hanout or couscous spice or 2 tsp. cumin + 2 tsp. coriander + 2 tsp. cinnamon
500 ml (2 cups)	canned diced tomatoes
320 ml (11/3 cup)	canned chick peas, drained and rinsed
125 ml (½ cup)	vegetable stock
	salt and pepper to taste

PREPARATION

1. Bring stock to a boil in a small saucepan. Add couscous, stir, cover, remove from heat, and let sit 5 minutes. Add more boiling stock or water if necessary. Fluff with fork. 2. Heat olive oil in a saucepan on high, add onions, and sauté. 3. Add zucchini and brown for 5 minutes. 4. Add couscous spices, stir, and add tomatoes and chick peas. 5. Let simmer 5 to 10 minutes. 6. Moisten with a bit of stock if necessary. 7. Pour over top of couscous to serve.

Divide into individual servings and freeze leftover portions for later.

Nutrition Facts

Amount	% Daily Value
Calories 350	
Fat 3.5 g	5%
Saturated 0.4 g	
+ trans 0 g	2%
Cholesterol 0 mg	0%
Sodium 340 mg	14%
Carbohydrate 66 g	22%
Fibres 8 g	32%
Sugar 11 g	
Protein 13 g	
Vitamin A	10%
Vitamin C	70%
Calcium	10%
Iron	25%





FREEZER-FRIENDLY RECIPES

SPINACH RICOTTA LASAGNA

INGREDIENTS FOR 4 SERVINGS

750 ml/500 g (3 cups)	plain frozen spinach
330 ml (11/3 cup)	1% milk
30 ml/16 g (2 tbsp.)	corn starch
250 ml (1 cup)	ricotta (20% MF or less)
5 ml (1 tsp.)	ground nutmeg
120 g (6 or 7)	lasagna noodles
125 ml/60 g (½ cup)	grated cheese (20% MF or less)
	salt and pepper to taste

PREPARATION

1. Thaw spinach in microwave. Press in a sieve to remove as much water as possible. Set aside. 2. Combine milk and corn starch in a small saucepan, heat on low, and stir constantly until thickened (approx. 5 minutes). 3. Pour sauce over spinach and add ricotta. 4. Add nutmeg and stir to combine. 5. Put about a 1/3 of spinach mix in bottom of small baking dish and cover with lasagna noodles. Repeat, ending with a layer of spinach mix. 6. Sprinkle with grated cheese. 7. Bake at 400°F for 35 to 40 minutes.

Cut into individual servings and freeze for lunch or a fast meal any time.

Nutrition Facts

Amount	% Daily Value
Calories 340	
Fat 10 g	15%
Saturated 6 g	
+ trans 0.1 g	31%
Cholesterol 35 mg	12%
Sodium 280 mg	12%
Carbohydrate 39 g	13%
Fibres 5 g	20%
Sugar 6 g	
Protein 23 g	
Vitamin A	160%
Vitamin C	50%
Calcium	50%
Iron	25%

notes

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Psst!

Plan to Stay in Shape Today

Only pharmacists are responsible for the professional activities of pharmacy practice. They use various tools such as the Psst! (Plan to Stay in Shape Today) program.

