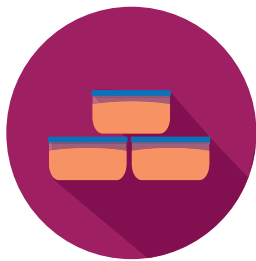




**MyPlate**  
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# Meal planning for one

Cooking for one can be challenging—most recipes and sales are meant for more than one person. Use the tips below to help when you're cooking for one.



## Freeze extra portions

Is the package of meat, poultry, or fish too big for one meal? Freeze the extra in single servings for easy use in future meals.



## Cook once, eat twice

Making chili? Store leftovers in small portions for an easy heat-and-eat meal. Serve over rice or a baked potato to change it up!



## Sip on smoothies

A smoothie for one is easy! Blend fat-free or low-fat yogurt or milk with ice, and fresh, frozen, canned, or even overripe fruits.



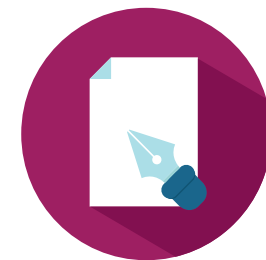
## Order at the deli counter

Deli counters offer small quantities. Ask for a quarter pound of roasted poultry and 2 scoops of bean salad or marinated vegetables.



## Use a toaster oven

Small, convenient, quick to heat! They're perfect for broiling fish fillets, roasting small vegetables, or heating up a bean burrito.



## List more tips

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