

Table For One



How to reduce food waste
through small portion
recipes and remedies

Why limit your food waste?

The beginning of reducing food waste starts at the store. By preventing the amount of food you need to purchase, you are preventing the amount that will inevitably will be wasted. Not to mention saving yourself a lot of money. With the purchase of food likely comes with a lot of packaging. So, being conscious on what you buy will also reduce the amount of plastic being sent to landfills.

Not many people think about how their food got to their table. I think it's especially important to reduce the amount of meat you waste because we sometimes forget that our favorite cheeseburgers were at the sacrifice of a life.

The recipes in this book are portioned for 1-2 people since shopping and cooking for one can be challenging. However, each recipe can all be doubled for larger portions.



Here's how we're gonna do it

- ✓ Buying smaller portions
- ✓ Making ingredients last
- ✓ Uses for food past its prime

Shopping Consciously

Planning meals for the week is exhausting! But, instead of aimlessly grabbing what looks good, try to focus on grabbing a couple vegetable choices, two types of meats, and a grain. Rice is a good grain choice because it can soak up sauces and lasts a long time. Also make sure to grab a couple types of fruits.

Like the food pyramid we learned in grade school. Get a variance!

It all starts at the store



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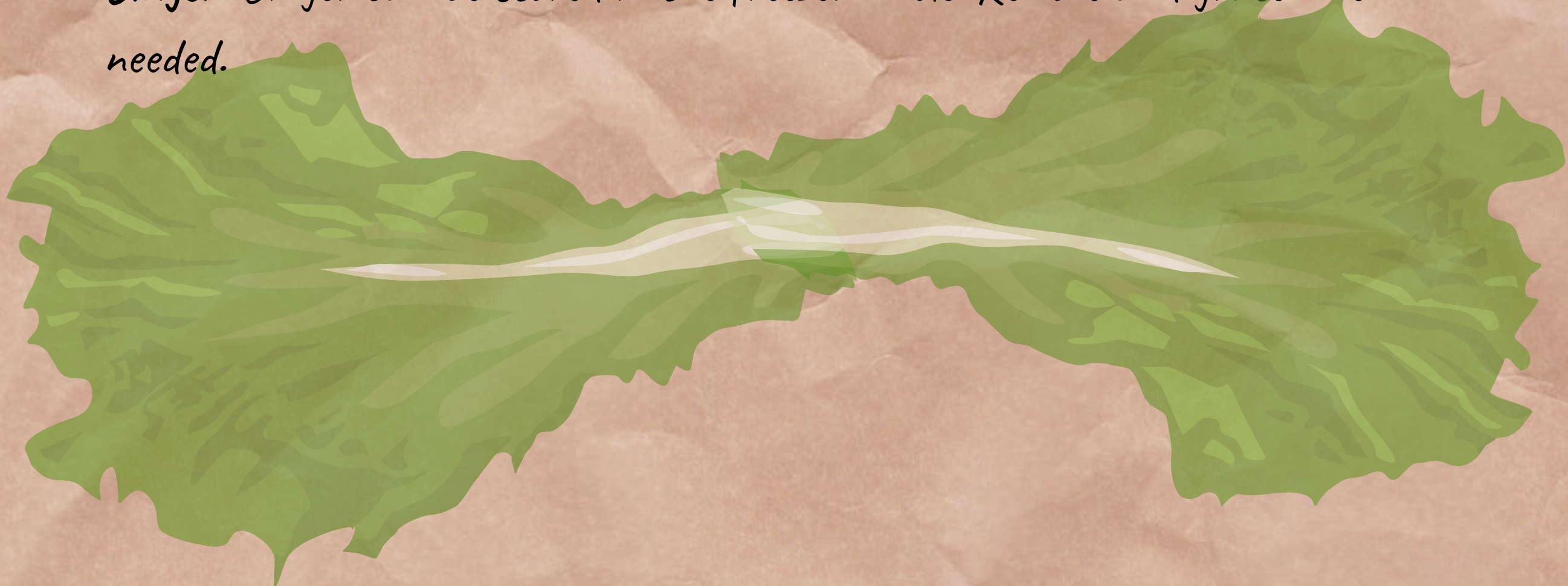
Avocados: Place avocados in a container such as a large jar. Then fill the jar with water and store in the fridge. You can also do this with opened avocados to keep them from getting brown. Alternatively, to ripen an avocado faster, store in a paper bag with an apple or banana.

Apples: Can't finish your apple but don't like it when it gets brown? No problem. A few drops of lemon in a bag of cut apple pieces will keep it from getting brown.

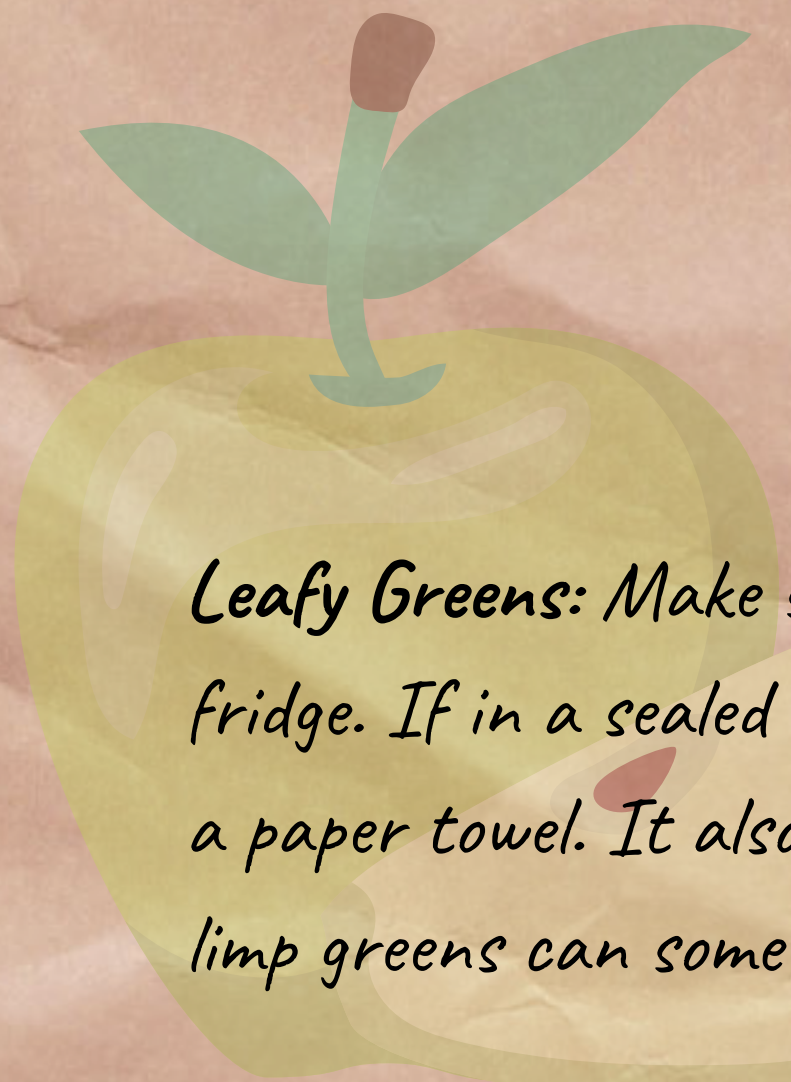
Bananas: To slow your banana from browning, wrap the stem tops with plastic. If they've turned brown, remove the peel and place in the freezer for smoothies, banana bread, or pancakes.

Berries: To keep berries fresher for longer you can either wash as you go or soak right away in a vinegar bath (don't worry it won't change the taste.) Soak in a bowl of three parts water and one part vinegar for about 20 minutes. Rinse well and pat dry. Spread berries on a towel and let sit until completely dry. Store in an air tight container.

Ginger: Ginger can be stored in the freezer whole. Remove and grate when needed.



Keeping Food Fresh



Leafy Greens: Make sure your greens are dry before placing them into the fridge. If in a sealed container, open it up and pat them down and wrap with a paper towel. It also helps if you can squeeze the air out of the bag. Slightly limp greens can sometimes be saved with an ice bath.

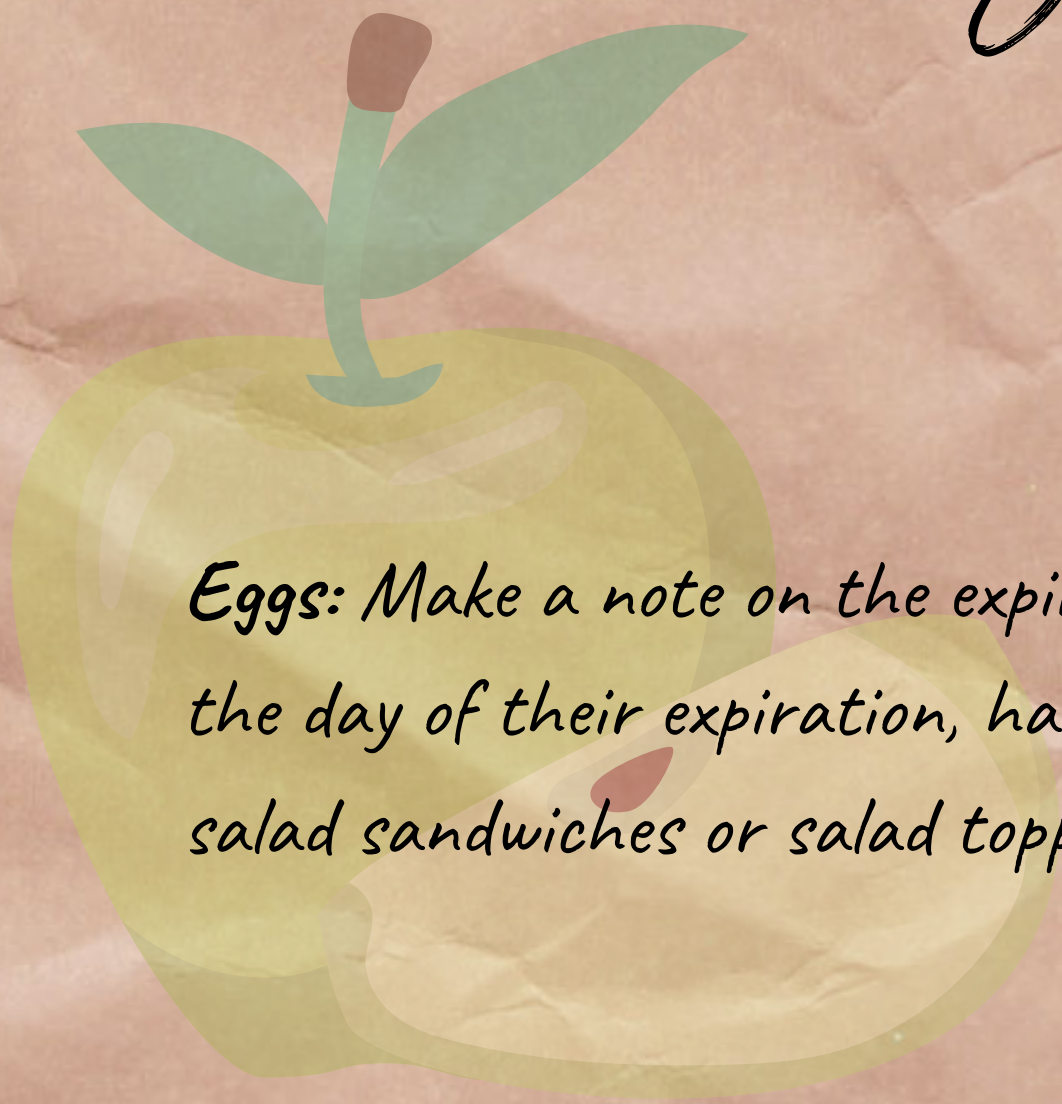
Herbs: Stick ends of herbs in water, keep the tops covered the plastic bag they came in, just like flowers (you can do the same thing with asparagus.) This will increase the shelf life. Alternatively, hang your herbs to dry in a dark spot and store in a spice jar.

Meat: Packages of meat often are large and can't be used right away. Instead of cooking it all at once, open packages of raw meat and store in smaller portions and freeze for later use.

Bread: Keep bread in the freezer to prevent it from molding. The freezer is a better option than the fridge because it won't get stale. When ready for a slice, just pop it into the microwave for 20 seconds or toast and enjoy.



Keeping Food Fresh



Eggs: Make a note on the expiration of your eggs. If you can't use them up on the day of their expiration, hard boil them to extend their use. Great for egg salad sandwiches or salad toppers.



Have fun and improvise



Don't have exactly what's in the ingredient list? Sub it out and give it a try! My recipes are meant to be tweaked and substituted for what you have in your fridge, a base to use and become inspired. Use your random fridge ingredients as an opportunity to discover a new meal, rather than a limitation.

Snacks

Kale Chips

Grain Free Granola

Smoothie

Hummus

Kale Chips

Ingredients:

1 bunch of kale
1 tablespoon olive oil
Salt
Garlic powder



What you'll need:

Large bowl
Baking sheet
Kitchen tongs

Directions:

Preheat oven to 375 degrees. Rinse and chop kale into 1 inch pieces if not already. Place pieces into large bowl and drizzle with oil. I prefer olive oil but whatever is in your pantry will do. Next massage the kale for a few minutes until nice and tender. Your hands will get a little messy. Next spread the kale evenly onto a baking sheet. Sprinkle the pieces lightly with salt, garlic powder, and seasonings of your choice. A little goes a long way in this recipe since the pieces will shrink down quite significantly. Finally place in the oven for 20 minutes, tossing the pieces halfway through. When they're done they should be crispy and melt in your mouth. Unfortunately these are difficult to store so they stay crispy so start small.



Grain Free Granola

Ingredients:

1 cup sliced almonds
1 cup chopped walnuts
(or nut of choice)
1/4 cup honey
1/4 cup melted coconut oil
1/4 teaspoon salt
***optional: shredded coconut,
chocolate chips, cranberries*

What you'll need:

Baking sheet
Parchment paper

Directions:

Preheat oven to 375 degrees. Lay parchment paper over a baking sheet. Combine ingredients until cohesive. Lay the mixture onto the parchment paper covered baking sheet and use another sheet of parchment to flatten until 1/4" thick. Bake for about 15 minutes or until golden brown. Let sit until completely cool. Either cut granola into desired size or separate with hands. Sprinkling over yogurt, enjoy in milk, or use as a quick trailmix snack. Save in a plastic bag with the air squeezed out.



Smoothie

Ingredients:

1 cup frozen mixed berries
1/4 cup greek yogurt
1/4 cup water
1 tablespoon honey
(or sweetener of choice)
1 handful of raw spinach or kale

What you'll need:

Blender



Directions:

This is the perfect way to get rid of what's left in your fridge. You can add as little or as much as you want. I've portioned this for about a single large cup. Add all of the ingredients into the blender and mix until smooth. You can replace any ingredients with your leftover fruits and veggies from the week. Just make sure to add ice if nothing is frozen. Enjoy!



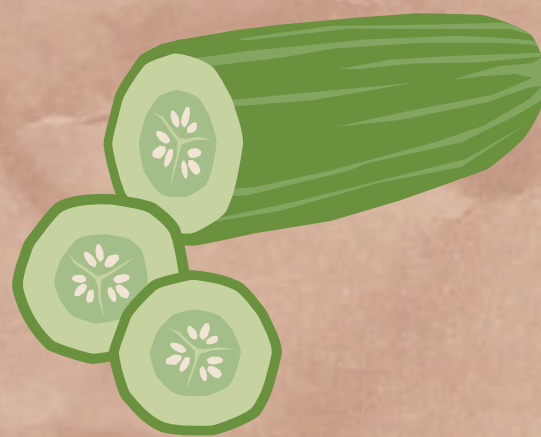


Ingredients:

- 1 can chick peas drained
- Juice of 2 lemons
- 1 1/2 teaspoons paprika
- 1/8 teaspoon cayenne (or more)
- 4 cloves garlic
- 3 tablespoons olive oil
- 1.5 teaspoons cumin
- Pinch salt
- ~3oz tahini

What you'll need:

Blender



Directions:

Blend all ingredients until very liquified, except for olive oil. When well blended, slowly pour olive oil in while blending (or a little at a time.) This is a great way to use leftover veggies like carrots, celery, or bell pepper to dip with. Optional** Add sliced olives, diced tomatoes, chives, dill, and an extra drizzle of olive oil when ready to eat.

Note: The portion here is enough for one person to consumer in a couple days (depending.) Double to enjoy with others. It is recommended to search for small containers of tahini as it will not take much, or use the leftover tahini for salad dressing, see page __ for recipe.



Breakfast

I'm a student with limited time in the morning so many of these recipes are quick to make or ready for the morning. I also encourage the cooking style of "eyeballing" measurements, and tossing it all together. Because remember, cooking doesn't have to be stressful.

Breakfast Sandwich

Overnight Oats

Scramble

Egg Bites

One Mug English Muffin

Breakfast Sandwich

Ingredients:

Bread slices and/or lettuce

1 egg

Pre-cooked bacon or
breakfast sausage

Cheese

Veggies of choice

What you'll need:

Small pan

Jar ring



Directions:

Another customizable recipe to finish up your fridge ingredients.

This is a perfect quick meal for one or many. Heat up a small greased pan and lay down a jar lid. Once hot, crack an egg into the lid for a perfect circle. While the egg cooks, take a slice of bread out of the freezer and toast. Heat up your meat and lay on toasted bread. After egg is cooked on both sides, put together your sandwich with what you like. A great way to use your leftover veggies like bell pepper, onion, and leafy greens.



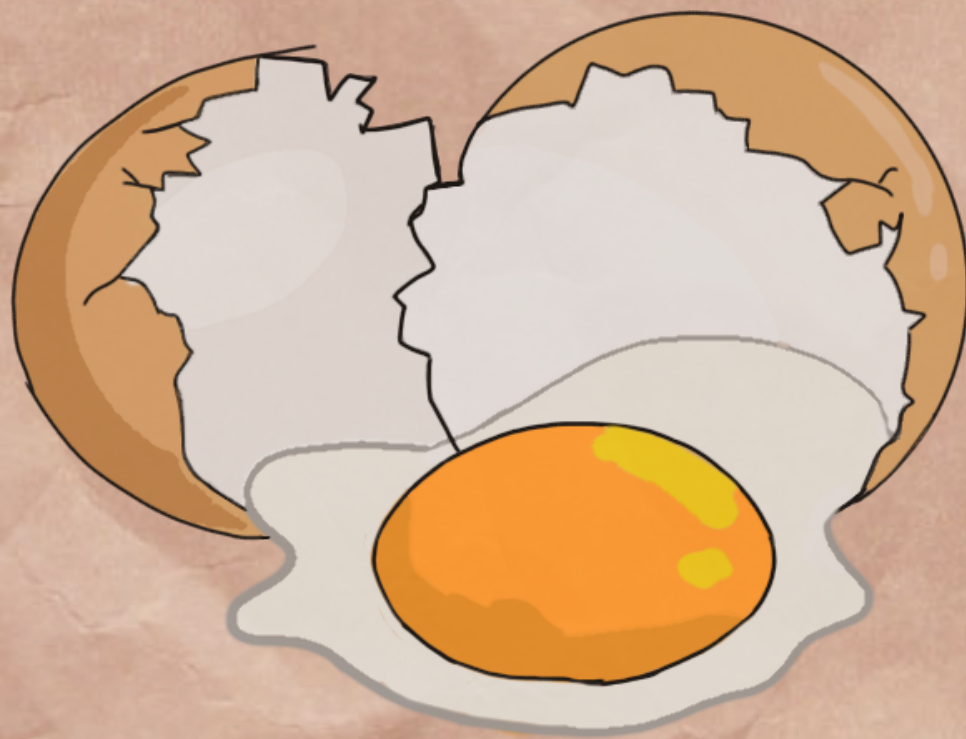
Scramble

A kitchen sink recipe

Ingredients:

2 eggs, or more

***optional: bell pepper, mushroom,
spinach, lunch meat, bacon,
cheese, onion*



Directions:

One of the best ways to finish up some leftovers is to toss them in with eggs. I start with heating up or cooking down my veggies then adding eggs and preferred seasoning. I top with cheese most of the time. All ingredients are optional but these are some of my favorites. Even unexpected veggies like asparagus or broccoli would work great, that's the beauty of a scramble.

Make it a burrito:

Have extra the next day or just want to try something new? To prevent burnout on scramble every day, toss the ingredients into a tortilla, add some sour cream or greek yogurt, salsa, and avacado.



Egg Bites

Ingredients:

6 eggs or 1 cup egg whites

Veggies of choice

ie. spinach, tomatoes, bell

peppers, onion, chives

2 cloves of garlic

1/2 cup cheese

Garlic powder, onion powder, salt,
pepper

What you'll need:

Muffin tin

Cupcake liners



Directions:

Again, assess what you need to use up in your fridge and use this as inspiration for your egg bites. Depending on how much extras you add, this will make between 6 and 10 egg bites. Start with preheating the oven to 350 degrees and place 2 cupcake liners in each spot on the muffin tin or grease well. Next whisk the eggs in a bowl and pour them evenly into each cup. Gather your veggies and garlic and make sure they're finely chopped. Distribute garlic and veggies evenly in each cup. Give each cup a stir and top with desired amount of cheese. Bake for about 20 minutes or until the cheese on top is golden. Let cool before removing from pan. These can be stored in the fridge for the week as a quick bite to go. To prevent burnout, try putting different veggies in some of the cups.

Note: Ingredients from scramble can be used for this

Overnight Oats & Chia Pudding



Ingredients:

1/2 cup milk or milk substitute

Berries

2 tablespoons chia seeds or 1/4

cup oatmeal

Honey or sweetener

What you'll need:

Jar or Tupperware

Directions:

First inspect your fridge and pantry for what you have. If you have berries, heat or mash them up to a jelly like consistency. You could also use cocoa powder instead for the main flavor. You will start with adding your sweetener (and cocoa powder if preferred) to the milk in the jar and mix well. Then add about 2 tablespoons of chia seeds to the milk and shake vigorously. Next add the berry mash on top, or mix in. Seal the jar and refrigerate overnight or for at least a couple hours. When ready to eat you can sprinkle nuts or seeds for a crunch.



1 Mug English Muffin

Ingredients:

3 tablespoons almond flour
1 egg
1/2 teaspoon baking powder
Pinch salt
1 tablespoon butter melted

What you'll need:

Mug
Microwave

Directions:

Combine all ingredients into a mug and whisk thoroughly. Microwave for 1.5 minutes. When cool enough, remove from mug and cut horizontally. Heat a pan and butter each half on one side and fry until brown. Top with jam, cream cheese, or use in a breakfast sandwich.



Note: Can be used to make breakfast sandwich

Lunch & Dinner

Burrito Bowl

One Cup Mac

Korean Beef and Rice

Tahini Dressing

Burrito Bowl



Ingredients:

1 lb cooked meat (ground beef, ground turkey, chicken)

Cumin, onion powder, garlic powder, salt, red pepper flakes

1 can black beans

1 cup uncooked white or brown rice

1 bunch of cilantro

Sour cream or greek yogurt

Salsa or pico de gallo

Avocado

Juice of 1-2 limes

Leftover veggies and lettuce

1 can corn

Desired amount of cheese

Directions:

What kind of meat and veggies do you need to use up in your fridge? Cook rice and add chopped cilantro and lime juice. Add meat and/or black beans and desired amount of the remaining ingredients to cooked rice. This is another good opportunity to add leftover veggies like bell pepper, onion, and lettuce. Eat with chips, a spoon, or roll up in a tortilla.



1 Cup Mac

Ingredients:

1/2 uncooked macaroni noodles

~1 cup water

1/4 cup milk

1/2 cup cheese

A pinch of garlic powder, Italian seasoning, salt, pepper, paprika

What you'll need:

Mug or microwave bowl

Microwave

Directions:

Add uncooked noodles into the mug and enough water to cover the noodles. Microwave for 2 minutes and stir. You may have to add more water (beware for overflow if mug isn't large enough.)

Microwave for another 3 minutes. Stir and test a noodle, it may need another minute. Once noodles are fully tender, drain any excess water. Add milk, cheese, and seasonings. Mix well and microwave for another 30 seconds. This is a good opportunity to add cooked chicken or veggies from leftovers.



Korean Beef and Rice

Ingredients:

Sesame seeds

Sesame oil

1 lb ground beef

1/4 brown sugar

1/3 cup soy sauce

Chives

2 cloves garlic

Red pepper flakes, onion powder,
garlic powder

Zucchini or veggie of choice

Directions:

Begin by boiling rice while you complete the recipe. Use oil of choice and heat a pan. Brown ground beef. Add the remaining ingredients. Simmer the beef for about 5 minutes or until the beef has soaked up the sauce. Fry veggie on the side (I like cubed zucchini but what you have in the fridge works great.) Add beef and veggie to rice and enjoy. Use this opportunity to cook veggies on hand as there will be a few servings of beef and rice.

Note: Rice and ground beef can be used from leftover burrito bowl



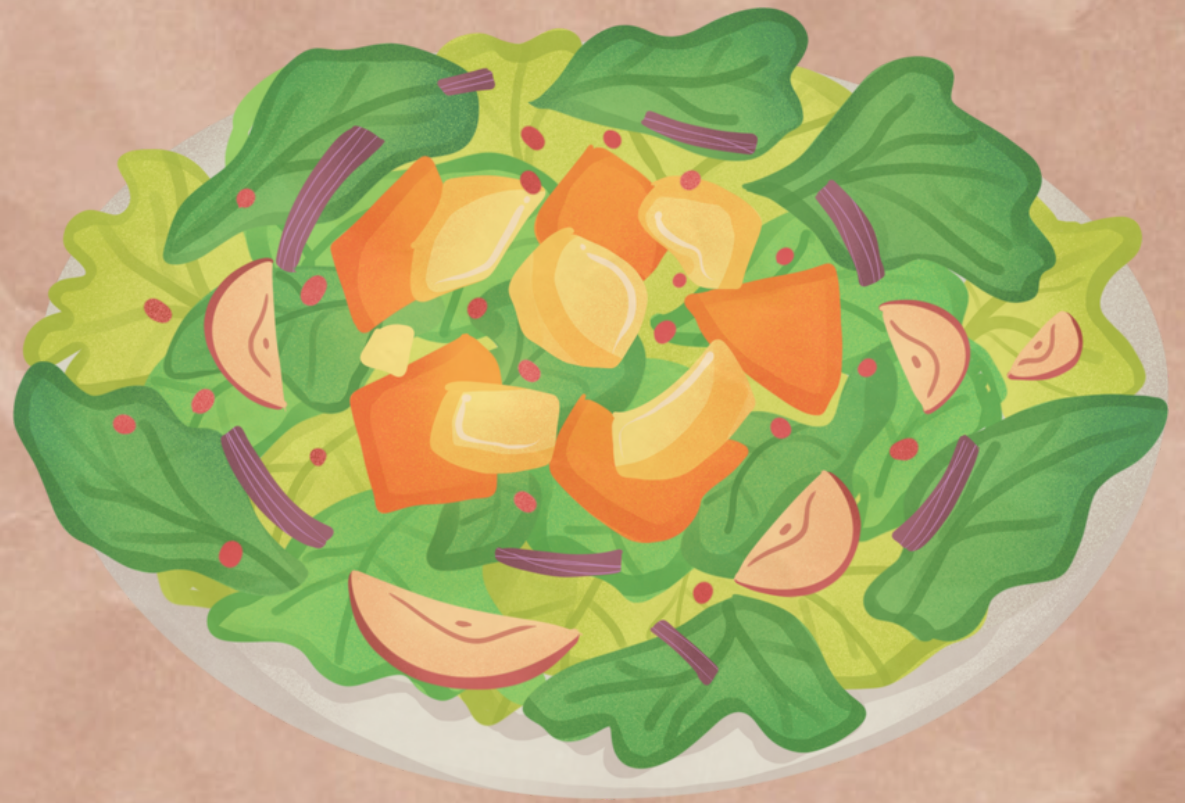
Tahini Dressing

Ingredients:

1/4 cup tahini
Juice of 1 lemon
1 clove of garlic
1 tablespoon honey or agave
2 tablespoons olive oil
2 teaspoons dijon mustard
Salt and pepper to taste
Splash of water

What you'll need:

Bottle for storage



Directions:

Combine all ingredients except water and whisk until well combined. Add water to desired consistency. Add dressing to any salad or sandwich.

Note: Tahini sauce here can be used for hummus recipe on page --



Dessert

Smoothies and Frozen Treats

Mug Brownie

Ingredients:

2 tablespoons melted butter or oil

1/4 cup flour

3 tablespoons sugar

2 tablespoons cocoa powder

pinch salt

3 tablespoons milk

Splash vanilla extract

What you'll need:

Mug

Microwave



Directions:

Whisk wet ingredients in the mug. Separately mix together dry ingredients. Combine all ingredients in the mug. Microwave for for one minute. Add more time if needed. Let sit until cool as it is going to continue to cook in the mug. ****Optional:** Add chocolate chips in the batter. Top with ice cream or whip cream if desired.



Fruit Salad

Ingredients:

Fruit desired

Whip cream



Directions:

Chop all the fruit to bite size pieces. I enjoy really small pieces to get all fruits in each bite. Take as much whip cream as you feel necessary (about 1:1 ratio to fruit) and mix well. Enjoy.





***Citrus Peels:** Use peel scraps from oranges, lemons, limes, etc. to make a scented house cleaning spray. Collect peels in an air tight container, fill with vinegar and let sit for a couple weeks. Strain out the peels and pour into a spray bottle. If the smell is too strong, dilute with water.*

***Banana Peels:** After peeling your banana, save them in a plastic bag and store in the freezer. When houseplants need an extra boost of nutrients, place the frozen peels in a blender until it turns into a powder. Sprinkle this powder over the top soil of your plants. As you water them, the nutrients from the peels will feed your plants. Extra powder can be stored in a jar. You could also use the soft side of peels to dust and shine your plant leaves.*

***Egg Shells:** Just like banana peels, egg shells contain nutrients which are beneficial for plants. After cracking an egg, rinse and dry shells and store in a container until needed. Blend into powder and distribute on the top soil of desired plants. Extra powder can be store in a jar.*

***Vegetable Peels:** Boil down peels from veggies such as carrots, potatoes, and celery tops to make a broth for soup.*



Seeds: Save seeds like avocados for a free plant that purifies your air.

Chives/Green onion: Don't throw the roots away. Instead, place the root of the chives into water and place on a sunny window. It will continue to grow. Make sure to regularly trim so it can produce more. You can do the same thing with lettuce. You'll never have to buy them again.

Bread: End pieces of bread can help keep your cookies from going stale. Instead of throwing it away, stick an end piece of bread with a bag of cookies which will absorb moisture that would normally cause cookies to go stale. The same can be done to keep your brown sugar soft. Alternatively, stick the bread into a blender and bake for homemade bread crumbs.

To Make Dye: To use scraps for dye, boil one part scraps to two parts water for an hour and let sit overnight. Strain and use on clothing. This can be done for lot's of food scraps such as berries, spinach, and kale that have gone bad or vegetable and fruit peels.



Coffe Grounds: There are many uses for coffee grounds. One being nutrition for your garden. You can also use it as an exfoliator. Mix together melted coconut oil and coffee grounds, store in a jar, and use in the shower.

Wine: Didn't get around to finishing the bottle? Use it to cook for extra flavor.

Berries: If your berries are a little too soft to enjoy (but not rotten) then they can be frozen or blended and poured into a dog toy then frozen. Same thing can be done with bananas. Mash brown bananas into a toy and freezer for later. You can also use soft berries to make jam or jelly.

My Grocery Store Favs

Here are some of my favorite grabs at the store. Trader Joe's is my go-to because of their small portions.

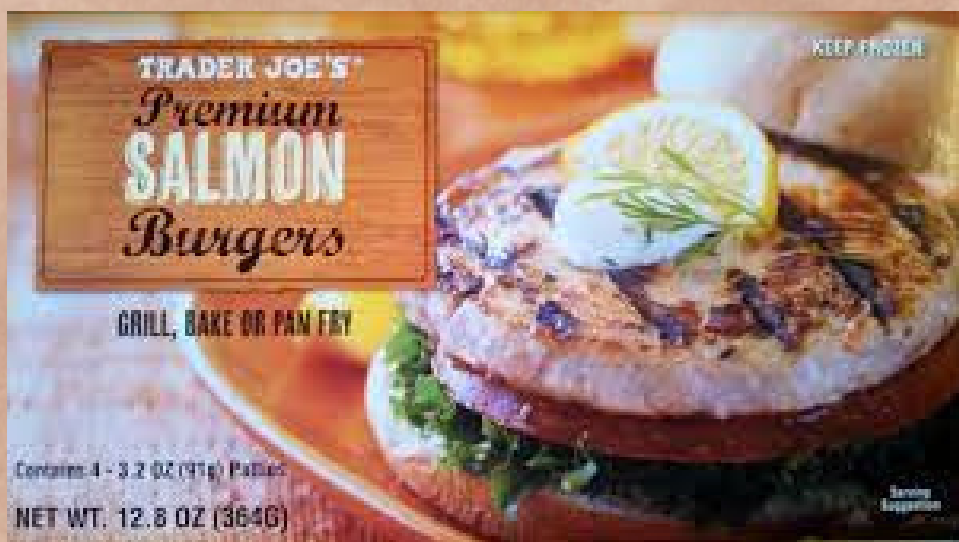
Chili Lime: Add to guacamole or burrito bowl



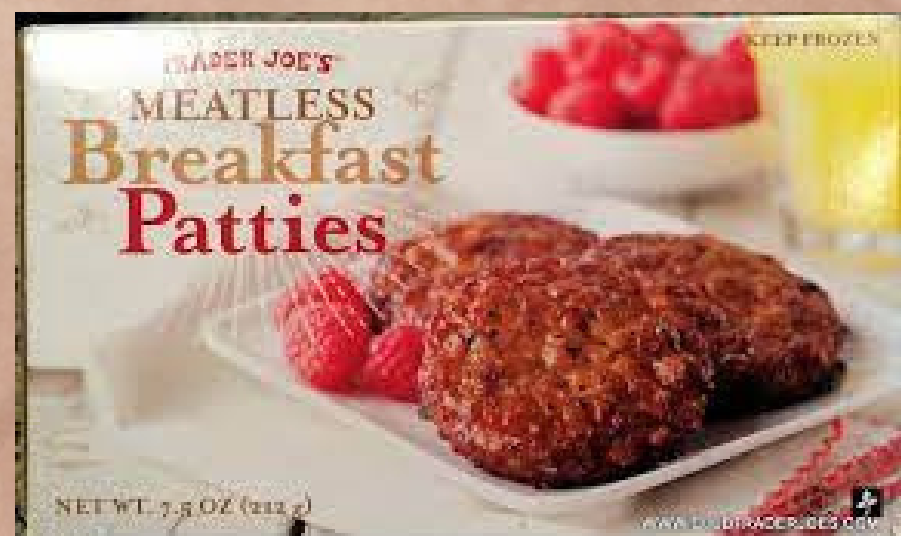
Hashbrowns: Add to an egg or replace for bread in bfast sandwich



Salmon Burger: Small individually packaged frozen patties



Breakfast Patties: Add to breakfast sandwich or break into pieces for scramble or egg bites



Tate's Cookies: Found at Wholefoods

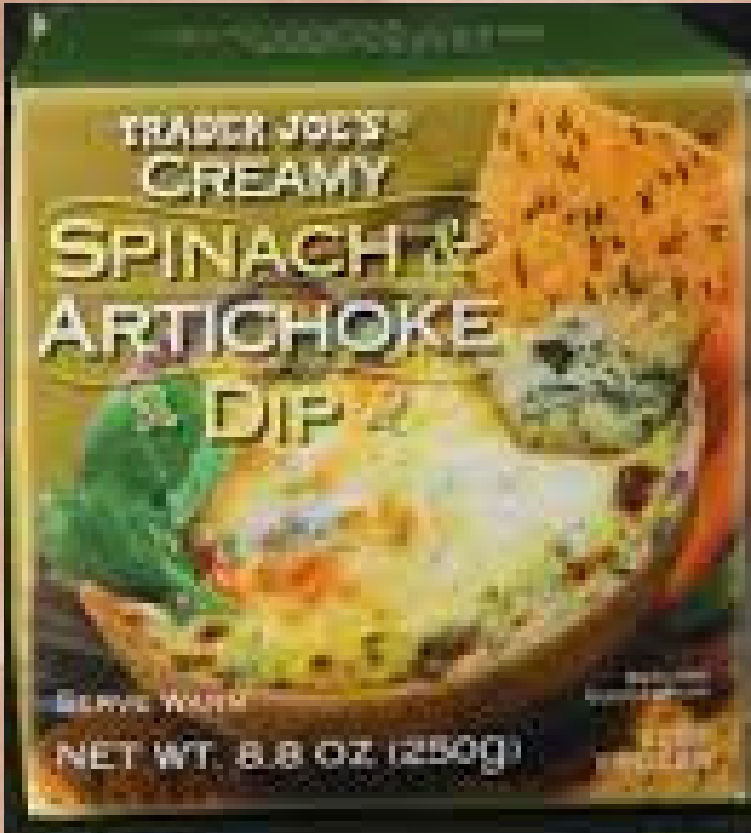


Fajita Mix:

Keep on hand for a quick addition to rice and meat



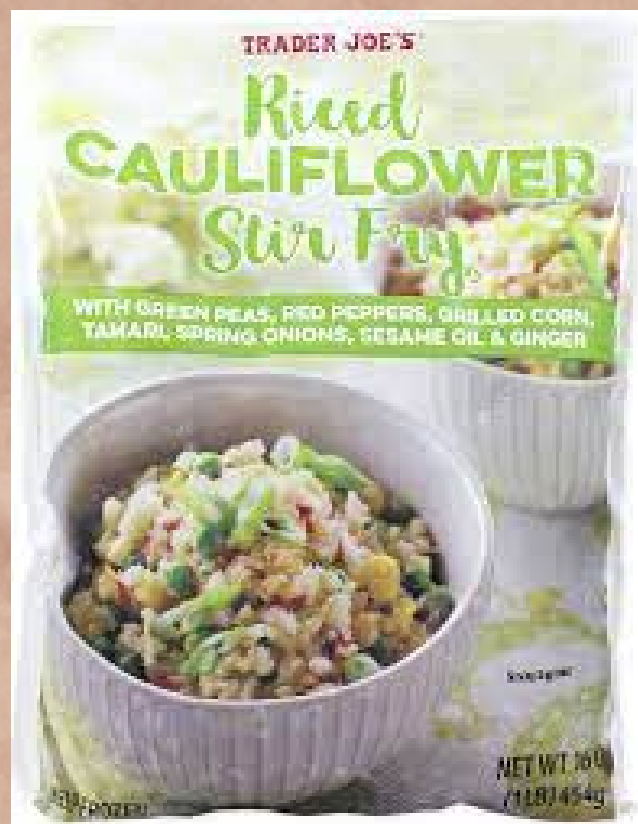
My Grocery Store Favs



*Spinach Dips:
A frozen and
refrigerated
option*



*Soup Dumplings: Perfect for
a single meal*



*Riced Cauliflower:
1-2 portion,
frozen and ready
to substitute for
rice*

*Cauliflower Pizza
Crust: These are
great because they
are "personal sized"*

