

Toast-based

- ☐ Beans on toast
- ☐ Scrambled eggs on toast
- ☐ Fried or boiled eggs on toast
- ☐ Mushrooms on toast
- ☐ Cream cheese on toast
- ☐ Cheese on toast
- ☐ Bacon and toast
- ☐ Cooked tomatoes on toast



 Sarah Morrell, Counsellor

Potato-based

- ☐ Roast potato with cheese
- ☐ Roast potato with beans
- ☐ Roast potato with tuna
- ☐ Roast potato with whatever leftovers are in the fridge



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Soup

- ☐ Soup with toast
- ☐ Soup with cheese
- ☐ Soup with an egg
- ☐ Soup with whatever needs using up



 Sarah Morrell, Counsellor

Eggs

- ☐ Scrambled eggs
- ☐ Boiled eggs and toast
- ☐ Fried eggs
- ☐ Omelette, if you have slightly more energy



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Pasta / gnocchi

- ☐ Gnocchi with pesto
- ☐ Gnocchi with cheese
- ☐ Gnocchi with mushrooms
- ☐ Pasta or gnocchi with a jar of sauce or passata and herbs
- ☐ Pasta with minced meat
- ☐ Pasta with whatever vegetables or leftovers are available



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Spaghetti bolognese

- ☐ Spaghetti
- ☐ Minced beef (or Quorn)
- ☐ Tinned tomatoes
- ☐ Onion
- ☐ Garlic
- ☐ Herbs (oregano/basil)
- ☐ Salt & pepper



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Mac and cheese

- ☐ Pasta (penne or macaroni)
- ☐ Cheese (cheddar works well)
- ☐ Milk
- ☐ Butter
- ☐ Flour (for a quick sauce)
- ☐ Salt & pepper



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Simple stir-fry

- ☐ Rice or noodles
- ☐ Protein (chicken, tofu or prawns)
- ☐ Mixed vegetables (fresh or frozen)
- ☐ Soy sauce
- ☐ Garlic & ginger
- ☐ Oil
- ☐ Salt & pepper



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Jacket potato

- ☐ Potatoes
- ☐ Cheese
- ☐ Baked beans
- ☐ Tuna
- ☐ Butter
- ☐ Salad or vegetables (optional)



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Pancakes

- ☐ Flour
- ☐ Eggs

Fish and chips

- ☐ White fish (cod, haddock, etc.)
- ☐ Potatoes

And your own...

Add your favourite easy meals here. The point isn't to create another list of things you should