



MAKE ANY RECIPE WORK FOR YOU



Use what you have. Cook how you can. Make it healthy. Make it yours.



You don't need exact ingredients or a fancy kitchen.
Small adjustments can help you create delicious, satisfying meals.

1

COOK IT YOUR WAY

Choose the cooking method that fits your kitchen, budget, and season.



OVEN

Great for larger batches and sheet pan meals.



STOVETOP

Perfect for soups, stir-fries, pasta, and quick meals.



SLOW COOKER OR INSTANT POT

Hands-off cooking for soups, stews, beans, and more.



AIR FRYER

Crisps food with less oil and less heat in the kitchen.



NO HEAT OPTIONS

Salads, wraps, overnight oats, sandwiches, yogurt bowls.



Use what you have available.
There is no "right" way to cook!

2

ADJUST COOKING METHODS

Simple swaps to fit your equipment.



OVEN → AIR FRYER



- Lower the temperature by 25°F
- Reduce the cooking time by about 20%
- Check food a few minutes early
- Cook in a single layer when possible
- Flip or shake halfway through

EXAMPLE

OVEN
400°F
30 min



AIR FRYER
375°F
about 24 min



FRESH → FROZEN

Use frozen vegetables 1:1 in most cooked recipes. Add near the end of cooking.



DRIED BEANS → CANNED BEANS

Use canned beans when you're short on time. Rinse before using.



OVEN → MICROWAVE

Good for baked potatoes, steamed veggies, oatmeal, and reheating leftovers.



OVEN → SLOW COOKER

Great for chili, soups, beans, and shredded chicken.

3

SWAP INGREDIENTS

Simple substitutions based on what you have.



PROTEIN

Any animal or plant protein can be used.
Examples: beans, lentils, chickpeas, tofu, tempeh, eggs, tuna, chicken, fish.



VEGETABLES

Use any veggie you have or like.
Fresh, frozen, or canned—all are great choices!



GRAINS

Use any whole grain you have on hand.
Examples: brown rice, oats, quinoa, bulgur, whole wheat pasta, farro, barley.



DAIRY

Use what you have or choose a plant-based option.
Examples: milk, yogurt, cheese or plant-based milk, yogurt, cheese.



HERBS & SEASONINGS

Use what you have!
1 Tbsp fresh herbs = 1 tsp dried herbs (general guideline).



No exact ingredients? No problem.
Flexibility is the key to home cooking!

STRETCH YOUR FOOD & YOUR BUDGET



Plan meals around what you already have. Check your pantry, freezer, and fridge first to save money.



Frozen and canned foods are convenient, affordable, and nutritious.



Cook extra when you can and save for busy days.



Store leftovers in the fridge (3–4 days) or freezer (2–3 months).



REMEMBER

Healthy eating is about what works for you—not about being perfect. Every meal is a fresh start.

*Use what you have.
Make it work. You've got this!*



SHOP SMART

Buy in season, choose store brands, and look for sales. Shelf-stable staples like beans, oats, brown rice, and canned tomatoes are great to keep on hand.