

SOLO COOKING

Made Simple

Quick Start Guide!



Bella Solo Bites

 **Welcome to the Solo Cooking Quick Start Guide! — made to help you simplify dinner**

5 Ways to Make Meals Easier

You've just taken the first step toward making solo cooking easier and more enjoyable — without the stress.

Inside, you'll find five simple strategies to help you feel more confident in the kitchen. From quick meal formulas to flavor-boosting tricks, you'll learn how to create satisfying meals without spending hours cooking.



1

The “2-2-1” Meal Planning Hack

2 Proteins + 2 Veggies + 1 Grain = Endless Meals Keep your grocery shopping simple by choosing two proteins, two vegetables, and one grain each week. This gives you flexibility without overbuying ingredients.

Example:

- Proteins: Chicken, Tofu
- Veggies: Bell Peppers, Spinach
- Grain: Quinoa

➡ Mix & match to create stir-fries, salads, and grain bowls without boredom!

2

Portioning Made Easy: Cook Once, Eat Twice

Cut down on prep time by making just enough for two servings and reinventing your leftovers into a new meal.

Example Leftover Flip:

- Night 1: Roasted salmon + quinoa + veggies
- Night 2: Salmon tacos with avocado & salsa

This keeps your meals fresh and prevents waste while saving you time!

3

The 5-Minute “Flavor Boost” Rule

The 5-Minute “Flavor Boost” Rule

Every meal needs a balance of acid, fat, and seasoning to taste great. Use this trick to enhance flavor instantly!

Quick Flavor Fixes:

- Fresh Herbs (basil, parsley)
- Citrus (lemon, lime)
- Spice (chili flakes, smoked paprika)
- Oil or Butter (olive oil, ghee)

A simple drizzle of olive oil and a squeeze of lemon can transform a bland dish into something delicious!

4

Smart Grocery Shopping for One (No Waste Strategy)

Avoid overbuying and wasting food by selecting versatile ingredients that work in multiple meals.

Example:

- Buy frozen veggies for last-minute meals
- Choose pre-chopped ingredients to save time
- Keep eggs, canned beans, or tofu on hand for flexible protein options

The “Lazy Meal Formula” for When You Don’t Feel Like Cooking

Not in the mood to cook? Use this no-fuss formula to create a quick meal in minutes:

✓ Base + Protein + Sauce = Done!

Examples:

- Base: Whole grain toast
- Protein: Scrambled eggs
- Sauce/Topping: Avocado + chili flakes

OR

- Base: Cooked rice
- Protein: Canned tuna
- Sauce: Soy sauce + sesame oil + green onions

✨ **Need a little inspiration to get started?** ✨

Here are two flexible, no-fuss meal ideas using the simple formula: **2 Proteins + 2 Veggies + 1 Grain.**

These combos are designed to keep things easy, balanced, and satisfying — without needing a long ingredient list or complicated steps.

Feel free to swap ingredients based on what you have on hand — that's part of the magic!

Solo Tip: Batch-cook grains and proteins ahead of time to mix and match all week.

Power Plate



A satisfying dinner with double the protein and fresh, flavorful sides.

Ingredients (1 serving):

- ½ grilled chicken breast (or ¾ cup cooked chicken strips)
- 1 hard-boiled egg, sliced
- ½ cup roasted broccoli
- ½ cup cherry tomatoes, halved
- ½ cup cooked brown rice or quinoa
- Optional: drizzle of tahini-lemon dressing or olive oil + balsamic

Instructions:

1. Warm your cooked rice/quinoa and chicken (if chilled).
2. Arrange all ingredients on a plate.
3. Drizzle with your dressing of choice.
4. Enjoy hot or cold — it's delicious either way!

Protein Swaps:

- Chicken → tofu cubes, salmon, turkey slices
- Egg → cottage cheese, a second protein portion, or skip if doubling chicken

Bowl It Up



A mix-and-match bowl for when you want something cozy, colorful, and easy.

Ingredients (1 serving):

- ½ cup canned black beans (rinsed & drained)
- ½ cup shredded rotisserie chicken
- ½ cup sautéed zucchini
- ½ cup diced red bell pepper
- ½ cup cooked white rice or couscous
- Optional: chili flakes, lime juice, or a spoonful of Greek yogurt with cumin


Instructions:


1. Warm the black beans, chicken, and cooked grain.
2. Lightly sauté the veggies (or use leftover roasted ones).
3. Layer everything in a bowl.
4. Add toppings and season to taste.


Protein Swaps:

- Chicken → canned tuna, tempeh, cooked shrimp
- Black beans → chickpeas, lentils, edamame

Now it's time to make the most of your Solo Bites experience!

 **Check your inbox for your welcome email!** If it's not there, peek in your promotions or spam folder and mark it as important — that way you won't miss a thing.

 **Here's what to expect:** Every Tuesday, you'll get bite-sized solo cooking tips, easy recipes, and smart strategies — all designed to make cooking for one feel easier and more enjoyable.

 **You're on your way!** Your journey to stress-free, delicious solo cooking starts now. Keep an eye on your inbox for even more exclusive tips, insights, and support.

And... I'm working on something special — a series of helpful mini-guides to take your solo cooking even further. Stay tuned!

Until then, ***Keep it Simple, Keep it Tasty!***

Happy Cooking!
Bella from...Solo Bites

