

IDEAS TO FEED YOURSELF WHEN YOU JUST CAN'T ANYMORE

Cooking takes a lot of mental energy :(:

It's hard to function and get anything done when your body is running on fumes.

I often find myself falling into the awful cycle of ordering delivery because I can't work up the energy to buy groceries... let alone cook.

When I'm burnt-out, it feels like my brain decides I only have three options:

1. Spend ridiculous amounts of money on lukewarm food delivery
2. Waste money on groceries I *plan* on cooking, *think* about cooking, and then keep tell myself "tomorrow" until all the ingredients rot in the fridge
3. Eat chips and salsa for dinner

So, let's talk about easy options to get something in your stomach without wasting money or food.



IMPORTANT NOTE:

Many easy, pre-made meals contain a lot of preservatives. I am NOT telling you everything on this list is healthy food. It's not. I know that. But when you're burnt-out, convenience is often what it takes to get something (anything) in your stomach. Eating something is better than skipping meals.

Do what you gotta do to survive.



100 No-Cook Meal Items For When You Refuse to Adult
(by the amazing René Brooks)

Instant (grab & go)

Short shelf-life

- Fresh fruit
 - Apples
 - Bananas
 - Mandarin oranges
- Pre-cut fruit
 - Pineapple
 - Watermelon
- Pre-cut veggies
 - Broccoli
 - Baby carrots
- Pre-made salad
- Deli meat

Medium shelf-life

- Cheese sticks
- Cottage cheese
- Yogurt
- Hummus
- Chips + salsa
- Pre-made guacamole
- Cereal + milk
- Meat + cheese trays
- Crackers
- Salami
- Pretzels
- Dried fruit

Long shelf-life

- Nuts
- Olives
- Pickles
- Trail mix
- Peanut butter
- Applesauce
- Fruit snacks
- Fruit cups
- Canned veggies
- Oatmeal
- Granola
- Protein bars

Drinks

- Protein shakes
- Meal replacement shakes
- Smoothies
- Nutritional powder drinks
- Kombucha

Toaster

- Peanut butter toast + honey + bananas
- Avocado toast
- Cinnamon + sugar toast
- Bagels
- Frozen waffles
- Toaster pastries

Microwave

- Instant oatmeal
- Nachos
- Quesadillas
- Hot dogs
- Instant soup
- Ravioli
- Instant mac & cheese
- Popcorn

Stovetop

- Instant ramen + frozen veggies + chicken
- Grilled cheese
- Stir-fry
- Mac & cheese
- Eggs
- Spaghetti

Frozen

- Edamame
- Pizza
- Tikka masala
- Mac & cheese
- Chicken strips
- Meatballs
- Veggie burgers
- Fish filets
- Orange chicken
- Burritos
- Pot pies
- Breakfast sandwiches
- Potstickers
- Fried rice
- Single-serving frozen meals



Find your own ideas!

Search online for easy, low-mess recipes for:

- Air fryers
- Instant pots
- One-pot meals
- One-pan meals

