

Nutrition Education



Ideas for No-Cook Meals:

Smoothies - with frozen fruit, plain greek yogurt and low-fat or plant-based milk.

Overnight oatmeal - oats soaked in low-fat or plant-based milk overnight and topped with fruit, nuts and/or seeds.

Yogurt, fruit and granola bowl - Low-fat or Greek yogurt with fresh or frozen fruit, topped with granola or nuts and seeds.

Wraps - A whole-grain tortilla or flatbread filled with protein of choice, hummus and veggies of your choice.

Salads - Mix beans and/or your protein of choice with greens or other veggies. For dressing, stick with olive oil, vinegar, citrus, and herbs for extra flavor.

Sources: The American Heart Association at Heart.org

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June 2026

No Cook Meals

No-Cook meals are meals that are made without any cooking equipment. They can be helpful if time is limited, and kitchen equipment is unavailable or challenging to use. With some planning, healthy and delicious meals can be made with minimal effort.

How to Build a Healthy No-Cook Meal

Stock up on these food groups and combine your favorites to create easy, nutritious no-cook meals:

Protein:

- Canned tuna, salmon, chicken or beans.
- Hummus, nut and seeds, and nut/seed butters
- Look for options that have “No Salt Added”

Grains:

- Whole wheat bread or crackers
- Whole grain tortillas, flatbreads
- Oats

Fruits and Vegetables:

- Fresh, canned or frozen. When choosing canned or frozen produce, look for “No Salt or Sugar Added” options.

Dairy:

- Low-fat cheese, milk and yogurt, or non-dairy alternatives.

