

Simple No-Cook Meal Ideas

Easy meals made from canned and shelf-stable foods

These meals don't require cooking- just open, assemble, and enjoy. They're a good option for busy days, low-energy days, and emergencies.

Tip: When choosing canned foods, select **low- or reduced-sodium options** when available, or rinse them with water to help lower the sodium content. Look for shelf-stable items with **little to no added sugar**

Protein & Fiber Bowls

- **Bean & Salsa Bowl**
Canned black or pinto beans + salsa + canned corn
Serve with whole-grain crackers or a shelf-stable rice cup
- **Chickpea Mediterranean Bowl**
Canned chickpeas + jarred roasted red peppers + olives + vinaigrette
- **Three-Bean Salad**
Mixed canned beans + shelf-stable Italian dressing
- **Lentil Veggie Bowl**
Canned lentils + canned carrots or green beans + olive oil + pepper

Tuna, Chicken & Fish Meals

- **Classic Tuna & Crackers**
Tuna pouch or can + whole-grain crackers
(Add mayo or mustard packets if desired)
- **Tuna & Salsa Plate**
Tuna + salsa + crackers or rice cakes
- **Tuna & White Bean Salad**
Tuna + canned white beans + olive oil + lemon juice
- **Salmon & Crackers**
Canned salmon + mustard + whole-grain crackers
- **Canned Chicken Snack Plate**
Canned chicken + crackers + canned fruit

No-Bread Meals & Plates

- **Hummus & Veggie Plate**
Shelf-stable hummus + canned green beans or carrots + crackers
- **Bean Spread & Crackers**
Mashed canned beans + olive oil + seasoning of your choice + crackers
- **Peanut Butter Cracker Stackers**
Peanut butter + whole-grain crackers

Breakfast-Anytime Options

- **Peanut Butter & Fruit Plate**
Peanut butter + canned peaches or applesauce + crackers
- **Instant Oatmeal Bowl**
Instant oats + shelf-stable milk or water + canned fruit
- **High-Fiber Cereal Bowl**
Whole-grain cereal + shelf-stable milk

Snack Plates That Can Be a Meal

- **Balanced Snack Plate**
Crackers + nuts or nut butter + canned fruit
- **Trail Mix Plate**
Nuts + dried fruit + whole-grain cereal
- **Bean Dip & Veggies**
Mashed beans or hummus + canned veggies + crackers

Easy Flavor & Nutrition Boosters. Keep these on hand to add flavor and healthy fats:

- Olive or avocado oil packets
- Lemon juice or vinegar packets
- Low-sodium seasoning blends, garlic or onion powder
- Cinnamon and Honey
- Shelf-stable cheese or yogurt drinks
- Other condiment packets of your choice



Visit <https://gwaar.org/nourishstep> for more simple meal ideas.