



Appetite for Life's

Permission to Cook Small

What you will get from this workshop

- A smarter way to cook for one or two people without falling into the “it is too much work” trap.
- One simple cooking system, one anchor recipe, and a few realistic dinner pivots you can actually use this week.

HOW TO USE THIS WORKBOOK

Jot quick notes, circle ideas you want to try, and choose one or two actions during the session.

Before we begin, think about...

What usually gets in the way of cooking for yourself or a small household?

What would make “cooking small” feel easier or more worth it for you?

The Anchor & Pivot Strategy

Cooking for a small household is not about cooking less - it is about cooking smarter.

The Anchor & Pivot Strategy helps you start with one versatile base and turn it into different meals across the week.

The Anchor	The Pivot
A versatile ingredient (s) that can be used in multiple dishes.	Focusing on a completely different flavor profile to change up the anchor ingredients.
Examples: roasted vegetables, rotisserie chicken, or a small batch of protein.	Examples: Comfort flavors, Mexican, Greek, Asian flavor profiles.

WHY THIS WORKS

- Cuts decision fatigue because you do not start from scratch every night.
- Reduces waste because you cook what you buy, and utilize your pantry.
- Makes variety possible without making the process complicated.

Try it in your own kitchen

What could be a good anchor ingredient for your household this week?

What two flavor directions would keep that anchor from feeling repetitive?

Cooking Grains Without the Overflow Problem

One common small-household trap: a huge container of plain rice or pasta taking over the fridge. These smaller ratios help you cook just enough.

QUICK TIPS

- Use stock instead of water for more flavor.
- For even smaller portions, cook rice or grains like pasta and drain when done. This works for many grains, but not oats or couscous.
- Try prepared or boxed grains first if you are learning a new one - it helps with timing and seasoning.
- Farro and barley bring more texture and fiber, which can help meals feel more satisfying.

Grain	Small Batch	Best Note	I Want to Try
White rice	1/2 cup rice + 1 cup liquid	Easy starter grain	<input type="checkbox"/>
Quinoa	1/2 cup quinoa + 1 cup liquid	Rinse first	<input type="checkbox"/>
Brown rice	1/2 cup rice + 1 cup liquid	Let it steam after cooking	<input type="checkbox"/>
Farro or barley	Cook like pasta	Great texture in bowls, soups, salads	<input type="checkbox"/>
Oats	1/2 cup oats + 1 cup liquid	Can be savory, not just breakfast	<input type="checkbox"/>
Couscous	1/4-1/2 cup couscous + matching liquid	Fastest option	<input type="checkbox"/>

A grain I want to experiment with this month:

A smaller batch I could realistically cook without waste:

Build the Week: Roasted Vegetable Anchor

Buying + Batching Tips	Anchor Ingredients
Use quarter-sheet pans to help curb overcooking and overbuying.	1 sweet potato, cubed
Buy individual vegetables instead of a large bag when possible.	1 red onion, wedged
If protein is on sale, portion it and freeze it instead of cooking everything at once.	1 broccoli crown, florets
	1 green bell pepper, sliced
	Olive oil, salt, pepper, garlic powder, dried oregano

DIRECTIONS

- Toss the vegetables with oil and seasonings.
- Spread on quarter-sheet pans. Do not crowd the pan, or the vegetables will steam instead of roasting.
- Roast at 400 F for about 20-25 minutes, until tender and lightly browned.
- You do not have to roast every vegetable at the same time; cook only what you need.

Make it yours

Which of these vegetables would you keep, swap, or skip?

What protein, sauce, or topper would make this feel complete for you?

Three Fast Dinners

Flavor Profiles Chosen: Comfort, Mexican

Night	Base	How to Pivot	Your Notes
Comfort grain bowl	1/2 cup cooked farro or barley	Top with warm roasted veggies, feta, and a protein such as egg, seeds, nuts, or leftover meat.	What would make this satisfying for me?
Mexican pivot	2 small tortillas	Chop roasted veggies smaller and toss with cumin, oregano, salsa, black beans, and lime. Use for burritos, tostadas, or	Which version would I actually make?

		baked burritos.	
Wrap-it-up meal	1-2 eggs	Saute remaining veggies and scramble in eggs. You can also use the veggies on greens or in soup.	What is my easiest end-of-week meal?

CHOOSE YOUR FLAVOR PROFILES

Comfort: salt, pepper, herbs, feta, eggs, grains, nuts, seeds

Mexican-inspired: cumin, oregano, salsa, black beans, lime, tortillas, cheese

Smart-Cart Tips + Next Step

SMART-CART SHOPPING TIPS FOR SMALL HOUSEHOLDS

- Ask the butcher counter for the exact amount you need, such as one chicken breast or a small steak.
- Keep a few pantry heroes around - feta, sun-dried tomatoes, salsa, herbs, or citrus can change a meal fast.
- Freeze extras right away, such as tortillas or leftover beans, so they become future meal helpers instead of fridge clutter.

Leave with one commitment

What is one smart-cart choice I want to make on my next grocery trip?

What is one anchor ingredient I am willing to prep this week?

What is one flavor pivot I can use to keep leftovers interesting?

Ready to go deeper?

Mastering the Art of Cooking Small expands this system over 3 weeks with the Smart Cart audit, 5-minute sauces, and the Forever Pantry.

[Join the Waitlist to learn about the next program](#)