



Dinner for One

Without the Extra



Twenty individual dinners and
practical package decisions

EatEasier

Dinner for One Without the Extra

*Twenty individual dinners and a practical guide to
buying only what you can use*



First edition 2026

Dinner on your own terms

Cooking for one begins before the pan gets hot. A recipe can make exactly one dinner and still leave half a tub, most of a herb bunch and three raw portions in the refrigerator. This book connects the meal on your plate with the food left in its package.

The twenty recipes each make one adult dinner. Appetite varies, so the amounts are starting points rather than a nutritional prescription. The facing pages explain a practical question specific to that dish: how to split a tofu block, choose a fish fillet, use a small pan or keep the next raw-chicken portion safe.

How to use the book

Choose a dinner, read both pages, and check its package decisions before shopping. Weights for canned beans are drained weights; vegetable weights are usable trimmed amounts unless stated otherwise. Dry grains are labeled dry. A teaspoon is 5 ml and a tablespoon is 15 ml. Oven settings are conventional, not fan settings; follow your appliance guidance.

Read the decision as well as the recipe

The drawings show what to measure or notice: a split block of tofu, the depth of a small sauce, the texture of risotto and cake batter, and a dated freezing plan. Use them beside the written method. A browned surface does not replace the recipe's center-temperature check.

Close the loop after dinner

Before putting the kitchen away, label each remaining portion and write where it will go. The worked examples on pages 50-52 account for every gram; page 54 lets you record what changed when you weighed your own package. Keep the actual package instructions with the food.