

Ingredient Reuse Map

Turn a short grocery list into a full week of meals

Core ingredient	Meal 1	Meal 2	Meal 3	Prep note
Chicken thighs	Sheet-pan chicken	Chicken fried rice	Chicken vegetable soup	Cook once; reserve portions before serving.
Lentils	Lentil tomato pasta	Lentil soup	Lentil rice bowls	Cook a full pot; freeze extra portions.
Black beans	Black bean rice bowls	Loaded bean potatoes	Bean-and-egg bowls	Drain canned beans or batch-cook dry beans.
Rice	Chicken rice bowls	Vegetable fried rice	Rice added to soup	Cool cooked rice quickly before refrigerating.
Potatoes	Chicken tray bake	Breakfast potato hash	Loaded baked potatoes	Roast extra potatoes during the first cook.
Eggs	Eggs and toast	Egg salad sandwiches	Egg-and-bean bowls	Hard-boil part of the carton for lunches.
Frozen vegetables	Tray-bake side	Fried rice	Pasta or soup	Use only what you need; return the bag to freezer.
Bananas + oats	Banana oats	Peanut butter oats	Banana toast	Freeze overripe bananas for later breakfasts.

The rule: Start with what you already have, choose 5-8 core ingredients, and give every ingredient at least two planned uses. This reduces one-off purchases and makes leftovers intentional.

Food safety: refrigerate cooked food promptly, use safe storage times, and reheat leftovers thoroughly.