



# Simple & Tasty

## Easy Meals Cookbook

25 straightforward recipes for everyday cooking

**Good food. Brighter days.**

Clear ingredients • Simple steps • Helpful tips

Created for building confidence and independence in the kitchen

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Each recipe has an ingredients page and a picture-by-picture method page.

Kitchen guide: pages 3-4 | My notes: page 55

# Kitchen basics

## Before you start

- Wash and dry your hands.
- Read the whole recipe.
- Collect ingredients and equipment.
- Tie back long hair and clear the bench.

## Cook safely

- Use oven mitts for hot trays.
- Turn saucepan handles away from the edge.
- Use a stable chopping board.
- Ask for assistance with knives, hot oil or heavy pans.

## Food safety

- Keep raw meat separate from ready-to-eat food.
- Cook chicken and mince thoroughly.
- Refrigerate leftovers within two hours.
- Use refrigerated leftovers within 2-3 days.

## Important

Check allergies, swallowing needs, dietary requirements and support plans before preparing food for someone else.

# Meal planning and easy swaps

## Keep it simple

Choose 3-4 familiar meals each week. Repeat ingredients to reduce waste.

## Helpful shortcuts

Frozen vegetables, microwave rice, tinned beans and cooked chicken can save time.

## Easy swaps

Use lactose-free milk, gluten-free bread or vegetarian proteins when suitable.

## Plan leftovers

Cool promptly, label with the date and use within 2-3 days.

## Balanced plate

Aim for vegetables, a protein food and grain or potato across main meals.

## Choice and control

Offer genuine options and involve the person in shopping, preparation and serving.

### Using the pictures

AI-generated illustrations show an example, not an exact result. Read each numbered step. Pictures cannot confirm safe cooking temperature, allergens or swallowing suitability.

# Vegetable Omelette

**SERVES: 1 serve | TIME: 10 minutes**

## What you need

- ☐ 2 eggs
- ☐ 2 tbsp milk
- ☐ 1/2 tomato, chopped
- ☐ Handful spinach, chopped
- ☐ 1/4 capsicum, chopped
- ☐ 2 tbsp grated cheese (optional)
- ☐ 1 tsp olive oil
- ☐ Salt and pepper



**Finished-dish example**

## Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

**Turn the page for a picture beside every step.**

# Vegetable Omelette



**1** Wash and chop the vegetables.



**2** Whisk eggs and milk with a little salt and pepper.



**3** Heat oil in a non-stick pan. Cook capsicum, tomato and spinach for 2-3 minutes.



**4** Pour in the egg mixture and cook gently until almost set.



**5** Add cheese, fold in half and serve.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

# Classic Scones

**SERVES:** 8-10 scones | **TIME:** 25 minutes

## What you need

- ☐ 3 cups self-raising flour
- ☐ 1/4 cup caster sugar
- ☐ Pinch of salt
- ☐ 90 g cold butter, chopped
- ☐ 1 cup milk
- ☐ 1 tsp vanilla (optional)



**Finished-dish example**

## Before you start

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**Turn the page for a picture beside every step.**

# Classic Scones



- 1** Heat oven to 220 C (200 C fan-forced). Line a tray.



- 2** Mix flour, sugar and salt. Rub in butter until the mixture looks like breadcrumbs.



- 3** Make a well, add milk and vanilla, then mix gently.



- 4** Turn onto a floured surface and knead only 2-3 times.



- 5** Pat to 2 cm thick, cut rounds and place together on the tray.



- 6** Brush with milk and bake 12-15 minutes until golden.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

# Spaghetti Bolognese

**SERVES:** 4 serves | **TIME:** 40 minutes

## What you need

- ☐ 500 g lean beef mince
- ☐ 1 onion, chopped
- ☐ 1 carrot, diced
- ☐ 1 celery stalk, diced
- ☐ 2 garlic cloves, crushed
- ☐ 400 g crushed tomatoes
- ☐ 2 tbsp tomato paste
- ☐ 1 tsp dried oregano
- ☐ 1/2 cup beef stock
- ☐ 500 g spaghetti



**Finished-dish example**

## Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

**Turn the page for a picture beside every step.**

# Spaghetti Bolognese



- 1** Heat a little oil. Cook onion, carrot, celery and garlic for 5 minutes.



- 2** Add mince and cook, breaking it up, until browned. Drain excess fat.



- 3** Add tomatoes, paste, oregano and stock. Simmer 20 minutes.



- 4** Cook spaghetti according to the packet and drain.



- 5** Spoon sauce over spaghetti and serve.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

# Scrambled Eggs on Toast

**SERVES: 1 serve | TIME: 10 minutes**

## What you need

- ☐ 2 eggs
- ☐ 2 tbsp milk
- ☐ 1 tsp butter
- ☐ 2 slices wholemeal bread
- ☐ Pepper
- ☐ Chopped chives (optional)



**Finished-dish example**

## Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

**Turn the page for a picture beside every step.**

# Scrambled Eggs on Toast



**1** Toast the bread.



**2** Whisk eggs, milk and pepper.



**3** Melt butter in a small pan over low heat.



**4** Add eggs and stir slowly until softly set.



**5** Serve immediately on toast.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

# Banana Cinnamon Porridge

**SERVES: 1 serve | TIME: 8 minutes**

## What you need

- ☐ 1/2 cup rolled oats
- ☐ 1 cup milk or water
- ☐ 1 banana
- ☐ Pinch cinnamon
- ☐ 1 tsp honey (optional)



**Finished-dish example**

## Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

**Turn the page for a picture beside every step.**

# Banana Cinnamon Porridge



**1** Combine oats and milk in a saucepan.



**2** Cook over medium-low heat for 4-5 minutes, stirring.



**3** Mash half the banana and stir it through.



**4** Top with remaining banana, cinnamon and honey.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

# Yoghurt Fruit Crunch

**SERVES: 1 serve | TIME: 5 minutes**

## What you need

- ☐ 3/4 cup plain yoghurt
- ☐ 1/2 cup chopped seasonal fruit
- ☐ 2 tbsp low-sugar muesli
- ☐ 1 tsp seeds (optional)



**Finished-dish example**

## Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

**Turn the page for a picture beside every step.**

# Yoghurt Fruit Crunch



1 Spoon yoghurt into a bowl.



2 Add chopped fruit.



3 Top with muesli and seeds.



4 Serve straight away so the topping stays crunchy.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

# Tuna Salad Wrap

**SERVES: 1 serve | TIME: 10 minutes**

## What you need

- ☐ 1 wholemeal wrap
- ☐ 95 g tin tuna, drained
- ☐ 1 tbsp yoghurt or mayonnaise
- ☐ Lettuce
- ☐ 1/2 tomato, sliced
- ☐ 1/4 cucumber, sliced



**Finished-dish example**

## Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

**Turn the page for a picture beside every step.**

# Tuna Salad Wrap



**1** Mix tuna with yoghurt or mayonnaise.



**2** Lay the wrap flat and add lettuce.



**3** Add tuna, tomato and cucumber.



**4** Fold in the sides, roll firmly and cut in half.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

# Cheese and Tomato Toastie

**SERVES: 1 serve | TIME: 10 minutes**

## What you need

- ☐ 2 slices wholemeal bread
- ☐ 2 slices cheese
- ☐ 1 tomato, sliced
- ☐ Baby spinach (optional)
- ☐ 1 tsp butter



**Finished-dish example**

## Before you start

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**Turn the page for a picture beside every step.**

# Cheese and Tomato Toastie



- 1 Place cheese, tomato and spinach between the bread.



- 2 Lightly butter the outsides.



- 3 Cook in a sandwich press, or in a covered pan over low heat.



- 4 Cook until golden and the cheese has melted.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

# Chicken Salad Wrap

**SERVES:** 2 serves | **TIME:** 15 minutes

## What you need

- ☐ 2 wholemeal wraps
- ☐ 1 cup cooked chicken, sliced
- ☐ 1 cup mixed lettuce
- ☐ 1 tomato, sliced
- ☐ 1/2 carrot, grated
- ☐ 2 tbsp yoghurt dressing



**Finished-dish example**

## Before you start

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**Turn the page for a picture beside every step.**

# Chicken Salad Wrap



1 Warm wraps briefly if desired.



2 Divide lettuce, tomato and carrot between wraps.



3 Add chicken and drizzle with dressing.



4 Fold the sides in, roll and serve.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

# Easy Pumpkin Soup

**SERVES:** 4 serves | **TIME:** 35 minutes

## What you need

- ☐ 1 kg pumpkin, peeled and chopped
- ☐ 1 onion, chopped
- ☐ 1 potato, chopped
- ☐ 4 cups reduced-salt stock
- ☐ 1 tbsp olive oil
- ☐ Pepper



**Finished-dish example**

## Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

**Turn the page for a picture beside every step.**

# Easy Pumpkin Soup



**1** Heat oil in a large saucepan and soften onion.



**2** Add pumpkin, potato and stock.



**3** Bring to the boil, then simmer 20 minutes until soft.



**4** Blend carefully until smooth.



**5** Season with pepper and serve.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

# Quick Minestrone

**SERVES:** 4 serves | **TIME:** 30 minutes

## What you need

- ☐ 1 onion, chopped
- ☐ 1 carrot, diced
- ☐ 1 zucchini, diced
- ☐ 400 g crushed tomatoes
- ☐ 400 g beans, rinsed
- ☐ 3 cups reduced-salt stock
- ☐ 1/2 cup small pasta
- ☐ 1 tsp mixed herbs



**Finished-dish example**

## Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

**Turn the page for a picture beside every step.**

# Quick Minestrone



- 1 Cook onion, carrot and zucchini in a little oil for 5 minutes.



- 2 Add tomatoes, beans, stock and herbs.



- 3 Bring to the boil. Add pasta.



- 4 Simmer 12-15 minutes until pasta and vegetables are tender.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

# Loaded Baked Potatoes

**SERVES:** 2 serves | **TIME:** 55 minutes

## What you need

- ☐ 2 large potatoes
- ☐ 1/2 cup baked beans
- ☐ 1/2 cup grated cheese
- ☐ 2 tbsp plain yoghurt
- ☐ Chopped spring onion (optional)



**Finished-dish example**

## Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

**Turn the page for a picture beside every step.**

# Loaded Baked Potatoes



**1** Heat oven to 200 C. Prick potatoes with a fork.



**2** Bake 45-55 minutes until soft.



**3** Warm baked beans.



**4** Split potatoes and top with beans and cheese.



**5** Add yoghurt and spring onion.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

# Chicken and Vegetable Tray Bake

**SERVES:** 4 serves | **TIME:** 45 minutes

## What you need

- ☐ 4 small chicken thighs
- ☐ 2 potatoes, chopped
- ☐ 2 carrots, chopped
- ☐ 1 zucchini, chopped
- ☐ 1 capsicum, chopped
- ☐ 1 tbsp olive oil
- ☐ 1 tsp mixed herbs



**Finished-dish example**

## Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

**Turn the page for a picture beside every step.**

# Chicken and Vegetable Tray Bake



1 Heat oven to 200 C.



2 Place chicken and vegetables on a lined tray.



3 Drizzle with oil and sprinkle with herbs.



4 Bake 35-40 minutes, turning vegetables once.



5 Check chicken is cooked through before serving.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

# Easy Vegetable Fried Rice

**SERVES:** 4 serves | **TIME:** 20 minutes

## What you need

- ☐ 3 cups cold cooked rice
- ☐ 2 eggs, beaten
- ☐ 2 cups frozen mixed vegetables
- ☐ 2 spring onions, sliced
- ☐ 2 tbsp reduced-salt soy sauce
- ☐ 1 tsp sesame or vegetable oil



**Finished-dish example**

## Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

**Turn the page for a picture beside every step.**

# Easy Vegetable Fried Rice



- 1 Heat a large pan and scramble the eggs. Remove to a plate.



- 2 Cook frozen vegetables for 4-5 minutes.



- 3 Add cold rice and stir until hot.



- 4 Return egg, add spring onion and soy sauce.



- 5 Mix well and serve.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

# Beef and Vegetable Stir-Fry

**SERVES:** 4 serves | **TIME:** 25 minutes

## What you need

- ☐ 400 g beef strips
- ☐ 4 cups sliced stir-fry vegetables
- ☐ 2 tbsp reduced-salt soy sauce
- ☐ 1 tbsp sweet chilli sauce
- ☐ 1 tsp oil
- ☐ Cooked rice to serve



**Finished-dish example**

## Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

**Turn the page for a picture beside every step.**

# Beef and Vegetable Stir-Fry



**1** Mix soy and sweet chilli sauces.



**2** Heat oil in a large pan. Cook beef in small batches and set aside.



**3** Stir-fry vegetables until just tender.



**4** Return beef and add sauce. Toss until hot.



**5** Serve with rice.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

# Creamy Chicken Pasta

**SERVES:** 4 serves | **TIME:** 30 minutes

## What you need

- ☐ 300 g pasta
- ☐ 2 cups cooked chicken, chopped
- ☐ 1 zucchini, diced
- ☐ 1 cup frozen peas
- ☐ 1 cup light cooking cream
- ☐ 1/2 cup grated cheese



**Finished-dish example**

## Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

**Turn the page for a picture beside every step.**

# Creamy Chicken Pasta



**1** Cook pasta according to the packet.



**2** Cook zucchini and peas in a large pan until tender.



**3** Add chicken and cooking cream; heat gently.



**4** Stir in drained pasta and half the cheese.



**5** Top with remaining cheese and serve.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

# Easy Tuna Mornay

**SERVES:** 4 serves | **TIME:** 35 minutes

## What you need

- ☐ 425 g tin tuna, drained
- ☐ 2 cups cooked rice
- ☐ 1 cup frozen peas and corn
- ☐ 2 cups white sauce
- ☐ 1 cup grated cheese
- ☐ Pepper



**Finished-dish example**

## Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

**Turn the page for a picture beside every step.**

# Easy Tuna Mornay



**1** Heat oven to 190 C.



**2** Mix tuna, rice, vegetables and white sauce.



**3** Spoon into a baking dish and season with pepper.



**4** Top with cheese.



**5** Bake 20-25 minutes until hot and golden.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

# Simple Shepherd's Pie

**SERVES:** 4 serves | **TIME:** 50 minutes

## What you need

- ☐ 500 g lean beef or lamb mince
- ☐ 1 onion, chopped
- ☐ 2 cups frozen vegetables
- ☐ 2 tbsp tomato paste
- ☐ 1 cup reduced-salt stock
- ☐ 3 cups mashed potato



**Finished-dish example**

## Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

**Turn the page for a picture beside every step.**

# Simple Shepherd's Pie



**1** Heat oven to 190 C.



**2** Cook onion and mince until browned. Drain excess fat.



**3** Add vegetables, tomato paste and stock. Simmer 10 minutes.



**4** Spoon into a baking dish and spread mash on top.



**5** Bake 25 minutes until bubbling and golden.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

# Chickpea Vegetable Curry

**SERVES:** 4 serves | **TIME:** 30 minutes

## What you need

- ☐ 400 g chickpeas, rinsed
- ☐ 1 onion, chopped
- ☐ 2 cups chopped vegetables
- ☐ 400 g diced tomatoes
- ☐ 1 cup light coconut milk
- ☐ 1-2 tbsp mild curry powder
- ☐ Cooked rice



**Finished-dish example**

## Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

**Turn the page for a picture beside every step.**

# Chickpea Vegetable Curry



**1** Soften onion in a little oil.



**2** Add curry powder and stir for 30 seconds.



**3** Add vegetables, tomatoes and coconut milk. Simmer 15 minutes.



**4** Add chickpeas and cook another 5 minutes.



**5** Serve with rice.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

# Sausage and Vegetable Bake

**SERVES:** 4 serves | **TIME:** 45 minutes

## What you need

- ☐ 8 lean sausages
- ☐ 2 potatoes, chopped
- ☐ 2 carrots, chopped
- ☐ 1 onion, cut into wedges
- ☐ 1 zucchini, chopped
- ☐ 1 tbsp olive oil
- ☐ 1 tsp dried herbs



**Finished-dish example**

## Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

**Turn the page for a picture beside every step.**

# Sausage and Vegetable Bake



- 1 Heat oven to 200 C.



- 2 Place vegetables in a baking dish and toss with oil and herbs.



- 3 Add sausages on top.



- 4 Bake 35-40 minutes, turning sausages once.



- 5 Check sausages are cooked through before serving.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

# Lemon Fish Parcels

**SERVES:** 2 serves | **TIME:** 25 minutes

## What you need

- ☐ 2 skinless fish fillets
- ☐ 1 zucchini, thinly sliced
- ☐ 1 carrot, thinly sliced
- ☐ 1/2 lemon
- ☐ 2 tsp olive oil
- ☐ Pepper



**Finished-dish example**

## Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

**Turn the page for a picture beside every step.**

# Lemon Fish Parcels



**1** Heat oven to 200 C.



**2** Place each fish fillet on baking paper with vegetables.



**3** Add lemon juice, oil and pepper.



**4** Fold paper into sealed parcels and place on a tray.



**5** Bake 15-18 minutes until fish flakes easily. Open carefully.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

# Build-Your-Own Tacos

**SERVES:** 4 serves | **TIME:** 25 minutes

## What you need

- ☐ 8 small tortillas
- ☐ 400 g lean beef mince or beans
- ☐ 1 tbsp mild taco seasoning
- ☐ Lettuce, shredded
- ☐ 2 tomatoes, chopped
- ☐ 1/2 cup grated cheese
- ☐ Plain yoghurt



**Finished-dish example**

## Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

**Turn the page for a picture beside every step.**

# Build-Your-Own Tacos



- 1 Cook mince or beans with taco seasoning and a splash of water.



- 2 Prepare lettuce, tomato, cheese and yoghurt in separate bowls.



- 3 Warm tortillas according to the packet.



- 4 Let everyone build their own taco.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

# Easy Pancakes

**SERVES:** 8 pancakes | **TIME:** 20 minutes

## What you need

- ☐ 1 cup self-raising flour
- ☐ 1 tbsp caster sugar
- ☐ 1 egg
- ☐ 3/4 cup milk
- ☐ 1 tsp butter
- ☐ Fruit and yoghurt to serve



**Finished-dish example**

## Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

**Turn the page for a picture beside every step.**

# Easy Pancakes



**1** Mix flour and sugar in a bowl.



**2** Whisk egg and milk, then add to the flour. Mix until just combined.



**3** Heat a lightly buttered pan over medium heat.



**4** Cook 1/4 cup portions until bubbles form, flip and cook the other side.



**5** Serve with fruit and yoghurt.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

# Apple Crumble

**SERVES:** 6 serves | **TIME:** 45 minutes

## What you need

- ☐ 5 apples, peeled and sliced
- ☐ 1 tsp cinnamon
- ☐ 1 tbsp water
- ☐ 1 cup rolled oats
- ☐ 1/2 cup plain flour
- ☐ 1/3 cup brown sugar
- ☐ 75 g butter



**Finished-dish example**

## Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

**Turn the page for a picture beside every step.**

# Apple Crumble



**1** Heat oven to 180 C.



**2** Place apples, cinnamon and water in a baking dish.



**3** Mix oats, flour and sugar. Rub in butter.



**4** Scatter crumble over apples.



**5** Bake 30-35 minutes until golden and bubbling.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

# Fruit Smoothie and Snack Plate

**SERVES: 1 serve | TIME: 5 minutes**

## What you need

- ☐ 1 banana
- ☐ 1 cup milk
- ☐ 1/2 cup frozen berries
- ☐ 1/2 cup yoghurt
- ☐ Snack plate: cheese, crackers, cucumber and fruit



**Finished-dish example**

## Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

**Turn the page for a picture beside every step.**

# Fruit Smoothie and Snack Plate



- 1 Place banana, milk, berries and yoghurt in a blender.



- 2 Blend until smooth. Add more milk if needed.



- 3 Pour into a glass and drink straight away.



- 4 For a no-cook alternative, arrange cheese, crackers, cucumber and fruit on a plate.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.



## Cook. Share. Connect.

Simple meals can build skills, confidence and connection.

### My meal ideas and notes

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### Community Care Tailored Support

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[cctsupport.com.au](http://cctsupport.com.au)

General information only. Adapt recipes for allergies, dietary needs and professional advice.