



NO KITCHEN NEEDED

Inside Track, Week 3: easy meals with hot water, a microwave or no heat at all.

OUTSIDE EATS.ORG

INSIDE TRACK • WEEK 3

Cook without a kitchen.

You do not need a stove to eat well.

This week you will learn three ways to make a meal: no heat, hot water, and a microwave if your facility allows one.

Try at least two of this week's meals. Change them to fit what you can get. Use what works for you.

Important: general educational information only. Follow your facility's rules on food, trading and storage. For medical or diet needs, use your facility's medical or diet request process.

Four things to know.

Pick the way that works where you are.

1

NO HEAT

- PB wraps
- Cold oats
- Bean salad
- Crackers + PB
- Trail mix
- Fruit cup

2

HOT WATER

- Oatmeal
- Instant rice
- Ramen
- Refried beans
- Potato flakes
- Soup

3

MICROWAVE

- Rice bowls
- Burritos
- Nachos
- Leftovers

4

SAFE FOOD

- Clean bowl
- Own spoon
- Cover food
- Eat in 2 hours
- Wash hands
- Toss if off

TRY IT

No heat + protein + produce = a full meal. Cold oats + peanut butter + a fruit cup works any time.

My no-kitchen meals

I MADE

The meal.

HOW

No heat, hot water
or microwave.

NEXT TIME

One change to
try.

MAKE IT YOURS

Use what you have. Swap any item for something your facility sells or serves.

TRY IT THIS WEEK

No-kitchen meals

Two more meals, no stove needed.

Cold Peanut Butter Oats



NO HEAT

YOU NEED

- oatmeal packet
- cool water
- peanut butter
- fruit cup

DO THIS

Stir oats and water in a covered cup.
Wait 15 min. Mix in peanut butter and fruit.

OPTIONALLY:
Eat it now. Don't save it.

Microwave Nachos



MICROWAVE

YOU NEED

- tortilla chips
- refried beans
- salsa
- jalapeños (optional)

DO THIS

Layer chips, beans and salsa in a bowl.
Microwave 1 min. Let it cool, then eat.

OPTIONALLY:
Use crackers if you don't have chips.

FOLLOW THE RULES

Only use hot water or a microwave where your facility allows it. Never leave food out overnight.

What I made

Check what you did this week.

- ☐ I made a no-heat meal.
- ☐ I made a hot-water meal.
- ☐ I tried a microwave meal, if allowed.
- ☐ I kept my bowl and spoon clean.
- ☐ I ate my food within 2 hours.
- ☐ I swapped an item to fit what I had.
- ☐ I made a meal to share, if allowed.
- ☐ I taught someone one meal.

One thing I will keep doing:

My question for Week 4:
