

Meal planning for one

Five dinners + two lunches. Four cooking sessions. Every portion has a place.

An illustrative planning example, not tested recipes or a complete daily eating plan. Choose complete recipes you know; adjust quantities and add other meals, sides and snacks to suit your needs.

1. Give each portion a destination

Meal slot	Meal idea	Portion decision
Mon dinner	Spinach and pea pasta	Make 2; reserve Tue lunch
Tue lunch	Monday's pasta	Eat the reserved portion
Tue dinner	Chickpea, tomato and pepper skillet	Make 2; reserve Wed lunch
Wed lunch	Tuesday's skillet	Eat the reserved portion
Wed dinner	Spinach omelette and toast	Make 1
Thu dinner	Tofu and vegetable rice bowl	Make 2; reserve Fri dinner
Fri dinner	Thursday's rice bowl	Eat the reserved portion

Portion check: 2 + 2 + 1 + 2 = 7 portions. Cook on the day shown; this is not a plan to refrigerate all meals from Monday.

2. Plan the overlap before you shop

Ingredient	Illustrative allocation
300 g spinach	100 g pasta + 100 g omelette + 100 g rice bowls
3 peppers / capsicums	2 skillet + 1 rice bowls
200 g frozen peas	100 g pasta + 100 g rice bowls

Shopping gap: total recipe need - usable stock = amount to buy. Check your chosen recipes for all ingredients, quantities and seasonings.

3. Keep the next meal safe

NSW Food Authority advises refrigerating or freezing leftovers within two hours, storing below 5°C, and eating refrigerated leftovers within three days (two days for cooked rice and pasta). Follow labels and local guidance. A calendar entry does not make mishandled food safe.

Source: NSW Food Authority - Leftovers
Full guide: kivella.app/blog/meal-planning-for-one

Make room for real life

Week of: _____ Meals at home: _____ Portions needed: _____

1. Plan the meals you actually need

Day + meal	Recipe / meal	Make this many	Extra portion goes to

2. Buy the gap

Ingredient + unit	Total needed	Usable stock	Amount to buy

Before shopping: confirm serving counts; check stock and dates; give each opened perishable a second use. Record dry, cooked and drained weights accurately.

3. Learn from this week

What suited me? _____

What will I change? _____

Use an extra sheet for more meals. Keep preparation dates and safe-storage instructions with leftovers. This worksheet works on its own; the Kivella app for iOS and Android can hold the same plan.