



#EverydayEB Peer-to-Peer Tips: Foods & Recipes

TIPS & TOOLS

Tip
Use food grinders to break up meats and other foods which you have trouble chewing
Let some foods cook longer to get softer as a sensory preference
Take your time in the kitchen so you do not hurt yourself
Oliber to hold spoons and forks
Electric can opener
Air fryer
Use multiple skillets instead of the oven
Grinders are a necessity; always take 2 grinders (one for backup in case of malfunction).
Ice pick to open boxes and other packages.
Use a blender, filter and microwave
Grippers for utensils and pots
Nut cracker to open bottle caps
Black & Decker Jar Opener
Use spatulas to make grilled cheese, omelets and pasta
With green drinks and kefir, add meds in them for things like anemia and general health.

BREAKFAST IDEAS

Meal
Pancakes
Eggs of all sorts
Oatmeal with raisins
Yogurt
Pancakes with Nutella
Potato with eggs and milk
Soggy cereal



Scrambled eggs
Omelets
Grits
Toast/biscuits
Rolled oats
Scrambled eggs with turkey slices cut up, then put cheddar cheese on top. Sliced strawberries on side & Hawaiian sweet bread loaf sliced with butter.
Banana yogurt

LUNCH & DINNER IDEAS

Meal
Mashed potatoes with chicken meat
Avocado and egg
Buckwheat with milk (or with meat) blended
Chicken broth with cooked vegetables
Fish
Soft beans
Rice
Mac and cheese
Mashed potatoes
Pasta or spaghetti
Quesadillas
Soups
Chicken breasts
Soft veggies
Chili
Salmon
Pasta with red sauce
Air-fried salmon and vegetables

DESSERT IDEAS

Meal



Chocolate pudding
Trader Joe's Scandinavian Swimmers gummies

SNACK IDEAS

Meal
Green drinks, which consist of spinach, pineapple, mango, bananas, orange juice, and a touch of molasses
Ensure
Strawberry kefir
Barbara's Cheese Puffs
Hummus

