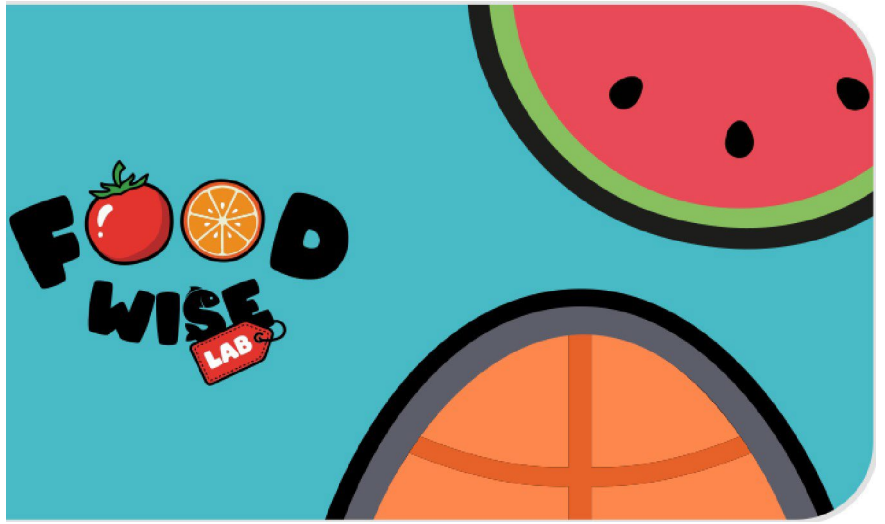




One base, three meals: Potatoes

OBJECTIVE

Promote **food planning**, **food use** and waste reduction, showing how a simple base can lead to several different meals throughout the week.

YOUR MISSION

Cook **enough potatoes for three days**.

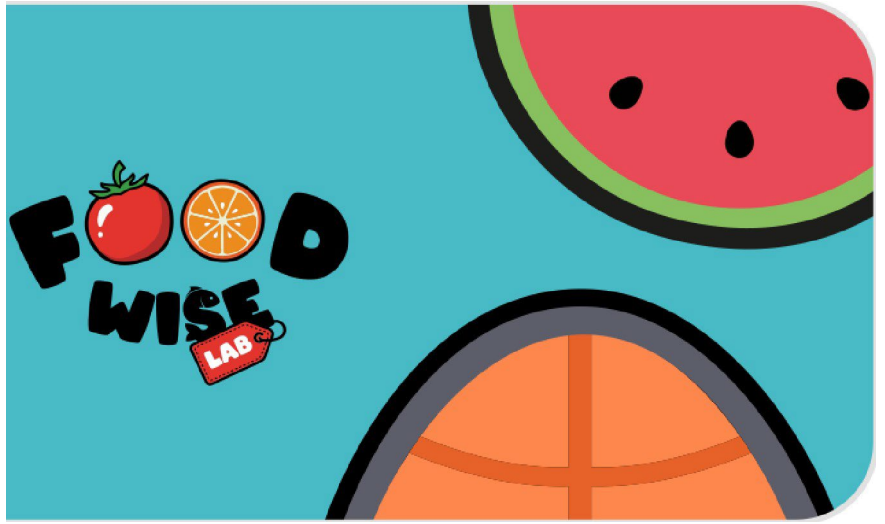
From this base, he creates **three different meals**, for example:

1. **Warm potato salad** with black-eyed peas and spinach.
2. **Potato tortilla** with sautéed vegetables.
3. **Soup** with potato cubes and cabbage.

You can adapt the ingredients according to the time of year and what you have at home.

Step 1- Plan meals

Day	Meal	How you will use the potato



Step 2 - Plan of the Week

Write down when you are going to **cook the base** and when you are going to **reuse it**, to save time and avoid waste.

Day of the week	What you'll cook
	Boiling potatoes (base)
	Meal 1
	Meal 2
	Meal 3

Step 3 - Reflect

It answers the following questions:

1. How does cooking potatoes for several days help you **save time**?

2. How does this strategy contribute to **avoiding food waste**?

3. What other **staple foods** could you cook and reuse throughout the week?

Extra challenge (optional)

Create a **fourth meal** using leftover potatoes and other seasonal foods.