



Three squares? Sweetie, put down that spatula

Dear Abbys,

I am cooked out. Genug!

More than three months of cooking three meals a day, and I think people who eat three meals a day are just plain weird.

The dishwasher runs constantly, and since there are no little elves who come in the middle of the night to unload it, guess who has to do that, too? My loving husband/co-worker (who whistles) is getting better at unloading, tanks Got.

Going to three distinct markets donning gloves and masks, following the directional arrows to keep distance, and not getting to use all my lovely canvas bags from my protesting days — well, it's a lot.

We used one of the food/menu delivery services with ingredients and instructions. Tasty but so many instructions and steps.

— *Help, and not even hungry anymore in LA*

(aka Sherri Morr)

Dear Not Even Hungry,

Let me introduce you to a few foods you may not have heard of: scrambled eggs, canned soup, boxed mac and cheese, grilled cheese, takeout. Why on earth are you cooking three meals a day? Are you feeding a small band of adolescents?

Here's a meal plan for you:

Breakfast: Cereal. Or toast. Or oatmeal. Or yogurt. Or just coffee. Lunch: A bagel. Or grilled cheese. More yogurt. An apple. PB+J. Some carrots. Dinner: Scrambled eggs. Or pasta with sauce from a jar. Or a pre-packaged salad. Or crackers and cheese. Or pita and hummus. Or more cereal.

You get the gist. You. Do. Not. Need. To. Cook. Think of yourself as a toddler who just wants to graze. If you are sick of cooking, stop it! If your husband is hellbent on having three square (cooked?) meals a day, turn over the spatulas to him. If he doesn't know how, consider this his chance to learn.

And those meal kits? No. Just, no. Talk about more work for less reward! You can't even get leftovers out of all that chopping! Forget it. If you want someone to do the thinking and planning for you, just order from your favorite restaurant — that way you support local business, and get a warm, delicious meal you don't need to clean up.

Use one water glass a day. One coffee mug. Stop using so many dishes.

And please, for the love of all things pandemic, don't go to so many stores. In our family we have a rule: one weekly shop. If we run out of something, we wait. This is the time to settle for good enough: Whole Foods doesn't have the butter you like? Buy another kind. This is where Google really comes in handy. Do you know how many times I've searched "substitute for white wine vinegar" or "what is an uzuki bean and can I put it in chili?"

— *Dear Abbys*