

The Unaccompanied Housing Sailor's Cookbook

A Guide to Healthy Eating and Easy Cooking in the Barracks

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1. Introduction: Fueling for Performance

Properly fueling your body is mission critical. For a Sailor, peak performance, both physical and mental, depends on high-quality nutrition. This means eating plenty of fresh fruits and vegetables, whole grains, beans, and moderate amounts of lean protein and healthy fats. This guide is tailored for Sailors in unaccompanied housing (UH) with expanded cooking capabilities, based on CNICNOTE 11103, to help you navigate the road to eating healthier.

Many Sailors are busy and often rely on pre-packaged, highly processed food or restaurant meals. While convenient, frequent consumption of typical fast-food and take-out (burgers, fries, regular sodas, fried chicken, pizza, etc.) makes it easy to ingest more fat, cholesterol, sodium, and calories than your body needs. By planning and preparing more nutritious meals, you can not only improve your health and performance but also save money.

The Key to Success: According to the [NOFFS Fueling Series](#), success lies not in a single food or nutrient, but in the collection of habits that fuel our bodies, activities, minds, and performance. This guide will help you build those habits.

2. Understanding Navy Nutrition Programs

The Navy provides frameworks to help you make smart food choices. Understanding these programs will empower you to build a high-performance diet, whether you're cooking in the barracks or eating at the galley.

Navy Operational Fitness and Fueling System (NOFFS)

NOFFS is a comprehensive performance training system designed to meet the specific needs of Sailors. The "Fueling" component of NOFFS provides the nutritional strategy to support its physical demands. The core philosophy revolves around five key areas: **Eat Clean, Eat Often, Hydrate, Recover, and Mindset.**

- **Eat Clean:** Choose foods that are in their most natural, least processed form. Think fresh fruits, vegetables, whole grains, and lean proteins. Foods with shorter ingredient lists are generally healthier.
- **Eat Often:** Fuel your body with smaller portions more frequently, spread evenly across the day. The NOFFS Three for Three rule suggests eating all three macronutrients (carbohydrates, protein, and healthy fats) every three hours. This helps maintain stable energy levels and prevents performance-killing energy slumps.
- **Hydrate:** Dehydration equals decreased performance. Aim to drink plenty of non-caloric beverages like water throughout the day.
- **Recover:** After a workout, your body needs to replenish its energy stores and repair muscle tissue. A post-workout recovery meal or snack combining carbohydrates and protein is essential.
- **Mindset:** Your commitment to making smart nutrition decisions is fundamental to achieving your performance goals.

The NOFFS Virtual Meal Builder

A key tool in the NOFFS system is the [Virtual Meal Builder](#). This tool helps you understand what and how much to eat at each meal to meet your specific calorie and performance goals. It acts as a fueling strategy, enabling you to select high-octane foods and plan your meals for the week.

Go for Green® (G4G) Program

[Go for Green® \(G4G\)](#) is a Department of Defense (DoD)-wide food identification program used in galleys and dining facilities (DFACs). It uses a simple, color-coded system to help you quickly identify the nutritional value of food items.

- **GREEN (High-Performance Fuel):** These are “eat often” foods. They are minimally processed, rich in nutrients, and low in fat, sodium, and sugar. Examples include fresh fruits and vegetables, whole grains, lean proteins, and low-fat dairy.
- **YELLOW (Moderate-Performance Fuel):** These are “eat occasionally” foods. They may have some added processing, fat, sodium, or sugar. They are a reasonable choice but should be consumed in moderation.
- **RED (Low-Performance Fuel):** These are “eat rarely” foods. They are often highly processed and high in calories, unhealthy fats, sodium, and/or sugar. These foods provide the least nutritional benefit and can hinder performance.

By looking for the G4G labels in the galley, you can easily build a plate that aligns with your performance goals, prioritizing **Green** items, using **Yellow** items moderately, and limiting **Red** items.

3. The Barracks Galley: Equipment & Safety

Having the right tools is the first step to preparing delicious, healthy meals. This section covers authorized appliances and essential food safety practices.

Authorized & Helpful Kitchen Equipment

According to **CNICNOTE 11103**, several types of electric appliances are authorized for use in unaccompanied housing, giving you the power to cook a wide variety of meals.

Important: While these appliances are generally authorized, Sailors should always check with their specific housing office for local guidance and restrictions before use.

Authorized Electric Appliances

- Microwave
- Hot plate
- Toaster oven
- Electric skillet/fry pan
- Coffee pot
- Slow cooker/Crockpot
- Rice cooker



Additional Helpful Cooking Devices & Tools

To expand your culinary capabilities, consider these additional tools. These appliances have become increasingly popular for simple, healthy cooking.

Category	Item	Primary Use
Essential Tools	Sharp (cutting) knives	Safely and efficiently chopping vegetables, fruits, and meats.
	Washable cutting board(s)	Provides a safe surface for cutting. Use separate boards for raw meat and produce to prevent cross-contamination.
	Non-stick pots and pans	Versatile for use on a hot plate or electric skillet for sautéing, boiling, and more.
	Mixing bowls (various sizes)	Essential for preparing ingredients, mixing salads, and more.
Helpful Appliances	Personal-sized blender	Great for making protein-packed breakfast and recovery smoothies.
	Mini-food processor	Saves time by quickly mincing or chopping vegetables like onions and garlic.
	Air fryer	Uses hot air to cook food, creating a crispy texture with significantly less oil than deep-frying. Excellent for vegetables, chicken, and fish.
	Pressure cooker / Instant Pot®	A multi-cooker that can pressure cook, slow cook, sauté, and more. Perfect for making one-pot meals like stews, rice dishes, and shredded chicken quickly.



Critical Mission: Food Safety

You can't see, smell, or taste harmful bacteria that may cause foodborne illness. Practicing proper food safety is non-negotiable for protecting your health.

Food Safety Guidelines

- **Wash Hands:** Always wash your hands thoroughly in hot, soapy water before, during, and after handling food.
- **Avoid Cross-Contamination:** Use separate cutting boards and knives for raw meats, poultry, fish, and produce. Keep raw meat away from all other foods during prep and storage.
- **Cook to Proper Temperatures:** Use a meat thermometer to ensure food is cooked to a safe internal temperature.
 - **Poultry (Chicken, Turkey): 165°F**
 - **Ground Meats (Beef, Pork): 160°F**
 - **Beef Steaks/Roasts, Pork, Lamb, Seafood: 145°F**
- **Refrigerate Promptly:** Refrigerate leftovers within two hours. Perishable foods should not be left at room temperature for more than two hours.
- **Store Properly:** Keep your refrigerator between **36°F and 40°F**. Check the temperature often with a refrigerator thermometer. Cook or freeze fresh poultry, fish, and ground meat within two days; other red meats within three to five days.
- **Reheat Safely:** Reheat all leftovers to 165°F or until steaming hot.



4. Strategic Fueling: Meal Planning & Smart Shopping

Success begins with a plan. A weekly menu and a well-stocked kitchen are your best defense against last-minute, unhealthy food choices. Planning saves you time and money, and ensures you have high-performance fuel ready when you need it.

Guidelines for Meal Planning

- **Examine Your Schedule:** Look for days when you have more time to cook. Plan to make larger batches on these days.
- **Build in Leftovers:** Cook once, eat twice (or more!). Stews, stir-fries, and pasta/rice dishes are perfect for making in large batches to eat later in the week.
- **Make a List:** Create a grocery list based on your chosen recipes. Check your inventory first to avoid buying duplicates.
- **Shop Smart:** Stick to your list at the store. To avoid impulse buys, eat a healthy snack before you go shopping.
- **Purchase Time-Savers:** Healthy eating doesn't have to be time-consuming. Look for pre-washed salad mix, baby carrots, frozen fruits and vegetables, canned beans, and pre-cooked rotisserie chicken.
- **Read the Label:** Pay attention to the Nutrition Facts label and ingredient list. Choose minimally processed foods with shorter ingredient lists.



Your Go-for-Green® Shopping List

Stock your barracks galley with these healthy, versatile foods. This list is organized by food group to make your shopping trips more efficient.

Category	High-Performance (Green) Choices	Shopping Tips
Whole Grains	100% whole wheat bread, brown rice, 100% whole wheat pasta, oatmeal (plain), 100% whole wheat crackers, whole grain cereals.	For cereal, choose options with at least 4g of fiber and less than 12g of sugar per serving.
Vegetables	Pre-washed salad greens, baby carrots, broccoli, bell peppers, sweet potatoes, onions, garlic, green beans, peas, tomatoes. (Fresh or frozen without added salt/sauce.)	Frozen vegetables are just as nutritious as fresh and last much longer. A great budget-friendly option!
Fruits	Apples, bananas, berries, oranges, grapes, pears, melons. (Fresh or frozen without added sugar.)	Frozen fruits are perfect for smoothies and don't spoil quickly.
Proteins	Boneless/skinless chicken breasts, fresh or frozen fish fillets, 93% lean ground beef, eggs, canned tuna/chicken (in water, low-sodium), canned beans (low-sodium), hummus, all-natural nut butter.	A pre-cooked rotisserie chicken can be a base for several meals throughout the week.
Dairy	Skim or 1% milk (or lactose-free), low-fat Greek yogurt, low-fat cottage cheese, string cheese.	For yogurt, aim for options with less than 16g of sugar per serving. Plain Greek yogurt is most versatile.
Healthy Fats	Avocados, olive oil, nuts (low sodium), seeds (flax, chia).	A small handful of nuts makes a great, filling snack.
Convenience Items	Low-sodium pasta sauce, low-sodium soups (vegetable/bean), healthy frozen meals.	For frozen meals, look for options with < 600mg sodium, <10g fat, and < 500 calories. For soups, aim for < 600mg sodium.

5. The Barracks Cookbook: Recipes by Appliance

Here are simple, healthy, and delicious recipes you can make using authorized and common barracks cooking equipment. Each recipe is designed with the busy Sailor in mind, focusing on minimal ingredients and easy steps.



Blender Recipes

A personal-sized blender is perfect for making quick, nutrient-dense smoothies for breakfast or recovery. They are a great way to meet your fruit and vegetable goals and are ready in minutes.



Protein-Packed Breakfast Smoothie

Start your day with a powerful blend of protein, fruit, and healthy fats to jump-start your metabolism and keep you full until your next meal.

Commissary Grocery List:

- 1 cup frozen mixed berries
- 1 banana
- 1 orange, peeled
- ¾ cup vanilla Greek yogurt (low-fat)
- Optional: 1 scoop protein powder

Instructions:

1. Combine all ingredients in the blender.
2. Blend on high until smooth and creamy.
3. Pour into a glass and enjoy immediately.

Nutrition Information (per serving, approximate, without protein powder):

Calories: 350, Protein: 20g, Carbohydrates: 70g, Fat: 2g

Sailor's Note:

An excellent **Green**-coded breakfast that provides sustained energy for the day ahead.



Post-Workout Recovery Smoothie

Refuel your body within 30 minutes of a workout with this recovery smoothie. It combines carbohydrates to replenish energy stores and protein to repair muscle tissue, aligning with NOFFS recovery principles.

Commissary Grocery List:

- 1 cup low-fat milk (or lactose-free)
- 1 scoop chocolate or vanilla protein powder
- 1 banana (frozen for a thicker smoothie)
- 1 tbsp all-natural peanut butter
- 1/2 cup plain oatmeal (uncooked)

Instructions:

1. Combine all ingredients in the blender.
2. Blend on high until the mixture is smooth. The oatmeal will break down completely.
3. Pour into a glass and consume within 30 minutes of your workout for optimal recovery.

Nutrition Information (per serving, approximate):

Calories: 450, Protein: 35g, Carbohydrates: 55g, Fat: 12g

Sailor's Note:

This is a perfect **Yellow**-coded recovery meal, designed to help you bounce back faster from tough training sessions.



Pressure Cooker / Instant Pot® Recipes

The Instant Pot® is a game-changer for one-pot meals. It's fast, efficient, and perfect for making dishes in bulk for meal prep. Many recipes are dump and go, meaning you add the ingredients and let the machine do the work.



Easy Teriyaki Chicken & Rice

A simple, flavorful one-pot meal. Tender chicken and fluffy rice cook together for maximum flavor and minimal cleanup.

Commissary Grocery List:

- 1 lb boneless, skinless chicken thighs or breasts
- 1 cup long-grain white or brown rice
- Low-sodium chicken broth
- Low-sodium teriyaki sauce
- Minced garlic (jar)
- Minced ginger (jar)
- Frozen broccoli florets or stir-fry vegetable mix
- Sesame seeds, sliced green onions (optional)

Instructions:

1. Place 1 cup rinsed rice, 1 cup water/broth, 1/2 cup teriyaki sauce, 1 tbsp garlic, and 1 tsp ginger into the Instant Pot®. Stir to combine.
2. Add the chicken pieces on top of the rice mixture. Do not stir.
3. Secure the lid, set the steam valve to “Sealing.” Select “Pressure Cook” (or “Manual”) and set the timer for 8 minutes for white rice, or 22 minutes for brown rice.
4. Once the timer finishes, let the pressure release naturally for 10 minutes, then perform a quick release for any remaining pressure.
5. Open the lid. Place 2 cups of frozen vegetables on top of the cooked chicken and rice. Secure the lid again and let it sit for 5 minutes. The residual heat will steam the vegetables perfectly.
6. Stir everything together, garnish if desired, and serve.

Nutrition Information (per serving, approximate):

Calories: 480, Protein: 40g, Carbohydrates: 55g, Fat: 10g

Sailor’s Note: This dish is a great source of protein and carbohydrates, making it an excellent **Yellow**-coded recovery meal after a workout.



Hearty Beef Stew

This recipe is perfect for a cold day or when you need a filling meal. The slow cooker function on an Instant Pot® can also be used, or the pressure cooker for a faster version.

Commissary Grocery List:

- 1 lb beef sirloin steak
- All-purpose flour
- 1 packet beef stew seasoning mix
- Low-sodium beef broth
- 1 bag (16 oz) frozen mixed vegetables (potatoes, carrots, peas, corn)
- Olive oil

Instructions:

1. Toss the beef cubes with 2 tbsp flour, salt, and pepper.
2. Select the “Sauté” function on the Instant Pot®. Add 1 tbsp olive oil. Once hot, brown the beef on all sides. Turn off “Sauté.”
3. Add 2 cups water/broth and the seasoning mix, scraping the bottom of the pot to release any browned bits.
4. Add frozen vegetables.
5. Secure the lid, set the steam valve to “Sealing.” Select “Pressure Cook” and set for 35 minutes.
6. Allow a full natural pressure release (about 15-20 minutes).
7. Stir and serve.

Nutrition Information (per serving, approximate):

Calories: 380, Protein: 30g, Carbohydrates: 35g, Fat: 13g

Sailor’s Note: A classic comfort food packed with protein and vegetables. This would be a **Green** meal if using lean beef and low-sodium broth.



Air Fryer Recipes

The air fryer is a fantastic tool for making food crispy and delicious with minimal oil. It's faster than an oven and perfect for single servings. It's a healthier alternative to deep-frying that doesn't sacrifice flavor or crunch.



Maple-Soy Glazed Salmon

This quick and flavorful recipe is perfect for a busy weeknight. Salmon is an excellent source of protein and healthy omega-3 fatty acids.

Commissary Grocery List:

- 1 lb salmon fillet
- Pure maple syrup
- Low-sodium soy sauce
- Sriracha or other hot sauce (optional)
- Garlic (fresh or powder)
- Cooking spray

Instructions:

1. In a small bowl, whisk together 2 tbsp maple syrup, 2 tbsp soy sauce, 1 tsp sriracha (if using), and 1 minced clove of garlic (or 1/2 tsp garlic powder).
2. Place salmon in a shallow dish and pour half of the marinade over it. Let it sit for 10-15 minutes.
3. Preheat your air fryer to 400°F.
4. Lightly spray the air fryer basket with cooking spray. Place the salmon fillet in the basket, skin-side down if applicable.
5. Air fry for 6-8 minutes, depending on the thickness of the salmon. The fish is done when it flakes easily with a fork.
6. Brush with the remaining glaze before serving. Serve with brown rice and steamed vegetables.

Nutrition Information (per serving, approximate):

Calories: 360, Protein: 35g, Carbohydrates: 20g, Fat: 15g

Sailor's Note: This is a high-performance **Green** meal, providing excellent protein and healthy fats.



Crispy Air Fryer Chicken Tenders

A healthier take on a classic favorite. Get all the crunch without the deep-frying.

Commissary Grocery List:

- 1 lb boneless, skinless chicken breast
- Whole wheat flour or all-purpose flour
- Eggs
- Panko breadcrumbs (or whole wheat breadcrumbs)
- Paprika
- Garlic powder
- Salt and Pepper
- Cooking spray

Instructions:

1. Set up a breading station with three shallow dishes. Place 1/2 cup flour in the first, 2 beaten eggs in the second, and 1 cup panko mixed with 1 tsp paprika, 1/2 tsp garlic powder, salt, and pepper in the third.
2. Slice the chicken breast into large strips. Dredge each chicken strip in flour, then dip in the egg, and finally coat thoroughly with the panko mixture.
3. Preheat air fryer to 380°F.
4. Spray the basket with cooking spray. Arrange the chicken tenders in a single layer (work in batches if necessary). Lightly spray the tops of the chicken.
5. Air fry for 10-12 minutes, flipping halfway through, until golden brown and cooked through (internal temperature of 165°F).

Nutrition Information (per serving, approximate):

Calories: 350, Protein: 38g, Carbohydrates: 25g, Fat: 11g

Sailor's Note:

Pair with a side salad for a balanced **Yellow** meal. Choose whole wheat breadcrumbs to increase fiber.



Electric Griddle / Skillet Recipes

An electric skillet or griddle is incredibly versatile. You can make everything from breakfast pancakes to dinner stir-fries. It offers a large, flat cooking surface with even heat control.



Better-for-You Fluffy Pancakes

A weekend breakfast staple. This recipe can be made healthier by using whole wheat flour and serving with fruit instead of syrup.

Commissary Grocery List:

- Whole wheat flour (or all-purpose)
- Baking powder
- Sugar
- Salt
- 1% or skim milk
- Eggs
- Butter or oil
- Fresh fruit for topping (berries, bananas)

Instructions:

1. In a large bowl, whisk together 1 ½ cups flour, 2 tsp baking powder, 1 tbsp sugar, and ½ tsp salt.
2. In a separate bowl, whisk together 1 ¼ cups milk, 1 egg, and 2 tbsp melted butter/oil.
3. Pour the wet ingredients into the dry ingredients and stir until just combined. Do not overmix; a few lumps are okay.
4. Preheat your electric griddle or skillet to medium heat (around 375°F). Lightly grease the surface.
5. Pour ¼ cup of batter for each pancake. Cook for 2-3 minutes, or until bubbles appear on the surface and the edges are dry.
6. Flip and cook for another 1-2 minutes until golden brown.
7. Serve warm with fresh berries, sliced banana, or a small amount of pure maple syrup.

Nutrition Information (per 2 pancakes, no toppings, approximate):

Calories: 280, Protein: 10g, Carbohydrates: 45g, Fat: 6g

Sailor's Note: Made with whole wheat flour and topped with fruit, these can be a **Green** breakfast choice. Using white flour and syrup moves them into the **Yellow** category.



10-Minute Cheese Quesadillas

A quick, easy, and satisfying lunch or light dinner.

Commissary Grocery List:

- Whole wheat tortillas
- Shredded low-fat cheese (cheddar or Mexican blend)
- Margarine or cooking spray
- Optional: Canned chicken, black beans, spinach, diced bell peppers
- For serving: Salsa, low-fat sour cream or Greek yogurt

Instructions:

1. Preheat your electric skillet or griddle to medium heat.
2. Spread 1 tsp margarine on one side of each tortilla or spray the griddle with cooking spray.
3. Place one tortilla on the griddle, buttered side down. Sprinkle $\frac{1}{4}$ cup cheese and any optional fillings over the tortilla.
4. Top with the second tortilla, buttered side up.
5. Cook for 2-4 minutes per side, until the tortilla is golden brown and the cheese is melted.
6. Slice into wedges and serve with salsa.

Nutrition Information (per quesadilla, approximate):

Calories: 370, Protein: 18g, Carbohydrates: 35g, Fat: 18g

Sailor's Note:

A quick **Yellow** meal. Add beans and spinach to boost the fiber and nutrients, moving it closer to **Green**.



Microwave & Toaster Oven Recipes

Don't underestimate the power of the microwave! It's perfect for ultra-fast meals when you're short on time.



2-Minute Microwave Scrambled Eggs

A protein-packed breakfast that's ready in a flash.

Commissary Grocery List:

- Eggs
- Low-fat milk
- Salt and Pepper
- Cooking spray
- Optional: Fresh spinach, chopped ham, shredded cheese, salsa

Instructions:

1. Coat a microwave-safe mug or small bowl with cooking spray.
2. Crack 2 eggs into the container, add 2 tbsp milk, salt, and pepper. Whisk together with a fork.
3. Microwave on high for 45 seconds.
4. Stir the eggs with a fork, breaking them up.
5. Microwave for another 30-45 seconds, or until the eggs are set.
6. If adding spinach or cheese, stir them in after the first 45 seconds.
Serve immediately, perhaps on a slice of whole wheat toast.

Nutrition Information (per serving, approximate):

Calories: 160, Protein: 14g, Carbohydrates: 2g, Fat: 10g

Sailor's Note:

An excellent **Green** source of high-quality protein to start your day.

6. Smarter Choices: In the Galley & Dining Out

Cooking for yourself is ideal, but there will be times you eat at the galley or a restaurant. Use these guidelines to stay on track with your nutrition goals.

General Guidelines

- **Hydrate Smarter:** Choose water, unsweetened iced tea, or diet soda instead of regular soda or sugary drinks.
- **Portion Control:** Avoid super-sizing. Consider ordering a kid's meal, splitting an entrée with a friend, or asking for a half portion.
- **Sauce on the Side:** Ask for dressings, sauces, and condiments on the side. This lets you control how much you use. Choose marinara, vinaigrette, or mustard-based sauces over creamy, cheese, or Alfredo sauces.
- **Choose Your Cooking Method:** Opt for baked, broiled, or grilled meats over fried options.

Making Better Choices

Instead of This... (Red Choice)	Choose This... (Green Choice)
Fried chicken sandwich with cheese and special sauce	Grilled chicken sandwich, no cheese, with extra lettuce and tomato. Use mustard instead of mayo.
French fries	A side salad with low-fat vinaigrette on the side, or a plain baked potato.
Milkshake	A glass of low-fat milk.
Salad with fried chicken, cheese, croutons, and ranch dressing	Salad with grilled chicken, lots of vegetables, and a light vinaigrette on the side.
Fettuccine Alfredo	Pasta with marinara sauce and a side of steamed vegetables.

Always consult with a healthcare professional or registered dietitian for personalized nutrition advice. Check with your local Unaccompanied Housing office for specific rules and regulations regarding cooking appliances.

Additional Resources:



[Navy Fitness Nutrition](#)



[HPRC Go for Green[®]](#)



[Defense Commissary Agency \(DeCA\)](#)