



Secrets To Fast Healthy Meals

Inspiration

- Favorite restaurant cook books- vacations
- Favorite app's (pint rest)
- Get the kids involved...book mark favorite recipes
- Rotate your favorite recipes...have theme nights that occur every week

Keep your fridge and pantry fully stocked with basic foods at all times

- Fresh & freezer protein (look for things on sale and buy them and stick them in the freezer)
- Pantry-favorite sauces for emergency, dry pasta, can tomatoes, chix stock (fun stocks now)
- Organize your fridge...label things so kids can read when they open the fridge
- Rotate Asian, Italian, Greek, Mexican

Shopping

- Quick browse your cupboards and fridge before you go shopping
- have a basic shopping list that you always use...keep it on your phone in notes...add special items as needed or as you run out
- organize in categories (protein, dairy, cooking veg, salad veg, dry starches, rice, pasta)
- If you are on a budget...start with protein on sale and then think of sides after
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Prep before hand (it's over 50% of your time)

- wash all your herbs- have them sitting in glass jars on your counter
- peel a whole bag of carrots and put in a freezer bag with some water
- 3 days is totally acceptable- get a robot coupe!!!

Slow Cooker, Pressure Cooker, Rice Cooker

- Recipes for pre plan bagged items that go directly into the slow cooker...marinated

Make Larger Portions of Food

- Ham, roast, turkey, tomato sauce, chili's, soups
- Reseal in usable portions (write it down on a piece of paper on your freezer with the date)

Left over veg/ meat

- After 3 or 4 boring days- freezer bag & label- soup or stew

Before Cooking a meal always think about

- Prep
- Cook time
- How hungry everyone is

Family Participation

