

## MAKE A LIST

*Set aside time each week to plan a menu.*

Write down what you plan to eat and what ingredients you need for each meal for the week ahead.

## SAVE TIME BY PLANNING AHEAD

## SHOP SMART

*Save time by grocery shopping one time each week.* Avoid lines by shopping during slower hours at the grocery store, usually early mornings or late nights. Stay clear of weekday evenings around dinnertime and weekend afternoons when stores are busiest.

# HEALTHY EATING IN A HURRY

## CONSIDER CONVENIENCE

### SAVE TIME BY PURCHASING READY TO EAT PRODUCE:

- Baby carrots
- Pre-washed salad mixes
- Pre-cut broccoli and cauliflower florets
- Shredded carrots or cabbage
- Baby spinach
- Cherry or grape tomatoes
- Frozen or canned fruits and vegetables

### TRY HEALTHY TIME-SAVING PROTEINS AND GRAINS:

- Rotisserie chicken
- Pre-cooked chicken or beef strips
- Frozen turkey meatballs, shrimp, or un-breaded fish fillets
- Canned low-sodium beans
- Canned tuna (in water)
- Par-boiled brown rice or microwavable rice packets
- Bulgur
- Whole wheat couscous
- Frozen pre-cooked rice, grains, or steel cut oats



# SPEND LESS TIME COOKING

## USE LEFTOVERS IN CREATIVE WAYS

When you have food leftover from one meal, reinvent it into something new.

**Here are some ideas:**

Leftover  
chicken or  
turkey

Soup  
Quesadillas  
Chicken pot pie

Leftover  
steak

Fajitas  
Beef stroganoff  
Stew  
Cobb salad

Leftover  
veggies

Omelet or  
quiche  
Stir-fry  
Burritos

Leftover fruit

Smoothies

## COOK IN LARGE BATCHES AND FREEZE FOR LATER

It saves time and money to **cook a recipe once and eat it multiple times**. Soups, stews, casseroles, enchiladas, and lasagna are excellent options.

## SEEK OUT "ONE POT" MEALS

"One pot" or skillet dishes save on both preparation and clean up time by preparing the entire meal in one dish. They are easy to make and usually freeze and reheat well. **Search online for recipe inspiration and ideas.**



## USE TIME-SAVING SMALL KITCHEN APPLIANCES



A **slow cooker (crockpot)** is a great way to have a meal waiting for you when you get home from work or school. Use a slow cooker to make soups, stews, baked pasta dishes, roasts, or even oatmeal.

The **food processor** makes preparing vegetables for cooking quick and easy.

The **microwave** makes it quicker and easier to cook foods than in the oven or stovetop. In addition to reheating leftovers, use the microwave to:

- Make scrambled eggs
- Quickly bake potatoes or sweet potatoes
- Steam vegetables

