

# Tips for the time poor

- ~ When making dinner cut up extra veggies for the next day to throw into an omelette at breakfast or to have for lunch with some protein e.g. chicken, fish or eggs.
- ~ Double recipes and freeze in serving sizes. Defrost the morning you plan to use it.
- ~ Prepare smoothie or juice ingredients into bags for a quick meal. Some ingredients can be frozen in advance.
- ~ Stir fries are a very quick and nutritious meal when you throw in a heap of vegetables with some beef, chicken or pork. Add cashews or sesame seeds for added nutritional benefits.
- ~ Soups are also a great way to boost your vegetable intake. Great for freezing and reheating when you don't have a lot of time to cook.
- ~ Slow cookers are fantastic because the majority of recipes only require some chopping and chucking. Chuck all the ingredients into the slow cooker and turn it on. Simple.
- ~ Eggs are another quick and easy meal. Chop some vegetables, add some herbs and spices to the eggs. Put it into an oven dish and cook at 180 until firm in the middle. This dish can be eaten the next day for lunch with salad.
- ~ Keep some boiled eggs in the fridge for an easy snack on the go.
- ~ Freeze some savoury muffins chock full of vegetables for those nights when you are running around with the kids. Put a few in the fridge to defrost in the morning
- ~ When roasting vegetables put extra into the oven to eat for lunch the next day.
- ~ Cut up fruit and vegetables sticks to keep in the fridge. This means you won't waste any food because you keep forgetting to cut it up (like I sometimes do). Another quick snack when you are on the go.
- ~ Fast food, takeaway and convenience meals are designed for people who don't have time to cook, hate cooking or are having a "can't-be-bothered" kind of day; unfortunately they are not good for our health if eaten more than once a month or so. Avoid going through the drive-thru by packing healthy snacks in the car for when your tummy starts rumbling after a long day. e.g.: nuts, popcorn, home-made muesli bars, protein balls, boiled eggs or fruit.