TAKE THE SHORTCUT

DON'T EAT OUT! SAVE TIME BY PREPARING AHEAD.

01 Canned items like tuna and soup can be healthy. Pay attention to sodium.

02 Pre-cut and pre-washed vegetables also make easy additions to meals.

03 Use frozen fruits and vegetables when fresh items aren't available.

04 Pre-cooked, lean meats offer another option for healthy, fast meals.

05 Cook vegetables and lean meats in large batches to ensure healthy leftovers.

TAKE ADVANTAGE OF HOME-COOKED MEAL KITS

The cost of meal kits is more expensive than if you did the shopping and prep yourself, but the convenience gives you more time to focus on eating well.

When the meal box is delivered, put the premeasured ingredients together and follow the instructions to get portion-controlled dinners on the table in minutes.

There are low-carb, low-calorie, gluten-free or vegetarian options as well.

STOCK UP

Non-perishable and frozen items are great for meals in a pinch.

Many versatile choices that can be combined with a variety of other ingredients for a quick and healthy meal. Stock your pantry with staple items:

BETTER FAST-FOOD CHOICES

Many fast-food restaurants also have their menus online. Looking at the menu in advance helps you:

- ✓ Make more well-informed choices.
- ✓ Resist the urge to eat fatty and high-sodium foods.

Make healthy adjustments like no mayo, extra veggies and whole wheat bread.

MAKE MULTIPLE MEALS AT ONCE

Make three or four meals at a time so you can use them throughout the week.

Prepare large batch recipes, like soups and stews, and freeze them for another time.

Choose recipes that have leftovers that can be used for other recipes.

CHOOSE WISELY WHEN EATING OUT

More and more healthy takeout options are available. When ordering:

- Eat a small salad or broth-based soup first.
- Choose veggie-based entrees or those with baked, broiled or grilled fish or skinless chicken.
- Look for meals that aren't greasy or oily. Choose food items without creamy sauces.
- Ask to substitute veggies or salad as sides instead of fries or chips.

PLAN AHEAD

- Make weekly menus before you go shopping and buy only what you need.
- Keep a grocery list on the refrigerator so that you can add items as you need them.
- Cook items ahead of time when you can. Keeping cooked rice or pasta in the fridge will make meals easier later in the week.

USE THE RESOURCES YOU HAVE

Take advantage of appliances like slow-cookers, blenders, or microwaves.

Divide meal making tasks among different members of the household so that everyone's working to get dinner on the table.

Do two things at once – while you're waiting for a meal to cook, prepare another dish.

EXAMPLE