

Tips for Saving Time with Food Preparation

1. Chop Veggies only twice per week: chop half of the weekly veggie purchase as soon as you get home from the grocery store. Chop the rest when you are done eating the first half, three or four days later. Buy Ziploc freezer bags and separate veggies by type. Fruit can be done this way as well.
2. Add Egg whites in with your Whole Eggs
3. Pre-Cook your Protein: cook up a big batch of chicken breasts, turkey, beef, etc.
4. Make big batches of Stir Fry and Chili or anything else that can be placed in the freezer in portioned amounts to grab for future meals.
5. Get Personal Meal-Sized containers: fill with left over meals and you are ready to go for the next day.
6. Eat wraps instead of Sandwiches: easier to stuff with veggies and protein and fruit for a change.
7. Make good use of blenders and Shake bottles

