

How To Cook Healthier with limited energy or time

If you don't have a lot of energy, eating nourishing foods is even more important for your body!

1 Make a Plan

2 Maximize food prep time

- Batch food prep

- Sit down at a table with everything nearby

- Enlist help from a friend or family member

- Have something cooking while you are cutting veggies (like bacon or hardboiled eggs)

- Use food processor for slicing, grating, chopping

3 Purchase prepped veggies

- In the produce section

- In frozen foods

4 Have quick and easy meals on hand

- Frozen fish/shrimp

- Canned tuna/salmon

- Frozen veggies – variety, cauliflower rice, butternut squash noodles, stir fry mixes, green beans, broccoli, carrots

5 Make extras

- Eat for lunch or breakfast the next day

- Use as dinner leftovers for another night

- Freeze for a day your are really worn out or busy

6 Get grocery delivery

- Allows you to have fresh food on hand

- Saves energy for the cooking part

7 Make some one pot or one pan meals

- Everything cooks together

- Minimizes clean up time and energy

- Use the crockpot & make your meal earlier in the day

- Use an instant pot

- Use a sheet pan

8 Don't get bogged down by recipes

- Follow this formula: protein, 1-2 veggies, fat and seasoning