

Fifteen Time Saving Tips

1. Always prepare lunch the night before.
2. Pick a weekend day (I usually do this on Sunday) to prepare food for the week.
3. Buy a raw or cooked whole chicken, eat it throughout the week and make bone broth out of the bones.
4. Make food in bulk so you always have leftover for lunch/dinner the next day.
5. Chop veggies in advance and store in fridge, then easily add them to salads, stir fry, etc.
6. When you can, cook your dinner in the crockpot either the night before or morning of.
7. Cook up some protein for the week to add to salads, stir fry, etc.
8. Portion out snacks for the week, like berries, nuts, veggies and cheese.
9. Prepare bone broth on the weekend to drink throughout the week.
10. Combine recipe steps, if something calls for sautéed onions and sautéed peppers, sauté everything at once in a large pan.
11. While food is cooking, do other things, like prepare lunch for tomorrow or chores.
12. Prepare a casserole to cook in the oven for dinner while you're doing other things, just layer all ingredients and bake till done.
13. Portion out protein and freeze - ie: separate 1 lb of ground beef into 4 sections, freeze, and use when necessary.
14. Meal plan (oh wait, I already covered this for you!). But seriously, plan out your meals so you know what you're having for the week. It's much easier to eat poorly if you aren't prepared.
15. Prepare crockpot meals and freeze them. For example, I portion out and freeze beef cubes with onions, carrots, potatoes and mushrooms. When I'm ready to cook them I just throw 'em in the crockpot with whatever sauce I have on hand. You can do this with any combination you like. I also like chicken, peppers and onions and then I add bone broth and taco seasoning. Tacos!