

# 5 WAYS

## TO SAVE TIME In The Kitchen



1



### Meal plan

- Take 15 mins to plan a few meals for the week and involve the family
- Incorporate what you have on hand with flyer specials to save money

2



### Choose veggies & fruits that require minimal prep

- Stock up on raw veggies: baby carrots, cherry tomatoes, mini cucumbers, and snap peas
- Invest in pre-cut veggies, like broccoli, and ready-to eat salad mixes
- Supplement with frozen and no salt added canned veggies and fruits

3



### Prep ahead and store in clear containers

- Wash and slice raw veggie sticks, like carrots and celery, for snacks
- Cut up a whole melon or pineapple for breakfast
- Roast a tray of veggies for future meals

4



### Cook once, eat twice

- Double the amount for dinner for easy lunch leftovers
- Repurpose veggies – Use sliced cabbage in a stir fry and salad

5



### Batch cook and freeze for later

- Frozen leftovers are convenient on busy days when you don't feel like cooking
- Try it with veggie-based soups, stews, and casseroles



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