

Fresh and Fast Nutritious Meal Solutions From EarthFare

How do you balance time to create nutritious flavorful meals and your busy schedule? It's all in the planning.

- 1. Use fresh ingredients** – fresh ingredients are packed with more vitamins and nutrients as a general rule. Therefore you can eat less and still have the nutrition. Not to mention the fact that you don't have to take the time to defrost.
- 2. Use fast cooking, high-protein entrée items** – fish, certain lean cuts of beef like flank, or skirt steak, tofu, quinoa, and even poultry cook quickly and pack a protein punch. Just be sure to cut the steak and chicken into thinner bit-sized pieces. The thin pieces will cook more rapidly.
- 3. Marinate your meats** – by marinating your meats you are beginning the process of breaking down the proteins. As a result, they will cook more quickly, be more tender, not to mention flavorful.
- 4. Buy semi-prepared items** – or items that require little to no preparation. Examples: baby carrots, grape tomatoes, spring mix lettuce, baby spinach and small sized “new” or fingerling potatoes. Things that need only be washed and used.
- 5. Plan the meals as you buy** – loading your cart at the grocery store with “things that looked good at the time” can lead to great snacking but poor balance in a diet. Try to buy items that compliment each other. Pair the starch, vegetables and proteins while you shop-meal by meal.
- 6. Spread some time now to save time later** – take part of a day to prepare ingredients for the rest of the week. Things like chopping vegetables, marinating meats and even making sauces can be done in advance. It will come in handy on an especially busy day and when done with a friend or loved one it can be a lot of fun!