

Save Time in the Kitchen

Here are some great tips for saving time cooking while still eating good quality, home cooked meals using real food, Paleo-friendly ingredients. Which are your favorites?

SAVE YOUR FAVORITE RECIPES

- You don't need dozens of cookbooks to have access to a variety of great recipes!
- Keep a few cookbooks in your house that contain recipes for complete meals
- Print out your favorite recipes from blogs/websites and save in a binder
- For plenty of variety, find 15-20 different recipes you enjoy and rotate them throughout the weeks
- The more you learn how to cook real food, the more you can improvise with the ingredients you have on hand

KEEP THINGS SIMPLE

- Save time in the kitchen by making uncomplicated meals
- Find a few seasoning blends you like for your proteins and rotate them for variety of flavors
- Steaming or roasting veggies in a healthy fat with salt and pepper added tastes great and requires little cooking skill
- Bake potatoes and sweet potatoes in larger batches with simple seasonings
- Use frozen veggies and starches to save time cooking from scratch

PLAN FOR LEFTOVERS

- Build a few meals of leftovers into your weekly meal plan; this saves time cooking and prevents food waste
- Label and date leftovers, and stick it at the front so you're more likely to eat it



BATCH COOK

- Cooking in bulk saves tons of time in the kitchen and provides easy-to-grab food items when you're in a rush
- Examples include breakfast egg muffins, bulk-cooked baked sweet potatoes, pre-chopped mix-ins for salads, and one-pot dishes cooked in the slow cooker or InstaPot (pressure cooker)