



“Fast” food at home

The best antidote to eating fast food too often is to build a repertoire of quick meals you can make at home. While it takes a little bit of upfront effort, once you get in the groove of turning fresh, whole food into “fast” food, you’ll become quick and efficient. And hopefully healthier!



“FAST” FOODS TO KEEP ON HAND

- Canned beans
- Frozen and fresh vegetables
- Pre-cooked, frozen meats
- Eggs
- Fresh fruit
- Microwaveable grains
- Whole-grain bread, wraps, and tortillas
- Salsa, marinara, pesto, teriyaki sauce, etc.

BE “FAST” FOOD READY

Home-cooked meals do require some preparation. But, that doesn’t mean you need to cook every day. Instead, set aside a few hours on the weekend or one weeknight and get all the prep done for the week.

- Pre-cook chicken and ground beef or turkey. Freeze in proportioned amounts.
- Chop and portion out servings of fresh fruits and vegetables to grab for lunches and snacks.

- Cook up pasta, rice, and other grains for reheating during the week.
- Prep salad ingredients such as greens, hardboiled eggs, fresh vegetables, and diced chicken.
- Cook once, eat twice. Double whatever you make and freeze extra for another meal.
- Make a pot of soup or chili on the weekends to reheat during the week.