

# “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 pre-portioned 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.