

• **BUSY? STRESSED? TIRED?** •

EASY WAYS TO EAT WELL



PLAN AHEAD

Spending 10 minutes to plan your week can save you time and energy later in the week when you're busy or tired.



MEAL PREP

Prepping food in advance makes weeknight cooking faster and easier.



COOK IN BULK

Why cook every night when you can cook double the recipe and chill or freeze meals to eat later?



USE TIME WISELY

Use your downtime to do something that will save you time later in the week. Multitask where you can e.g. prep veggies while you listen to a podcast.



CONVENIENT FOODS

Always have a stash of healthy foods that are quick to prepare for when you don't have time or energy to spend hours in the kitchen.



FIND FAST RECIPES

Get out your favourite recipe book, website or recipe app to find quick, healthy meals. Make a note of your favourites to refer to when you're stuck for inspiration.