



Fast, healthy meals and snacks **WHEN YOU'RE LOW ON TIME**

It's easy to rely on fast food or take-out when you're pressed for time, but healthy meals can be just as quick and easy as unhealthy ones. The key is planning ahead!

To make meal preparation more efficient, try getting the whole family involved with different tasks. Or for a fun way to build your cooking skills, take a cooking class with a friend or family member. There are also numerous cookbooks available that feature timesaving ideas and recipes.

Here are some **good tips** for fast, healthy meals and snacks:

- **Blend low-fat yogurt with fresh or frozen fruit** for a quick and healthy breakfast smoothie.
- **Pre-cut fresh fruits and vegetables** are great for stir-fries, quick side dishes and desserts. Though a bit more expensive, they are a timesaver when you want to get dinner on the table fast.
- **Frozen vegetables** steam up great on their own — or toss them into a pasta sauce, casserole or stir-fry.
- **Roll yesterday's leftovers into today's meal.** Roasting a chicken? Pop in a second one for sandwiches and salads. Portioning leftovers into reusable containers even before you sit down makes for a quick start the next day.

- **Invest in a slow cooker.** It can be used during the week or on the weekend to make soups, sauces or braised meats.
- **Toss protein-packed tuna, tofu or pre-cooked shrimp** onto a bed of leafy greens. Top with a half cup of berries. Drizzle with olive oil and a flavored vinegar. Dinner is served!
- **Be a Sunday cook.** Make a double batch of soup or your favorite pasta sauce and freeze half to use whenever you choose.

To find out more, visit the HealthPartners Health Information Library at healthpartners.com/healthlibrary.

You can also log on to and check out our Healthy Discounts program to see how you can save on healthy meal delivery service from Seattle Sutton's Healthy Eating.

These suggestions are general guidelines from HealthPartners. However, you should discuss with your provider what makes the most sense for you.

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