

# NO TIME TO COOK?

## 7 Time-Saving Tips & Tricks

### Plan Meals

Stay one step ahead of the game and plan your meals out ahead of time. No need to create an elaborate menu. It's perfectly okay to plan no-cook meals like a turkey sandwich!



### Prep Ahead

When you get home from grocery shopping, take the time to wash and cut your veggies for the week. Portion-out them into containers or zip-lock baggies, and then throw them in the fridge or freezer.



### Find Shortcuts

Don't stress about creating each & every dish from scratch. Take advantage of your grocer's pre-chopped veggies, salad kits or pre-seasoned veggie dishes.



### Think Simple

Simple meals play a big role in healthy living because they take the temptation out of takeout. For example, try a grilled cheese on whole-wheat with tomato soup, or a classic turkey sandwich/wrap.



### Make Extra Portions

It's hard to find time to cook each night. Instead, cook for multiple meals and then plan to eat leftovers the second night. There's lots of ways to make an old meal new again!



### Order Ingredients or Meals

Meal delivery services come in two varieties: ingredient delivery and pre-made meal delivery. Receiving weekly, pre-portioned ingredients will help you learn to cook healthier. Delivered meals are the ultimate time-saver.



### Consider Frozen Meals

Some nights you're just not in the mood to cook. Frozen dinners have a bad reputation, but you can find some very healthy options too. Make sure to study the nutrition label so that you know you're making a nutritious choice.



# The No Time To Cook

**Eyone Williams**



**The No Time To Cook :**

## **The No Time To Cook** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the power of words has become more evident than ever. They have the ability to inspire, provoke, and ignite change. Such may be the essence of the book **The No Time To Cook**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall impact on readers.

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