

# Getting Healthy Meals on the Table in a Hurry

## IT'S ALL ABOUT BEING PREPARED

- Plan your meals and do your shopping ahead of time.
- Stock up on basics such as vegetables and fruit, whole grain bread, whole grain pasta and brown rice, milk, yogurt, cheese, lean meat, fish, poultry, eggs, beans, lentils, nuts and seeds.
- Use frozen or canned products to help speed up preparation time. For example, canned or bottled tomato based pasta sauces, frozen or canned vegetables, frozen or canned fruit, bagged salad greens, canned tuna or salmon, canned beans or lentils.
- Prepare foods in advance. Cook double the rice and freeze leftovers for another meal. Cook twice the chicken or ground beef you need and keep extras to make chicken salad, enchiladas, chili or spaghetti sauce the next day.

<http://www.hc-sc.gc.ca/fn-an/food-guide>

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