

TIME-SAVING TIPS ON A REDUCED CARBOHYDRATE EATING APPROACH

We all have those periods when life gets incredibly busy, and it feels like there aren't enough hours in the day. But being short on time doesn't mean you have to turn to junk food or sacrifice your health goals. With a bit of planning and some smart choices, you can still enjoy nutritious meals without spending hours in the kitchen. This guide is packed with tips to help you whip up delicious, lower carbohydrate meals quickly, so you can stay on track no matter how hectic life gets.

Meal Prep:

- **Batch Cook:** Prepare large batches of lower carbohydrate meals and store them in portion-sized containers for the week.
- **Chop Ahead:** Pre-chop vegetables and store them in airtight containers for quick use in salads and stir-fries.

Pre-Packaged Lower Carbohydrate Foods:

- **Ready-to-Eat Snacks:** Stock up on lower carbohydrate snacks like carrots, pieces of cheese, raw nuts, and pre-cut veggies.
- **Pre-Washed Greens:** Use pre-washed and bagged greens for quick salads and sides.

Slow Cooker and Instant Pot:

- **Set and Forget:** Use a slow cooker or Instant Pot to make meals with minimal hands on time. Just set it up in the morning and have dinner ready in the evening.

Utilise Leftovers:

- **Repurpose Meals:** Turn dinner leftovers into next-day lunches. For example, use leftover roast chicken in salads or wraps.
- **Double Recipes:** Cook double portions of recipes to ensure you have leftovers for another meal.

Frozen Vegetables:

- **Quick Sides:** Keep a variety of frozen lower carbohydrate vegetables on hand. They're quick to prepare and just as nutritious as fresh ones.

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Keep It Simple:

- **Basic Staples:** Stick to simple meals with basic ingredients like grilled meats, steamed vegetables, and salads.
- **Minimal Ingredients:** Choose recipes with fewer ingredients and simpler preparation steps. See our section on recipes for when you're short on time.

Plan Ahead:

- **Weekly Menu:** Plan your meals for the week in advance to save time deciding what to cook each day.
- **Grocery List:** Make a comprehensive grocery list based on your meal plan to streamline shopping trips.

Quick Proteins:

- **Rotisserie Chicken:** Buy pre-cooked rotisserie chickens for an easy and quick protein source.
- **Canned Fish:** Use canned tuna or salmon for quick salads or lettuce wraps.
- **Tofu and tempeh:** both tofu and tempeh can be quick and easy additions to meals as they can simply be sliced and eaten cold or heated rapidly if desired.

Kitchen Gadgets:

- **Spiraliser:** Use a spiraliser to quickly make vegetable noodles from courgette, cucumber, or other lower carbohydrate veggies.
- **Food Processor:** A food processor can quickly chop vegetables, make cauliflower rice, or prepare dips and sauces.