

5 Time-Saving Cooking Tips



1 Bulk meal prep beforehand

Prep some parts of meals ahead of time like chop veggies 1 -3 days ahead of time.

2 Select the right recipes for you

Pick recipes that are most comfortable for you.

3 Choose quick-cooking Foods

Don't be afraid to swap out veggies for tougher meats.

4 Use passive cooking techniques

Use a machine like slow cooker, rice cooker, instant pot or air fryer do the work for you.

5 Make use of leftovers

Use leftovers for meals like stir-fries.