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Healthy Fast Food Kitchen™

make it fast...eat it slow

Use this handy form as a planning tool to help you match meals with the amount of time you have.

- 1. Think of favorite meals you can prepare quickly.
- 2. Divide them into **two categories**: 1) quick cook/no cook meals or 2) longer cooking meals.
- 3. Fill in chart below and use it in the future to help you get **ideas for meals**. When faced with a time crunch and it's dinner time, the mind sometimes goes blank. This form will give you a roadmap when you've got to get there in a hurry.
- 4. You can **match the meal** with the amount of time you have (start to finish). Ex: If you have 30 minutes and need to get the kids on the road to soccer, then you'll select something from the left column. If you have a little more time, you can start the process (do the prep work), then put your feet up while it cooks.

Easy Prep, Quick Cook/No Cook Meals (5-15 min)	Easy Prep, Longer Cooking Meals (20-60 min)
Ex: salads (pasta, vegetable, fruit); stir fries, simple soups, sandwiches, cereal	Ex: roasted, grilled, steamed, baked fish/meat/vegetables, casseroles, reheated frozen entrées

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