

Eating For A Better You

One of the most common reasons for not eating a healthy diet is simply a lack of time! We don't all have the time to create healthy recipes from scratch for every meal, and this is why unhealthy processed and packaged foods are often chosen.

The following are my top tips for saving time when it comes to your food, and also for making sure you always have something healthy at hand!



Batch Cooking

Cooking a massive batch of food is such an easy way to save time. You can cook up a huge serving of food at the beginning of the week and then freeze it into individual portions to be consumed throughout the week. This doesn't have to take anymore time than cooking just one meal would!

Soups, stews and curries are all good choices for batch cooking, and all you will need to invest in is some extra freezer containers to store your dishes in.

Healthy Snacks

We often choose to buy junk food when we are hungry simply because there are no better options available. However, always having your own healthy snacks in your bag or in your desk is a great way to avoid this problem.

Fruit, nuts and seeds are super easy options. You can also bulk buy things like nuts and seeds to save money, making it even more likely that you will continue to keep a stash nearby!

Frozen Foods

Eating fresh foods is something I will always advocate you do often, but the reality is that we don't always have time to prepare everything fresh! This is where frozen vegetables can be incredibly helpful.

You can buy a wide range of frozen foods these days that will already have been chopped ready to use. Keep a steady supply of frozen vegetables in your freezer that you can call upon when you don't have the time to do everything yourself!

