

SIMPLE WAYS TO STREAMLINE GROCERY SHOPPING

With COVID-19 quarantine orders in place we have to streamline grocery shopping meal planning and prep.

Check out these 7 ways to stretch your meal planning savvy:

1. **Make enough food for leftovers for the next day.** Bake extra chicken or salmon to put atop of salad, in a taco or over rice the next day.
2. **Use frozen proteins like shrimp, chicken breast, salmon or beans.** You'll save money and trips to the grocery store if you buy frozen meat, fish, chicken and edamame.
3. **Make a grocery list with your family members.** You'll get buy-in from everyone and can create new dishes based on different tastes.
4. **Get pre-cut veggies or florets.** At the end of the day you might not want to spend a lot of time chopping produce, buy them pre-cut to toss into a stir-fry, sauce, soup or casserole.
5. **Use canned beans and lentils to stretch your meals.** Making plant-based meals with pulses (beans, peas and lentils) is a great way to add fiber, high quality protein and save money, too.
6. **Use tuna or salmon in pouches or cans.** Get your omega-3 fats and protein in a snap by opening a can or pouch and adding either fish to a pasta casserole; mix fish with plain yogurt, Dijon mustard, shallots and dill and tuck into a pita pocket.
7. **Use your slow cooker.** Whether you are making overnight oats, eggs bites or pulled pork, this is a great way to set it and forget it.