

# Plan Quick Meals



## Are you rushed to make meals for children?

Use these tips to help on busy days.

### Plan simple meals:

- Omelets and salad
- Sandwich and vegetable soup
- Pasta with lentil and tomato sauce

### Keep these foods on-hand to build healthy meals:

- canned or frozen vegetables and fruits
- whole grain pasta, brown rice, potatoes
- lentils, dried or canned beans or chickpeas
- canned fish, eggs, cheese, and spices

### Prepare some of the foods before mealtimes.

- wash and cut up vegetables and fruits
- grate cheese or boil eggs ahead of time
- cook meat or poultry, then portion and freeze to reheat for the meal

### Cook extra food one day to use in a different way the next day.

- have chili one day, use leftover chili for a taco salad the next day
- cook rice for two meals
- roasted vegetables for supper can be used for tomorrow's salad



For more information:

Visit [AHS.ca/HealthyEatingStartsHere](https://www.alberta.ca/HealthyEatingStartsHere), [Quick and Easy Meals](https://www.alberta.ca/QuickandEasyMeals), and [AHS.ca/Recipes](https://www.alberta.ca/Recipes)

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