

Strategies for Healthy and Fast Foods at Home...

1. Brown meats ahead of time. Put in a sealed container. Refrigerate meats for use the next day; freeze meats for use two to three days later. Note: You may consider refrigerating or freezing meat in single-serving sizes.
2. Buying pre-cut vegetables or cutting and cleaning your own vegetables ahead of time to save money will shorten meal prep time.
3. Pre-cooked casseroles take about 20 minutes to cook. These are ideal for meal times that are very short and busy.
4. Making a sandwich with pre-cut meats and cheeses is another way to reduce meal prep time.
5. Adding soups to meals is a great way to add flavor and still have a quick meal.
6. Make your own TV dinners out of planned or leftover meats and casseroles. Freeze in microwaveable containers, then warm in microwave and serve.

Healthy and Fast Food Ideas

1. Salad in a bag
2. Pre-cut vegetables
3. Pre-cut fruits
4. Pre-cut meats and cheeses
5. Baked potatoes (microwaved)
6. Pre-cooked casseroles
7. Raisins
8. Applesauce
9. Yogurt
10. String Cheese
11. Soups
12. Bagels
13. Pasta
14. Whole wheat bread, crackers, and graham crackers
15. 100% Juice Boxes



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Healthy in a Hurry...



Preparing Quick & Healthy Meals at Home

Healthy in a Hurry Meal Ideas...

Breakfast Meal Ideas

Meal # 1

Iron fortified cereal
Whole wheat toast
with jelly
Skim milk
100% Juice



Estimated Prep Time:
5-7 minutes

Meal # 2

Whole wheat toast with a piece of
cheese
Fruit (apple, orange, banana, etc.)
Water
Yogurt

Estimated Prep Time: 2-3 minutes

Meal # 3

Graham crackers
with peanut butter
Fruit (apple, orange,
banana, etc.)
Skim milk



Estimated Prep Time: 1-2 minutes

Healthy in a Hurry Meal Ideas...

Lunch Meal Ideas

Meal # 1

Whole wheat crackers
Pre-cut turkey
Pre-cut carrots
100% Juice box

Estimated Prep Time: 7-9 minutes

Meal # 2

Whole wheat bread
Pre-cut ham
Pre-cut cheese
Fruit (apple orange,
banana, etc.)
Water



Estimated Prep Time: 5-7 minutes

Meal # 3

Can of soup
Piece of whole wheat toast with cheese
Pre-cut celery
Skim milk

Estimated Prep Time: 7-10 minutes

Healthy in a Hurry Meal Ideas...

Dinner Meal Ideas

Meal # 1

Pre-browned hamburger
Instant mashed potatoes
Can of cream of mushroom
soup

(cook and combine the three)
Canned or frozen green beans
Glass of skim milk

Estimated Prep Time: 10-15 minutes

Meal # 2

Can of tuna
(mix with light mayonnaise)
Whole wheat bread
Pre-cut carrots
Fruit (apple, orange, banana, etc.)
Water

Estimated Prep Time: 10-12 minutes

Meal # 3

Grilled cheese sandwich
(on whole wheat bread)
Tomato soup make with
milk
Fruit (apple, orange,
banana, etc.)
Water

Estimated Prep Time:
9-15 minutes

