






Make a plan to save time in the kitchen and eat more nutritious foods.

Use this list, search *Health eKitchen* for more recipes, or use your favorite recipe site.

Write down your plan on a piece of paper or your phone. Save it where you can easily come back to it later.

Time-saving tip I plan to use:	Meal I plan to make:	When I will make it:	Ingredients I need:
<p>Slow cooker</p> 	<p>Health eKitchen recipes</p> <ul style="list-style-type: none"> • Crockpot Creamy Chicken • Slow Cooker Southwest Chicken • Slow Cooker Lasagna • Slow Cooker Texas Pulled Pork • Other 		
<p>Multicooker</p> 	<p>Health eKitchen recipes</p> <ul style="list-style-type: none"> • Instant Pot® Cheesy Southwestern Lentils • Instant Pot® Chicken Shawarma • Instant Pot® Chicken Tortellini Soup • Other: 		
<p>Sheet pan</p> 	<p>Health eKitchen recipes</p> <ul style="list-style-type: none"> • Sheet Pan BBQ Meatloaf • Sheet Pan Pork Chops • Sheet Pan Tofu and Veggie Teriyaki • Roasted Root Vegetables • Other: 		
<p>Batch cook on the stove top</p> 	<p>Cook ground beef, pork, or turkey - add to:</p> <ul style="list-style-type: none"> • Spaghetti sauce • Chili <p>Brown tofu - add to:</p> <ul style="list-style-type: none"> • Spaghetti sauce • Lettuce salad • Brown rice and steamed broccoli • Other: 		
<p>Batch cook in the oven</p> 	<p>Bake chicken breast - add to:</p> <ul style="list-style-type: none"> • Salad • Chicken and noodle soup • Quesadilla <p>Cook beef roast or pork roast - add to:</p> <ul style="list-style-type: none"> • Pulled meat sandwich • A wrap • Roasted carrots, potatoes, and onions. <p>Other:</p>		