

5 Nutrition Hacks for Busy Families

Here's how busy families can maximize health in minimum time! These easy tips will help you prioritize balanced eating while juggling your busy schedule.

1

Make your meals x 2

The key is meal prep!

Start by dedicating 15 minutes per week to planning.
Next, make your meals x 2.



Grill some extra chicken breasts



Cook a bigger batch of quinoa

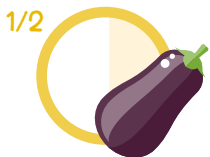


Roast some more veggies

3

Keep it simple

Stick to basic, whole foods and limit processed foods as much as possible.



Try to build a plate that includes a variety of colours, textures, and food groups. Fill half the plate with vegetables, a quarter with lean protein, and a quarter with whole grains or starchy vegetables.

5

Share the tasks

Get the whole family involved.

Share the tasks from planning, shopping, cooking, and washing!



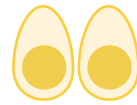
2

Keep healthy snacks on hand

Stock up on snacks like:



Sliced veggies (carrots, cucumbers, bell peppers) with hummus

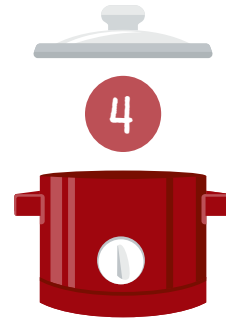


Hard-boiled eggs



Homemade trail mix and granola

4



Use a slow cooker or instant pot

The best part? It requires minimal effort and time.
You can make everything from soups and stews to pulled pork or even oatmeal!