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Prepped for success

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It helps to set yourself up for success when it comes to maintaining a healthy diet. Read on for tips to help you prepare healthy meals and save time in the kitchen.

Spend Some Time Prepping

If you're able, try devoting a couple hours on Sunday to meal prep for the week. Depending on your diet, that could mean chopping raw vegetables for salads and snacks; roasting or steaming some, depending on your preference; and cooking proteins that can keep well in the fridge for a few days.

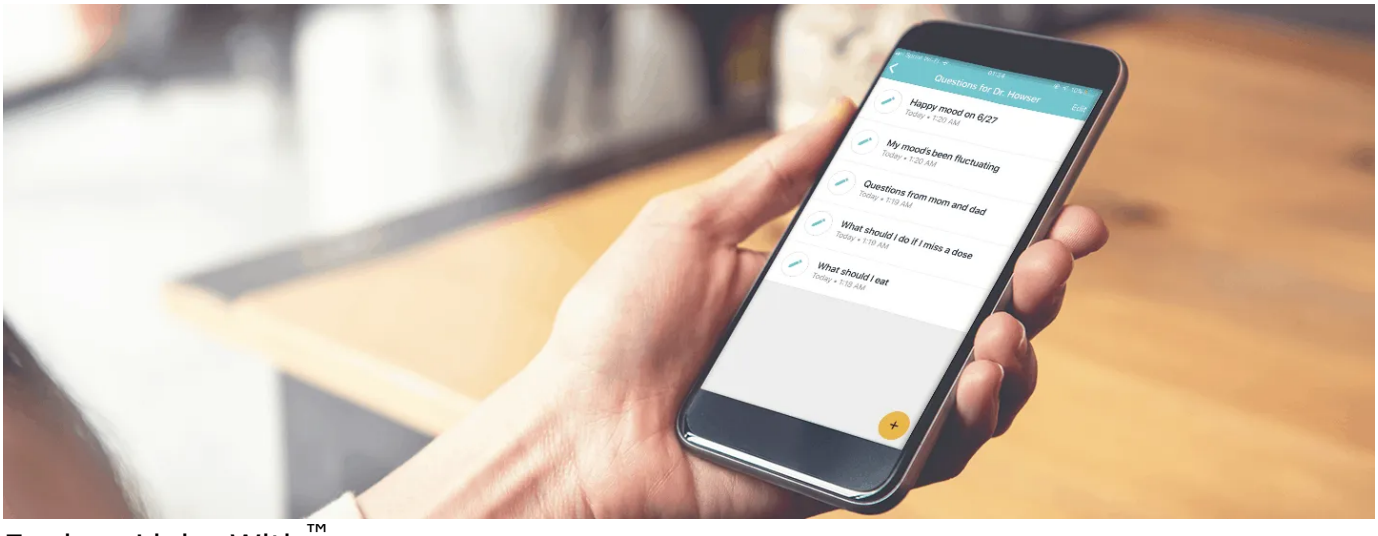
Dust Off the Slow Cooker
It's hard to beat the set-it-and-forget-it convenience of a slow cooker. Research online for a few healthy recipes that can cook overnight or while you're at work; once the finished dish has cooled completely, you can portion out individual servings and freeze them so you have a quick, healthy lunch on hand.

Double Down
When you find a recipe that can be easily doubled, take advantage of the time savings and make two batches. You'll maximize your efficiency without increasing the cooking time. Remember: Make sure you have plenty of storage containers and adequate room in your freezer, and don't forget to label the containers.

Make Your Own Snacks
If you can make your own healthy snacks ahead of time, you'll be less likely to reach for something unhealthy when you're pressed for time or dealing with hunger pangs. Keep bags of non-perishable, nutritious snacks handy at your desk, at home and even in your car.

Ask for Help
Through the **LivingWith™** app, you can request help from your support network on meal prep days—after all, many hands make for light work! The app makes it easy to let others know what you need help with, whether it's picking up groceries, preparing meals or other tasks.

Do you have tips or tricks for being more efficient in the kitchen or eating healthy after diagnosis? Share with us by tagging @ThisisLivingwithCancer and #InspirationLives.



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