Tips for Cooking on a Tight Schedule

From my experience , there are three main reasons why people don’t cook more often :ability , money , and time Ability is easily improved .Money is a topic I’ll save for another day .So today I want to give you some wisdom about how to make the most of the time you spent in the kitchen .Here are three tips for great cooking on a tight schedule :

Think ahead .The moments when I think cooking is a pain are when I’m already hungry and there’s nothing ready to eat .So think ahead of the coming week .When will you have time to cook ?Do you have the right materials already ? A little time planning ahead can save a lot of work later on.

Make your time worth it .When you do find time to cook a meal , make the most of it and save yourself time later on .Are you making one loaf of bread ? Make three or four instead.It takes around the same amount of time to make more of something .So save yourself the effort for future meal .

Try new things. This may surprise you , but one of the best tools for making cooking worth your time is experimentation .It gives you the chance to hit upon new ideas and recipes that can work well with your appetite and schedule. The more you learn and the more you try, the more ability you have to take control of your food and your schedule.

Hopefully that gives you a good start Let cooking and living simply be a joy rather than a burden.

And don’t let a busy schedule discourage you from making some great changes in the way you eat and live!