1. Lazy loading

In app-routing.module.ts

// lazy loading, only loaded when we call this feature  
{path: 'recipes', loadChildren: '../recipes/recipes.module#RecipesModule'},

1. preloads all lazy loaded modules

in app-routing.modules.ts

imports: [  
 // preloads all lazy loaded modules, so the lazy loaded modules don't load at the app start, but then load once it runs  
 RouterModule.*forRoot*(appRoutes, {preloadingStrategy: PreloadAllModules})  
],