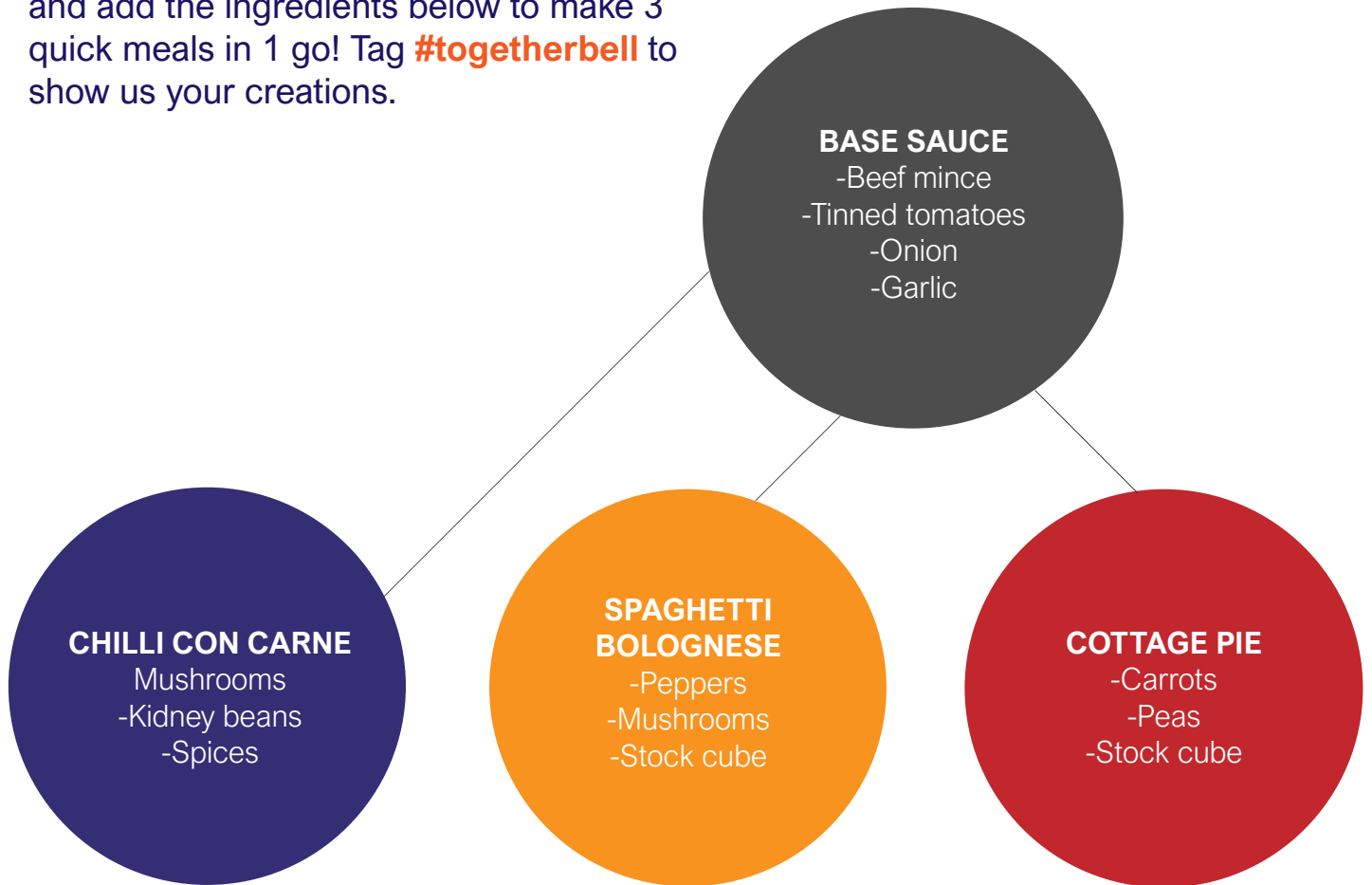


FOOD PREP



Make one base sauce then divide into 3 and add the ingredients below to make 3 quick meals in 1 go! Tag **#togetherbell** to show us your creations.



TOP TIPS!

- Chop fruit and veg in advance so you can use it quickly for meals and have it as snacks.
- Reduce cooking time by doubling up recipes and use them for lunch the next day or dinner later in the week.
- Tinned and frozen options require little or no prep and are just as nutritious as fresh.
- Plan meals out for the week to save last minute rushes and unhealthy choices.
- Make an omelette, cut into strips and store in the fridge for quick, high protein snack options.
- Utilise your freezer- cooked jacket potatoes can be frozen and defrosted for a quick meal option. Grated cheese can be stored in the freezer and doesn't need defrosting before using. Chop herbs, garlic and onion and store in the freezer for quick ways to add flavour to meals.