

7 SIMPLE HACKS TO GET DINNER ON THE TABLE *FAST*

1 USE THE POWER HOUR

The 'power hour' is an hour spent at the beginning of every week where you prep as much as you possibly can for the week ahead. Slice veggies, pack lunches, whisk salad dressing; that 60 minutes in one go can save you a ton of time as the week goes on.

2 MAKE A SHEET PAN MEAL

They're all the rage now, and with good reason: they're incredibly simple to make. One starch, one protein, one vegetable, and some kind of fat (like seasoned oil) or sauce. In a hot oven til everything is cooked, then serve. Bonus: only one dish to wash!

3 EMBRACE THE CROCKPOT OR INSTANT POT

If you haven't gotten on the counter top 'pot' train yet, now's your time to hop on. These days, slow cookers can be purchased for as little as \$20, and either appliance can save you a ton of time cooking. Just dump in the ingredients, turn it on, and let the machine make your dinner.

4 DIY FREEZER MEAL 'KITS'

Blue Apron style meal-in-a-box delivery service is hugely popular, and here's why: it takes all the extra work out of planning and cooking a meal, because everything you need is right there in the box. You can make your OWN freezer meal kits, too! Package everything one recipe needs, prepped and stored in individual containers, and put it all in one big freezer-safe bag. When it's time for dinner, pull the whole bag out, thaw, and cook.

5 CREATE A RECIPE SYSTEM THAT GOES ANYWHERE

If you've got a smartphone or a cloud-capable device, you've got a way to store ALL your recipes in one place. Use an app like Evernote or Google Drive and scan, save, tag, and bookmark all your recipes together. Then they're right where you need them, whenever you do.

6 COOK ONCE, EAT TWICE

Grandma had the right idea: why make a fresh, new dinner every night!? Plan your meals so that at least 1 or 2 dinners can be stretched into two nights. Roast chicken one night turns into chicken nachos the next. Pulled pork sandwiches become pork and bean soup. Buy extra and prep a bit more to save yourself the work down the road.

7 ONE MEAL, ONE DISH

Who says a 'dinner' needs to be one dish or protein, one vegetable side, a starch, etc? Put it all together in one dish! If you've got the components of a whole meal in one bowl or serving, that's less dishes to wash and less individual recipes to worry about. Layer your dish with different components for maximum time saved.