

## *TIME-**SAVING** SYSTEMS*

# KITCHEN

### CLEAR YOUR SPACE

Clean counters and table for meal prep.

### GATHER SUPPLIES & RECIPES

Have all necessary tools and ingredients ready as well as your recipes either on your phone or printed.

### PLAN FOR LONGER COOK TIMES

Start with foods that require longer cook times like proteins, roasted veggies, and baked items.

### MULTI-TASK EFFICIENTLY

Use multiple appliances simultaneously (e.g. rice cooker, slow cooker, stovetop, oven, stand mixer). Combine foods on one sheet pan.

### MINIMIZE WASHING BETWEEN STEPS

Only wash items if food safety requires it. If you are pan-frying, aim to cook veggies or grains first and raw proteins last to avoid any food safety issues (cook food to proper temperatures).

### KEEP YOUR SPACE TIDY

Wash dishes, wipe counters, and chop veggies while other foods cook. Stay organized and maximize every minute for efficiency.

**Systems help us stay on task and the consistency in a system can reduce brain fog, avoid overwhelm, and help us stay focused on the tasks that bring us success.**