

01

Boil Water Faster

Cover pot with lid and add a pinch of salt. The lid traps heat while salt raises boiling point, cutting wait time by 25%.

02

Rest Meat Smartly

Let cooked meat rest 5-10 minutes while you prep sides. Juices redistribute for better flavor, and you save time by multitasking efficiently.

03

Use Kitchen Shears

Cut herbs and greens directly into dishes with shears. Faster than knife work with less cleanup.

Meal Prep Organization

Smart meal prep organization saves hours each week. Pre-portion vegetables, proteins, and grains into clear containers for easy visibility. Use labeled freezer bags for marinades and sauces. Assemble complete meal kits with all ingredients ready to cook.



Use clear containers to pre-portion ingredients.



Label freezer bags with marinades and dates. Store flat to save space and thaw quickly when needed.



Create ready-to-cook meal kits for busy weeknights.

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Full Instructions

Prep Day Workflow

1. Shop with your meal plan list
2. Wash and dry all produce immediately
3. Chop vegetables by cook time (hard veggies together, soft ones separate)
4. Portion proteins into freezer bags with marinades
5. Cook grains and beans in batches
6. Label everything with dates and store properly

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Cooking Day Assembly

1. Pull prepped ingredients 10 minutes before cooking
2. Start with longest-cooking items first
3. Use the "hot pan" method - preheat while gathering ingredients
4. Assemble components rather than cooking from scratch
5. Most meals ready in under 30 minutes with proper prep

Start Today!

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Begin your time-saving cooking journey with just one hack this week.

Your Next Step:

Pick one tip from this guide and try it today. Small changes lead to big results. Soon you'll be cooking smarter, not harder!