



Kitchen Standbys

When you have low energy levels or you don't feel like eating, cooking can be a real chore. Have some standbys in the kitchen stores to give you a headstart on nutritious meals and snacks

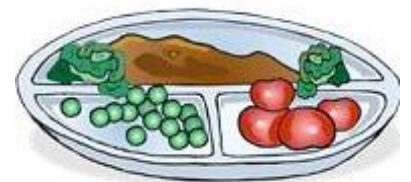
In the fridge

- 🕒 Cheese, bacon and eggs
 - scrambled, poached or boiled
 - a quick omelette with cheese or ham
 - bacon and eggs for a quick tea
- 🕒 Mayonaise, sour cream and cream cheese – for calorie boosters
- 🕒 Readymade custards, yoghurt, mousses and jelly
 - add some canned fruit - great for snacks and a quick pudding



In the freezer

- 🕒 Frozen veges, hash browns and oven fries
- 🕒 Crumbed fish and/or chicken
 - pop in the oven with oven chips or hash browns, add some frozen veges on the side, an instant meal
- 🕒 Frozen ready meals – a wide variety available
- 🕒 Ice cream – add to milkshakes, have as a snack with fruit
- 🕒 Look after the cook
 - Freeze leftovers in single portions
 - Muffin tins, empty yoghurt pottles ...
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Frozen foods are processed very quickly and so keep much of their nutrients –not only are they quick to use but can also have good amounts of vitamins and minerals.



In the cupboard or pantry

- 🕒 Canned goods
 - canned fish
 - mix with cooked pasta, rice or noodles and frozen veges for a quick meal
 - microwave a potato and top with tuna, spring onion and some sour cream
 - baked beans, creamed corn or spaghetti
 - grate some cheese over and have with toast
 - soups (cans and packets)
 - canned fruit
 - creamy rice – a great snack or pudding
- 🕒 Packet rices or instant noodles – a good base for a meal
- 🕒 Breakfast cereals, instant oats – not just for breakfast!
- 🕒 Milks and flavoured drinks – e.g. Up and Go or flavoured milks to use as the base of a smoothie
- 🕒 Muffin and cake mixes – add eggs and oil and they are good to go
- 🕒 Bread bases
 - crumpets, fruit bread, pikelets and English muffins
 - spread liberally with butter or margarine and top with jam, chocolate spread or peanut butter
- 🕒 Nibbles
 - chips, pretzels, nuts
 - crackers
 - plain and sweet biscuits, cakes and muffins
 - chocolate and sweets for a calorie boost.