

Why the Freezer is your New Best Friend

Fresh or Frozen has been an ongoing debate for many years. What's better? Well that depends on a couple of factors. Fresh is best when it is really fresh and picked at its ripest. But after a few days, fresh starts to become, well, not so fresh and the food begins to lose nutrients. Frozen foods such as fruits and vegetables are picked at their peak ripeness therefore delivering the highest nutrient content. They are then snap frozen at their peak freshness, locking in all their nutrients until you are ready to use them. So don't skimp out on the freezer aisle of the supermarket. Things like frozen vegetables or berries and even avocado and meats are a great food to have in the freezer to allow for quick and easy meal preparation and backup food supplies. If certain foods are out of season, they will be expensive to buy and not likely to be at their peak ripeness, therefore opt for frozen varieties and save yourself some dollars, another great reason to opt for frozen. Now the same goes for your own food prep. Many foods store well frozen and if you plan and prepare well, your days and even nights will become so quick and easy with homemade frozen meals ready to pull out of the freezer at any time. I cook and freeze omelets for breakfasts. I freeze cooked and individually portioned stir fries, great for lunch or dinner. And I even cook a big bowl of brown rice (because it takes so long to cook, and no one can be bothered waiting that long when you are hungry), and freeze them in a small snap lock bag in ½ cup portions, ready to pull out and add to a stir fry, or some hollandaise sauce, or some grilled chicken and veggies.



Things that are easily frozen:

- Meats (fresh or cooked)
- Veggies
- Cooked grains (rice, quinoa, pasta)
- Pasta sauces
- Casseroles
- Soups
- Most left overs (taco mince, shepard's pie, curries, meatballs)

Give the freezer thing a go. It will make a healthy diet so much easier when you are tired or cannot be bothered cooking. Remember to freeze in correct portions, snap lock bags and small containers are best for this.

Happy Freezing!!!