

Preparing fast and healthy meals on the go



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Preparing fast and healthy meals on the go Problem and thesis ment Food is the most indispensable thing for every living life. Human beings can survive and 'succeed' only if their various body organs are given the need resources in the form of food. However, in today's fast moving life, consuming a relaxing and healthy meal thrice a day is becoming rarer and rarer. The problem starts with a hurried or even skipped breakfast. Food taken as part of breakfast is very crucial, as it provides the necessary energy for the day's work, and skipping it could lead to other medical problems apart from the obvious tiredness. Likewise, eating even a hurried breakfast or other meals could also cannot give the full complement of nutrients to the body, with the energy draining out later in the day.

In addition, skipping meals or having hurried meals could also lead to binge eating, as missed breakfast could lead to heavy lunch or even dinner to overcome the tiredness. " Youll either overdo your evening meal, taking in too many calories because youre famished, or youll run low on energy and patience, since your body isnt adequately fueled to manage a busy schedule." (Ehrensberger, 2009). Thus, it is clear that fast paced life and inability to have food at appropriate times and in apt quantities could lead to major short-term as well as long-term problems, thus being a ' recipe' for nutritional disaster. " If your normal busy-day routine is to skip meals or just grab an empty-calorie snack, sooner or later youre sure to collide with nutrition disaster." (Ehrensberger, 2009). Chances of ' disaster' can be averted or even minimized if one starts to prepare and quick and healthy meals on the go, which can provide the ' fuel' to keep on going, as well as fulfill the needed nutrients.

Solutions

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Preparing fast and healthy meals particularly the breakfast on the go will go a long way in providing the necessary energy for the day. So, individuals living in the fast lane or husbands and wives who both have tight professional commitments, can try out various fast and healthy meals, instead of skipping the meals or consuming hurried ready-to-eat high calorie foods. There are sizable numbers of fast and healthy meals, which apart from providing the needed energy and nutrition, can surely satisfy their palates. People always go for tasty foods, more than healthy ones, and so these quick and healthy meals have to be tastier. One of the steps that can be taken to prepare fast and healthy meals is to buy and stock key healthy foods. “ Pre-cut veggies, purchased hard boiled eggs, individual cartons of milk, and single-serve portions of dry fruit and nuts can be huge time savers, so pick up a supply to keep on hand.” (Ehrensberger, 2009). People tend to avoid healthy foods mainly because of their long preparation time, however by following the above mentioned step; one can prepare them very quickly. Apart from stocking these types of food, freezer can be filled with ready-made and individually portioned smoothies by blending up a batch using milk, yogurt, and fruit; later, all one needs to do in times of rush in the morning or other times, is to throw one in the microwave to thaw. (Ehrensberger, 2009). Importantly, if one keeps whole grain cereals, some dry fruits and nuts in small containers, a speedy breakfast can be prepared by just adding milk or skimmed milk. Restaurants for their part, are also offering healthier options for people on the go. So, by aptly preparing and consuming fast and healthy meals, people can have optimum source of energy for their daily tasks and also with energy to spare, they will avoid binge eating or risky snack items.

Reference

Ehrensberger, B. S. (2009). Quick and Healthy Meals You Can Eat With One Hand.

Healthcastle Nutrition Inc. Retrieved on November 13, 2010 from http://www.healthcastle.com/quick_healthy_meals.shtml