# 30-Minute Weeknight Dinners

This playbook provides a streamlined process for preparing quick, nutritious dinners suitable for busy weeknights. It offers a step-by-step guide to efficiently create a meal within 30 minutes.

### Step 1: Plan Menu

Create a weekly menu of simple recipes that require minimal preparation and cooking time. Ensure to include a variety of proteins, vegetables, and whole grains for nutritional balance.

### Step 2: Stock Ingredients

Keep a well-stocked pantry with essential ingredients that are commonly used in quick recipes. Include items like spices, oils, canned goods, and other non-perishables.

### Step 3: Prep Ahead

Use free time during weekends or off-peak hours to wash and chop vegetables, marinate proteins, and pre-measure ingredients for the upcoming week's meals.

### Step 4: Organize Tools

Arrange your kitchen tools and cooking equipment for easy access. Ensure that items like pots, pans, and cutting boards are clean and ready to use.

### Step 5: Cook Meal

Follow the recipe steps to cook your meal, focusing on efficient techniques like stir-frying, baking, or one-pot cooking to save time. Utilize quick-cooking ingredients like pre-cut meats or vegetables.

### Step 6: Serve and Enjoy

Plate the meal, garnish as desired for presentation, and serve immediately. Enjoy your 30-minute weeknight dinner with minimal cleanup by using fewer dishes and cleaning as you go.

## General Notes

### Healthy Options

Incorporate a mix of colorful vegetables and lean proteins into each meal to ensure a wholesome diet.

### Weekend Prep

Maximize your weekend prep time by batch cooking grains or proteins that can be refrigerated or frozen and quickly reheated during the week.

### Cleaning Tips

To minimize post-dinner cleanup, wash tools and wipe down surfaces while the meal cooks, if possible, or immediately after use.