

## Kitchen Wisdom – Tips, Tricks, and Time-Savers from a Seasoned Cook

*Because the best meals start with smart prep.*

### Meal Prep & Leftover Savvy

- **Wrap It Right:** Pre-make wraps using tortillas or collard leaves, then store seam-side down in containers.
- **Muffin Tin Magic:** Make egg bites, mini meatloaves, or oatmeal cups for grab-and-go.
- **Use What You Have Sheet-Pan Night:** Toss whatever's leftover onto a tray, season well, roast until golden.