

Batch Prepping Basics

Every weekend, prep one or two items from each of the following categories. Then throughout the week, you can build meals with these components and a few additional ingredients. This means less work without boring leftovers!

VEGETABLES

- **roasted veggies**

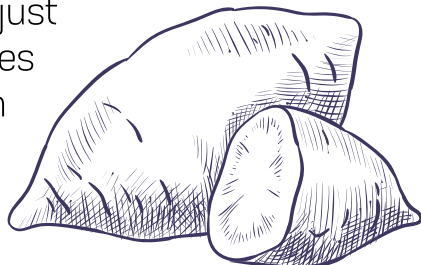
any combination of carrots, potatoes, beets, sweet potatoes, squash, broccoli, cauliflower, zucchini, cabbage, onions, asparagus, etc cubed; drizzle with coconut or olive oil, sprinkle with salt/pepper/herbs, roast on sheet pan at 400F until soft and golden brown



- **dice/cube veggies** for quick omelettes or skillet meals throughout week, store in resealable bag(s)
- cut **veggies to eat raw** with hummus or guacamole, store in container with water to keep crisp

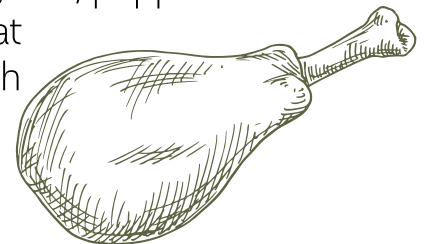
WHOLE FOOD CARBS

- **sprouted whole grains** – soak/cook several servings of rice, quinoa, or other whole grains
- **beans/lentils** – soak/cook beans or lentils (or use canned)
- **potatoes or sweet potatoes** – bake whole (just poke a few holes in the skin with fork) or cube + roast on sheet pan



PROTEIN

- roast whole **chicken** or several pieces of chicken (inside to 165F)
- brown **ground beef/chicken/turkey** with chopped celery and onions, salt + pepper (brown in kettle with lid to keep it from drying out, you can always drain at the end if preferred)
- make **meat patties** with ground beef/chicken/turkey and veggies/herb/spices, and salt/pepper (freeze and pop out to cook individually)
- prep **chicken or egg salad**
- make **meatloaf or meatballs** – mix ground meat with egg (or ground flax), oatmeal or grated veggies, herbs/spices, salt/pepper and bake (this is a great way to stretch your meat, which can get spendy)



MISCELLANEOUS

- **guacamole**
- **hummus**
- **hard boiled eggs**
- **chia pudding**
- **homemade energy balls**
- **chocolate avocado pudding**
- **cold/greens salad**
- **homemade broth or sauerkraut**