



BATCH PREPPING BASICS

VEGETABLES

- **roasted veggies**

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



- **dice/cube veggies** for quick omelettes or skillets 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

- **whole grains** - soak/cook several servings of rice, quinoa, or whole grain
- **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 a fork) or cube and roast on a sheet pan



PROTEIN

- roast whole **chicken** or several pieces of chicken (inside to 165°F)
- **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 drain at the end if preferred)
- make **meat patties** with ground beef/chicken/turkey and 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 and your grocery budget)



MISCELLANEOUS

- **guacamole**
- **hummus**
- **overnight oats**
- **chia pudding**
- **energy balls**
- **chocolate avocado pudding**
- **cold salad**
- **homemade broth or sauerkraut**