

# Prep Like a Pro

Batch prepping and batch cooking can save you time and money, ensure leftovers don't go to waste, and keep you stay in control of portions and ingredients. Determining your time availability and needs each week will help you decide what game plan works best for you.

## Batch Prep Ingredients

Many recipes require some sort of ingredient prep. For example, chopping vegetables or marinating meats. Taking care of these prep tasks ahead of time can help make cooking less time consuming. Evaluate what you want to cook and then decide what ingredients you want to have prepped and ready.

- Wash, cut, and store fruits and vegetables
- Prep and marinate meats
- Make sauces, dips, spreads, or dressing



## Batch Cook Ingredients

Quickly build meals throughout the week by batch cooking versatile ingredients. The key is to store the cooked ingredients separately, not create the full meal at once. This allows you flexibility in your game plan and helps you create meals with variety of flavors in little to no time. Frequently used ingredients often include grains, proteins, and vegetables.



## Batch Cook Meals

Fully prep, cook, and package whole meals ahead of time. This popular method works well for someone who has minimal time available to cook and who is okay with eating the same meal multiple times in a week. Package whole meals in individual servings for an easy grab and go option.



# Prep Like a Pro

Grains, proteins, vegetables, and sauces are all great options for prepping ahead. Let's look at how shredded chicken can be used in three very different dishes to provide variety throughout the week with one common ingredient.



Shredded chicken

## Banh Mi



Sriracha



Cilantro

Jalapeños



Pickled  
radishes

Cucumbers



Pickled  
carrots



Baguette

## Burrito Bowl



Shredded cheese



Salsa



Greek yogurt



Black beans



Lettuce



Tomatoes



Peppers  
and onions



Quinoa

## Microwave Fried Rice



Ginger



Garlic



Soy sauce



Honey



Vinegar



Cabbage



Green onions



Green peas



Carrots



Brown rice