

BATCH COOKING

Guide

LEARN BATCH COOKING LIKE A
BOSS TO SAVE TIME AND MAKE
HEALTHY EATING A BREEZE



BATCH COOKING 101

Getting started...

Batch Cooking is a great fit if you're low on time during the week. You can cook multiple batches of the same recipe (think doubling or tripling recipes) and freeze to eat later on. It also allows you to buy food in bulk which can save you money and time from having to shop multiple times per week.

Before getting started:

- 1) Create a menu and make a shopping list of the food you want to prepare.
- 2) For variety during the week, keep foods that are cuisine-neutral so they can easily be combined with other ingredients.
- 3) Foods like soups, stews and casseroles last 3-4 days in the refrigerator and freeze well.
- 4) Schedule your batch cooking time, and block this time on your calendar (I'm serious!). For example: block off 1-2 hours on Sunday afternoon to cook, so that you have food ready to eat Monday - Wednesday (or longer if you freeze some meals).
- 5) Make sure you have enough room in your refrigerator and freezer for the amount of food you are going to cook/store.
- 6) Find recipes you enjoy and double or triple them.

How long will it stay fresh?

Most frozen food will be good for 3-6 months.

When stored in the refrigerator, freshness will vary depending on the food:

Cooked chicken: 3-4 days

Cooked dishes with meat: 3-4 days

Hard-boiled eggs: 5-7 days

Roasted veggies: 3-4 days

Chopped veggies: 5-7 days

Cut fruit: 4-5 days

Cooked beans: 3-4 days

Cooked grains: 3-4 days

For maximum freshness, store food in [airtight containers](#) (see link for an example). **Label every meal or ingredient with the date cooked.**

Make sure you let the food cool to room temperature before you store it. And make sure it is refrigerated or frozen no longer than 2 hours after the food has been cooked.

BATCH COOKING TIPS

Basics

Batch cooking can be very time consuming when you are just starting out. Here are some tips to cut down on some time:

- Purchase 2-3 cooking sheets so you can bake/roast all of the food at once.
- Buy precut vegetables when you can so you don't waste any time cutting.
- Marinate your meats *before* you store them in the freezer.
- For Crockpot/slow cooker meals, place all ingredients in freezer safe bags. Therefore, the contents are ready to go, or it can be frozen for later use.
- Prepare all your veggies, fruits, grains and herbs and store in air tight containers.
- Instead of grilling/frying chicken breast, boil it or cook it in a instapot and then shred it. This way the chicken will be easy to throw on top a salad or in a wrap.
- Hard boiled eggs, canned fish, tofu, and cottage cheese are nice options to have as protein sources towards the end of the week so you don't have to worry about cooking as much midweek.

Batch cooking meal examples



Mediterranean Chicken Salad

- shredded chicken
- kalamata olives
- artichoke hearts
- salt and pepper

Lasts in the refrigerator for 3-4 days.



Chicken Tacos

- shredded chicken
- salsa
- lettuce
- corn tortilla
- cheddar cheese

Shredded chicken will last in the refrigerator for 3-4 days. Add toppings when ready to eat.



Chicken Fried "Rice":

- shredded chicken
- riced cauliflower
- peas and carrots
- coconut aminos
- avocado oil
- salt and pepper
- sesame seeds

Freezes well for 3-6 months

BATCH COOKING FOOD TYPES

Make Ahead, Store for Later



Choose your lean protein

- Shredded chicken breast
- Ground beef, turkey or chicken
- Seafood
- Tofu
- Hard boiled eggs
- Smoked Salmon
- Turkey or chicken lunchmeat
- Protein powder
- Yogurt



Choose your Carbohydrate

- Brown Rice
- Quinoa
- Potatoes
- Oatmeal
- Homemade waffles
- Gluten free bread



Choose your Fruits and Vegetables

- For roasted vegetables, season with avocado oil, salt and pepper before roasting to keep it cuisine-neutral.
- Clean and cut raw fruits and vegetables so they are easy to grab for a quick snack.



Store your food and label

- Glass containers will make it easier to reheat.
- Clear containers are great so you can see whats inside to make it easier to grab on the go.



BATCH COOKING

Meals

MEALS TO MAKE IN BULK
ADHEAD OF TIME. FEED YOU
AND MAYBE EVEN YOUR
FAMILY FOR THE WEEK, AND
ONLY COOK ONCE.

Protein Pancakes



SERVINGS: 2

PREPPING TIME: 5 MIN

COOKING TIME: 15 MIN

INGREDIENTS

- 2/3 cup (80g) almond flour
- 2 tbsp (20g) tapioca flour
- 2 tbsp (20g) protein powder
- 1/8 tsp (1g) baking soda
- 1/8 tsp (1g) salt
- 1/8 tsp (1g) ground cinnamon
- 2 tbsp (32g) almond butter
- 1/3 cup (80g) unsweetened almond milk
- 2 eggs
- 1 tbsp (14g) Ghee, grass-fed butter, or avocado oil.

DIRECTIONS

1. Mix all dry ingredients together.
2. Whisk together eggs and almond milk.
3. Stir egg mixture, and almond butter into dry ingredient mixture until smooth.
4. Heat 1/2 tbsp butter or oil in a medium skillet over medium heat.
5. Scoop 1/6 of batter onto the skillet for one pancake, you will likely be able to fit 2-3 pancakes on the skillet.
6. Cook until edges become firm and you can easily flip the pancake.
7. Cook for another 3-5 minutes on the opposite side.
8. Repeat steps 5-7 with remaining batter.
9. Option to serve with mixed berries or spread with almond butter.

NUTRITION INFO

Calories: 549, Carbohydrate: 13 grams, Protein: 34 grams, Fat: 43 grams

Paleo Banana Muffins



SERVINGS: 4

PREP TIME: 8 MINUTES

COOKING TIME: 15 - 20 MINUTES

INGREDIENTS

Muffins

- 2 ripe bananas, mashed
- 2 large eggs
- 1/2 tbsp vanilla extract
- 1 tbsp real maple syrup
- 1 1/3 cup almond flour
- 1/2 tablespoon ground cinnamon
- Dash of salt
- 1/2 teaspoon baking soda

On the Side

- 1 cup raspberries (for two servings)
- 1 cup blueberries (for two servings)

DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C).
2. Fill a muffin tin with muffin liners or grease the inside of the muffin tins with coconut oil.
3. Mix together all wet ingredients in a large bowl, until well blended.
4. Gradually add dry ingredients until smooth.
5. Fill muffin tins with batter (makes 8-10 muffins).
6. Bake for 15-20 minutes, until lightly browned on top.

NUTRITION INFO

Calories: 386, Carbohydrate: 34 grams, Protein: 14 grams, Fat: 23 grams

Chocolate Nut Butter Overnight Oats



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2/3 cup (160 g) unsweetened milk of choice
- 1/2 cup (40 g) rolled oats
- 1/3 cup (80 g) plain Kefir (or Greek yogurt)
- 1 tbsp (7 g) ground flaxseed
- 1/2 tsp (2 g) vanilla extract
- 2 tbsp (32 g) almond butter
- 1 tbsp (6 g) cocoa powder
- Dash of sea salt (optional)

DIRECTIONS

1. Mix all ingredients together and store in a closed container in the refrigerator overnight.

NUTRITION INFO

Calories: 464, Carbohydrate: 53 grams, Protein: 18 grams, Fat: 25 grams

Make Ahead Turkey Kofta



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 12 oz (336 g) ground turkey
- 4 tbsp (60 g) crumbled feta cheese
- 1/2 cup (30 g) chopped parsley
- 1 tsp (6 g) salt
- 1/2 tbsp (7 g) avocado oil
- 3 cups (60 g) arugula or rocket
- 10 (170 g) cherry tomatoes, halved
- 1 medium cucumber, chopped
- 1 tbsp (8 g) slivered almonds
- 1/2 tbsp (7 g) olive oil
- 1 tbsp (14 g) lemon
- 2 kiwis

DIRECTIONS

1. In a large bowl add ground turkey, feta cheese, chopped parsley, and salt. Mix together using your hands until well blended.
2. In a large skillet, warm avocado oil over medium heat. Create palm sized patties with the turkey mixture and add to the skillet. Cook for approximately 15 minutes until turkey is cooked through, flipping once when the bottom begins to brown.
3. Toss arugula with tomatoes, cucumber, slivered almonds, olive oil, and lemon juice.
4. Serve salad with turkey burgers (warm or cooled) with sliced kiwi.

NUTRITION INFO

Calories: 489, Carbohydrate: 21 grams, Protein: 41 grams, Fat: 28 grams

Chicken Sausage Hash



SERVINGS: 1

PREP TIME: 5 MINUTES

COOK TIME: 20-30 MINUTES

INGREDIENTS

- 1 tbsp (13 g) ghee
- 1 1/2 cups (200 g), peeled and cubed
- 1/4 white onion, chopped
- 1/4 cup (63 g) chickpeas
- 4.5 oz (136 g) chicken sausage, sliced
- 2 cups (42 g) kale
- Salt and pepper to taste

DIRECTIONS

1. In a large skillet, heat ghee over medium heat.
2. Add sweet potatoes and white onion to the skillet and cook until sweet potatoes are cooked (10-12 minutes) or until they are able to be easily pierced with a fork.
3. Add chick peas and chicken sausage and sauté until the chick peas and chicken sausage is cooked through and crispy around the edges.
4. Add kale, salt and pepper and sauté until the kale turns bright green and softens.
5. Serve hot and enjoy!

NUTRITION INFO

Calories: 374, Carbohydrate: 63 grams, Protein: 33 grams, Fat: 20 grams

Hearty Vegetable Chili



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 45 MINUTES

INGREDIENTS

- 1 tbsp olive oil
- 1 white onion
- 1 green pepper
- 2 carrots
- 1 lb (453 g) ground beef
- 1- 28oz (794 g) canned diced tomatoes
- 3 tsp (8 g) chili powder
- 1 tsp garlic (3 g) powder
- 1 tsp (2 g) smoked paprika
- 1/4 tsp (0.5 g) cayenne pepper
- 1/2 tsp (1.5 g) ground cumin
- Salt and pepper to taste
- Cilantro to garnish (optional)

DIRECTIONS

1. Heat a large pot to medium heat
2. Add the olive oil
3. While the pot is heating up, chop the onion, pepper, and carrots into small pieces
4. Add the chopped vegetables to the hot oil and saute until the vegetables begin to soften
5. Add the ground beef and stir everything together
6. Once the beef is cooked, scoop out any additional fat/oil leftover from the meat
7. Add the diced tomatoes, chili powder, garlic powder, smoked paprika, cayenne pepper, cumin, salt, and pepper
8. Combine all ingredients, cover the pot with a lid and simmer for 30 minutes
9. Remove from heat, and sprinkle with cilantro
10. Enjoy!

NUTRITION INFO

Calories: 481, Carbohydrate: 14 grams, Protein: 20 grams, Fat: 38 grams

Weeknight Quick Pasta Dinner



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 12 MINUTES

INGREDIENTS

- 8 oz (227 g) lentil pasta rotini (Tolerant brand)
- 2 cups (60 g) baby spinach
- 1/2 cup (75 g) cherry tomatoes, halved
- 1/4 cup (70 g) kalamata olives, halved
- 3 tbsp (36 g) basil pesto (made with olive oil)

DIRECTIONS

1. Cook pasta as directed on package.
2. Drain and rinse pasta then return to pot and toss with pesto sauce and spinach.
3. Warm for 1-2 minutes over medium heat until spinach is wilted.
4. Toss with remaining ingredients and enjoy!

NUTRITION INFO

Calories: 513, Carbohydrate: 75 grams, Protein: 27 grams, Fat: 15 grams

Asian Sesame Kabobs



SERVINGS: 2

PREPPING TIME: 10 MIN
(PLUS TIME TO MARINADE)

COOKING TIME: 10 MIN

INGREDIENTS

- 12oz (340g) steak tips
- 2 bell peppers, color of choice, cut into squares
- 1 small yellow onion, cut into squares
- 1/2 cup (144g) coconut aminos or tamari
- 3 tbsp (40g) avocado oil
- 1 tbsp (14) sesame oil
- 2 cloves garlic, minced (or 1 tsp garlic powder)
- 1 tbsp (6 g) ginger, minced (or 1 tsp ground ginger)
- 1 tsp (2g) onion powder
- Dash of salt
- Grilling skewers.

DIRECTIONS

1. Mix together coconut aminos, avocado oil, sesame oil, garlic, ginger, onion powder, and salt.
2. Pour most of the coconut amino mixture over steak tips in a bowl in refrigerator for at least 30 minutes (or overnight). Save a small amount to pour over the skewers after cooking.
3. Let grilling skewers soak in water for 5 minutes before preparing kabobs.
4. Heat grill to medium heat.
5. Add steak and vegetables to the skewers, alternating between each.
6. Place on grill and cook for approximately 10 minutes (or until steak is desired texture), turning over once.
7. Once removing from the grill pour over remaining marinade.

NUTRITION INFO

Calories: 481, Carbohydrate: 11 grams, Protein: 38 grams, Fat: 33 grams

Sheet-Pan Chicken Fajitas



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25-30 MINUTES

INGREDIENTS

- 12 oz (340 g) chicken breast
- 1 red pepper
- 1 yellow pepper
- 1 green pepper
- 1 white onion
- 1 tbsp (14 g) olive oil
- 1 tsp (2 g) smoked paprika
- 1/4 tsp (0.5 g) cayenne pepper
- 1 tsp (3 g) garlic powder
- 2 tsp (5 g) chili powder
- 1 tsp (3 g) cumin
- salt and pepper to taste
- 6 organic corn tortillas
- 1/4 cup (4 g) cilantro, chopped (optional)

DIRECTIONS

1. Preheat oven to 425 degrees F (220 C).
2. Slice chicken, peppers, and onions into thin strips and combine in a mixing bowl.
3. Drizzle olive oil over everything.
4. Add smoked paprika, cayenne pepper, garlic powder, chili powder, cumin, salt, and pepper to the mixing bowl.
5. Mix everything together until the chicken and peppers are evenly coated.
6. Spread the chicken and vegetables evenly out onto a large baking pan.
7. Bake in the oven for 15 minutes, stir everything around, and cook for another 10 minutes until the chicken is cooked (165 degrees F).
8. Remove from oven and spoon ingredients into tortillas.
9. Sprinkle with cilantro.
10. Enjoy!

NUTRITION INFO

Calories: 520, Carbohydrate: 53 grams, Protein: 46 grams, Fat: 15 grams