Batch Cooking

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Objectives

- Discuss how to plan and organize for your week ahead
- Determine how to develop an effective shopping list
- Discuss my top 7 food prep go tos
- Quick meal ideas
Step One: Planning

Pick a day that you can set aside some time to plan out your week

(for me this is Sunday—it is really about planning and being organized)
Create a weekly outline

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday/Sunday
Step Two: Developing a Shopping List

- Make a shopping list
  - Think about variety.
    - Create meals based on color, texture, and taste
  - Remember your macronutrient proportions
    - Carbohydrates, protein, and fat.
- Begin by making a list of items you are low on in your pantry.
- Add to the list of items that are in your recipes to prepare for the week.
Tips:

- Look for bulk items that are on sale. Look for products that won't spoil such as canned tomatoes, tuna, black beans, dried items such as rice, pasta.
- Limit processed foods you bring into your home.
- Make the most of your leftovers for example cooking off a whole chicken or whole piece of meat will help make extra meals for breakfast, lunch and dinner.
Step Three: Food Preparation

- Food Prep
  - My top 7 go to food prep items
1. Cut fruits and Veggies

Example:

- Fresh carrots: peel carrots and store in Tupperware with water.
- Wash celery and store in Tupperware with water.
- Slice bell peppers keep half in refrigerator and freeze other half for omelets, pizza toppings, soups.
- Salad greens: lettuce, arugula, spinach, kale.
  - Use salad spinner to rinse greens and store in a bag in the refrigerator with a paper towel and remove as much air as possible from bag.
- Wash apples and grapes and store in refrigerator.
2. Whole Grains

- Choose 100% whole-grain cereals, breads, crackers, rice and pasta.

- Whole Grain Foods: whole wheat bread, popcorn, oatmeal, brown rice, granola, whole grain pastas and crackers, and barley.

- Cook up a large batch of your go to grain. These can easily be added into meals throughout the week.
3. Beans and Legumes

- It is important to include both animal and plant sources. Plant proteins offer essential oils that animal proteins do not provide.
  - Dried beans and lentils (cook an entire bag at a time and freeze leftovers)
- Great additions to soups, stews, casseroles, salads.
4. Lean Proteins

- Cooking meat ahead of time is a major time saver.
  - Grilled, baked, or roasted
    - Chicken
    - Pork loin
    - Hamburgers
    - Salmon

- Great to cook up on the weekend for the week ahead or you could try a slow cooker.
5. Baked Vegetables

- Roast vegetables while you are prepping other foods for the week.
  - Baked potatoes
  - Roasted vegetables

- Store in refrigerator after being cooled.
6. Hardboiled Eggs

- Boil a dozen to have throughout the week.
  - Pair with peanut butter sandwich on your way into work, healthy snack or before you hit the gym.

- Make egg salad.

- Slice and add to salads.
7. Soup

- Soup is my favorite meal prep item.
- You can pack every food group into it.
- Make a large batch and freeze part of it.
- Shopping list: low sodium broth
  - Frozen veggies work great in soups
  - Add meat or beans or lentils you prepared
  - Add whole grain-barley, whole grain pasta or rice
Quick Meals

- Sandwich melts
- Salmon Burgers
- English muffin pizzas
- Quesadillas
- Baked potatoes in microwave
Thank you!

- Happy Cooking!