

Let's Batch Cook!

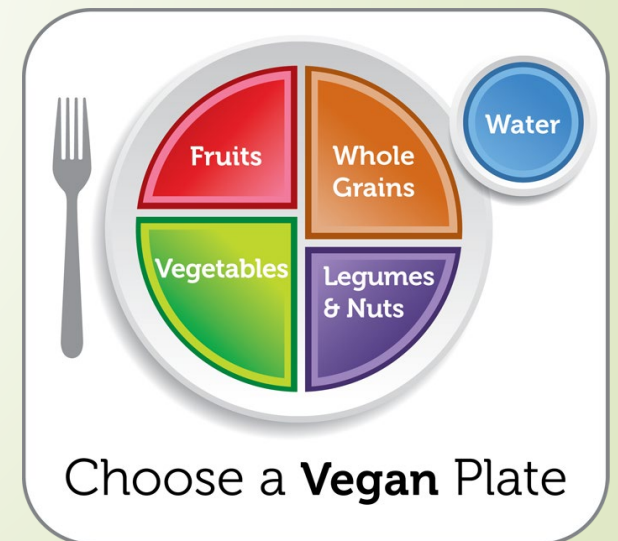


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Meal Planning with 4 food groups

- **Fruit (3/day) + Vegetable (4+/day)**
- **Aim for fruit &/or veg at every meal**
- A **whole grain (5/day)** or starch with every meal
- A **protein (3/day)** or with every meal



Sample meals

➤ **Breakfast**

- Fruit + Grain + Protein/Dairy sub

➤ **Lunch**

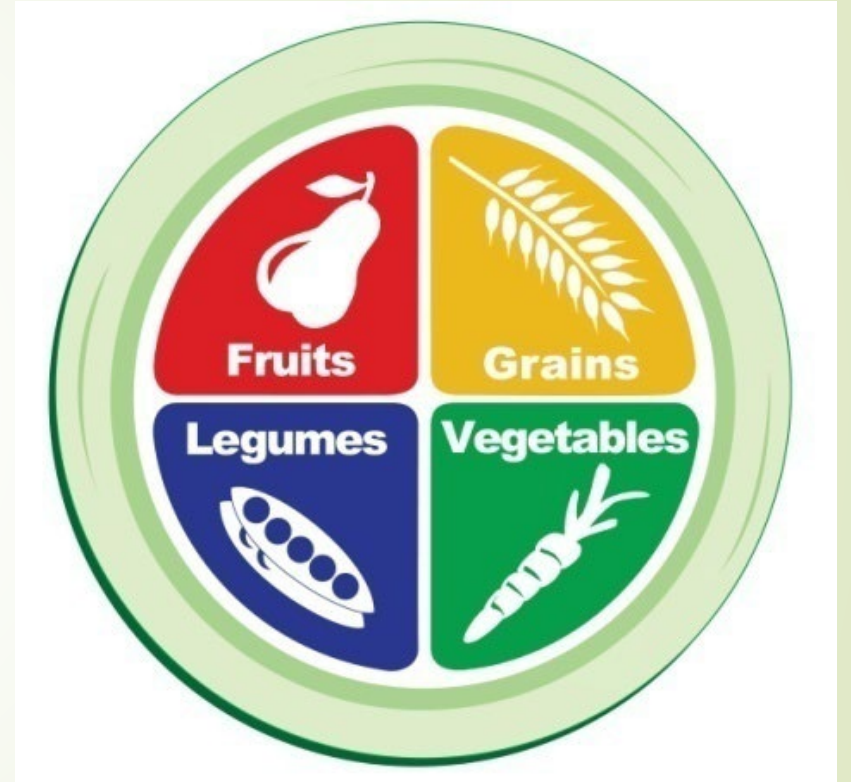
- Vegetable + Grain + Protein

➤ **Dinner**

- Vegetable + Grain + Protein + Fruit

➤ **Snack(s)**

- Fruit or veggie or protein or healthy fat
- Snacks appropriate if hungry or will be long time until next meal



WHOLE GRAINS



WHEAT BERRIES



OATMEAL



QUINOA



BROWN RICE



BUCKWHEAT



CORN



BARLEY



AMARANTH



KANIWA



FREEKEH



WILD RICE



TRITICALE



SORGHUM



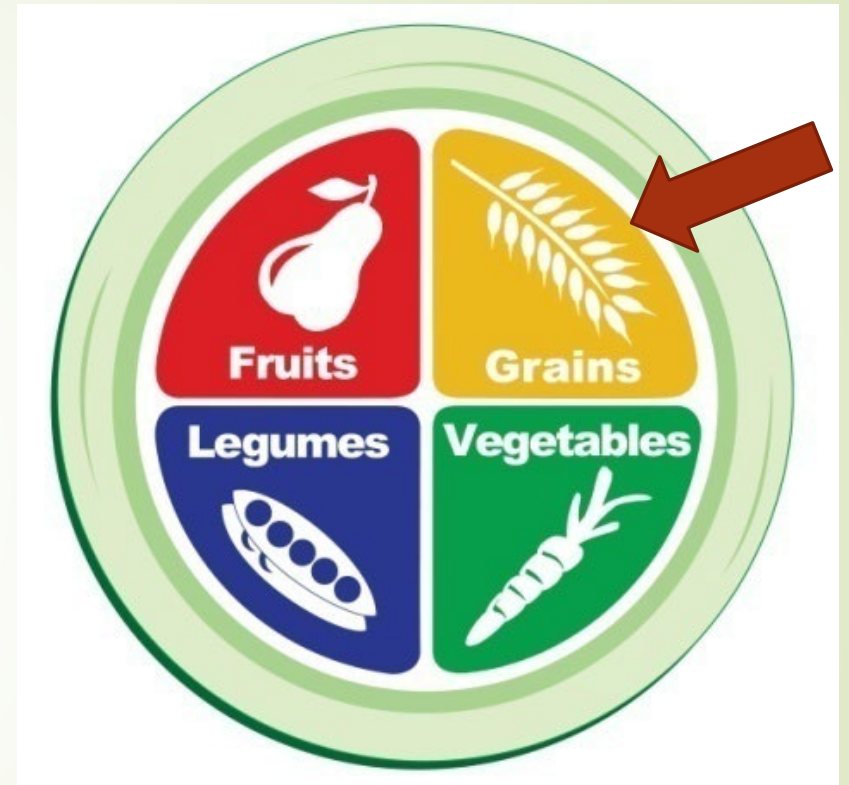
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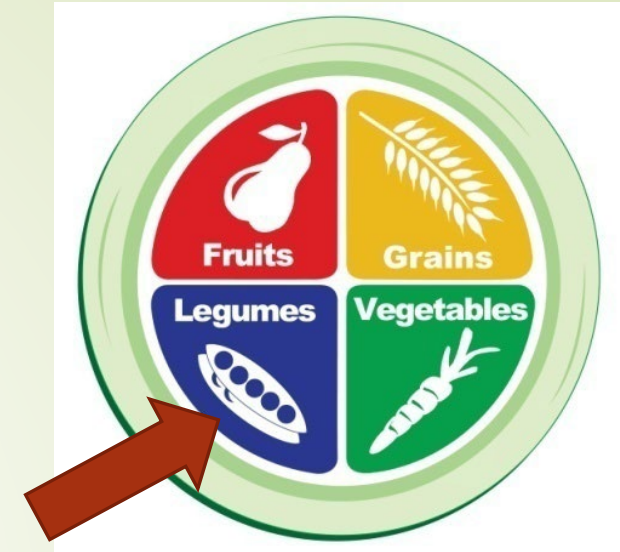
BLACK RICE



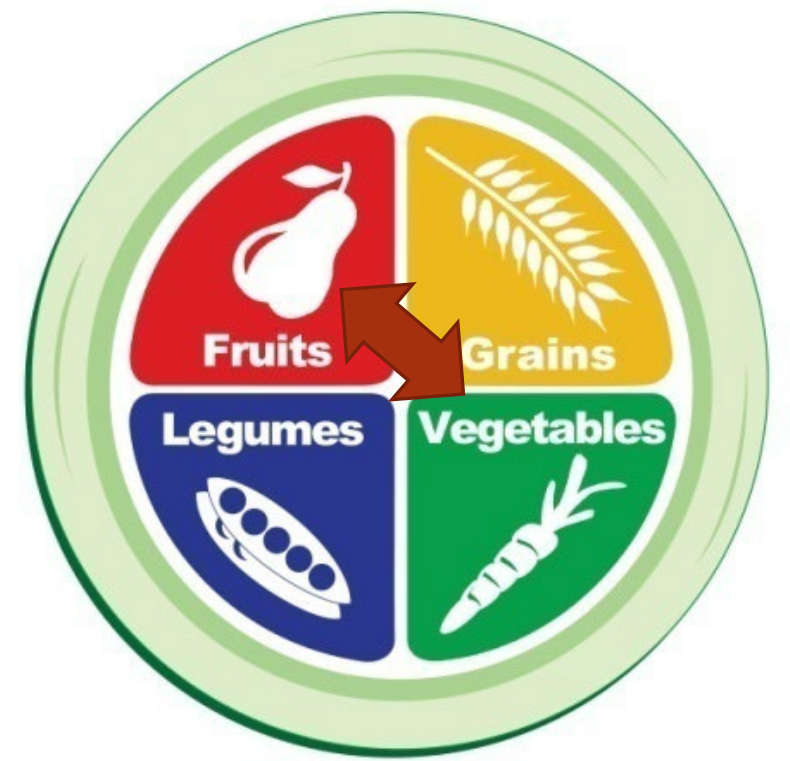
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Protein



Fruits and Veggies



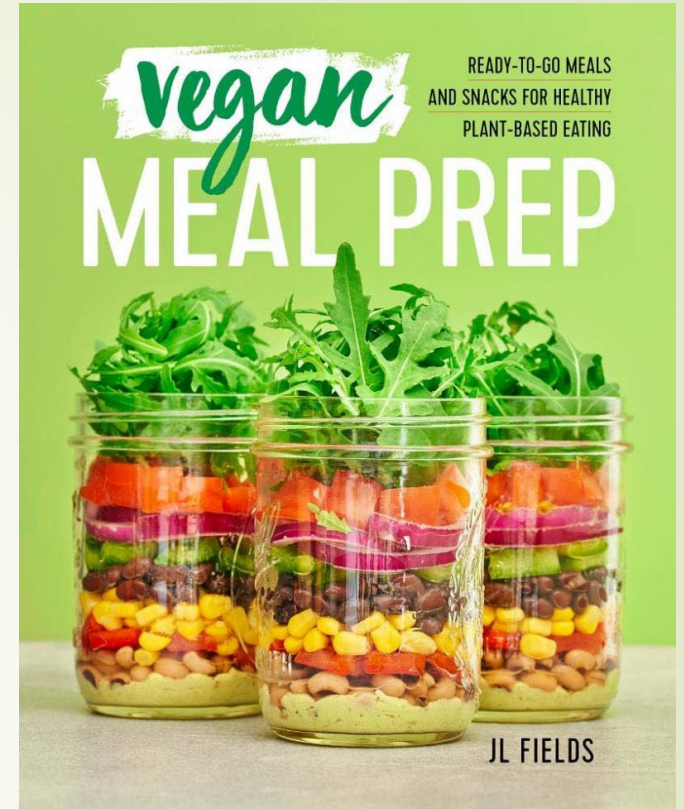
What works best for you?

- Shop daily? Weekly? Online?
- Make something new every day?
- Make 'planned overs'?
- Batch cooking?
- Freezer meals?
- Order take out?



Tips for Batch Cooking

- What's in season?
- What is your week going to be like?
- Pick out a few recipes
- Make a menu
- Make a shopping list
- Get to know your store/farmers' market
- Stock the pantry
- Prep foods for the week
- Make your meal components that you can recycle into other items
- Have plenty of storage containers



What's in season now?




What can I prep for the week?

- Oats
- Grains/rice/quinoa/pasta
- Beans/Lentils
- Tofu/tempeh – baked, scrambled
- Baked or roasted potatoes
- Chop veggies/fruits for the week's recipes:
 - Diced, sliced, wedges, chopped
 - Roast some, leave some raw for recipes
- Prep quick-grab fruits and veggies





What's basics are on the menu this week?

- Whole grain bowl or quinoa or oats
 - Lentils or beans
 - Sweet potatoes
 - Brown Rice or other grain
 - Make some sauces (see handout)
 - Extras: greens, chopped veggies, roasted veggies (ie. cauliflower, peppers, onions)
- 



Batch cooking fun

- ▶ <https://www.youtube.com/watch?v=oL2rCOOECQ0> – Batch cook
- ▶ <https://www.youtube.com/watch?v=24-pluXQ290> – Bean & Rice bowl
- ▶ <https://www.facebook.com/watch/?v=1416032872079536> – BROL bowl

Cook up a pot of ...quinoa

- ▶ Serve as side dish with your meal
- ▶ Heat left overs up for breakfast – add a little sweetener, milk, fruit (just like oatmeal)
- ▶ Take cold leftovers and add chopped veggies and vinaigrette
- ▶ Take cold leftovers and add fruit and sweet vinaigrette
- ▶ Throw leftovers into soup, stew, on top of salad



Whip up a batch ofLentils



BATCH COOKING & HEALTHY FOOD SWAPS WITH LENTILS

1 week of meals from one batch of lentils

SUNDAY Cook a large batch of lentils



2 CUPS (500 ML) DRY LENTILS (whole green or split red) + **6 CUPS (1.5 L) WATER (OR STOCK)** = **YIELDS 4 CUPS (1 L) PREPARED LENTILS**

Cook time: 15-20 minutes for whole lentils, 5-7 minutes for split lentils
 Portion lentils into 1/2 cup or 1 cup service size containers.
 Refrigerate for up to 1 week or freeze for up to 3 months.

MON	Add 1/2 cup cooked lentils to your morning smoothing for a protein/fiber boost	1/2 CUP LENTILS		
TUES	Use 1 cup cooked lentils in taco or burrito filling	1 CUP LENTILS		
WED	Add 1 cup cooking lentils to pasta sauce for a hearty, meaty texture.	1 CUP LENTILS		
THUR	Add 1 cup cooked lentils as a protein-rich topper to your lunch salad	1/2 CUP LENTILS		
FRI	Use 1/2 cup lentils in a homemade veggie pattie recipe	1/2 CUP LENTILS		
SAT	Add 1/2 cup lentils to your tofu scramble.	1/2 CUP LENTILS		
BONUS	Try puréeing your cooked lentils and swapping into baked goods. You can replace butter or oil used in baking with pureed lentils.	1/2 CUP LENTILS		

To Make Lentil Purée, place cooked lentils into a food processor or blender. For every 1 cup of lentils, add 1/4 cup water. Blend to a smooth purée with a consistency resembling canned pumpkin.

Make a batch of.... soup

- ▶ **Serve over different grains.**
 - ▶ Try farro, quinoa, barley, bulgur or brown rice.
- ▶ **Add a big handful of green leafys!**
 - ▶ Instead of having your salad on the side, heat up your soup with a generous serving of baby kale, spinach or arugula.
- ▶ **Try a potato.**
 - ▶ Put a baked potato or sweet potato in the bottom of your bowl
- ▶ **Make a pita or burrito!**
 - ▶ If thick enough, add leftover soup to a whole wheat pita or tortilla. Drain off a little of the liquid if needed then add in lots of greens and other vegetables.



Make a big salad

- Chop lots of dark greens
- Add other favorite chopped veggies
- Top with your batch items:
 - Rice or quinoa
 - Lentils
 - Nuts/seeds
 - Fruit



Put together some meals

- Oatmeal or quinoa bowl or BROL for breakfast
- Power bowl for lunch
- Different flavored bowl for dinner or serve items over your sweet potato
- Enchiladas or Tacos
- Stuff your items into pita, tortilla, bread




What will you try this week?

- Pick an item or two you'd like to try to batch cook this week
- What will be on your menu?
- What will be on your shopping list?
- When will you do some prep...and make your meals quick and easy for the week?





Batch Cook Black Beans

- Meal #1: Black Bean burgers
 - Meal #2: Black Bean mango salad
 - Meal #3: Buddha bowl including black beans
 - Meal #4: No Chop chili with black beans
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WHEN DIET IS WRONG,
MEDICINE IS OF NO
USE. WHEN DIET IS
CORRECT, MEDICINE
IS OF NO NEED.

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Ayurvedic Proverb