



Healthy Eating For A Happier Life

THE FAST AND SLOW OF IT



Plant-Based Food Prepping and Batch Cooking

Healthy eating can feel like a time-consuming challenge, especially when trying to maintain a plant-based diet, but with some planning and the right strategies, it's possible to balance both speed and mindfulness in the kitchen. Food prepping and batch cooking are two different approaches that can be used together to allow plant-based eaters to enjoy the best of both worlds: convenience and wholesome, home-cooked meals.

The Fast: Prepping for Convenience



Food prepping is all about getting ahead of the game. For a lot of us, the weekday hustle doesn't leave much time for elaborate meal preparation. That's where prepping becomes invaluable. By setting aside just a few hours a week to chop vegetables, prepare grains, and portion out ingredients, you can significantly cut down the time spent cooking each day. One of the simplest ways to begin food prepping is by creating a weekly plan. Start by selecting a handful of plant-based recipes that share common ingredients—think grains like quinoa, beans, lentils, or vegetables like sweet potatoes and leafy greens. Once your recipes are chosen, designate time to chop, roast, and cook everything in bulk. For example, you can roast a large tray of vegetables, cook a batch of brown rice, and prepare lentils all at once. Store them in airtight containers, and when it's time to eat, all that's left is assembling the meal.

Prepping also extends to snacks and grab-and-go options. Make a batch of homemade energy balls, or pre-slice fruits and veggies for easy snacking throughout the week. This small upfront investment of time ensures that when you're rushing through a busy day, a nutritious plant-based meal or snack is never more than a few minutes away.

The Slow: Batch Cooking for Nourishment

Batch cooking is the slower counterpart to food prepping, but it offers tremendous rewards. It involves making large quantities of meals at once and storing them for future use. This method works especially well for dishes like soups, stews, casseroles, or grain bowls, which often taste even better the next day as the flavors have had time to meld.

Batch cooking allows you to create nutrient-dense meals without feeling like you're stuck in the kitchen every day. For example, you could spend an afternoon preparing a big pot of vegetable chili or lentil soup, divide it into portions, and freeze half for later. This way, on busy nights, you can simply reheat a meal instead of reaching for a less healthy convenience option.

One of the keys to successful batch cooking is to use recipes that are versatile. Roasted vegetables can be repurposed into different meals throughout the week—toss them into salads, blend them into soups, or wrap them in tortillas for quick plant-based tacos.



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Fast and Slow, Working Together

When paired together, food prepping and batch cooking can completely transform the way you approach plant-based eating. With a little planning and organization, you can take the “fast” convenience of prepped ingredients and combine it with the “slow” satisfaction of nourishing, home-cooked meals. Whether you’re cooking up a quick stir-fry or sitting down to enjoy a leisurely bowl of soup, these methods ensure that healthy, plant-based food is always within reach.

Adopting a plant-based diet doesn’t have to be a time-consuming endeavor. By mastering the balance between fast preparation and slow cooking, you can enjoy the best of both worlds—saving time while nourishing your body and the planet.