

MEAL PLANNING 101

What is batch cooking or meal planning? Basically, it's preparing most or all of your meals and snacks for the entire week on 1 day out of the week. Simply make a date with your kitchen for about 1-2 hours, 1 day every week (in my world, it's on Saturday's right after I finish my grocery shopping haul in the mornings/afternoons) and have some fun cooking! There's no freezing required for any of your batch cooking as you'll be eating this throughout the week and cycle every week.

In your entire week (168 hours/week), 1-2 hours/week of cooking is not much! Especially if you're currently coming home from work every night cooking on the spot which could easily add up to 30-60 minutes/evening, that's over 7 hours a week! We all can use that extra 5 hours a week we'd save batch cooking to enjoy our time with loved ones, play more, take walks, engage in our beloved hobbies, and decompress. On the flip side, what if your case is going through a drive-through, picking up fast food, or dining out because you have nothing prepared to come home to. Again, batch cooking

will save not only your health from avoiding all those questionable ingredients (yikes!) put into fast food establishments, but also money spent!

At first, you may feel a tad overwhelmed with all the foods you want to make for an entire week, so I suggest starting out with 1 meal that you find you're most pressed for time or poses the most challenge for cooking. For example, most of my clients start with dinner or breakfast.

Step 1: Ask yourself "what meal time is really difficult for me to cook?" or "what time of day am I most in a time crunch to eat something healthy?" Start with that meal you've identified and gradually build upon the days/weeks worth when you're feeling more comfortable; or jump right in full force! I promise you the more frequently you batch cook and meal prep, the better and more efficient you become at it. Before long,

you'll be a master meal prep machine.



BATCH COOK: Why?

- Save you time from cooking throughout the week
- Keeps you on track with your health goals
 - This is especially important for those of you who have a specific health goal that's high priority: weight loss, muscle gain, fitness/strength goals- this will keep you on track!
- Takes the mental "burden/obligation" off your mind of thinking "What am I going to make for dinner *sigh*" or "I still have to cook *grunt*" etc.
- Consistency is key when making and achieving your health and wellness goals; what's more consistent than having your meal

prepared and planned for you a week in advance?

- Fun way to diversify your food and meal choices throughout the day and week

Supplies Needed:

Tupperware, preferable BPA free or Glass containers

Ziploc Sandwich Bags

Kitchen Appliances {oven, stove, juicer (optional), blender, food processor, rice cooker, ect.}

Fresh Ingredients from local markets, grocery store, ect.

Mason Jars

For the ultimate list of kitchen tools needed check out my book, Kristie's Naked Kitchen.

My Favorite Meals:

Breakfast:

Green Lemonade

Green Smoothies

Hard Boiled Eggs

Avocado and Sliced Tomatoes with Salsa

Sliced Fruit

Lunch/Dinner:

Large Tossed Salad (keep the dressing off until you're ready to eat)

Homemade Salad Dressing

Brown Rice

Quinoa

Sweet Potatoes

Yams

Chicken Salad

Egg Salad

Tuna Salad

Chicken Breast (Grilled, Baked, or Broiled)

Lentils

Black Beans

Soups

Snacks:

Fresh Cut Veggies

Hummus

Guacamole

Salsa

Nut Butters

BATCHCOOKING: What to do...

FINISHING TOUCHES: As you cook these foods, cook them plain or as simple as possible (i.e. no dressing, no oil, no sauces, limited seasonings, etc.). Then when meal time rolls around, you'll simply re-heat on the skillet/oven/or even microwave. Also, at this time you'll add on what I like to call your "toppers", the sauces, dressings, dips you've made, fresh seasonings, herbs, dressings, etc. This is where all the fun and variety happens. Lets take a look of an example below using just 1 meal component from your staple batch cooking list with "toppers".

Example **using Quinoa for a specific meal..**

- **Monday | Quinoa stir fry. Warm quinoa in a skillet with "toppers" of reduced sodium tamari sauce (a.k.a. soy sauce), sliced veggies, scramble a few egg/egg whites, and top with crushed cashews or sesame seeds.**
- **Tuesday | Taco night. Use quinoa as a base in a corn tortilla taco with "toppers" of protein and veggies from BC list OR use quinoa as the base of a "burrito bowl".**

- **Wednesday | Italian.** Use quinoa with "toppers" of marina sauce with veggies and a protein from your BC (aka: Batch Cook) list.
- **Thursday | Simple side.** Use quinoa as a side dish with "toppers" of veggies and protein from BC list.
- **Friday | Breakfast for dinner.** Warm quinoa with "toppers" of unsweetened almond milk, cinnamon, fresh fruit and nuts or seeds. Example using tempeh or other varieties of proteins for a specific meal...
Monday | use in a spaghetti sauce for a "meat" sauce
Tuesday | crumble into small pieces and use as a taco filling, similar to my Spring Veggie Tacos
Wednesday | marinate in soy sauce or tamari sauce and use in a stir-fry
Thursday | cut into large chunks, marinate in olive oil and balsamic vinegar, bake until firm, add to salads
Friday | coat in maple syrup and bake until caramelized for a mock "sausage", breakfast for dinner! Example using any cooked gluten free grain (quinoa, millet, buckwheat, etc.)...

Puree into a roasted vegetable mash as a side Top onto salads, chilled or warm As a side dish to any meal Heated through in a skillet with mixed vegetables for a stir fry Warmed through with homemade nut/seed milks for a morning porridge. As a snack with salsa, nutritional yeast, and avocado on top

Added to any soup or stew to add protein, fiber, and bulk

Example **using roasted vegetables...**

Puree into a roasted vegetable mash as a side Top onto salads As a side dish to any meal As a snack dipped in hummus

Pureed into a soup by adding vegetable stock

Example **using baked sweet potatoes...**

Puree into a potato mash as a side Top onto salads, chopped into cubes. As a side dish to any meal. As a snack with tahini, almond butter or a bit of coconut oil on top Blended into a smoothie, try it! Blended into chia pudding or soaked oats

Example **using hard boiled eggs.**

As a snack on the go Sliced onto gluten free toast for a breakfast, lunch, or quick snack Chopped and added to a salad Chopped and added to wild rice or quinoa for a “fried rice” meal as a side for breakfast or any meal needing more protein

Now that you have the basics, it’s all about assembling it into these meals, having fun with spices/herbs/condiments, and trying out new recipes! If you still need a bit more guidance on how to build meals for your entire day based on a specific goal, whether it be weight loss or body composition goals, [I’m an email away](#) and would be happy to develop a specific plan for you.