

Week 10 BATCHING PREP SHEET

**Batch-Prep these vegetables for ease in preparing recipes
(or purchase pre-prepped for shortcut):**

INGREDIENT	TOTAL AMOUNT NEEDED	PREP	MEAL
Kale	4 leaves, 2 cups	Thinly slice or shred, chop	C, F
Red onion, small	1	Dice	A
Yellow onion, small	1,1,1,1	Dice	B, F, G,I
Bell pepper, red	1	Dice	A
Bell pepper, orange or yellow	1	Dice	D
Green onions	2	Thinly slice	D
Celery, stalk	1	Dice	F
Carrot, medium	1,1	Dice	D, F
Mushrooms, cremini or white	4 oz, 4 oz	Slice	B, G

**Batch-Cook these ingredients ahead for ease in preparing recipes
(or purchase pre-cooked for shortcut):**

For best results, cook according to package directions.

INGREDIENT	TOTAL AMOUNT NEEDED	DRY MEASUREMENT	PLUS WATER	COOK TIME	MEAL
Sweet potatoes, medium	2	-	-	Varies	A

Prepare DIY, sauces and dressings ahead to store for later use when preparing recipes:

INGREDIENT	TOTAL AMOUNT NEEDED	PREP	MEAL
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	Shallot mixture	1	Combine & refridgerate	D	
	Garlic Dill Sauce	-	Whisk	I	