

Week 11 BATCHING PREP SHEET

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

	INGREDIENT	TOTAL AMOUNT NEEDED	PREP	MEAL
	Celery, stalk	2,2,2	Dice, Slice, Dice	A, D, E
	Green onion	2, 1/2 cup	Slice	A, F
	Yellow onion, small	1, 1/2, 1,1	Dice	C, D, E,F
	Sweet potato	1	Peel & Cube	F
	Carrot, medium	2,1,1	Slice, dice, dice	D, E, F
	Mushrooms, cremini	8 oz	Slice	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
Brown rice	3 cup	1 cup	2 cups	40-50 minutes	F
Soba noodles		3 oz	-	Per package instructions	G
Sweet potato	1	-	-	Roast 20 minutes	F

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

	INGREDIENT	TOTAL AMOUNT NEEDED	PREP	MEAL
	Coconut Chipotle Mayo	1	Blend	C

	Brown rice	3 cups	Chill	F	
	Peas, frozen	1 cup	Thaw	F	
	Banana	1	Freeze	I	