

Week 5 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	1 cup	Stem & chop	B
	Celery, stalk	1	Chop	D
	Sweet onion, small	1, 1/4, 1	Dice	B, C, E
	Green onion	1,2	Slice	B, G
	Cauliflower	Medium head	Chop	H

**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	1 cup	1/3 cup	2/3cup	40-50 minutes	G
Sweet Potatoes	2	-	-	Roast 20 minutes	F

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

	INGREDIENT	TOTAL AMOUNT NEEDED	PREP	MEAL