

# Week 7 BATCHING PREP SHEET

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

	INGREDIENT	TOTAL AMOUNT NEEDED	PREP	MEAL
	Green onions	4, 3	Slice	B, D
	Red onion, small	1/4 cup	Dice	F
	Sweet onion, small	1,1,1	Slice, dice, dice	A, C, G
	Bell pepper, any	1/2, 1/2, 1/2	Slice, dice, dice	A, C, D
	Kale	2 cups	Chop	E
	Celery, stalk	1	Dice	G
	Carrot, medium	1	Dice	G
	Mushrooms, cremini or bu	4 oz, 4 oz	Slice, dice	A, C

**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, 2 cups	1/3 cup, 2/3 cup	2/3cup, 1 1/3 cups	40-50 minutes	B, E
Lentils (not red)	1/2 cup	1/4 cup	1/2 cup	40 minutes	C
Sweet potato	1	-	-	Varies	E

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

	INGREDIENT	TOTAL AMOUNT NEEDED	PREP	MEAL
	Creamy Italian Dressing	1	Blend	A

	Orange Sauce	1	Blend	B	
	Dijon Maple Dressing	1	Whisk	E	
	Bananas	2	Freeze	I	