

# Week 8 BATCHING PREP SHEET

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

INGREDIENT	TOTAL AMOUNT NEEDED	PREP	MEAL
Bell pepper, any	1/2	Slice	B
Bell pepper, green	1	Dice	F
Bell pepper, red	1	Slice	E
Red onion, small	1/2	Dice	F
Sweet onion, small	1/2, 1, 1	Dice	C, D, G
Celery, stalk	1	Dice	D
Potato-medium, Yukon gold	3, 1	Peel & dice	D, E
Carrot, medium	1	Dice	D

**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, 3/4 cup, 1 cup	1/3 cup, 1/4 cup, 1/3 cup	2/3cup, 1/2 cup, 2/3 cup	40-50 minutes	B, C, E
Lentils (not red)	1 cup, 2 cups	1/2 cup, 1 cup	1 cup	40 minutes	C, E
Pasta	-	8-oz	-	As per package directions	G

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

	INGREDIENT	TOTAL AMOUNT NEEDED	PREP	MEAL	
	Basil Ricotta Cheese	1	Process or blend	A	
	Sweet & Sour Sauce	1	Whisk	B	
	Special Sauce	1	Whisk	C	
	Tofu Bacon	1	Prep & Bake	D	
	Chipotle Bean Spread	1	Process or blend	F	