

# Week 9 BATCHING PREP SHEET

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

	INGREDIENT	TOTAL AMOUNT NEEDED	PREP	MEAL
	Lettuce, romaine	2 cups	Chop	A
	Red onion, small	1	Dice	A
	Sweet onion, small	1, 1, 1/2	Dice	B, C E
	Bell pepper, red	1	Slice	C
	Bell pepper, any	1	Dice	A
	Potato, yellow or white (small-medium)	1	Chop	B
	Carrot, small	1	Chop	B
	Celery, stalk	2,2,1	Dice	B, D, E
	Broccoli	3 cups	Chop	B
	Potato, Yukon, large	1	Chop	B

**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
Pasta shells, jumbo	10	10	-	According to package directions	G

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

	INGREDIENT	TOTAL AMOUNT NEEDED	PREP	MEAL	
	Tofu Ricotta	1 recipe	Press & Combine	G	
	Cheese Sauce	1 recipe		C	