

Batch Cooking & Meal Prep Session

1. Start the beans in the pressure cooker.
2. Then put the rice in the oven.
3. While the beans and rice are cooking, chop and slice the vegetables.
4. Make a large garden salad to use as a side dish throughout the week.
5. Once the rice is done cooking, put the chicken in the broiler.
6. Let the beans and rice cool off, then store in usable portions. I store the rice in 2 cup portions and the beans in 1 3/4 cup portions.
7. Make the dressings for the recipes.
8. Once the chicken is done broiling, cut it into bite-size pieces and store in usable portions. I store the chicken in 2 cup portions