

Batch Cooking & Meal Prep Session

1. Start the black beans in the pressure cooker.
2. Cube the pork and batch cook it in a large skillet.
3. Broil the chicken.
4. Cook the rice on the stove top.
5. Chop and slice the vegetables.
6. Make a large garden salad to use as a side dish throughout the week.
7. Make dressings to use on salads.
8. Grate cheese.
9. Let the black beans, pork, chicken and rice cool off, then store in usable portions.
10. Start the white beans in the pressure cooker.
11. Make the meatballs and put them in the oven.
12. While the meat balls are baking, make Mongolian Beef Glaze and the Garlic-Ginger Green Beans.
13. When the meatballs are done cooking. Place 20 in the Mongolian Beef Glaze and toss to coat.
Package the rest in 1 pound portions and freeze for future meals.
14. Store the white beans in usable portions.