

Batch Cooking & Meal Prep Session

1. Start the chicken thighs in the slow cooker 3 hours before you plan to do the rest of the batch cooking.
2. Start the garbanzo beans in the pressure cooker. When the garbanzo beans are done cook the white beans, then cook the black beans.
3. Batch bake the rice in the oven.
4. While the beans and rice are cooking, chop and slice the vegetables.
5. Make a large garden salad to use as a side dish throughout the week.
6. Make the dressings to use on salads.
7. Dice the ham.
8. Grate the cheese.
9. Let the beans and rice cool off, then store in usable portions. I store the beans in 1 3/4 cup portions and the rice in 2 cup portions.
10. Shred the chicken and store it in usable portions.