

## Batch Cooking & Meal Prep Session

1. Bake potatoes, then start roast timing so roast is ready for dinner.
2. Batch bake 3 cups of Basmati Rice
3. Cooked 1 pound of Black
4. Cook Lentils
5. Dice Ham.
6. Chop broccoli, broccoflower, and onion.
7. Slice carrots, peppers, and celery.
8. Wash all other produce.
9. Make a large salad.
10. Make salad dressings to use on salads.
11. Store the beans, lentils, and rice in usable portions.
12. Store the chopped vegetables.
13. Cut the leftover roast in thin strips, then store in usable portions.