

# Batch Cooking: Cook Once, Eat For Days!

Do you sometimes feel like your overall health gets put on the back burner because you are too busy or just not up for preparing meals every day of the week? You're not alone!

Let us introduce you to the secrets of batch cooking – making a lot of food in a very short time to cut down on the ordeal of cooking something new each day. Whether you are a busy professional or a stay-at-home parent, batch cooking helps to make the process of preparing a meal that much easier.

Create your own mid-week convenience foods by batch cooking staples such as vegetables, rice, quinoa, and legumes! By preparing in advance, you can resist the urge to turn to convenience or prepackaged foods.

**Here are some foolproof tips to help you get started:**



- Make sure you have enough storage and sealable containers for all the food that you will prepare. Choose containers that come in assorted sizes to accommodate whatever it is that you are cooking.
- Decide what you may be in the mood for that upcoming week or perhaps choose one of your family's favorite recipes. Some ideas may include a variety of rice or quinoa bowls, vegetable salads, soups, frittatas, or stir-fry.
- Choose and schedule your "batch cooking" day – when you plan to grocery shop and spend a couple of hours preparing and cooking.
- Plan to double-up on your usual cooking. If you're making legumes or rice, or grilling fish, double up on the amount you prepare. This will make your week easier for quick salads, burritos, or tacos. Did

you know that it takes the same amount of time to cook 3 cups of rice as it does 1 cup?

- Roast or grill a variety of vegetables. Get ready to chop, slice, and dice. In terms of what vegetables are best, our advice is to eat the rainbow – the more color, the better! Brussel sprouts, broccoli, cauliflower, corn, and zucchini are just some of the vegetables that tend to last longer after preparing. Having vegetables on hand will make it easier to eat healthy during the week. A variety can also keep you from getting tired of eating the same thing over and over.
- Make meal preparation and batch cooking fun by finding a friend or relative to cook with. This will help to cut down your time spent in the kitchen even further.



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