

BATCH COOKING PLAN

Fun in the Kitchen

Steps for Batch Cooking, Days 1-5:

- You're going to need a lot of bone broth for this diet plan, so make a double batch of one of the broth recipes before you start. (If you start to run low, it's easy to prepare another batch during your diet days, so keep extra bones on hand.)
- Roast a chicken or buy a rotisserie chicken that does not have sugar or dextrose added (see Roast Chicken with Herbs and Lemon recipe).
- Make Chicken Vegetable Soup and Spicy Mexican Soup If you decide not to make these broth loading soups, you can enjoy bone broth with your favorite greens during the Broth Loading period of the day.
- Make the Asparagus and Tomato Salad.
- Make the Spicy Coleslaw.
- Make the No Bean Chili for Days 5 and 7 and freeze it preportioned, or prepare it later in the week. You'll only need half the recipe for your food plan, but if you choose, make the full recipe and freeze preportioned for later.
- On Day 4, prepare the Creamy Broccoli Soup that you'll enjoy on Days 5 and 7. You can also prepare this ahead and freeze it if it's easier for you.

On Day 4 or 5 you can begin preparing for the next 5 days:

- Keep that bone broth simmering!
- Make Watercress Soup and Creamy Tomato Florentine Soup. If you decide not to make these broth loading soups, you can enjoy bone broth with your favorite greens during the Broth Loading period of the day.
- Prepare Unstuffed Cabbage. You'll only need half the recipe for your food plan, but if you choose, make the full recipe and freeze preportioned for later.
- Prepare Lemon Rosemary Chicken with Cauliflower "Rice" or wait until Day 8. It's quick and easy to make. You'll only need half the recipe for your food plan, but if you choose, make the full recipe and freeze preportioned for later.

TIPS FOR BATCH COOKING

Get multiple sizes of glass or BPA-free storage containers to store prepared portions in.

Preportion your servings into lunches and dinners.

Label everything! You'll know at a glance the date and contents of each container.

Multi-task in the kitchen! For instance, cook up a crockpot full of soup while you have another dish in the oven—you can even simmer sauce or boil eggs on the stove at the same time.

Invest in two or three kitchen timers. That way, you can easily keep track of different cooking projects. If you wind up setting several timers, put a sticky note next to each one so you'll know which recipe it's timing.