

## Cooking in Batches

### Tips

- 1) Cook foods ahead in big batches so they are ready when you need to prep a meal or a day's meals.
- 2) Cook in large amounts (1+ pounds at a time) with basic lightly flavored seasonings and store in refrigerator or freezer.
- 3) Pre-make single servings and refrigerate or freeze
- 4) Use spices and seasonings from your free foods list to accent meals as you take them out of the fridge or freezer to prepare (salsa, taco seasoning, tomato sauce, dry soup mix, stir fry seasonings, teriyaki sauce, BBQ sauce, sweet chili sauce, etc...) Add extra chicken or other stock to re-moisten meat if necessary.
- 5) If you are cooking for more than yourself, lay the meal out buffet style, to make sure you have what you need for your parameters, and others can eat how they like.

### **Foods always stocked in fridge or freezer:**

#### Proteins

Ground turkey (cooked in pan with cooking spray)  
Chicken breasts (cooked in crockpot with chicken bouillon)  
Pork tenderloin (cooked in crockpot with dry onion or similar soup mix)  
Salmon, halibut, other fish (buy in pre-measured patties or filets)  
Tilapia, frozen shrimp (quick to defrost by running under cold water)  
Tuna, Canned chicken  
Costco chicken sausage, chicken burgers, salmon burgers  
Deli turkey, lean ham, lean roast beef  
Eggs, Egg Whites  
Jarlsberg Lite cheese (pre-sliced)  
Other cheeses (Cheddar, Parmesan, etc...)  
Cottage cheese  
Yogurt/Greek Yogurt  
Morningstar sausages/Soy meats

#### Carbs

Oatmeal  
Bagels, Bread, Tortillas, 100 calorie bagel thins, Sandwich Thins, English Muffins, pancake mix, frozen waffles  
Pasta (cooked a pound at a time and stored in fridge)  
Rice, Quinoa (cooked in rice cooker with chicken bouillon/stock or similar seasoning or Uncle Ben's Ready Rice that is pre-flavored)  
Yams, Yam Fries (baked in oven)  
Potatoes, Ore-Ida French fries, Tater Tots (baked in oven)  
Beans, Fat Free Refried Beans  
Lowfat/Nonfat crackers  
Pretzels, Popcorn  
Baked Chips  
Fruit (Bananas, apples, pears, grapes, etc...)  
Dried Fruit (Craisins, dried apricots, raisins, etc...)  
Vegetables (pre-make large salads without dressing, and store in fridge for 2- 3 days, or steam large batches of vegetables and store in fridge).

#### Fats

Peanut Butter/Almond Butter  
Salad Dressings  
Olive Oil  
Nuts  
Trail Mix  
Avocado/Guacamole  
Sour cream

#### Spices (Also see Free Food list for free spices)

Salsa/Taco seasoning for burritos, tacos, fajitas  
Tomato sauce or Italian seasonings for pasta, lasagna  
Stir fry seasoning packets for Asian meals  
BBQ sauce, teriyaki sauce, curry sauce, sweet chili sauce  
Chicken stock, fat free soup mixes  
Fat Free Salad dressing (can be used for marinades also)