

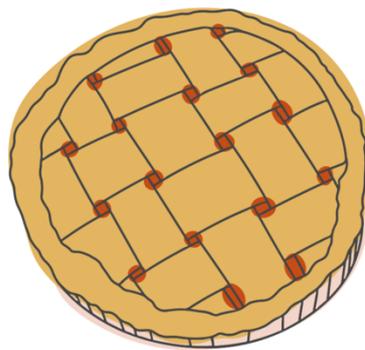
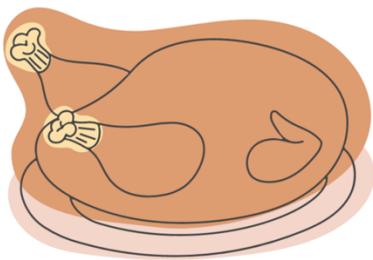
A HOMESCHOOL
MOM
SANITY SAVER!

WEEKLY BATCH

COOKING GUIDE

PERFECT FOR SMALL FRIDGES.

AND NO CROCKPOT REQUIRED!



TIPS TO GET STARTED

- **MEAL PLAN YOUR MENU FOR THE ENTIRE WEEK; BREAKFAST, LUNCH, DINNER AND SNACKS**

Simply take a few minutes to write out your meals for the week, ideally the day you go shopping. Include snacks, and also dietary preferences for everyone i.e. if Mama is going low carb, make sure you prepare meals for yourself too!

Another tip is to have a recipe folder with all your family recipes, as well as meals you've found online and loved. It's much easier flipping through a folder where recipes are in one place, rather than saving recipes online.

- Try to keep meals simple, and options that are easily frozen or keep in the fridge. Remember, we aren't trying to cook for the entire week, but at least get the main components made so all that's left for the week is to chop fruit/salad, steam veggies or boil some rice or pasta.
- Another tip I have for weekly cooking is to cook a rice dish for the day you batch cook, with enough for dinner the day after. This is especially good for dishes like biryani and pulao which you won't want to freeze but can still enjoy. Of course you can freeze curries, and boil rice on the day.
- And don't feel the need to make every single meal different; still double up dinners when you can!

NOW YOU'VE MEAL PLANNED; SCOUR THE PANTRY, AND MAKE A LIST.

- Don't skip this step! Often we end up with buying too much food at the supermarket, because we buy things that we already have. This wastes money and also takes up space, that isn't ideal when you have a small kitchen. As you write your grocery list for the meals you have planned, check the cupboards for what you already have on hand.
- This is a good time to also clean out your fridge!

GO SHOPPING

- Time to get everything you need. Ensure you also have things you'll need to freeze meals such as *freezable friendly containers, cling film, foil and freezer bags*.

Get started!

- It might seem overwhelming at first doing so much cooking all at once but it gets easier with time.
- Get the oven foods in first so they can bake away whilst you work on stove top foods.
- Get the kids to help with the no bake foods.
- Team work makes the dream work! Use the templates below and get started!

AFTER COOKING TIPS

- Let meals cool down before transferring to the fridge or freezer. If you are batch cooking for more than a week, ensure you label meals with dates and how to cook. I literally cook for the week so skip this step. Make sure you pack freezer meals safely to avoid freezer burn. I usually wrap foods like freezer lasagnas with two or three layers of foil and then a couple of layers of clingwrap.

WEEKLY MEAL PLANNER

Day of the Week	Breakfast	Lunch	Dinner	Snacks
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

WEEKLY SHOPPING LIST



FRESH PRODUCE



MEAT & POULTRY



FROZEN



DAIRY



BAKERY



BEVERAGES



HOUSEHOLD ITEMS



BATCH COOKING ITEMS

PERSONAL CARE



CANNED GOODS AND SPICES



BATCH COOKING DAY; LET'S DO THIS!



START HERE AND GET
THESE FOODS IN THE OVEN!

MEATS AND FISH ARE ALWAYS A GOOD OPTION
TO HAVE FOR DINNER AND LUNCH OPTIONS.

ROASTED VEG AND BAKED POTATOES ARE
ALSO IDEAL.

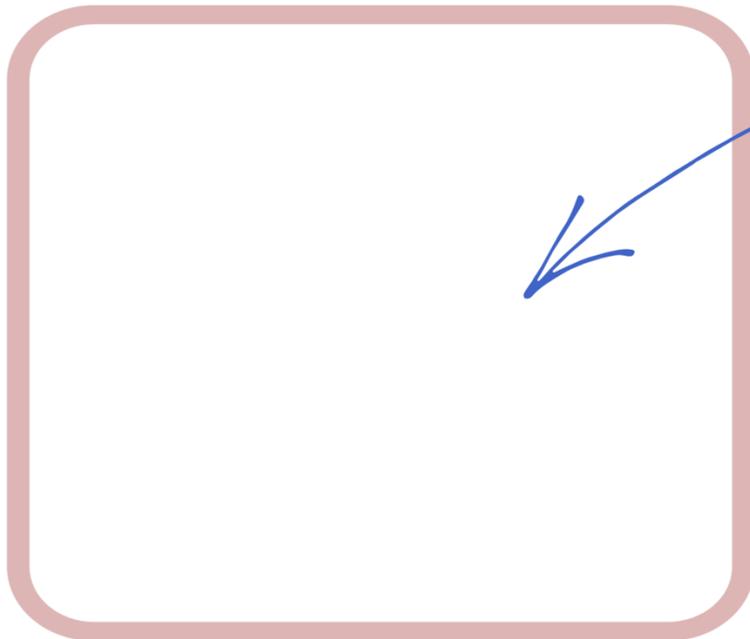
FOR BREAKFAST BAKING, BANANA/FRUIT
BREAD, EGG MUFFINS, FRENCH TOAST BAKES,
BAKED OATMEAL AND HOMEMADE GRANOLA
ARE ALSO EASY TOO.



NEXT - STOVETOP GOODIES

THINK OF MAIN DINNER OPTIONS SUCH AS CURRIES THAT CAN BE
FROZEN AND THAWED AND REHEATED DURING THE WEEK. ALSO
HANDY HERE IS TO MAKE A COUPLE OF MEALS THAT CAN BE
ASSEMBLED, FROZEN AND THEN BAKED IN THE OVEN ON THE
NIGHT YOU NEED SUCH AS LASAGNA, BAKED ZITI ETC.

FOR LUNCH OPTIONS, SOUPS, HARD BOILED EGGS, AND STEAMED
VEG AND PASTA SALAD WHICH CAN BE KEPT IN THE FRIDGE ARE
GOOD OPTIONS.



NO COOK OPTIONS; GET THE KIDS INVOLVED HERE!

WHILST FOOD IS BAKING, BOILING AND STEAMING START CHOPPING! FREE UP
TIME AND MAKE SALADS, COLESLAW, HUMMUS, CARROT/CELERY/CUCUMBER
STICKS IN ONE GO. FOR NO BAKE OPTIONS, DATE BALLS, PEANUT BUTTER BALLS
AND SMOOTHIE BAGS ARE EASY SWEET OPTIONS. FREEZER SANDWICHES ARE
SUPER HANDY TOO. MAKE SOME PB&Js FOR THE FREEZER (PERFECT FOR
OUTDOOR LUNCHES), AND ASSEMBLE GRILLED CHEESE SANDWICHES WHICH YOU
CAN PULL OUT AND COOK ON THE DAY.

