



Recipe-Free **BATCH COOKING**

Cook Once a Week and Make a Fridge
Full of Simple Tasty Food

GLUTEN-FREE. GRAIN-FREE. SUGAR-FREE!



RECIPE - FREE BATCH COOKING

Planning & Preparing Multiple Paleo-Inspired Meals

The goal? Efficiently plan your shopping expedition, and prepare plenty of easy food at one time. Make basic foods you can recombine to make varied meals anytime.

Freeze it, save it or serve it! Enjoy!



I'm Beverly Meyer – a gluten free Paleo Nutritionist and Natural Health practitioner. I'm a blogger, podcaster, patient, animal lover, and sometimes a pretty funny person.

My goal? To help you (and me) feel better!



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Kitchen Tools, Gadgets and Tips

Here's a list of essential tools you'll need to cook multiple Paleo-Inspired meals at once.

- **Stainless steel steamers (2):** An essential piece is a large stainless steel stock pot with two steam baskets (also known as a Pasta Cooker). The deep basket holds several bunches of leafy greens. The other is shallow and holds carrots, fish, etc.
- It's handy to also have a sturdy smaller steamer that comes with its own sauce pan for small jobs such as 2 or 3 zucchini, or a half-pound of shrimp.
- **An outdoor grill.** I use a Weber gas grill that has horizontal cook bars so you can adjust for direct or indirect heat.
- **10" or 12" stainless, ceramic or cast iron skillet with lid.**
- **Crock pots** (I have several). The oval one is for whole chickens and oval roasts. Another holds 3 to 4 pounds of stew meat with extra bones for minerals.
- **Good knives and a sharpener you can actually use**
- **Soft plastic cutting boards.** Dishwasher safe, and they won't dull your knives.
- **Pyrex baking dishes, Silicone muffin "tins"**
- **Roasting racks to go in the baking pans**
- **BPA-free storage containers.** Glass is good if has a tight lid.
- **Parchment paper, wax paper, foil**
- **Cheese/vegetable grater.** Maybe a spiral slicer!
- **Kitchen timer** (more than one would be great)
- **Food thermometer** (get one with a food probe with external readout)
- **Food processor**



Tips for using kitchen tools

- Place parchment paper underneath a roasting rack with meat to speed clean-up.
- Use your steamer to cook a whole meal at one time! Steam large foods like cauliflower, or bunches of leafy greens in the bottom, and flatter foods like salmon, asparagus or carrots in the top.
- Avoid aluminum, and Teflon cookware.



Keep on Hand



Here's a list of the things to have on hand at all times.

In the Spice Rack

- Organic Italian Seasoning, curry powder, etc. (No commercial salt or MSG)
- Pink salt, Himalayan Salt or Celtic Salt. Fresh peppercorns to grind

In the Pantry

Canned goods

- Organic tomato sauce, BPA-Free lining
- Coconut milk, full fat, organic
- Artichoke Hearts, Hearts of Palm
- Organic chicken broth
- Canned wild salmon and sardines, packed in water or olive oil

Fats

- Ghee (Also organic butter if tolerated)
- Coconut oil
- Beef or lamb tallow (available online)
- Non-hydrogenated organic lard from www.mhof.net or www.motherlindas.com
- Macadamia oil from www.vitalchoice.com. The best!
- Other oils: organic extra virgin olive oil, organic roasted and/or unroasted sesame, tea oil (online), walnut oil

Fresh Foods:

- Lemons or limes
- Onions, shallots, chives, peppers, garlic, fresh ginger
- Tubs of organic spinach and other greens
- Avocados
- Carrots, celery
- Organic fruit. Good with cheese and almond butter for snacks or desserts, and as a condiment in cooking.
- Pasture-raised eggs

Dry Goods

- Unroasted nuts and seeds, nut butters Soaked and dehydrated is the best way to prepare nuts. See Nourishing Traditions book for "recipes" for preparing nuts.



In the Freezer:

- Frozen vegetables: spinach, peas, green beans, artichoke hearts
- Find friends who hunt, and get venison or other game
- www.uswellnessmeats.com is one provider of on-line meat
- Pasture-raised meats, including goat, bison, lamb and more. Find a local Rancher's Market.

In the Fridge:

- Capers, and varieties of fresh olives from the olive bar
- Variety of vinegars, no white vinegar
- Organic Gluten-Free Tamari Soy Sauce
- Coconut Aminos, or Braggs' Aminos
- Hot Sauces, curry paste
- Fresh herbs from the store or plant them at home
- Tapenade or Kalamata olive spread, and other concentrated flavor spreads
- Vermouth, leftover wine
- Salad dressings double as seasoning or marinade. No hydrogenated oils or vegetable oils please!
- Organic 100% fruit juice to use as a SEASONING only, not a beverage
- Low-carb almond milk: option
- Organic heavy cream, Daisy Brand Full-Fat Sour Cream: option if tolerated
- Cheeses, preferably organic, raw milk cheese, Parmesan: option if tolerated
- Goat, sheep or coconut yogurt (limit cow's yogurt as it is less digestible): option if tolerated



Plan Your Meals



1. Determine how much meat and veggies you will need for the week. (Look up Paleo Meal Planning websites if you need recipes or help thinking through the shopping list). If at all possible, pick one day to be your regular cooking day. Cook more food than usual, so you have plenty of left-overs for the next several days and to freeze for later. IN GENERAL, ANYTIME YOU COOK ANYTHING, MAKE MORE OF IT!
2. TO MAKE ANY MEAL OR SNACK, HERE'S THE BASIC RULE OF THREE: PICK A PROTEIN, A FAT, AND VEGGIES FOR YOUR CARBS. ALL THREE ARE EQUALLY IMPORTANT SO DON'T OMIT ONE. I see my plate as having one portion of protein about the size of a really tight fist, and two cupped hands worth of vegetables. Then add fat onto both. Try to get 30% of your calories from fat.
3. Select 4-5 meats from the freezer two days in advance of cooking. Allow 3 to 6 ounces of meat per serving, in general. Thaw in the refrigerator.
4. Other carbs, such as sweet potatoes, are optional, but may cause gas or bloating. Personally, I prefer winter squashes as they digest better. They're high in carbs , so don't eat too much unless you are exercising intently.
5. FRUIT, HERBS, NUTS AND A SELECTION OF DIFFERENT OILS AND BOTTLED SAUCES ARE CONDIMENTS TO YOUR MEAL. SAUERKRAUT AND KIMCHI LIVEN THINGS UP TOO.
6. IT DOESN'T HAVE TO BE PRETTY – JUST BALANCED AND NOURISHING



Go Shopping



Vegetables

Before shopping for veggies, consider how each entree will be cooked and what it might need. Example: the stew meat will go in a crock pot, and might need a shallot, an onion, and some peppers.

Buy single or double portions of any 5 or 6 fresh veggies every week, per person.

Try to choose one new vegetable and a new herb every week or two.

Buy organic wherever possible.

Meats

Some examples of types of meat to buy:

- ground meats (beef, buffalo, dark meat turkey, organic pork)
- stew meats (beef, lamb, buffalo, organic pork, goat, venison)
- roasts (organic pork shoulder, leg of lamb, pot roast, etc.)
- pasture-fed chickens, or chicken or turkey parts
- steaks and kebobs (any meat)
- salmon/fish fillets, shrimp
- liver
- organic bacon or sausage, low salt, no nitrates, no MSG
- Applegate Farms packaged deli meats
- organic hot dogs, gluten-free



Tips for buying meats

- Check your local farmer's markets – they may have fresh meat.
- Try different cuts of meat, and then place orders for your favorites.
- Whenever possible, buy direct from local farmers and ranchers.
- Buy extra and freeze for later use.



Prepare to Cook



Sort the organic from the non-organic produce. Soak the non-organic produce in a veggie wash.

1). Take the meats out of the refrigerator and bring to room temperature before cooking.

2). The first things to cook may be those taking the longest, such as a roast or meatloaf. Crock pot items should be timed as to when you want them to finish. Most stew meats take 5 to 8 hours. Very tough meat, such as a venison shoulder, will take even more. Tender meat, such as a chili grind, can cook in 4 hours.

You can also prepare your crock pot meat directly in the pot, and let it marinate overnight. Or let it cook all night.

3). Pre-heat the grill.

4). It's up to you what order to do things in. Sometimes I do all the meats first. Sometimes I do the veggies.

Usually I figure out if I am going to mix a veggie with a meat, such as meatloaves which may require me to sauté veggies first. Perhaps sautéed onions and mushrooms and then adding grated zucchini at the last minute. BUT IN GENERAL, I COOK THINGS SEPARATELY AND THEN RECOMBINE THEM AT EVERY MEAL TO MAKE NEW FOODS.

6). Start the steamer with long cooking items such as beets, artichokes, etc. Save the greens from cauliflower and sauté them with other greens such as kale or fennel.

7). Pick which veggies go with what – you might cook the ground meat with the fennel and zucchini. Or just cook it plain and add veggies to it when you prepare to eat.

8). Put chickens, roasts, beets, meatloaves, etc. in the oven and set the timer. If you have an instant read thermometer, resist the urge to poke holes in the meat constantly. Learn to judge the meat by how it looks and feels to the touch and the color of the juice. Then test when you are getting close.

9). Grill the kebobs, burgers, steak and some of the veggies. Remember to set the timer to go flip things. You can cook a lot on a grill at one time!

10). ALL FOODS COOK MORE AFTER YOU HAVE REMOVED THEM FROM THE HEAT. Plus you will be reheating foods later. So, don't overcook.



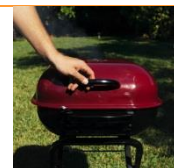
11). Make your vegetables as condensed as possible. More food per bite. Less storage. I puree my cauliflower and sometimes the broccoli with coconut milk or ghee. Add spices from there as desired. Try cauliflower "rice" – it's wonderful!

12). If the oven is going to be on, place some vegetables to bake at the same time. Example: winter squash (cut in half, remove seeds, place face down on parchment paper in a pan). Many veggies can be baked.

Mostly I suggest cooking unseasoned foods, perhaps with salt and pepper and some herbs on it. Roast, grill, stew – just cook it plain! Recombine the foods later with different combinations of vegetables, fats and herbs to make the meal fresh.



Cooking Tips



Use your two level steamer to cook several things at once. Repeat!

Make up individual meal packets. Lay out thin aluminum foil squares. Set parchment paper on top of the foil. Add meat such as fish fillet or chicken strips, cut-up veggies, a bit of fat and some herbs. You can serve the packets directly to the plate after steaming that way, or freeze as is.

The packets can also be baked or grilled. Serve hot or cold.

Marinade for tough meat or to add some seasoning? Just add unfiltered olive oil, salt and pepper, perhaps an herb, and perhaps some acid such as vinegar or lemon juice and let the meat sit for one to 24 hours. Drain before cooking.

Try "burger cafeteria"! Lay out a big selection of ground raw meats, and anything you might "hide" in the meat. Cooked onions and peppers, shredded zucchini, herbs, cooked mushrooms, etc. Then have the family help. Go down the row, grabbing a hunk of meat and adding other goodies to it. Form into patties and grill or bake. Freeze the extra and pack in your lunch box. It will thaw by lunch time if it's not too big.

This idea works great for meatballs too. Anytime you're short of meat, just grab a few meatballs! You can pack them in your lunch box too and they will thaw to room temperature by lunchtime.

If you have a good toaster oven, use it for baking several dinner size sausages, or 6 to 8 chicken legs, etc. It's also great to reheat your breakfast while you take a shower.



Minimize microwave cooking.



Storing Meals



Set out a variety of storage containers with tight lids. Rectangular or square ones store more efficiently than round ones. I try to avoid plastic, and use glass or stainless steel instead. It's OK if the lid is plastic.

Less air space means less freezer burn and less deterioration. (Keep your fridge and freezer cold! Check them with an instant meat thermometer. Clean the coils every year or two).

Let foods cool in their storage containers, away from their heated pans.

You might freeze one meat loaf and keep the other one out, or freeze half the chicken or roast, etc. Large roasts can be cut into half or thirds once cool. **DO NOT CUT MEAT UNTIL COOL** or it will lose the juice.

Vacuum-packing food systems work fine, although they use plastic bags.

Meat can be frozen in a dish, or wrapped up. Cut a large square of heavy-duty aluminum foil, and then place a smaller square of parchment paper on top of the foil. Add the meat and fold tightly.

Cooked vegetables that have already lost their texture freeze really well. Pureed cauliflower and steamed greens are what I put in the freezer first. Foods with "crunch" don't freeze well. Eat the asparagus or green beans freshly cooked, not frozen.

IDEA! Designate each shelf in a three shelf refrigerator for one of the three food groups: Proteins on one, Fats on one, Carbs on another. Then just grab one from each and make a meal out of them! Get creative and play with colors, spices and textures.



Serving Prepared Meals

SEASON WITH NEW THINGS YOU WISH TO TRY OUT. KEEPING THE FOOD DIFFERENT EACH TIME YOU SERVE IT WILL KEEP YOUR INTEREST BETTER. Perhaps just using oregano instead of rosemary can change the whole dish!

Moister, dark meats will reheat better than lean white meat. And it tastes better too.

Reheat all foods in fat(s). Fat makes food satisfying and feels good in the mouth. Add bone broth (homemade) for liquid when reheating. There are many great bone broth recipes on the web.

If packing to-go meals to eat later, be sure to add butter, ghee, coconut oil or other fats. Try lettuce wraps for to-go meals. Don't forget to add your Himalayan or Celtic salt when you pack it. Avoid commercial salt.

As the week goes by, take out frozen meats and veggies and begin to phase them in to the meals.

Place frozen bags of spinach or peas in the fridge overnight in a bowl. In the morning add to eggs or salads. They don't need to be recooked.

Canned wild salmon is a great to-go feast. Take a can of artichokes too. Take baggies for the open wet cans and a fork and you're set.

Plan on car picnics! Eat on time – just find a spot with a nice tree or pretty view, lock the doors and listen to music while you eat and relax.

I set my lunch out about 2 to 3 hours before I eat so it comes to room temperature. You can pack food in hot-pack dishes such as soup thermoses as well.

Here are some tips for getting full without too much meat:

1). Add fat!! Fat is what satisfies and keeps you full. If you get hungry within 2 or 3 hours after a meal, you were probably missing adequate fat. Or, adequate protein and fat. Add additional Fat from the Fats list such as olives, ghee, avocado and nuts. I usually use a saturated fat as well as an unsaturated fat together.

2). Look at the Protein list and add other items such as cheese, eggs, or nuts to your meal.



3). Fill up with vegetables. If the veggies are pureed, grated or chopped, you can eat a lot more at once and they pack in a smaller space. 6 to 8 cups of cooked vegetables daily is my goal!

4). Some people need more protein than others. Most of us need less carbs from fruit and more carbs from vegetables. SEE MY DVD, THE DIET FOR HUMAN BEINGS, FOR MORE ON WHY HUMANS DO BETTER WITH FATS AND PROTEINS THAN WE DO WITH STARCHES.

SO, WHAT'S FOR BREAKFAST?

Stick to the same rule: protein plus fat plus vegetable carbs.

If possible, make all meals "dinner", even breakfast.

Quiches with different ingredients are easy to vary. Good hot, cold or room temperature.

Salad for breakfast? Why not? Stew? Of course!

Smoothies? You can make smoothies if you focus on the protein and fat, and add carbs as some light fruit or maybe raw vegetable. Don't fall into the "2 fruits and a glass of juice = a smoothie" trap though! It will ruin your blood sugar for 24 hours.



Recommended Reading



Here's a list of my favorite cookbooks. Visit the [Resources](http://www.ondietandhealth.com/resources/) page on my website for more of my favorite books and food: <http://www.ondietandhealth.com/resources/>

	<p>Mediterranean Paleo Cooking by Caitlin Weeks NC</p>		<p>Practical Paleo by Diane Sanfilippo</p>
	<p>Against All Grain by Danielle Walker</p>		<p>Primal Blueprint by Mark Sisson</p>
	<p>Nom Nom Paleo: Food for Humans by Michelle Tam</p>		<p>The Paleo Approach Cookbook by Sarah Ballantyne</p>
	<p>It Starts With Food by Melissa Hartwig</p>		<p>Primal Blueprint Quick and Easy Meals by Mark Sisson & Jennifer Meier</p>



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