

VEGETARIAN BATCH PREP

Weekly Foundation Essentials

CATEGORY	INGREDIENT / BASE	PREPARATION NOTES
Grains	Quinoa or Brown Rice	Rinse well; cook in vegetable broth for extra flavor.
Legumes	Chickpeas or Lentils	Boil until tender. Season with cumin and lemon.
Roasted Veg	Sweet Potato & Broccoli	Toss with olive oil, salt, pepper. Roast at 400F.
Raw Prep	Leafy Greens & Carrots	Wash, dry, and chop. Store with a paper towel.
Protein	Tofu or Tempeh	Press, cube, and marinate in soy-ginger sauce.
Sauce/Dip	Hummus or Tahini Dressing	Whisk until smooth. Store in airtight jars.
Breakfast	Overnight Oats/Chia Pudding	Mix with plant milk and store in individual portions.

Notes & Substitutions:

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