

SUNDAY BATCH COOKING

Date: ____ / ____ / ____

14:00 - 14:30

Prep & Chop Station *Wash all produce, dice aromatics (onions, garlic, celery), and pre-heat oven.*

14:30 - 15:15

Oven & Slow Cooker Start *Roast vegetables, start proteins (chicken/beef), and set the slow cooker grains.*

15:15 - 16:00

Stovetop Simmer *Prepare sauces, soups, or legumes. Boil eggs for snacks.*

16:00 - 16:30

Cooling & Portioning *Allow food to reach room temp before sealing containers. Label by day.*

16:30 - 17:00

Clean & Reset *Dishwasher load, wipe surfaces, and clear the fridge for the week ahead.*

PROTEINS / MAIN BASE

VEGETABLES / SIDES