



BULK COOKING GUIDE – WEEK 1

Items to Make This Session:

1. Everyday Greens Mix
2. Chicken White Bean Soup with Swiss Chard
3. Spring Turkey Chili with Artichoke
4. Cilantro Turkey Patties

----- Session could be broken into 2 days here if desired (after step 7, p. 3: 'soup cooling') -----

5. Flax Almond Fiber Mix
6. Greek Garlic Cilantro Topping
7. Apricot Almond Trail Mix
8. Mango, Apricot and Apple Tuna Salad

Two Days Before Bulk Cooking Session [i.e. Thursday Evening - after dinner]

- ✓ Complete Grocery Shopping using Week 1 Shopping List and get excited that all that produce you just bought will all be eaten within only 1 week! That's what we mean by redefining 'Western' diet.

Day Before [i.e. Friday evening]

- ✓ Have kitchen cleaned including all cooking equipment, utensils, and storage containers
- ✓ Organize refrigerator and freezer. Make as much room as possible by discarding perished products and consolidating half empty containers.
- ✓ Clean sink with disinfectant so that it is ready to clean produce in tomorrow
- ✓ Have recipes laid out



Bulk Cooking Session – about 5-6 hours total including clean up [i.e. Saturday morning]

(Vegetables could be cleaned night before to reduce session time)

1. Start with cleaning all produce needed in bulk recipes – this is one of the biggest steps; things go together so much more quickly once these are all ready to go:
 - First get your various greens started soaking – see cleaning method recommendation on “Everyday Greens Mix” recipe (p. 15 in recipe booklet)
 - Red leaf lettuce – wrap all and store
 - All baby spinach bought – wrap ½ separate for breakfast later in the week
 - Watercress – wrap all and store
 - Dino kale – wrap all and store
 - Swiss chard – set aside for later use in soups

Tip: Remove stems of kale and chard prior to washing. Place fingers on base of the leaf (near the stem) and gently pull down the length of the stem removing the greens.

2. While each batch of greens are soaking:
 - Peel 6 red onions
 - Peel 1 white onion
 - Peel shallot
 - Clean 14 carrots
 - Rinse 2 jalapeno peppers
 - Clean entire bunch of celery
 - Rinse 1 bunch of fresh cilantro and 1 bunch of fresh dill (remaining bunch of cilantro will be used for pesto later in the week)
3. Prep and cut vegetables. Keep separated in mixing bowls or on plates:
 - Crush 3 bulbs of garlic and peel; mince and set aside in bowl for use in individual recipes
 - Dice all onion (keeping red and white separated)
 - Slice all carrots
 - Slice celery
 - Mince shallot
 - Mince cilantro and dill (keep separate)
 - Shred Swiss chard

Regroup: By this time, you should have your “Everyday Greens Mix” prepared, wrapped and stored in the refrigerator. All vegetables for bulk recipes should be cleaned and prepped.



4. Start Chicken White Bean soup – follow recipe on pg 13 of booklet
5. Start Spring Chili – follow recipe on pg 12
6. Make Cilantro Patties while soups are cooking – recipe pg 14
7. Remove soups and begin cooling

----- Possible session break: cool soups overnight if breaking into two days -----

8. While soups are cooling prepare and portion the following as indicated in recipe booklet:
 - Fiber Mix – p. 16
 - Greek topping – p. 17
 - Trail Mix – p. 10
 - Tuna Salad – p. 3
9. Portion Soups and Patties. Refrigerate or freeze as follows:
 - White Bean Soup – refrigerate 4 servings; freeze 4 servings
 - Spring Chili - refrigerate 4 servings; freeze 2
 - Cilantro Turkey Patties – freeze all 8 patties
10. Clean kitchen and sigh with relief at how many nutrient dense meals you have ready to go for the week!