



batch!

COOKING CLUB

WEEKLY MEAL &
PREP PLANNER

Batch Cooking Club

Weekly Meal & Prep Planner

Hello, hello!

Would you like your meal prep to be easier?
Would you love to prepare homemade dinners for your family without stress and overwhelm, but also not spend hours planning and prepping meals?

What you need is a weekly routine that works for you (instead of creating more work)—so let's create one.

The first (and most important) step is to take the thinking out of “What’s for dinner?” using my 5-step proven system.

Success stories include serving dinner in 30 minutes or less and feeding the family with one meal.

After spending over a decade as a busy, working mom with the daily challenge of feeding her vegan self and her non vegan family, I bring a perspective and strategy to streamlining meal planning and prep that you'll be hard pressed to find elsewhere.

Stephanie



Let's do this!

- ✓ Introduction
- ✓ Self Assessment
- ✓ Self Assessment Scoring
- ✓ The 5-Step System
- ✓ The Weekly Meal & Prep Planner
- ✓ Q&A
- ✓ Special Invitation



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Weekly Meal & Prep Planner

Self Assessment

Let's determine how close you are to planning and preparing your family's meals with maximum efficiency. Take the assessment and revamp your meal planning and prep routine in 30 minutes.

1. On a scale of 1 to 10, how confident do you feel that you're spending just the right amount of time each week prepping meals?

1 2 3 4 5 6 7 8 9 10

2. On a scale of 1 to 10, planning my family's meals for the week is a breeze.

1 2 3 4 5 6 7 8 9 10

3. On a scale of 1 to 10, how confident are you that your current routine simplifies your life?

1 2 3 4 5 6 7 8 9 10

4. On a scale of 1 to 10, are you typically going to the grocery store just 1 to 2 times a week?

1 2 3 4 5 6 7 8 9 10

5. On a scale of 1 to 10, how consistently are you preparing and serving healthy, homemade meals for your family 4 to 5 times a week in 30 minutes or less?

1 2 3 4 5 6 7 8 9 10

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Score Tally



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Self Assessment Scoring

What your score means

5 to 20

You are likely feeling all over the place when it comes to meal prep. You currently either have no routine (and don't know where to start) or you're not able to consistently maintain it.

The Weekly Meal & Prep Planner will help you identify and create a system that works for your schedule so that you can confidently maximize your time in the kitchen to prepare homemade meals for your family consistently in less time.

21 to 35

You are preparing several homemade meals a week, but you're spending more time than you want and your energy is drained by all of the prep you're putting into it.

The Weekly Meal & Prep Planner will streamline your current routine so that you can reduce the amount of time and energy you spend on meal planning and prep.

36 to 50

You are consistently preparing homemade meals for your family and feel successful with your routine, but you may want to minimize the time it takes you to plan meals or reduce the amount of time you're spending in the kitchen.

The Weekly Meal & Prep Planner will help you organize your meals and prep in less time to free up your schedule.

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The Batch Cooking Club **Weekly Meal & Prep Planner** is based upon a 5-step proven system that streamlines your meal planning and prep into an easy routine that takes the thinking out of what to cook.

Before you begin planning, you'll need to collect the following:

- Your schedule or calendar for the week
- Your recipes
(whatever systems you use to source meal ideas and recipes for your family every week)

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Step 1

Pick dates and times for the week to complete your meal planning and prep tasks. You will need:

- About 30 minutes to complete your meal plan and grocery list
- About an hour to grocery shop
- About two hours to batch cook

I will meal plan on _____ at _____ am / pm.

I will grocery shop on _____ at _____ am / pm.

I will batch cook on _____ at _____ am / pm.

Step 2

Review your calendar / planner for the week you are mapping out your meal plan and estimate how much time (and energy!) you'll have to prep each meal before serving. Add the amount of time you have for prep each day for each meal in the designated section in the worksheet and block off the time in your calendar / planner.

Step 3

Create a running list of 10-15 meal ideas or recipes that your family loves. (Keep it on your phone, on a whiteboard in your kitchen, or somewhere else that is handy to reference when creating your meal plan each week.

Then, using the worksheet on page 8, select recipes / meal ideas that accommodate your schedule and plug them into the template. Also, ask yourself, "Is there a night I want to plan for leftovers or takeout?" and add those to your meal plan.



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Weekly Meal & Prep Planner

Step 4

Review your meal plan on page 8 and determine what to cook from scratch (those nights you have more time to cook) and what to fill in with your batch cooked food (those nights when you have little or no time or energy to meal prep).

Ask yourself:

- On which days do I need the most meal prep help?
- When will I have time and energy to prepare dinner from scratch — and when won't I?

Using the worksheet on page 9, choose 4-6 recipes or meal components that you can cook ahead on the weekend (e.g. salad dressings, grains, beans, sauces, etc.) to help you when you need it the most for your prep.

Try to select no more than 6 recipes to batch cook to keep your session to around ninety minutes to two hours.

Step 5

Using the worksheet on page 10, organize your batch cook recipes so that your time in the kitchen is always active. Prep foods that need to marinate, bake or roast first. While those foods are in the oven, complete any stovetop cooking. While those foods roast and cook, blend and mix sauces and dressings.

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Step 3

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Weekly Meal & Prep Planner



	Breakfast	Lunch	Dinner
Monday	<div>Prep Time:</div>	<div>Prep Time:</div>	<div>Prep Time:</div>
Tuesday	<div>Prep Time:</div>	<div>Prep Time:</div>	<div>Prep Time:</div>
Wednesday	<div>Prep Time:</div>	<div>Prep Time:</div>	<div>Prep Time:</div>
Thursday	<div>Prep Time:</div>	<div>Prep Time:</div>	<div>Prep Time:</div>
Friday	<div>Prep Time:</div>	<div>Prep Time:</div>	<div>Prep Time:</div>
Saturday	<div>Prep Time:</div>	<div>Prep Time:</div>	<div>Prep Time:</div>
Sunday	<div>Prep Time:</div>	<div>Prep Time:</div>	<div>Prep Time:</div>



Step 4

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Weekly Meal & Prep Planner

Breakfast

recipes for the week:

Batchable

breakfast ingredients or meals (e.g. smoothie bags, overnight oats, breakfast breads):

Lunch

recipes for the week:

Batchable

lunch ingredients or meals (e.g. dressings, grains, beans, roasted vegetables):

Dinner

recipes for the week:

Batchable

dinner ingredients or meals (e.g. sauces, pasta, grains, casseroles, soups):



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Step 5

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Weekly Meal & Prep Planner

Batch cook plan	Prep plan	Prep / cook time needed:	Storage containers needed:
Choose 4 - 6 breakfast, lunch and / or dinner batchable items	<div>1. Prep foods that need to bake or roast first.</div> <div><div></div><div></div><div></div></div> <div>2. Next, prep foods that require sauteing or stovetop cooking.</div> <div><div></div><div></div><div></div></div> <div>3. Then, while foods are roasting and cooking, mix and blend sauces and dressings.</div> <div><div></div><div></div><div></div></div>		

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Q&A

Question 1:

How much time does it take to complete the planner every week?

The 5-step process is broken up into 3 tasks that can easily be scheduled into your calendar when it works best for you:

30 minutes to complete your meal plan and grocery list

About an hour to grocery shop

About two hours to meal prep

Your daily dinner prep will vary based on the type of recipes you select for your meal plan. The meals in our **Batch Cooking Club** are on the table in a quick 30 minutes or less. Want a sample of what we serve? [Click here to see a sample menu](#) and [head here to sample some of our recipes](#).

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Question 2:

When should I plan and prep my meals?

The 5-step process works best if you create a routine that works for your schedule and family's routine. The average family would plan during the end of the week (for example, Thursday evening), grocery shop on Friday or Saturday, and meal prep on Saturday or Sunday.

Question 3:

What if I need help finding recipes to complete my meal plan?

Browse the recipe rabbit hole on Instagram and Pinterest...or make your life easy and [jump here to join my membership](#)—which includes 4 dinner recipes a week.

Question 4:

How do I stay on track with my plan each week?

Accountability and community! I want to make sure you're successful with your routine so my weekly

membership includes a private members-only Facebook group and weekly live Q&A calls to provide support, answer questions and give you an accountability push weekly to help you stick to your routine. [Try us for 1 month for only \\$1 here.](#)

Question 5:

What if I need more help getting started with my plan?

Need a little extra help? I've got you covered!

Need some support to customize your meal plan and navigate some specific challenges with your family's eating preferences? My 1:1 Meal Plan Audit is for you.

Looking for help to transition or add more plant-based meals to your family's diet with structured, weekly accountability and meal planning sessions? My private and group 6-week Jumpstart programs are just what you need.

To learn more, send me an email at hello@batchcookingclub.com. I can't wait to meet you!



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Special Invitation

What's for dinner?

Option 1: Google search through hundreds of recipes as your kids whine, “What’s for dinner? I’m hungry...Mom!” while jumping all around you.

Option 2: Spend \$1 and let **Batch Cooking Club** do the thinking and planning for you.

With 4 dinner recipes and a done-for-you prep plan and grocery list, dinner has never been easier!

Try our hassle free plans and family-friendly plant-based recipes for one month for only \$1.

[Get help with dinner here](#)



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