

20 Tips to Batch Prep: Eat Clean ALL Week



Is it hard for you to keep your goal to eat healthy? It is for me too.

Sometimes I have the best intentions...

But I get in a hurry, or I'm so hungry I grab the nearest easy thing.

Something that is not on the list of good things to eat.

Well, here are 20 tips for batch [batch prep to eat clean all week](#) that I have found are helpful.

I batch prep: Eat Clean ALL Week

I usually shop on Thursday or Friday, (trying to beat the rush)

Then on the weekend I prep everything and throw it in a mason jar or the freezer. Then it is so easy to grab your ingredients and, "quick as a wink" it is easy to prepare your daily meals.

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You Can Have Something Healthy in 10 Minutes or Less.

Here are 20 “Batch Prep” Ideas: Eat Clean ALL Week

1. Clean and chop celery into chunks for salads, smoothies, soups. Store in mason glass jar.
2. Chop carrots into sticks or chunks. Sometimes I shred it for salads.
3. Do the same with onions, they keep better chopped or thick sliced and in a jar. Sometimes I freeze them, if the week goes by and I have not used them yet.
4. Peel and chunk up avocados and throw them in a bag and freeze for smoothies, guacamole, or filler for wraps.
5. Remove peeling and break bananas into 3 pieces and throw in a bag for smoothies, ice cream or recipes that call for bananas.
6. Use bagged or frozen berries, for topping for yogurt, smoothies, (feeding the dogs, they love them) or ice cream or popsicles.
7. Clean and break apart cauliflower, broccoli and brussels sprouts. I jar them in a mason jar for recipes or to pop in a steamer.
8. If you like boiled eggs as a snack or to add to salads, you can insta pot them or boil them on the stove.
9. My husband likes meat so I usually cook some chicken or roast in the insta pot so it can be added as a topping on a salad or some kind of vegetable combo dish.

I'll Show You How To Power Cook

10. I usually juice lemons and limes and keep in a small jar. When I have lemon water each morning it is so easy. Also, if your recipe for dressing or smoothie calls for juice you have it handy.
11. For a cabbage salad or entrée with sliced cabbage, I prep it, but it does not keep for a week. It is best to use it in a few days.
12. Clean garlic bulbs and put them in the freezer. It is so, much of a time saver.

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13. Batch prep [ginger root](#), peel, chunk and freeze it. It works so well for smoothies, turmeric milk or other recipes like stir fry etc.

14. I also have a thing about hummus right now. It is so quick and easy to mix up a jar of it. It is yummy on wraps, or dips for veggies.

15. Open a can of coconut milk. I whip it in my dandy little [chopper blender](#) and store it in a jar. It wonderful in smoothies, or sauces for veggies. It also makes a good “ice cream” with fruit.

16. I also use almond milk, which I make from scratch. I usually make that as I need it. It stores well for a few days. It is great for smoothies or to moisten grains.

17. Pre-cook up a few grains. Rice, quinoa, millet. I freeze it in 1 cup packages. When your recipe calls for these ingredients, grab them from the freezer, heat them up a bit and you have a plant based protein addition to your salad or entrée dish.

18. Sometimes I spiralize zucchini, or carrots, and jar it up. It usually last about a week. Don't prep more than you can use in a week. It is great with some sugar free, spaghetti sauce or make it fresh with tomatoes and dates.

19. If I want to use beets during the week, I will peel them. They keep well.

20. If you have some help or extra time and want to pre make salads, or sometimes I buy the chopped versions bagged. I usually throw away the dressing and sometimes the bagged “mix in's” if they don't meet my criteria.

Revolutionize Your Cooking

I like to have the mess all at one time, and then clean up is easy. I do compost my scraps. Do plan how much produce you will need for the week. It is not good to have a lot prepared or frozen veggies for very long.

There you have it. My 20 tips for Batch Prep: Eat clean ALL week.

If you have ideas or favorite ideas and tips, I would love to hear from you.

Want more info on my favorite kitchen gadgets I use to chop and prepare. These tools make quick work out of the project.

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RESOURCES For My Favorite Tools

Appliances

[Ninja Blender/Food Processor with 450-Watt Base](#)

[Mandolin Slicer](#) Stainless Steel Vegetable Julienne Built-in Adjustable Blades

[Nut Milk Bag](#)

[Spiralizer](#)

[Insta Pot](#) 6 quarts 7 in 1 Programmable Pressure Cooker, Slow Cooker, Rice Cooker, Steamer, Sauté, Yogurt Maker

[Mini Utensil Set](#)

[Cuisinart Citrus Juicer](#)

[Cuisinart 8 Cup Food Processor](#)

Books

[Inspiralized: Turn Vegetables into Healthy, Creative, Satisfying Meals: A Cookbook](#)

[Oh She Glows Cookbook: Over 100 Vegan Recipes](#)

[Clean Cuisine Cookbook: 130+ Anti-Inflammatory Recipes](#)