EAT CLEANER

Live LARGER

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THE Batching Made Easy ISSUE

How to Get Your Food Prep Locked In for Life

Welcome

This is the final magazine of the membership, and some might say that I've saved the best for last.

Food batching is something we have talked about and taken action on continually within the membership, and for good reason! Not only is it a crucial component of your ECLL journey, but it's *supposed* to be continual! Food prep is never going to be a one-and-done scenario, even if we wish it was!

With that being the case, this issue has been designed to support you to deep dive into the topic of food batching and prepping in a way that you might never have done before.



Food batching is not just about what you make. So much of it is also about the surrounding activities of timing, set-up, planning and alignment with your goals so that your prep time is strategic and results-compounding, as opposed to haphazard and random.

Whether you're a beginner, you've been dabbling here and there, or even if you're a long-term food prepper, there will be something new here for you.

Why are we deep diving?

Food batching is not just about what you make. So much of it is also about the surrounding activities of timing, set-up, planning and alignment with your goals so that your prep time is strategic and results-compounding, as opposed to haphazard and random.

And if you're someone who has a bit of a love-hate relationship with food prepping and batching, I invite you to lay that relationship to rest. There are so many ways to create a regular habit/routine that you love, and via this magazine as well as with the complementary resources this month, you'll have all you need to fall in love with prepping, once and for all.

Food batching can and will change your life in a multitude of wonderful ways – if you let it.

I invite you to make it your personal mission to nail this part of your Eat Cleaner journey once and for all. It will be one of the best things you ever do for yourself, not just this year, but for your entire life.

I'd say that's worth spending some quality time on, wouldn't you?

To healthy habits and radiant routines!

Karen

5 Day Fridge Life



MUSHROOM PÂTÉ

SERVES 6–8

A delicious pâté that really does taste like the cream cheese-based version – only better! This will keep in the fridge for approximately 5 days in an airtight container.

EQUIPMENT

Food processor OR Hand blender

INGREDIENTS

2 cups almonds, soaked. (If not soaked, then add ¼ cup water to this recipe.)
20 button mushrooms
2 garlic cloves, minced
3 Tablespoons lemon juice
Small bunch fresh parsley (any kind)
Tamari to taste (Approx. 2–3 Tablespoons)

DIRECTIONS

1. Break down the almonds in a high-powered food processor or by using a hand blender.
2. When almonds are broken down, add all the other ingredients. Try to achieve a smooth consistency. Add a little water if necessary.
3. Taste-test to see if it suits your palate. Add a little olive oil, tamari or more mushrooms depending on your preference.

★ PLAYSHEET 1

Your Strategy: Part 1

If you're serious about making food batching and prepping stick, you'll find it so much easier to work with your existing schedule and preferences, than to try and create everything anew.

In time, yes, you may rework various things to make it an overall better fit, however, for now, you must start where you are and simply be honest about what you need, what will work and what you can genuinely get behind.

Complete part 1 of your strategy by answering the following questions:

What is your main Eat Cleaner goal for this year?

What other diet/health/body goals are you currently focused on and working towards?

Do you have an up-to-date weekly menu plan that you follow to reach these goals? If yes, great – does it need tweaking? If no, this will be your priority before you start a food prepping routine. (There's no getting around this if you are serious about reaching those goals.)

Which day/s of the week and windows of time on those days would/could currently work well for food prepping?



FEATURE ARTICLE

Food Batching 101:

How to Save Time, Eat Better & Love the Process



If there is one habit that will make the biggest difference to what you eat, how you feel, and how your week flows - it's food batching.

For most people, the challenge isn't knowing *what* to eat. It's finding the time, energy, and consistency to actually do it. Busy days, changing schedules, and decision fatigue can easily lead to grabbing whatever is quickest rather than what truly nourishes you.

Food batching changes that completely.

Instead of starting from scratch every day, you create a rhythm where food is already prepared, ready, and waiting for you. The result? More ease, better choices, less stress, and a totally different level of control – and peace – when it comes to your diet and health.

And if the thought of batching, or any previous experience of it, leaves you feeling less than excited, keep reading because this article is about to change all of that.

When your weekly menu plan is created with genuine care, clarity and commitment to a desired outcome, batching can become a beautiful, high-vibe ritual that not only sets the tone for your entire week, but also enables you to check multiple boxes that truly matter to you.

WHAT IS FOOD BATCHING?

Food batching simply means preparing multiple meals, ingredients or components in one dedicated session - typically once or twice a week - so that you don't have to cook or make meals from scratch every day.

Rather than asking yourself daily *"What shall I eat?"* you've already decided and through batching/prepping in advance, much of it is already handled.

Batching can include:

- Washing and chopping fruits and vegetables
- Preparing salads or slaws
- Making dips, dressings, pâtés and sauces
- Cooking or sprouting grains or legumes
- Freezing fruit ready for frozen smoothies or desserts
- Dehydrating things in bulk
- Preparing snacks or treats
- Assembling full meals or meal components

It's not about rigid meal prep or eating the same thing all week (unless you want to). It's about creating building blocks that make following your menu plan, or eating better generally, be easy.

WHY DO PEOPLE BATCH THEIR FOOD?

At its core, food batching is about reducing friction.

When healthy food is ready and available, you're far more likely to eat it.

Here's why so many people turn to batching:

1. TO SAVE TIME DURING THE WEEK

Instead of cooking/food prepping every day, you do it just once or twice per week and benefit multiple times.

2. TO REDUCE DECISION FATIGUE

No more standing in the kitchen at 7pm wondering what to make.

3. TO EAT MORE NOURISHING FOODS

When you've prepared fresh, vibrant meals in advance, you're less likely to reach for processed or convenience options.

4. TO SUPPORT SPECIFIC GOALS

Whether it's weight management, high-raw eating, or improving digestion - batching helps you stay consistent.

5. TO FEEL MORE ORGANISED AND IN CONTROL

There's a calm confidence that comes from opening your fridge and seeing everything ready and good-to-go with no extra thought or energy from you.



HOW MUCH TIME CAN IT SAVE?

This is where batching really shines.

Let's compare:

Without batching:

- 30–60 minutes cooking/prepping food per day
- 7 days a week
  = **3.5 to 7 hours weekly**

With batching:

- 1–3 hours once or twice a week
  = **2–4 hours weekly**

That's a saving of 2–5 hours every single week**.**

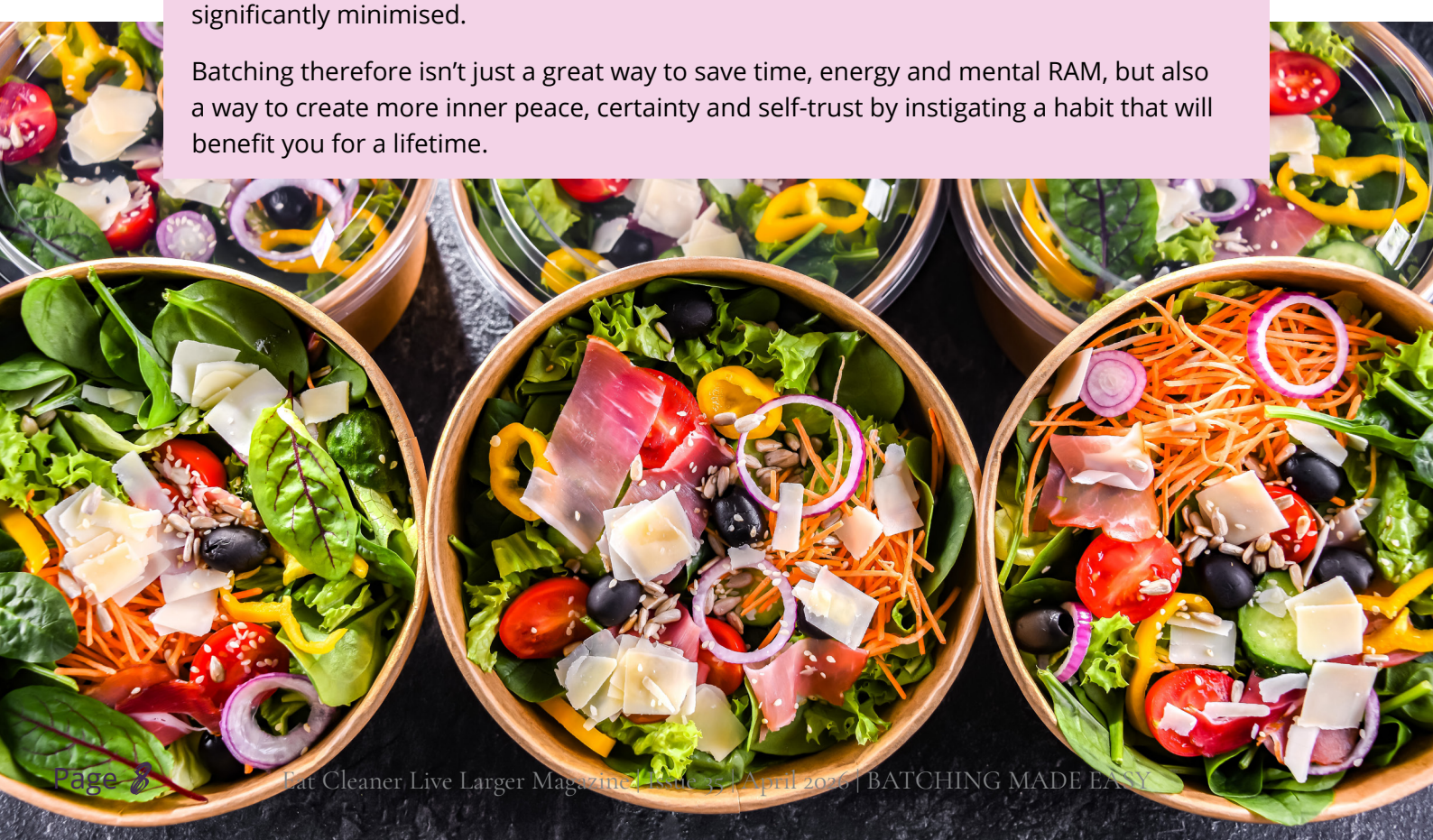
But beyond time, you also save:

- Mental energy
- Clean-up time
- Decision-making effort

Batching doesn't just give you back hours, it gives you back *headspace*.

However, the biggest benefit of all – in my opinion – is that you make it way more likely that you'll reach your dietary/health goals, because the chances of deviating are significantly minimised.

Batching therefore isn't just a great way to save time, energy and mental RAM, but also a way to create more inner peace, certainty and self-trust by instigating a habit that will benefit you for a lifetime.



WHAT'S GOOD TO BATCH PREP?

The key to successful batching is focusing on versatile, mix-and-match components rather than overly complicated meals.

BREAKFASTS

- Chia pudding
- Raw muesli
- Berry parfait
- Fruit salad
- Overnight oats

FRESH BASES

- Washed and chopped greens
- Spiralised or sliced vegetables
- Pre-chopped salad ingredients
- Pre-mixed salads
- Slaws
- Ferments – e.g. nut cheese, pickles, sauerkraut, kimchi

PROTEINS

- Sprouted beans – e.g. lentils, aduki beans, mung beans
- Marinated or cooked tofu or tempeh
- Seed mixes – e.g. pumpkin, sunflower, hemp, sesame
- Nut or seed pâtés
- Nut/bean burgers

DRESSINGS, DIPS & SAUCES

- Tahini dressing
- Vinaigrette
- Lemon-herb dressing
- Cashew mayo
- Mushroom pâté
- Raw marinara or curry sauce

SNACKS & TREATS

- Bliss/energy balls
- Raw chocolate/dipping sauce
- Chopped fruit – stored fresh or frozen
- Veg sticks

DRY/SAVOURY SIDES

- Raw crackers
- Kale crisps/chips
- Dehydrated vegetable chips
- Pre-cooked rice/pasta

DRINKS

- Spa water
- Kombucha
- Juices – some of which might be frozen to preserve them
- Smoothie bags (small baggies of pre-prepped fruit that be put in a blender together with liquid when the time comes)

Think of your fridge as a build-your-own meal station.

PROS VS. CONS: BATCHING VS. NOT BATCHING

Let's be honest - batching isn't perfect. But the contrast is powerful.

THE PROS OF FOOD BATCHING

- **Time efficiency:** Fewer cooking sessions overall.
- **Better food choices:** Less reliance on convenience food.
- **Consistency:** Supports health and weight goals.
- **Reduced stress:** No last-minute scrambling.
- **Financial savings:** Fewer impulse purchases or takeaways.
- **Creative freedom:** Meals come together quickly.

THE CONS OF FOOD BATCHING

- Requires upfront time and planning.
- Can feel repetitive if not varied.
- Needs fridge space and containers.
- Some foods don't keep as well.

THE COST OF NOT BATCHING

This is where the real insight lies.

Without batching, you're more likely to:

- Skip meals or eat irregularly.
- Overeat later due to hunger.
- Choose less nourishing options.
- Spend more money on convenience foods.
- Feel disorganised or out of control.
- Miss the mark on any diet/health goals that matter to you.



HOW TO GET INTO A ROUTINE THAT WORKS

The key is to keep it simple and sustainable.

1. CHOOSE YOUR BATCHING WINDOW

Pick a consistent time, for example:

- Sunday afternoon
- Midweek evening
- Or split into two shorter sessions

Consistency is crucial. Ideally you are aiming for this to become as natural, automatic and "normal" as possible, as quickly as possible – just like walking your dog, or doing your cleaning.

2. DECIDE WHAT YOU'RE MAKING IN ADVANCE

Do NOT go into food prepping without a plan! You need to know exactly what you are making so you have your ingredients and equipment ready to go, when the time comes.

Keep your plan simple for each session.

For example:

- 1 breakfast
- 1–2 base salads
- 1–2 dressings
- 1 protein source
- 1 snack option

3. USE CONTAINERS YOU LOVE

This sounds small, but it matters.

Beautiful storage:

- Encourages you to use what you've made.
- Makes your fridge look so much more "put together".
- Elevates the experience.
- Gets you excited when you look in your fridge!
- Encourages you to keep things going.

4. DECIDE WHAT YOU'RE *BUYING* IN ADVANCE

Don't fall into the trap of thinking that all of the batching needs to be done by you! A little bit of forethought, research and planning can go a very long way. Yes, it may cost you more financially to buy pre-prepped food from elsewhere, however, for some people paying more money in order to save more time and/or energy is a trade they're willing to make. For some people, myself included, this can make all of the difference between long-term, consistent success and the on-again-off-again cycle that so many health seekers find themselves on.

For example:

Fresh & Chilled (Supermarket or Health Food Store)
These are your biggest time-savers:

- Pre-washed salad leaves and mixed greens
- Pre-chopped vegetable mixes (carrot, cabbage, stir-fry veg, slaw mixes)
- Fresh salsa or tomato-based dips
- Guacamole (check for clean ingredients)
- Hummous (classic or flavoured)
- Fresh soups
- Pre-cooked lentils or pulses (often vacuum-packed)
- Tofu or tempeh (plain or marinated)
- Pre-cooked rice/cous cous/pasta salads
- Fresh fruit pots (for convenience days)
- Pre-chopped coconut

Chilled "Upgrade" Items (Health Stores & Premium Ranges)
These elevate your meals instantly:

- Cold-pressed juices
- Kombucha or water kefir
- Raw dips and pâtés
- Cashew or almond-based creams
- Fermented vegetables (e.g. sauerkraut, kimchi)
- Raw desserts or energy balls

Pantry Staples (Keep These on Hand at All Times)
These make everything come together:

- Raw crackers or seed crisps
- Nut butters (e.g. almond, cashew, peanut)
- Tahini
- Olive oil and apple cider vinegar
- Tamari or coconut aminos
- Nuts and seeds (e.g. pumpkin, sunflower, hemp)
- Dates and dried fruit
- Raw cacao nibs/chocolate bars

Freezer-Friendly Options
Perfect for busy or low-energy days:

- Frozen berries (for smoothies)
- Frozen chopped vegetables
- Frozen edamame beans
- Frozen smoothie packs (if available)

5. DURING THE WEEK – FOCUS ON ASSEMBLY

During the week, in an ideal scenario, you're not cooking – or you're cooking very little.

Your focus should be on *assembling.*

For example:

- Breakfast + plant milk
- Smoothie + seeds
- Bowl + greens + protein + dressing
- Wrap + veg + dip
- Chopped veg + pâté
- Rice + chopped salad + beans
- Spiralised veg + marinara sauce
- Pudding + fruit

Fast, easy, simple!

HOW TO WIN THE WEEK EVERY TIME

The most successful food preppers don't do everything themselves.

They create systems.
They use support.
They make things easier where they can.

Bringing in high-quality, ready-prepared foods is not a compromise or "cheating"! For many people it's the winning strategy.

When you combine:

- A little batching
- A few smart shortcuts
- And a mindset of ease

... you create a way of eating that is not only healthy, but sustainable, enjoyable, and gets you the results that you want without it all being on you.



HOW TO ENJOY THE EXPERIENCE

Batching only becomes a long-term, consistent habit if you can find a way to get excited about it, look forward to doing it, and also love it *while* you do it.

No matter what you may have told yourself about batching/prepping in the past, or whatever your past experiences have been, if you're serious about making it stick, you also need to be serious about finding an approach that you love.

Here's some ideas to get you started, but work with the rest of this issue and the "1-Hour to High Vibe Your Batching Experience" workbook to ensure you lock this in fully.

CREATE A RITUAL

Turn your batching session into a ritual.

I suggest working with the season that you're in, because not every suggestion will feel right across the entirety of the year.

Examples:

- Open a window
- Tidy your space
- Line up your ingredients in a way that's pleasing to your senses
- Say a prayer of gratitude for the delicious food you have available
- Light a candle
- Put on uplifting music or a podcast
- Watch a favourite show
- Listen to a few chapters of an audio book
- Catch up with a friend on the phone

KEEP IT LIGHT

You don't need to batch for hours. 1–2 hours done well and strategically is more than enough.

CELEBRATE COMPLETION

When you're finished:

- Open your fridge
- Take it all in!
- Acknowledge what you've done

This builds satisfaction, pride, self-respect, self-trust and reinforces the habit.



CLOSING: A SMALL HABIT THAT CHANGES EVERYTHING

Food batching is one of those rare habits that touches almost every area of your life.

It supports:

- Your health
- Your energy
- Your time
- Your finances
- Your peace of mind

And yet, it doesn't require perfection. It doesn't require complexity. It simply requires a little intention, a little planning and a willingness to make your future self's life easier**.**

When you open your fridge and see nourishing, beautiful, delicious food ready and waiting for you, something happens.

You feel:

- Supported
- Prepared
- In control
- Proud

And that feeling carries into everything else you do.

So... Start small. Keep it simple. Make it enjoyable. Buy in whatever will make your life easier, healthier and more delicious. And continue to tweak, refine and evolve over time, as you go.



★ PLAYSHEET 2



Your Strategy: Part 2

Continuing from Playsheet 1, and assuming you have read and taken on board the Feature Article, let's move into firming up how your unique Food Batching Routine is going to look.

Looking at your menu (once you have one), which items from it could/should be included in your food prep session/s? Make a full and comprehensive list on the chart on the next page, listing each ingredient/recipe (as applicable) in column 1, checking the options available to you in columns 2 & 3, clarifying which option you're going for in column 4, and off the back of your chosen option how long it will take you to make/acquire it in column 5.

Once you've completed the chart on the next page, you can use the area below to write your shopping list for all the things you plan on buying rather than making, so you have it all ready and in one place.

TO PURCHASE	FROM WHERE	COST	SIZE/AMOUNT

INGREDIENT/ RECIPE	CAN I MAKE IT?	CAN I BUY IT?	WHICH DO I CHOOSE?	TIME REQUIRED

★ PLAYSHEET 3



Your Strategy: Part 3

Now it's time to pull everything together so you have the scaffolding of your weekly Batching/Prep Routine.

Refer to your chart on the previous page and add up all the time it will take you to make/prep the items you will be prepping yourself. Write that below.

Bearing in mind that time is required to clear spaces, get equipment into place, heat the oven (if applicable), gather ingredients, tidy things away, wash things up or load the dishwasher, and move between tasks, to be safe you will need to add on an extra 50% to that time, for a more accurate reality. Take your previous answer and multiply it by 1.5. Write the time you're going to need below.

Now to the windows of time to do the prep. Based on your previous answer, what makes sense in terms of days of the week, times of the day and durations to make this work? Draw on your answers from Playsheet 1 and make your final decision. Capture the exact days and start and finish times below.

DAY	TIME REQUIRED	START TIME	FINISH TIME

When will you take care of the ordering/purchasing of any purchased pre-prepped items? Think about this strategically so that you can piggyback off any existing trips or orders.

Use the chart on the next page to pull this plan together. You'll find two more duplicates on the pages that follow so that you can plan out up to 3 different sessions. Use them in whatever way best serves you.

BATCHING PLAN 1

DAY DURATION START FINISH

TIME	ACTIVITY	NOTES

BATCHING PLAN 2

DAY DURATION START FINISH

TIME	ACTIVITY	NOTES

BATCHING PLAN 3

DAY DURATION START FINISH

TIME	ACTIVITY	NOTES

As previously mentioned, to make this plan something that you actually want to do and therefore *do* do, you'll need to turn it into a ritual or routine that you love. The "1-Hour to High Vibe Your Batching Experience" will walk you through this discovery process step-by-step, however, answering the following questions now will give you a big headstart and jump off point before working with that process.

If you've tried creating and sticking to food prep sessions in the past...

What worked well?

What didn't work well?

What did you enjoy?

What didn't you enjoy?