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BATCH COOKING GUIDE



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Welcome

We have over 20 years and counting of combined experience in helping clients just like you, and firmly believe that you and every client we've ever trained or currently, train, have not crossed our paths by chance. There is a reason you have chosen us to help coach, guide, lead, and motivate you in your efforts to better health and, hopefully, a happier existence. We have great belief in our clients and KNOW you can achieve your goals if you implement the plan we set in place, and discipline yourself to stick with it, even when it's not new and exciting anymore.

Our mission is simple. To help people live happier, healthier and more productive lives through fitness. As fitness professionals, we live, eat, and breathe fitness and nutrition.

It's what we do around the clock and why we're inspired to help you make it an essential part of your life as well. We wake up everyday to make you fitter and healthier so you can be better at everything else you do.

Testimonials

For the last year, Brandon has been coaching me and I have to say the results have been amazing. Like most people, I've been a yo-yo dieter and follow every lose weight and feel great trend, of course, none of them stuck and I was back at square one but, with Brandon's guidance, I've managed to lose weight and keep it off. The thing I love most about him is your goals become his goals and he is there to cheer you on every step of the way, with his encouragement I finally had the confidence to enter my first powerlifting meet.

Rebecca



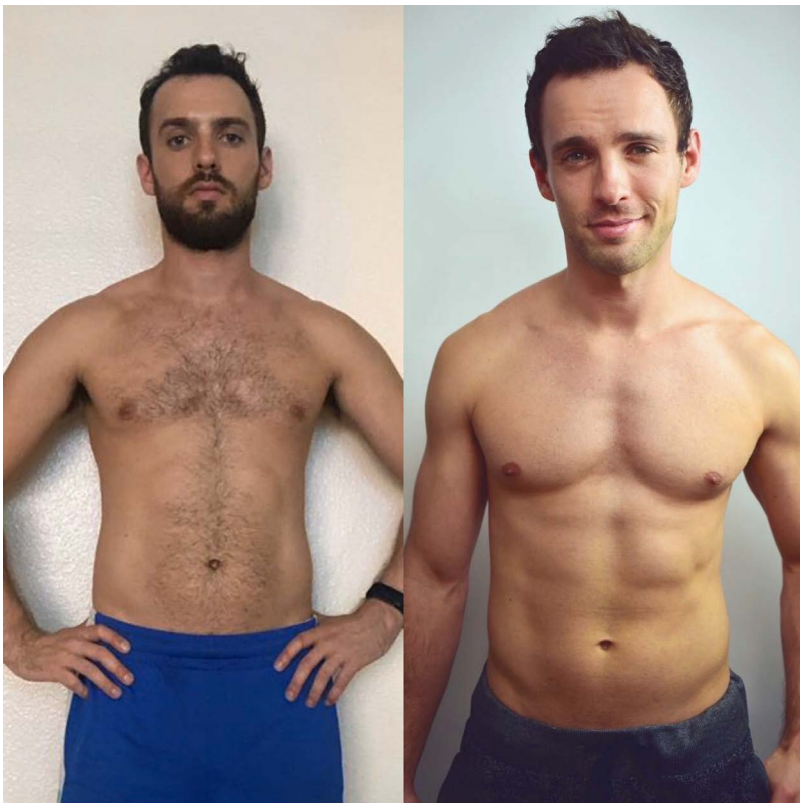
Keith and Brandon changed my DNA physically, emotionally, and metaphorically. When I first started training i was what we call "skinny fat" or thick but with little muscle tone. These two men transformed me, my confidence is back, my jawline has never been more defined, my abs washable, my arms ripped and ready for bathing suit season. Thank you for this little oasis!

Lukas



Brandon was highly recommended to me and since day one I have not regretted my decision. His knowledge of the human body and nutrition is amazing. His ability to connect with the individual is what makes Brandon one of a kind. The workouts are tough, but his encouragement is what makes me achieve new goals. I've gained strength, flexibility, and have lost weight with Brandon's workouts and nutritional plans.

Travis



Get in touch

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Batch cooking

Batch cooking is a great way to run an efficient and effective nutrition regime. The idea is that you cook all (or most of) your main meals and snacks in one or two weekly sessions rather than every day.

At first this might seem like a big undertaking, but you'll quickly reap the rewards and over time will develop new processes to speed things up.

So what are the benefits?

- You're less likely to reach for fast food, if you are too tired to cook when you get home from work, or if you're generally short on time
- You'll free up a lot of time in the week by batch cooking at the weekend - it's a more efficient use of your time
- You'll spend less time food shopping
- You'll save money... less trips to the grocery store and lower food bills (from buying in bulk)
- There will be less washing up to do outside of your batch cooking session
- You'll feel more in control of your diet by eating healthy home cooked food.



Before you get started, it's important to get your kitchen organised for a batch cooking session.

Here are some essential items for your kitchen...

- Baking foil
- Kitchen scales
- Resealable food bags
- Sealable containers, e.g. tupperware
- Good set of pots and pans
- Wooden spoons
- Baking trays
- Good quality set of knives
- Fridge and freezer space!

Shopping for your batch recipes

Meat, poultry and fish can often end up being amongst the pricier items on your shopping list.

Take a trip to your local butchers and buy a load of chicken breast (cheaper than the grocery store and usually better quality). It's also worth checking out any other deals on less expensive meat, such as mince, liver etc.

Your butcher may also be able to advise you on how best to use different cuts. The butcher or farm shop is also a good place to get a tray or two of free range eggs, as they are cheaper and better quality than grocery store eggs.

Useful tips in the grocery store...

- Buy sliced frozen onions and crushed garlic to save time in the kitchen
- Take extra care to check the best before dates on fresh fruit and vegetables. The items with longer expiry dates are usually at the back of the shelf
- Loose fruit and vegetables tend to be cheaper than packaged
- Frozen fruits and vegetables are just as healthy as fresh, but last longer (as long as you have enough space in your freezer!)
- Buy according to the season. 'Summer' fruits such as strawberries, will cost more in December than in July
- Own brands can often be just as tasty as big brands but cheaper
- More discounts can often be found when shopping after 7pm, or last thing on a Sunday
- Make the most of grocery store loyalty cards and vouchers
- A good selection of spices can pep up a meal in seconds
- Local markets are a great place to buy cheap fruit and vegetables, but you may need to use them up quickly

Back in the kitchen...

Firstly, it's a good idea to allow enough time for your batch cooking. The finished dishes need sufficient time to cool down before they can be stored away. Therefore starting a batch cook late in the evening isn't advisable.

Clean your kitchen surfaces and clear enough space for prepping. Empty the dishwasher and tidy the sink area so it's ready for washing fruit and vegetables - and washing up.

Ensure you have enough space in the fridge and freezer.

When you first start batch cooking, you might find it easier to cook just one or two recipes then gradually work your way up to a fridge / freezer full of food!

Another simple method is to get into the habit of making more than you need whenever you cook a meal, such as chilli con carne, curry or bolognese. You can then freeze the leftovers for another day. Before you know it, you'll have built up a good few extra meals.

Useful tips:

- Prepare ingredients for more than one recipe at a time, to speed up the batch cooking process. e.g. pick two or three recipes which use similar ingredients and prepare them at the same time. This will also save on washing up
- Once the batch cooked meals have cooled down, divide them into food containers or freezer bags. The benefit of freezer bags is that they tend to take up less space in the freezer. Store all of the meals in the freezer except for the ones you'll be eating on the first few days - these can be refrigerated. Simply defrost the frozen meals as and when you need them
- Label and date the meals

Remember:

- Frozen meat should be thoroughly defrosted before use. For packaged meat and fish, follow the pack instructions
- Never refreeze anything once it has thawed
- Allow hot food to cool thoroughly before storing in the fridge or freezer

Time saving food preparation ideas

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Vegetables

- Peel, slice and de-seed vegetables which feature regularly in your meal plan. Store them in a sealable bag or airtight container in the fridge for 3-4 days. e.g. peppers, carrots. Avoid chopping peppers too finely, as the larger surface area means they will deteriorate more quickly. It's also best not to prepare onions or garlic in advance, as they can leave an unpleasant odor in the fridge and freezer. Frozen onions and garlic can be purchased in grocery stores and are a great time saver
- Steam vegetables in bulk, allow to cool then store in an airtight container and refrigerate for 3-4 days

Chicken

- If you buy your chicken from the butcher, ask them to dice it up for you.. You may want to phone them in advance so that it is ready when you arrive. Divide the diced chicken into resealable bags before freezing so that when it is time to use, you don't defrost more than you require. Write the weight on the bag for future reference

Recipes

- Identify some recipes you really enjoy and multiply the ingredients to make more meals which can be put in the fridge or freezer

