

Batch Cooking



Roasted Veggies

Brightly Colored Produce

- Asparagus
- Beets
- Cabbage
- Carrots
- Celery
- Okra
- Peppers, all colors
- Radicchio
- Rhubarb
- Summer/Winter Squash
- Sweet Potatoes
- Yams
- Zucchini

Sulfur-Rich Produce

- Asparagus
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Garlic
- Mushrooms
- Onions
- Parsnips
- Radishes
- Rutabagas
- Turnips

Time to Get Your Batch On

1. Select equal amounts of colored and sulfur-rich produce.
2. Preheat oven to 350°F (232°C).
3. Chop all produce into roughly inch-sized cubes or similar-sized pieces or slices.
4. Arrange chopped produce onto a large, oven-safe roasting pan.
5. Add a healthy oil like avocado or olive oil (oil with a smoke point higher than 350°F [232°C]).
6. Salt and pepper to taste (or other favorite spices). Mix to coat veggies.
7. Roast for 30-60 minutes, until veggies are tender when pierced with a fork.

We can store these roasted veggies in the fridge and add them to leafy greens or fresh herbs to make salads with each type of produce. We can also add fish, meats, organ meats, sauerkraut (or other fermented food), even more healthy fat (olive oil, macadamia nut oil, bacon fat, etc.), and vinegar, lemon, or lime juice. To be prepared, we can pre-pack salads when we are going to be out all day so that we never need to rely on convenience foods that are not part of "The Ins" of this meal plan.

GASTRIC FEED INSTRUCTIONS: We can add roasted veggies, meats, fresh herbs and/or leafy greens, fermented foods, and/or seaweed to the pitcher of our high quality blender, fill with bone broth, puree on high until smooth, let cool, and feed through a gastric tube.