

FREE GUIDE · BATCH COOKING

The Batch-Cook Blueprint

Three cook days. Seven days of food. Here's exactly how the example week does it.

THE SCHEDULE

Three cook days, seven days covered

Cook day	Lunch batch	Dinner batch	Eaten on
Day 1	Mexican chicken & avocado rice bowl	Indian chicken tikka masala	Days 1-3
Day 4	Japanese tuna sushi bowl	Thai prawn & chicken meatballs	Days 4-5
Day 6	Greek halloumi & chicken orzo salad	Vietnamese caramel pork	Days 6-7

Breakfast (overnight protein oats) is prepped alongside whichever cook day suits you – it doesn't need its own session.

COOK DAY

How a cook day runs

- 1 Start the longest-cooking dish first.** Get the curry or braise on the hob before anything else.
- 2 Cook the grains while it simmers.** Rice, orzo or noodles for both batches in one go.
- 3 Prep the second batch.** Cook its protein, chop its veg and make any sauce.
- 4 Portion into labelled containers.** Write the dish and the day it will be eaten on each lid.
- 5 Cool quickly, then fridge or freeze.** Spread food out to cool and get it put away within 1-2 hours.

THE WEEK AT A GLANCE

DAY 1 Cook 2 batches	DAY 2 Reheat from Day 1	DAY 3 Reheat from Day 1	DAY 4 Cook 2 batches	DAY 5 Reheat from Day 4	DAY 6 Cook 2 batches	DAY 7 Reheat from Day 6
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KEEP IT SAFE

Store it, then reheat it properly

- **Cool fast** Cool leftovers quickly and get them in the fridge within 1–2 hours.
- **Two days in the fridge** Eat refrigerated leftovers within 2 days, or freeze them.
- **Rice is the exception** Cool cooked rice within 1 hour, keep it in the fridge for no more than 1 day, and reheat it only once. For Day 3 portions, freeze on cook day or cook the rice fresh.
- **Reheat thoroughly** Reheat until steaming hot all the way through.
- **Defrost in the fridge** Move frozen portions to the fridge the night before.

3-day batch? The Day 3 portions go in the freezer on cook day, not the fridge.

GOOD TO KNOW

What to batch, what to keep fresh

Batches well

Curries and braises, meatballs, cooked grains, roasted veg, grain and pasta salads.

Add on the day

Avocado, cut cucumber and salad leaves, dressings and sauces, anything meant to be crisp.

KIT LIST

What you need

6–8 lidded containers

Enough for every portion across the batch.

Masking tape + a pen

Label every lid with the dish and the day.

One large pan, one pot, one tray

A curry, a pot of grains and a tray bake at the same time.

General food-safety guidance in line with NHS and Food Standards Agency advice. If in doubt, throw it out.

Get your own cook-day schedule

Every Nutrient Warrior plan is built around batch cooking: tell us how many days you want to cook and we plan the rest.

Comment “BATCH”