

40 Day Fitness Thru faith Challenge Caveman Diet Introduction

No time to cook healthy meals for yourself and your family? Here is the 40 Day Fitness thru Faith Challenge Diet System created by the Caveman Chef to always have healthy food no matter how busy you are!

“Batch” or “bulk” cooking is a great way to save time and allows you to plan and cook ahead for the week. In today’s world, we are all so very busy with all of the daily responsibilities that we assume and are thrust upon us. Whether work is over demanding, your social schedule full, or when you are carpooling the kids or having them home during the summer, your diet takes a back seat to everything else.

And, even when we think we have everything under control and on schedule, emergencies inevitably pop up from time to time, or if you are like me, all the time! It is enough to drive you crazy with stress much less keep you from eating a healthy diet.

So, not only does your stress go sky high, you compound the detrimental effects of the stress by getting less sleep, no exercise and because every fast food restaurant starts to suddenly call your name (and you answer), your diet suffers tremendously; that’s the problem with stress eating!

But, unfortunately, those very busy times in our lives are what shape and define us.

Because, what you eat during those periods will “shape” you both physically and mentally.

Consistency is one of the keys to achieving your health and wellness goals; having your meals planned and prepared for you a week in advance will go a long way to achieving this consistency and will keep you on track with your health and fitness goals that you are making in this 40 Day Fitness thru Faith Challenge.

A way to make sure that you do eat both healthy foods and correct portions of those healthy foods is to “Batch” or “Bulk” cook. What that basically means is that you take about three or so hours one afternoon or evening a week to prep and cook for the week ahead to get the bulk of the week’s cooking out of the way ahead of time.

This is the same thing that I do at my restaurant on the weekends cooking up to 3000 meals for about 200 clients a week.

In a professional kitchen like mine, the chefs have a prep team to prepare much of the food in advance. This is how they can produce wonderful quality meals for our customers quickly. (I know, you are not a chef and you don’t have a team of assistants...the Caveman Chef will teach you a system where you can be both chef and prep chef).

In addition to my fine dining restaurant business, for the past four years, a large addition to my business has been “Chef Prepared Paleo/Primal Meals” for both clients who want to eat clean/healthy or lose weight or both. So, starting on Friday evening and ending on Monday, my kitchen staff cooks all of these meals and portions them individually using the same methods that I am going to teach you (You don’t

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actually think that we would cook 3000 meals one at a time, do you?). Yes, on many Monday evenings up to 200 clients pick up almost 3000 meals for their upcoming week.

Our meals and the ones that I am going to teach you to prepare are based on the Paleo/Primal (also known as the Caveman or Hunter Gatherer's diet) which is based on the theory that man as God created him was supposed to eat certain things: basically things he could hunt or gather. Unfortunately, while man has physically not changed since God created him, man's way of cultivating food has changed drastically with modern science.

As a result, today, we consume grains (which contain glutens), processed foods like white sugar and preservatives (full of unnatural chemicals God never meant for us to eat) and dairy (which many of us are knowingly and unknowingly allergic to). And, to make things worse, with the affluence of our society, we eat way too much of all of this junk which causes all kinds of diseases and obesity.

To help you reach your success in the 40 Day Fitness thru Faith Challenge, I am going to teach you how to "Batch" cook these delicious and healthy meals in one afternoon or evening a week so that you will always have good healthy food to eat, no matter how busy you are. Furthermore, we will take the time to portion your meals so that you are not only eating healthy food but the correct amounts of them. Finally, in order to help you achieve your goals optimally, I will also share with you the vitamins, supplements and shakes that over a thousand of my clients have used to realize their fitness goals.

But you say, "I haven't the time to spend three to four hours cooking once a week...I am way too busy for that!" Come on, you don't think you spend that much time, if not more cooking now? Especially if you are cooking every night when you come from work... shopping (not to mention the time driving to and from the grocery store) and cooking every night easily takes up at least an hour, if not more a night.

Look we are each granted 24 hours in the day to use as we want, but when I hear people say, "I don't have time to cook healthy", I always wonder if there are ways they could buy themselves more time (less social networking, less watching Hulu or Netflix), ...ultimately, if it's important to you and you are serious about your health, you'll find the time. Yep, take away the Facebook and streaming television, you could probably save 2 to 3 hours a day there!

"Batch" cooking will not only save you time, it will save your health from all of those questionable processed ingredients that you would get from eating all of that fast food (need we remind you on how the unhealthy fast food places seem to call to you?) and or all of those quick and easy processed foods.

Moreover, "Batch" cooking will save you money in the long run (have you ever looked at how expensive eating out can be?). Likewise, it will take the mental burden off your mind of having to think, "What am I going to make for dinner (or breakfast or lunch)?"

Now when you first start thinking about preparing all of your meals for the week in one single afternoon or evening, you may feel a bit overwhelmed with the idea.

Well, the more frequently you "Batch" cook, the better and more efficient you become at it. Before you know it, you'll be a master chef and can work for me!

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So, let's get started in applying the principle of how to work smarter, not harder when it comes to cooking for yourself and your family.

You have to do it in a way that minimizes preparation time so that you could have enough time for the rest of your life.

First, I will discuss the big ideas and concepts on "Batch" Cooking. Then, I will give you a step by step system that will include what to buy (all the shopping lists that you will need), how much to cook, how (all the recipes you will need) to cook it and what and how to store it.

Here is some concepts that we will be abiding by:

1. Cook in a couple of big batches meals for the entire week.
2. Cook double batches (two weeks) of meat every other week. Use one half of the meat for the current week and freeze the other half of the meat for the following week (We won't do this at first. To keep things simple, we will just be cooking one week at a time, but keep in mind, as you become more skilled, cooking double batches of meat will save even more time!).
3. Once a week, combine the meat with vegetables and different seasonings, spices and sides. Minimize cooking ingredients: simple three to four ingredient dishes.
4. The second week of meal prep will take less time as we are using the cooked meat that we froze (and are now defrosting) from the previous week.
5. Portion out all meals for one week at a time
6. The rest is heat and eat so we will minimize daily meal cooking times. These meals can be reheated in a microwave, oven or stove top.
7. For breakfasts, to save time, use products like Turkey Sausage Patties.

You will need a slow cooker or pressure cooker for cooking inexpensive cuts of meat. A slow/pressure cooker can be cooking one of the meats while you are baking/roasting or sautéing other meats and vegetables. A typical slow cooker can cook between 4 to 6 pounds of meat at one time. A pressure cooker will do the same but in less time.

Strategies for keeping the meals interesting when batch cooking too much of the same thing.

1. The batch cooked protein is the base of the meal, not the meal itself.

Create different kinds of meals with your batch-cooked protein. Dress it up with different spices and seasonings. Cut the meat up differently. Rotate different proteins and side dishes together to get variety on your plate even if you're using the same meat.

- a. Here are different twists using the same meat:
 - i. Meals where the meat itself is the main entrée and will be served with sides.
 - ii. Salads
 - iii. Stews, soups, curries, chili
 - iv. Stir Frys

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Vegetables:

1. Required: Non Starchy vegetables
2. Optional:
 - a. Starchy vegetables: If you are working out a lot or intensely, you will need more starch in your diet. Preferably (portioned) sweet potatoes, but even white potatoes (white potatoes are typically non Paleo. To make them more Paleo, take off the skin as the skin possesses many “anti-nutrients”).
 - b. Fruits
 - c. Nuts

Batch cooking vegetables can be challenging because you have to use up all the vegetables before they go bad (ever thrown out brown lettuce or mummified fruit out from your refrigerator?). Here are some tips to make sure that your vegetables are eaten fresh...

1. Salads
 - a. Eat salads earlier in the week (a week later and that lettuce ain't going to be pretty).
 - b. When “pre” preparing salads, keep the dressing separate from the lettuce.
 - c. Buy prewashed and premixed salad greens so that you won't waste time washing the lettuce and so the lettuce won't be wet. If you don't have a lettuce spinner, your salads will be too wet and the extra water will make your dressings runny...
2. Fresh Vegetables
 - a. Different vegetables will keep for different lengths of time.
 - i. Vegetables that will keep for 1 to 3 days: steam or roasted vegetables like broccoli, squash, zucchini, squash. Personally, I find that steam vegetables reheat and taste better later than roasted vegetables do.
 - ii. Vegetables that will keep until the end of the week: Cooked beets, turnips, parsnips, rutabagas, chopped carrots, bell peppers.
 - iii. Depending on how fresh they were when you bought them, uncooked vegetables will have a longer shelf life than cooked vegetables.
3. Frozen Vegetables
 - a. Frozen vegetables cut down on the prep time (already cleaned and chopped) and waste from spoilage.

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- b. While given the choice, most people will say that they would rather eat fresh vegetables over frozen vegetables, what they don't realize is that sometimes frozen is actually better than fresh because:
 - i. Most vegetables and fruits were not grown anywhere close to where you live.
 - ii. Most vegetables and fruits were picked when there were not ripe and has been sitting on a truck or in the back of a warehouse or in the shelves in a supermarket for days if not weeks resulting in a loss of nutrition.
 - iii. Frozen vegetables and fruit were frozen within hours of harvest and have retained many of their nutrients.
 - iv. Finally, even if one believed that freezing or canning vegetables and fruits result in vitamin and nutrient loss, it is still better than all of the fast food junk!
- c. You can find a variety of frozen Paleo/Primal friendly vegetables in the freezer section: sweet potatoes, kale, green beans, butternut squash, berries, etc.

Other ingredients

1. To save time, use:
 - a. Pre done broth/stock (beef, chicken, fish, vegetable)
 - b. Pre done dressings
 - c. Pre done marinara
2. Use basic ingredients:
 - a. Sea salt
 - b. Cracked black pepper
 - c. Tamari (gluten free soy sauce)
 - d. Pre-mixed spice blends like Mrs. Dash

On the day of preparation

1. Eat a snack before cooking or you will be sampling too much. This is a problem that I have always had in doing all of the cooking. By the time, I got through cooking the meal, I had already had the meal!
2. Have all of the ingredients available.
3. Be patient with yourself especially if you are not a "cook" or if this is the first time that you have batch cooked or multi-task several different meals and recipes.
4. Go to youtube or Pandora and play some music to cook by.
5. Preheat the oven to "X" degrees. If you are going to cook several things (and we will), cook the item that needs the hottest oven setting.
6. Cooking the chicken in the oven and the beef in the Slow/Pressure Cooker
7. Bake the chicken and the sweet potatoes and butter squashes at the same time (not together in the same dish...just at the same time.
8. Bake the root vegetables; we will save part as is; mash some; make potato (faux) salad with the rest.
9. Use baking dishes as prep dishes to save time and avoid dirtying extra bowls.

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10. Portion into zip lock bags and freeze.
11. Have your first dinner on the evening you are batch cooking to save time (you didn't snack too much while you were cooking, did you?).

Summary: Batch cooking is an easy way to save you time and money making Paleo cooking possible for busy families. You can cook all of your meals: breakfasts, lunches and dinners in advance for the whole week and just grab them out of the fridge as you go. Batch cooking is a very useful shield against the lure of takeout and vending machines.