



Eating low protein can be an overwhelming process. I often batch cooked meals for our family on the weekends to save on time during the week and offer more variety. I love the satisfaction of cooking once and serving numerous times! Multiply your recipes and freeze for later heat and serve meal options. Here are some considerations to help you be successful:



**LIVELOVELEARN**  
LOW PROTEIN  
created by Lynn

**Cambrooke Foods Best for Batch Cooking**

**Baking**

**Pantry Staples**

**Meat Alternatives**

**Dessert**



Baking Mix

Eggz

Burger Patty Mix

Chewy-Fudgy Brownie Mix

Mix Quick Baking Mix

Short Grain Rice

Chicken Patty Mix

Chocolate Chip Cookie Mix

Wel-Made Baking Mix

Sausage Patty Mix

Gingerbread Mix

Wheat Starch

Seafood Patty Mix

Sugar Cookie Mix

**Lynn's Favorite Batch Recipes**



Mini Crustless Quiche

Blueberry Muffins

Quick and Easy Biscuits

Risotto, Gourmet Mushroom'

'Chicken' Parmigiana

Yuca-Tater Bake

Cookie Cup

Brookies

You can find all Lynn's favorite recipes and more at [cambrooke.com/recipes/low-protein/](http://cambrooke.com/recipes/low-protein/)

**Foods that do not freeze and reheat well**

**Why?**

Pastas

They fall apart

Fresh-filled pastas (cheese ravioli, pierogis, portabella spinach ravioli, veggie dumplings)

Tend to stiffen/harden after reheated more than once

Breads after toasting or grilling

Lack of gluten makes them more likely to dry out and become stale

Corny Dogs

Tends to crumble with multiple reheating

# How to Batch a Low Protein Food

## Example: Cambrooke Chicken Patty Mix

**Directions for 1 serving:** Combine ¼ cup (35 g) Chicken Patty Mix with 3 Tbs water and 1 tsp oil. Form into a patty and cook in a well-oiled skillet. Brown each side until golden.

1. Determine how many patties you want to make. For example, Lynn wants to make 6 chicken patties to last about 3 weeks.
2. Multiply your ingredients by 6:
  - 1/4 cup (35 g) Chicken Patty Mix x 6 = 1 1/2 cups (210 g)
  - 3 Tbs water x 6 = 18 Tbs (18 Tbs = 1 cup and 2 Tbs)
  - 1 tsp oil x 6 = 6 tsp oil (3 tsp = 2 Tbs)
3. Tip: to evenly distribute, weigh uncooked mixture and then divide into 6 patties.
  - Example: if your mixture is 540 g then weigh out 90 g patties before cooking
4. Cook in skillet and let patties cool completely before freezing or you can freeze uncooked portioned patties.



## Batching Tips:

1. Always label and date your batching package.
2. You could consider using a tool to measure out equal portions like a patty press, meat baller or scoop.  
**NOTE:** depending on sizing of your tool, this may yield more or less than you originally calculated. Just divide your total Phe or protein amount by the number of servings you have prepared.
3. Silicone molds are great for freezing and portioning and then transferring to your preferred freezer container.
4. You do not always have to cook your batched items. Doughs, patty mixes, or baked goods can be prepared and portioned into single servings for easier cooking later.

## Freezing Low Protein Foods

My favorite way to freeze batched foods:

1. Let low protein food completely cool.
2. Place food in a single layer on a cookie sheet or plate and put in freezer.
3. After completely frozen, place frozen food in sealable container or Ziploc bag with label and date.
4. I use frozen batched foods up to a year.

**Freezing Short Grain Rice or casserole dishes:** portion your rice or casserole by adding to a muffin tin or small Tupperware container. Once frozen, pop out and add to a Ziploc bag for easy storage and reheating.



## Reheating Tips:

You can reheat your batch items in so many ways. Here are a few suggestions of how to reheat:

<b>Microwave:</b>	Place frozen food in a microwave safe dish and cover with a paper towel. Heat on low or defrost setting until food is heated all the way through.
<b>Toaster:</b>	Best for pre-made MixQuick Waffle or pancakes
<b>Toaster Oven:</b>	This is my preferred method of re-heating just about everything
<b>Oven:</b>	You may like the oven if you are looking to re-heating larger portions
<b>Stove Top:</b>	Ideal for reheating your frozen sauces or items made with patty mixes so you can add a small amount of oil to make crispier
<b>Air Fryer:</b>	A gadget that will re-heat your foods for the ultimate crunch without oil