



CulinaryBrief

Creative Meal Inspirations — One Batch Meal Planning System

Roast once. Eat well all week.

Anchor your week around a single, flavorful batch protein (here: Slow Roasted Chicken Thighs) and spin it into quick, nourishing meals.

Why it works

Jump to recipes

Why Batch Protein Cooking Works

Nutrition

Whole foods, fresh herbs, clean seasonings. Build balanced, satisfying meals that fuel your body.

Time

Cook once, assemble in minutes. With the protein ready, weeknight meals take under 10 minutes.

Budget

Buy in bulk, reduce waste. One tray of chicken transforms into multiple dishes and fewer takeout orders.

Use these recipes as a framework. Make notes, tweak flavors, and share your best combinations with the community.

Recipes

Pan Roasted Chicken Thighs (Batch Protein)

Ingredients

Directions

- 6 bone-in, skin-on chicken thighs
- Kosher salt & black pepper
- 1 bunch cilantro, finely chopped
- 3 cloves garlic, finely chopped
- 2 shallots, finely chopped
- Rosemary (2 sprigs), Thyme (3 sprigs), finely chopped
- 1 tsp smoked paprika, 1 tsp ground cumin
- Pinch red pepper flakes
- Juice & zest of 2 lemons
- ¼–½ cup olive oil (to form paste)
- 1 cup water (for pan)

1. Pat chicken dry; season both sides with salt and pepper.
2. Mix cilantro, garlic, shallots, rosemary, thyme, paprika, cumin, red pepper flakes, lemon juice & zest. Whisk in oil to a spreadable paste.
3. Coat chicken; arrange in baking dish. Add ~1" water to pan (don't submerge chicken).
4. Roast at 400°F for ~35 min, until 165°F internal. Rotate pan if needed.
5. Cool, then shred meat; discard bones/skin. Reserve pan stock.

Chef's notes: Marinate 1–2 hrs (or overnight) for deeper flavor. Shredded chicken is your base for the week. Use the stock to enrich grains, soups, and sauces.

Southwest Burrito Bowl

Mediterranean Pita Wrap (Dill & Honey Yogurt)

Asian Chicken Stir-Fry (Garlic–Ginger Soy Glaze)

Chicken & Vegetable Soup

Cran-Walnut Chicken Salad

My Kitchen — Tools I Trust

Kiritsuke Chef Knife

Versatile workhorse for chopping and slicing.

Winco Fish Spatula

Flexible yet sturdy — great for delicate proteins.

Winco Tongs

Everyday turning and tossing tool.

Garlic Slicer

Paper-thin slices fast.

Silicone Spatula

Heat-resistant; perfect for marinades and scraping.

Ninja Mini Food Processor

Compact power for herbs and sauces.

Glass Meal Prep Containers

Durable, freezer-safe, stackable.

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