# Multicooker Meal Prep

This playbook describes the procedure for using a multicooker, such as an Instant Pot, to prepare meals efficiently. It focuses on the benefits of the multicooker for both cooking and meal prepping.

### Step 1: Planning

Determine the recipes you want to prepare that are suitable for multicooker preparation. Evaluate your week's schedule to decide the quantity of food and the types of meals that will best fit your needs.

### Step 2: Ingredient List

Create a comprehensive list of all ingredients needed for the chosen recipes. Make sure to include quantities, and any specific instructions related to the preparation of these ingredients, such as 'chopped' or 'drained'.

### Step 3: Grocery Shopping

Take your ingredient list to the grocery store and purchase all necessary items. Pay attention to freshness and quality as these factors will affect the end result of your meals.

### Step 4: Prep Ingredients

Wash, chop, marinate, and measure out all ingredients ahead of time. This mise en place will streamline the cooking process.

### Step 5: Batch Cooking

Use the multicooker to cook recipes in batches. Start with recipes that require similar cooking modes and temperatures to make full use of the multicooker without unnecessary delays.

### Step 6: Cooling

Allow meals to cool down to a safe temperature before proceeding to the next step of storage. It's important to prevent bacterial growth by cooling down food properly.

### Step 7: Storage

Portion the meals into meal-sized containers. Label these with the date and contents to keep track of them easily in the fridge or freezer.

### Step 8: Cleanup

Clean the multicooker according to the manufacturer’s instructions. Wipe down any spills or residues to keep the device in good condition.

### Step 9: Execution

During the week, use the stored meals by reheating them according to the multicooker's instructions or by using a microwave, oven, or stovetop.

## General Notes

### Safety

Always follow food safety guidelines when prepping and storing meals to avoid foodborne illness. This includes keeping foods at proper temperatures and avoiding cross-contamination.

### Adaptability

Feel free to adjust recipes or ingredient quantities based on personal preference or unexpected changes in schedule. Multicookers are flexible and can be adjusted to many cooking scenarios.

### Equipment Care

Regular maintenance of your multicooker will prolong its life and ensure it continues to work efficiently for your meal prep needs.