Soak 1 part beans in 3 parts water overnight. Drain, add another 3 parts fresh water and simmer on medium heat until tender, about 2 hours. Add herbs, spices and salt halfway through cooking. Store the beans in their cooking liquid for up to four days.

Cut broccoli into large florets with long stems; rinse and drain. Place in a single layer in a large pan over medium-high heat; season with salt and oil or butter. Stir after a few minutes, once the broccoli starts to char. Cook a few more minutes; remove from heat.

Preheat oven to 400° F. Cut squash in half lengthwise and scoop out center using a spoon. Season with salt and any preferred spices and bake, cut side down, on a parchment lined baking sheet for 35 minutes or until tender. Carefully lift the squash and scrape out the flesh using a fork.

CHOOSE ONE INGREDIENT FROM EACH OF THE FOUR COLUMNS BELOW. Make your selection based on what you're in the mood for or what's available (or both).

<table>
<thead>
<tr>
<th>PROTEIN</th>
<th>VEGETABLE</th>
<th>SMART CARB</th>
<th>HEALTHY FAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>EGGS</td>
<td>WALNUT</td>
<td>OIL</td>
<td></td>
</tr>
<tr>
<td>10 MIN</td>
<td>RED</td>
<td>RED</td>
<td></td>
</tr>
<tr>
<td>10 MIN</td>
<td>CABBAGE</td>
<td>POTATOES</td>
<td></td>
</tr>
</tbody>
</table>

Cover eggs with 3 inches of cold water and bring to a boil. Remove from heat and cover with a lid for 8 minutes. Drain the water and fill with cold water to stop the cooking. Keep refrigerated for up to 5 days.

Cut into wedges, remove the core, and boil in salted water for 2 minutes. Drain and sauté with preferred spices (if using) and healthy fat. Garnish with herbs.

Boil red potatoes in salted water until very tender. Drain and toss with herbs, salt, cracked pepper and lemon juice or vinegar.
Season chicken with salt, oil or butter*, and spices. Place it "skin" side down in a pan over medium-high heat and leave it be. Add herbs and citrus to pan (if using). Reduce heat to medium, cover, and cook for about 15 minutes, flipping once at the very end. Rest it in the pan (heat off) for a few minutes.

Warm crushed garlic and spices in oil over low heat. Meanwhile, steam the beans until they are bright green and still snappy, about 2 minutes. Toss beans with the garlic sauce.

Steam whole sweet potatoes for 25 minutes until very tender. Cut an incision lengthwise along the top of the potato. Crack it open and add herbs, spices or oil or butter. Mash together with a fork.

Warm a cast iron pan over medium-high heat for a few minutes. Season the steak generously with salt. With the stove ventilation on, add the steak to the pan and sear for 1-2 minutes per side. Using tongs, sear the edges for another minute. Turn off heat and rest the steak in the pan 1 minute per side.

Cut bok choy into wedges and rinse well under cold water. In a large hot pan or wok, sauté with oil until just wilted but still perky. Remove from heat and toss with a few drops of soy sauce or some rice vinegar. Garnish with herbs.

Boil 1 part rice in 5 parts of salted water, partially covered, until tender, about 30 minutes. Drain excess liquid. Add herbs and butter or oil (if using).

Peel and devein the raw shrimp. Toss in a bowl with salt and preferred spices (if using). Sear or grill the shrimp over medium-high heat for about 2 minutes or until opaque around the edges. Turn shrimp for a final 30 seconds and remove from heat.

Cut bok choy into wedges and rinse well under cold water. In a large hot pan or wok, sauté with oil until just wilted but still perky. Remove from heat and toss with a few drops of soy sauce or some rice vinegar. Garnish with herbs.

Soak the chickpeas in 3 parts water overnight. Drain, add another 3 parts fresh water and simmer on medium heat until tender, about 2 hours. Add herbs, spices and salt halfway through cooking. Store the chickpeas in their cooking liquid for up to 4 days.
Scoop Greek yogurt into a sieve, set over a bowl, and let strain in the fridge overnight. Discard the water, then transfer the pressed yogurt to the bowl. Stir in preferred herbs, spices and citrus and season with salt to taste. Store in an airtight container in fridge for up to a week.

Grill whole eggplants over high heat, turning often, until skin is completely charred. Cool and peel away the charred skin. Tear eggplant up with a fork and toss with salt, citrus juice and any preferred spices.

Toss 1 part bulgar in a bowl and season with salt. Bring 2 parts water to a boil and pour evenly over bulgur. Cover quickly with plastic wrap and let sit for 15 minutes. Fluff with a fork and add and garnishes or herbs.

Set a pan to medium-high heat. Season scallops with salt, spices, and oil or butter. Sear scallops for about a minute and a half per side, making sure to not crowd the pan. Remove from heat and garnish with citrus.

Peel and wash carrots but leave them whole. Toss them in a bowl with preferred spices and oil, and roast in the oven at 400° F degrees until soft and deeply coloured, about 35 minutes. Garnish with herbs.

Peel the plantains and cut them into large pieces. Toss them in a bowl with preferred spices and oil, and roast in the oven at 400° F until soft and deeply colored, about 35 minutes. Garnish with herbs.

Warm a pan over medium-high heat. Season salmon with salt, oil or butter, and spices. Place it in the pan skin side down and leave it be. Add herbs and citrus to pan (if using.) Reduce heat to medium, cover, and cook for 6-8 minutes. Flip the fish once for the last minute. Rest it in the pan (heat off ) for a few minutes.

Remove the stem and cut the sprouts in half. Rinse and drain. Place in a single layer in a large pan over medium-high heat; season with salt and a few drops of oil. Stir after about 5 minutes, once they start to char. Cook for another few minutes. Garnish with herbs, chile flakes and/or a squeeze of citrus.

Cut the squash into 1" discs. Toss them in a bowl with red onion wedges, salt, preferred spices and choice of healthy fat.  Roast at 400° F until soft and blistered, about 25 minutes.

Set a pan or grill to medium-high heat. Season pork with salt, oil or butter, and spices. Place it in the pan and leave it be. Cook for a few minutes on each side, turning often. Add herbs and citrus to pan (if using,) cover, and cook for a few more minutes. Rest it in the pan (heat off ) for a few minutes.

Wash the peppers, cut them in half and rip out the core and stem. Cut or rip them into large pieces. Toss them in a bowl with preferred spices and oil, and roast in the oven at 450° F until soft and blistered, about 15 minutes.

Rinse 1 part spelt under cold water. Add to a sauce pot with 1 part crushed tomatoes and 2 parts water. Bring to a boil; add salt and herbs to taste. Cook until tender, stirring often, about 40 minutes. Garnish with herbs.

If you're cooking without oil or butter, then use a nonstick pan or a grill.
STEP PORTION YOUR INGREDIENTS.

Use the guide below to portion your meal**.

(Remember, you can make more than one portion for leftovers the next day).

**For more information, check out our Portion Control Guide.

- Adjust portions up or down according to:
  - PER SERVING:
    - PROTEIN
      - Women: 1 palm
      - Men: 2 palms
    - VEGETABLES
      - Women: 1 fist
      - Men: 2 fists
    - CARB
      - Women: 1 cupped hand
      - Men: 2 cupped hands
    - FAT
      - Women: 1 thumb
      - Men: 2 thumbs
  - How frequently you eat
  - Your size/caloric needs
  - How active you are
  - Your results
  - Appetite and satiety
  - How frequently you eat
STEP CHOOSE AROMATICS AND GARNISHES.

Select a regional flavor profile below, then choose three or more ingredients from its list and put them on the counter so they're ready.

**FRENCH**
- Tarragon
- Thyme
- Rosemary

**ITALIAN**
- Oregano
- Basil
- Fennel
- Capers
- Anchovies
- Olives
- Orange

**JAPANESE**
- Miso
- Sesame seeds
- Seaweed

**MEXICAN**
- Cilantro
- Cumin
- Cocoa

**MOROCCAN**
- Cardamom
- Saffron
- Cinnamon
- Anise

**THAI**
- Lime
- Chiles
- Green onion
- Lemongrass

**CARIBBEAN**
- Cinnamon
- Allspice
- Nutmeg
- Cloves

**INDIAN**
- Cumin
- Fenugreek
- Coriander
- Turmeric

**SPANISH**
- Smoked paprika
- Parsley
- Bay leaf
- Saffron

**SOUTHWEST**
- Cumin
- Coriander
- Cilantro
- Bay leaf
- Black pepper
- Lemon
- Pickled radish
- Ginger
- Yuzu
- Ancho and chipotle chiles
- Lime
- Cayenne
- Cumin
- Preserved lemon
- Cilantro
- Mint
- Thai basil
- Ginger
- Lime
- Scotch bonnets
- Pickled mango
- Curry powder
- Ginger
- Fresh curry leaf
- Guindilla peppers
- Olives
- Orange
- Mint
- Chiles
- Pepper
- Lime
STEP COOK THE FOOD.

Use preparation methods outlined in Step 1 and incorporate the aromatics and garnishes as follows.

**Additional flavor tips**

- Squeeze fresh citrus juice over your protein.
- Sprinkle preserved foods and/or chopped nuts over your plate at the end.
- Add garlic cloves (husk on) to your pan while your protein is cooking, or to your roasting pan with vegetables. This makes a flavorful garnish.
- Sauté onions in your pan alongside green vegetables. They add depth of sweetness and texture.
- Sprinkle dried chile flakes or grate fresh horseradish on your protein. This offers an unexpected kick, building flavor with minimal effort.
- When cooking chicken, pork, or salmon, use any pan drippings as a flavorful sauce.
- Add dried spices to your smart carb.
- Add fresh herbs to your vegetable, or garnish the whole dish at the end.
THAI THREE WAYS
• Steak with coconut brown rice and bok choy
• Chicken with eggplant, spelt, and peanuts
• Shrimp with kale and spaghetti squash

MEXICAN THREE WAYS
• Chicken with spinach and quinoa
• Salmon with bell peppers and plantain
• Beans with carrots, brown rice, and avocado

INDIAN THREE WAYS
• Chicken with spinach, bulgur, and almonds
• Curried chickpeas with eggplant and yogurt
• Red lentils with Brussels sprouts and sweet potatoes

PUT IT ALL ON YOUR PLATE.

Garnish with an additional sprinkle of chopped fresh herbs if desired.

Mix and match these ingredients however you choose.

Here are a few combos to get your imagination going.
MAKE AN AMAZING MEAL TONIGHT

• IT'S EASY TO DO.
• THE TEMPLATE IS FLEXIBLE.
• IT'S BASED ON FLAVOR SCIENCE.
• THE MEALS TASTE GREAT.
• THEY'RE GOOD FOR YOU TOO.
**HOW TO MASTER MEAL PREP**

Try the make-ahead strategies used by Precision Nutrition's most successful clients and you'll always have healthy food on hand.

Before mastering meal prep, learn what, and how much, to eat.

*For how to use your hand to measure portions: [http://www.precisionnutrition.com/calorie-control-guide-infographic](http://www.precisionnutrition.com/calorie-control-guide-infographic)*

<table>
<thead>
<tr>
<th>Component</th>
<th>Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lean proteins</td>
<td>1-2 palms*</td>
</tr>
<tr>
<td>Fats</td>
<td>1-2 thumbs</td>
</tr>
<tr>
<td>Vegetables</td>
<td>1-2 fists</td>
</tr>
<tr>
<td>Carbs</td>
<td>1-2 cupped hands</td>
</tr>
</tbody>
</table>

**WHAT A HEALTHY MEAL LOOKS LIKE**
Prep one-pot meals and versatile ingredients like grilled chicken and roasted veggies.

ON THE WEEKEND

15 MIN

STEP SHOP FOR INGREDIENTS

45 MIN

STEP Buy the ingredients for for your pre-prepped meals.

COOK FOR THE WEEK

60-90 MIN

STEP Cook time-consuming meal components: chicken, veggies, potatoes, etc.

STORE IT CONVENIENTLY

Pack your prepped food in stackable clear containers and make them accessible in the fridge.

LOOK AHEAD

5 MIN

1 STEP For which busy days in the coming week will you need pre-prepped meals?

MAKE A MENU

15 MIN

2 STEP Jot down ideas for your pre-prepped meals. Keep this general; nothing five-star. Consider one-pot meals, like Dr. John's Chili below.
Enjoy for breakfast warm or cold.

Discard soaking water and pour soaked grains into a pot; cover with two inches of fresh water and boil until tender, 15-60 minutes.

Soak hearty foods like whole grains, beans, and oats to save up to an hour of cooking time.

THE NIGHT BEFORE
Dump slow-cooking whole grains (like spelt, barley, or wheat berries) into a large bowl.
Cover them with a couple inches of water.

In a jar, combine equal parts rolled oats, milk, and plain yogurt (generally 1/3 - 1/2 cup each).

Pour 1 part beans into a large bowl.

Mix in healthy toppings like fresh or dried fruit, nuts, seeds, spices  and/or protein powder.

Cover and store in the fridge overnight.

GRAINS
Leave them on the counter overnight.

OATMEAL BEANS
Leave them on the counter overnight.

12 H +
So you won’t forget — and you can reschedule if the unexpected comes up. 15 minutes should do the trick.

WORK WITH YOUR ROUTINE

PUT IT ON THE CALENDAR

1. PREP IN BULK

   Do quicker prep tasks like washing, chopping, boiling, and toasting.

   IN THE MORNING

   Pair food prep with a daily activity like your morning coffee, making lunches, or watching the news.

   Slicing a few carrots is as fast as slicing one. Same with toasting almonds or chopping herbs.

   1

   STEP

   2

   STEP

   3

   STEP
Prep foods that will keep for a day or two, but not longer.

**TWO FOR ONE**

**BREAKFAST**
Scrambling eggs on Monday? Whisk six eggs instead of two, and store the extra liquid for Wednesday's omelettes.

**LUNCH**
Slice cucumber for today's hummus wrap, and extras for tomorrow's salad.

**DINNER**
Wash and chop kale for tonight's couscous, and extra for tomorrow's orzo salad.
Keep these pre-mixed meals handy at home or work for instant breakfasts and lunches.

**OATMEAL**

In a large jar, combine uncooked oats with toppings like nuts, seeds, dried fruit, and spices. At breakfast time, simply scoop a serving into a pot, add water, and cook.

**SALAD**

Pour a serving of salad dressing into a large jar. Add toppings like sliced veggies, nuts, and cheese, then top with lettuce. Seal lid and store upright. Shake and eat.

**Toppings**

**Dressing**

**Greens**
DR. JOHN'S CHILI

INGREDIENTS

Make it on Sunday and keep it in the fridge for fast meals all week long.

4 lb extra lean ground beef (96%)

2 large onions, chopped

6 garlic cloves, chopped

4 tbsp chili powder

1 tsp cumin

2 tsp paprika

1 tsp celery seed

1 tsp fresh ground pepper

4 (15 1/2 ounce) cans kidney beans, drained and rinsed

2 large tomatoes, chopped

1 lb carrots, peeled and sliced

4 bell peppers: (green, red, yellow, orange) cut into 1/2-inch squares

2 (46 oz) bottles vegetable juice, spicy hot

1/2 cup cashew meal
No need to try all these strategies. Start slow, and do what works for you.

Once you get in a rhythm, prepping meals in advance is really easy.

INSTRUCTIONS

Brown ground beef over high heat with garlic and onions. Add spices and fry for 2 minutes.

Add browned beef, beans, tomatoes, carrots, peppers, and vegetable juice to a very large pot and bring to a boil. Reduce heat to simmer.

Pulse cashews in a blender until a grainy meal is formed.

Stir cashew meal into chili, cover, and simmer for an additional 30 minutes.

MAKES 10 SERVINGS.
SUPER SHAKES

Juice-Bar Shakes

THE SUPER SHAKE GUIDE:
TURN YOUR BORING PROTEIN SMOOTHIE INTO A SUPER SHAKE

Since your Super Shakes will use whole foods and some frozen ingredients, you'll need a powerful machine. Here are two good options.

START WITH A GOOD BLENDER

<table>
<thead>
<tr>
<th>MAGIC BULLET</th>
<th>VITAMIX</th>
</tr>
</thead>
<tbody>
<tr>
<td>Good blender for everyday use</td>
<td>The Rolls Royce of blenders</td>
</tr>
<tr>
<td>Power</td>
<td>250 Watts</td>
</tr>
<tr>
<td>Price</td>
<td>under $50</td>
</tr>
<tr>
<td>Capacity</td>
<td>19 oz</td>
</tr>
<tr>
<td>Comes with a minimum 5-year warranty</td>
<td>May wear out after only a few months</td>
</tr>
</tbody>
</table>

JUICE-BAR SHAKES VS. SUPER SHAKES

These unique, nutrient-packed shakes can serve as excellent meal replacements when you're short on time.

Rely heavily on processed ingredients
Use too many artificial components
Include low-quality protein sources
Contain high levels of sugar

Provide fiber and healthy fats
Contain minimal sugar and artificial ingredients
Include whole fruits and vegetables
Use high-quality protein sources

MAGIC BULLET

VITAMIX
STEPS TO MAKING YOUR SUPER SHAKE

Go through the steps below, selecting one or two items from each category.

- **Step 1:** Pick a liquid
  - Water
  - Almond milk (unsweetened)
  - Cow’s milk
  - Soy milk (unsweetened)
  - Hemp milk (unsweetened)
  - Iced green tea

  Less liquid = thick shakes
  More liquid = thin shakes

- **Step 2:** Pick a protein powder
  - Whey protein
  - Casein protein
  - Rice protein
  - Pea protein
  - Hemp protein
  - Other proteins or protein blend

Find a protein supplement that tastes good and digests well. is a good starting point for each serving. 1-2 scoops should be sufficient for each serving.
STEP 4: PICK A FRUIT

STEP 3: PICK A VEGGIE

1-2 handfuls

Use raw or roasted veggies.

- Dark leafy greens: Spinach / Swiss chard / kale
- Pumpkin / sweet potato
- Beets / beet greens
- Cucumber / celery
- Powdered greens supplement

Spinach works well in any Super Shake since it’s virtually undetectable.

Pair canned or roasted pumpkin with vanilla.

Try pairing peeled, roasted beets with chocolate.

When including celery or cucumber, reduce the amount of liquid you add.

- Apples
- Bananas
- Berries
- Cherries
- Dates
- Pineapple / mango
- Powdered fruit supplement

Toss in half a banana to give the shake excellent texture.

Dates are very sweet. Make sure to get rid of the pit first.

Apples provide sweet and tart notes. Simply remove the core and slice.

1-2 handfuls
You can use fresh or frozen fruit.
STEP 5: PICK A HEALTHY FAT

STEP 6: PICK A TOPPER

1-2 thumb-sized portions

• Walnuts
• Flax, hemp, chia seeds
• Cashews
• Almonds
• Peanut and nut butters

should be sufficient for each serving.

When blended well, nuts and seeds offer a nice, rich consistency.

• Coconut
• Cacao nibs / dark chocolate
• Yogurt
• Oats / granola
• Cinnamon
• Ice (if using fresh fruit)

Try cinnamon with vanilla and pumpkin.

Add oats if you need extra carbs.

Incorporate yogurt if you want more protein and a smoother texture.

With toppers, a little goes a long way.
Just remember: Not all of the steps are mandatory. Don’t want a topper? Leave it out.

Want extra veggies? Add ‘em in. Trying to reduce calories? Change the portion sizes.

MIX AND MATCH TO FIND THE PERFECT SUPER SHAKE FOR YOU.

**RECIPE 1:**
- 2 thumb-sized portions of mixed nuts
- 4 ounces water
- 2 scoops of vanilla milk protein blend
- 1 handful of spinach and 1 scoop powdered greens supplement
- 1 cupped handful of frozen mixed berries
- ½ cup plain Greek yogurt

**RECIPE 2:**
- 2 thumb-sized portions of walnuts
- 4 ounces water
- 2 scoops of plain pea protein powder
- 2 kale leaves and 1 scoop of powdered greens supplement
- Half a frozen banana and 2 pitted dates
- A few sprinkles of coconut and 5 ice cubes

Here’s the original Super Shake, courtesy of PN co-founder Dr. John Berardi

Here’s another favorite Super Shake, courtesy of PN coach Ryan Andrews