

KITCHEN RESCUE

INFOGRAPHIC BUNDLE

01

HOW TO CREATE THE PERFECT MEAL

02

HOW TO MASTER MEAL PREP

03

THE SUPER SHAKE GUIDE

HOW TO CREATE THE PERFECT MEAL

HUNDREDS OF EASY, DELICIOUS, HEALTHY DINNERS FROM PRECISION NUTRITION'S INGENIOUS CHEF.

Mix and match these ingredients for maximum flavor (and minimal work). The result? Hundreds of perfectly-portioned meals that taste great and support your health goals.

STEP 1

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).

PROTEIN	VEGETABLE	SMART CARB	HEALTHY FAT
BEANS  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 4 days. 	BROCCOLI  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. 	SPAGHETTI SQUASH  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 flip the squash and scrape out the flesh using a fork. 	EXTRA VIRGIN OLIVE OIL 
EGGS  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. 	RED CABBAGE  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. 	RED POTATOES  Boil red potatoes in salted water until very tender. Drain and toss with herbs, salt, cracked pepper and lemon juice or vinegar. 	WALNUT OIL 
CHICKEN BREAST  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. 	GREEN BEANS  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. 	SWEET POTATOES  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. 	SESAME OIL 
STEAK  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. 	BOK CHOY  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. 	BROWN RICE  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). 	AVOCADO OIL 
SHRIMP  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. 	SPINACH  Toast sliced garlic in a large pan with oil. Once the garlic starts to brown around the edges, add the spinach and press down gently until it starts to wilt. Season with salt. Remove from pan once wilted, keep it warm in paper towel if desired. 	QUINOA  Rinse quinoa well under cold water. In a sauce pot, add 1 part quinoa, preferred spices and 2 parts water. Bring to boil and season with salt. Cook for 5 minutes over high heat. Cover and reduce heat to medium. Cook for 10 minutes, or until liquid is evaporated and quinoa has doubled in size. Fluff with a fork. 	CANOLA OIL 
RED LENTILS  Rinse and quickly sort through lentils. In a sauce pot over medium-high heat, sauté onions, garlic and preferred spices until soft and caramelizing. Add 3 parts water and salt to taste. Cook until lentils are tender, about 40 minutes (longer for a thicker result). 	KALE  Sauté sliced onion in oil. Once the onions start to caramelize, add the kale. Season with salt, add a 1/4 cup water and cover. Stir every few minutes or so. Remove lid and cook until all the liquid has evaporated. 	CHICKPEAS  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. 	EXTRA VIRGIN COCONUT OIL 
PRESSED YOGURT  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 season with salt to taste. Store in an airtight container in fridge for up to a week. 	EGGPLANT  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. 	BULGUR  Toss 1 part bulgur 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. 	BUTTER 
SCALLOPS  Set a pan to medium-high heat. Season scallops with salt, oil or butter, and a half per side, making sure to not crowd the pan. Remove from heat and garnish with citrus. 	CARROTS  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 colored, about 35 minutes. Garnish with herbs. 	PLANTAIN  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. 	RAW AVOCADO 
SALMON  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. 	BRUSSELS SPROUTS  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. 	BUTTERNUT SQUASH  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. 	CHOPPED ALMONDS 
PORK TENDERLOIN  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. 	BELL PEPPERS  Wash the peppers, cut them in half and rip out the core and stem. Cut in half and roast in a bowl with preferred spices and oil, and roast in the oven at 450° F until soft and blistered, about 15 minutes. 	SPELT  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. 	CHOPPED PEANUTS 

*If you're cooking without oil or butter, then use a nonstick pan or a grill.

STEP 2

PORTION YOUR INGREDIENTS.

Use the guide below to portion your meal**.

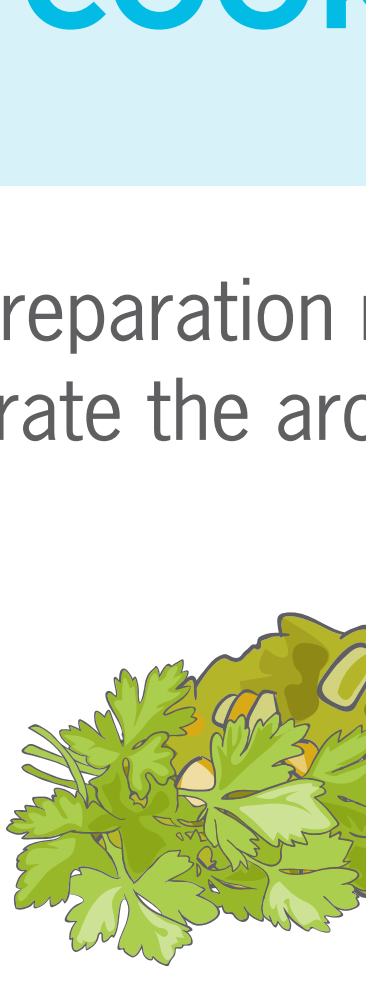
(Remember, you can make more than one portion for leftovers the next day).

PER SERVING:



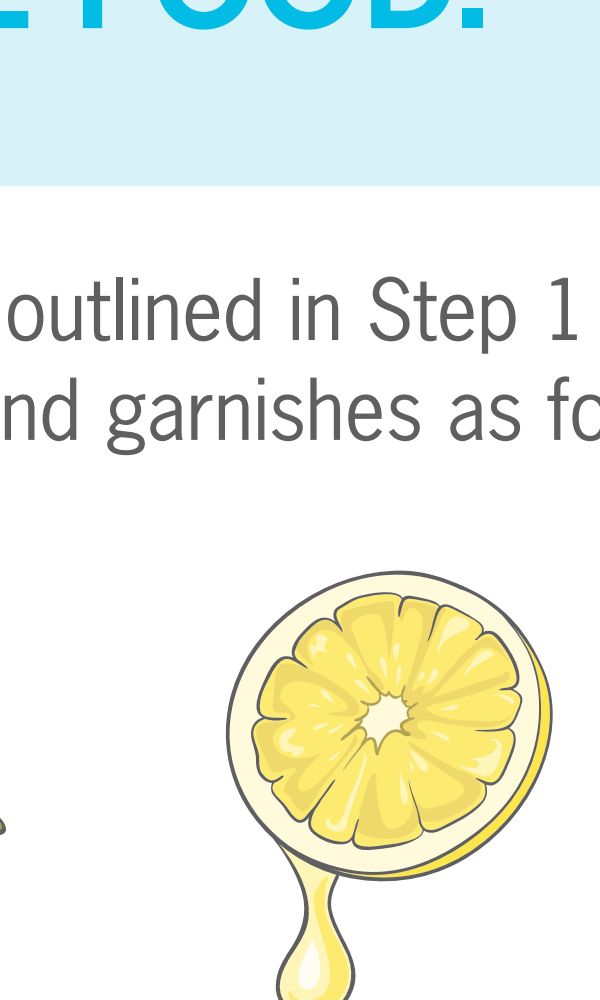
PROTEIN

Women: 1 palm
Men: 2 palms



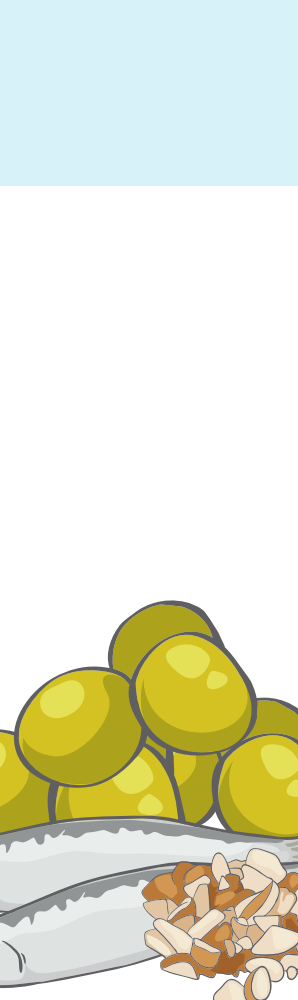
VEGETABLES

Women: 1 fist
Men: 2 fists



CARB

Women: 1 cupped hand
Men: 2 cupped hand



FAT

Women: 1 thumb
Men: 2 thumbs

Adjust portions up or down according to:


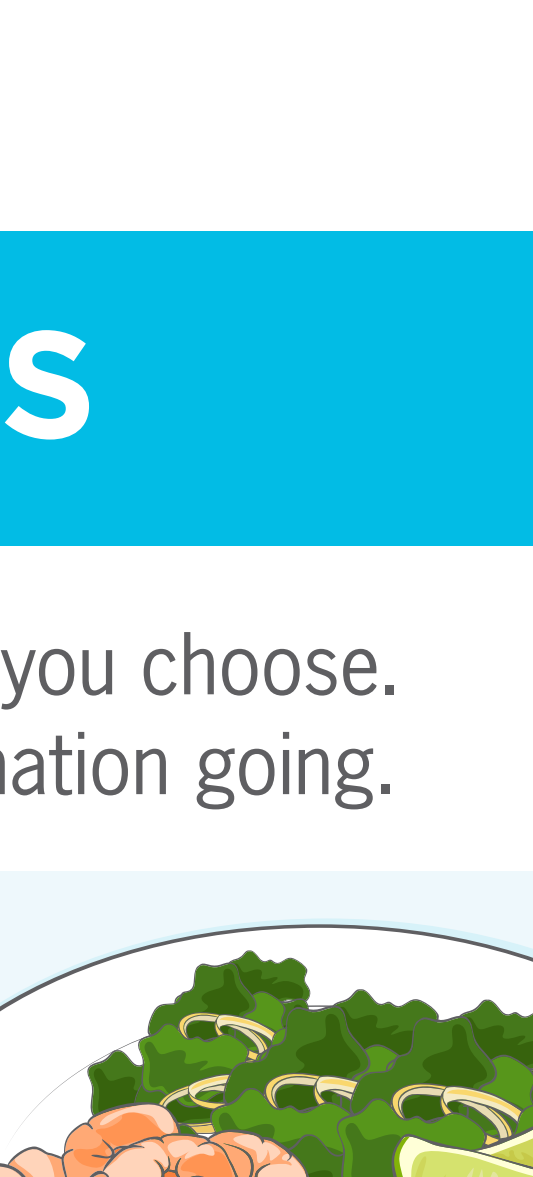
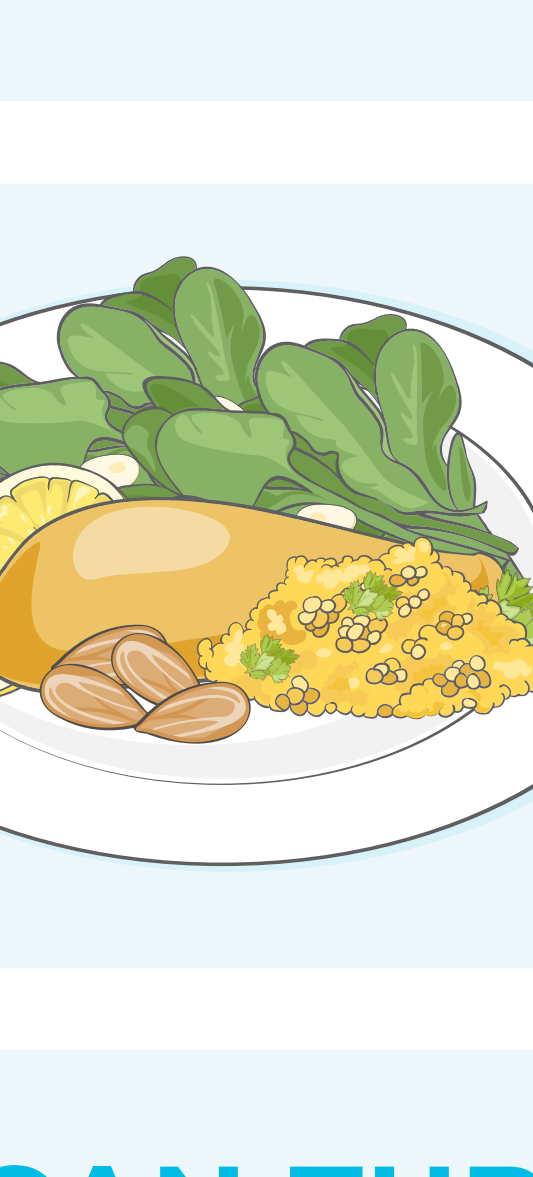



- How frequently you eat
- Your size/caloric needs
- How active you are
- Your results
- Appetite and satiety
- How frequently you eat

**For more information, check out our [Portion Control Guide](#).

STEP 3

CHOOSE AROMATICS AND GARNISHES.

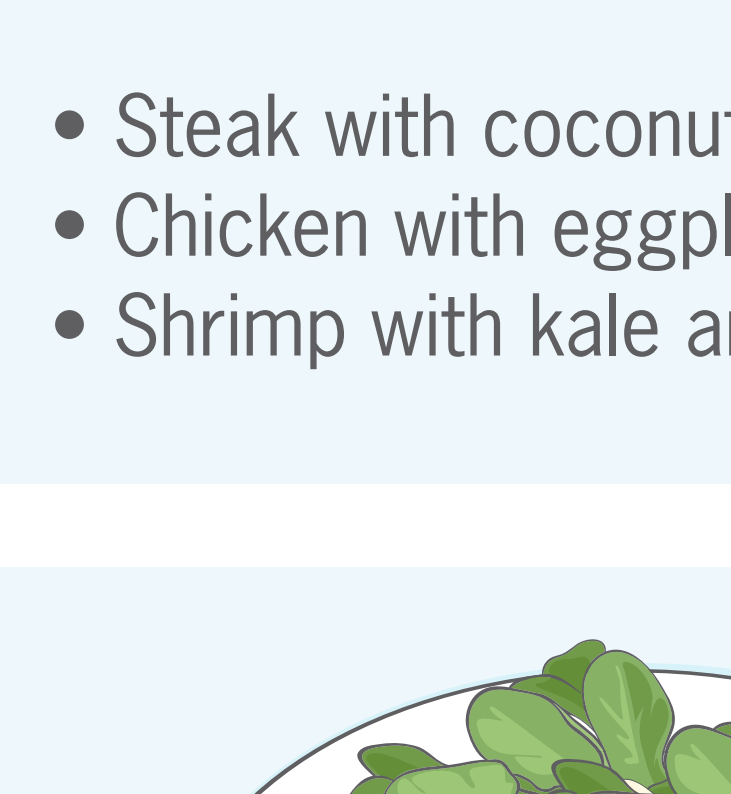
Select a regional flavor profile below, then choose three or more ingredients from its list and put them on the counter so they're ready.

ITALIAN • Oregano • Basil • Fennel  • Capers • Olives • Olive oil • Orange	FRENCH • Tarragon • Thyme • Rosemary  • Bay leaf • Black pepper • Lemon
MEXICAN • Cilantro • Cumin • Cocoa  • Ancho and chipotle chiles • Lime	JAPANESE • Miso • Sesame seeds • Seaweed  • Pickled radish • Ginger • Yuzu
THAI • Cilantro • Mint • Thai basil • Ginger  • Lime • Chiles • Green onion • Lemongrass	MOROCCAN • Cardamom • Saffron • Cinnamon • Anise  • Cayenne • Cumin • Preserved lemon
INDIAN • Cumin • Fenugreek • Coriander • Turmeric  • Curry powder • Ginger • Fresh curry leaf	CARIBBEAN • Cinnamon • Allspice • Nutmeg • Cloves  • Lime • Scotch bonnets • Pickled mango
SOUTHWEST • Cumin • Coriander • Cilantro  • Mint • Chiles • Pepper • Lime	SPANISH • Smoked paprika • Parsley • Bay leaf • Saffron  • Guindilla peppers • Olives • Orange

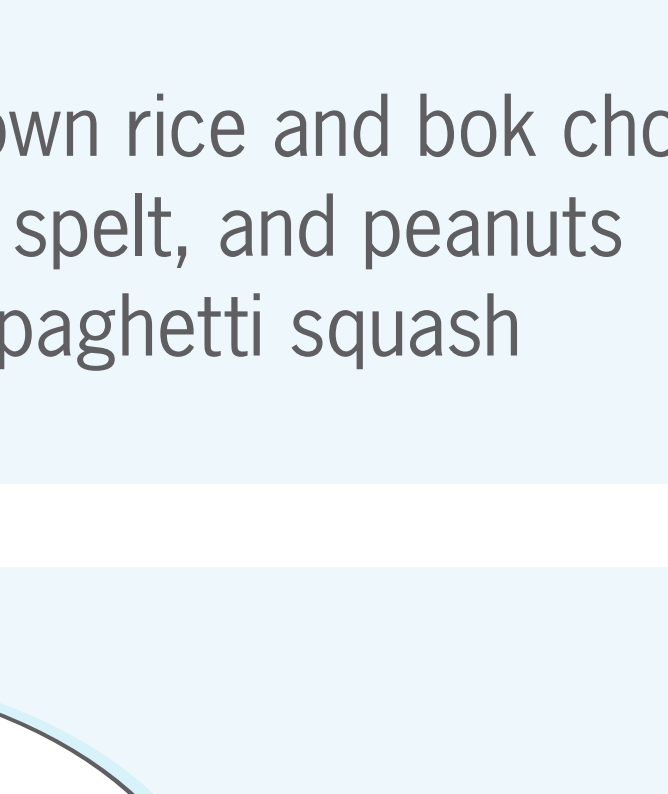
STEP 4

COOK THE FOOD.

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



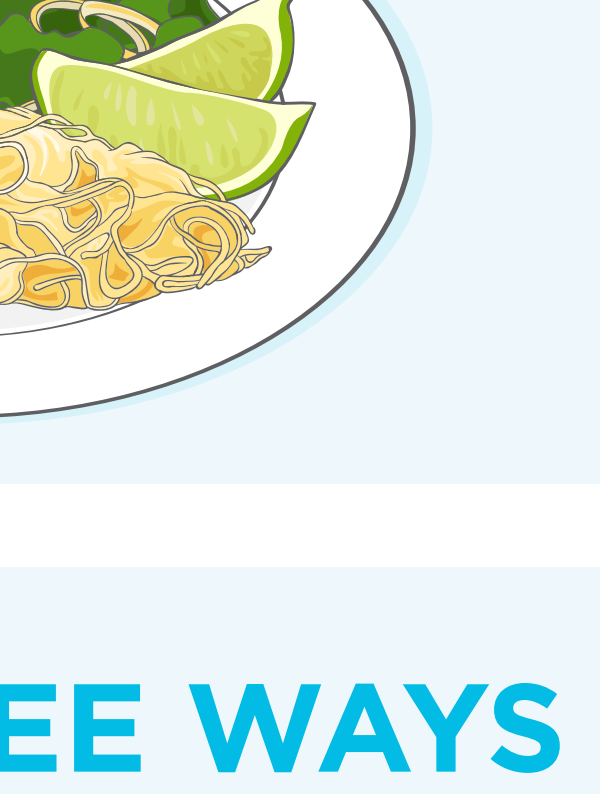
Add **fresh herbs** to your vegetable, or garnish the whole dish at the end.



Add **dried spices** to your smart carb.



Squeeze **fresh citrus juice** over your protein.

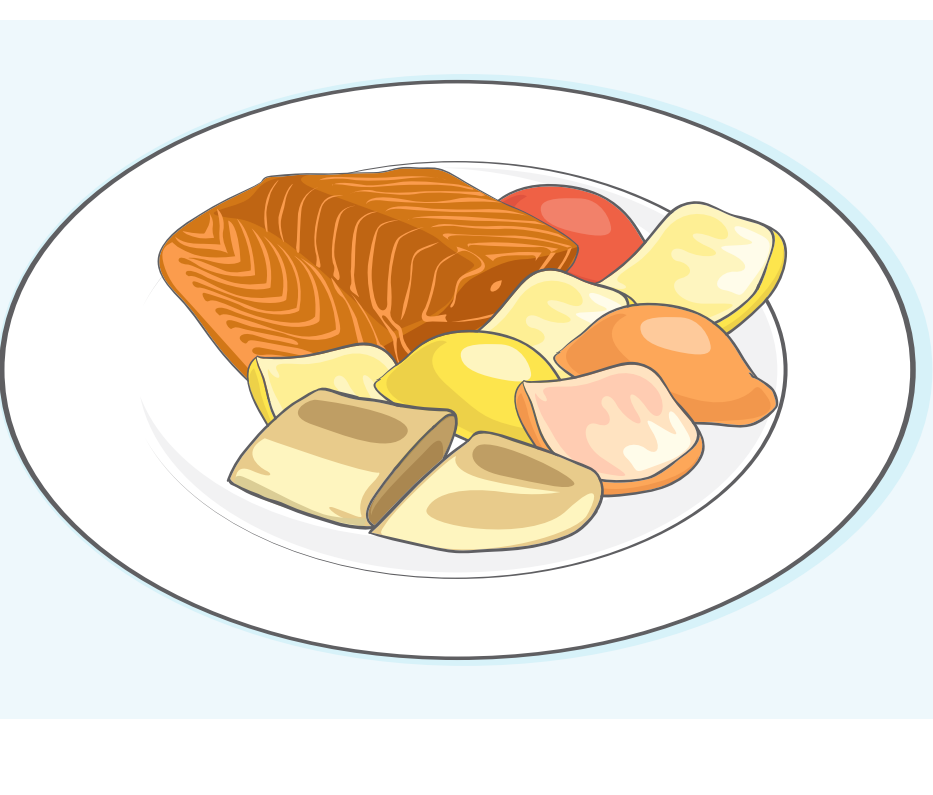


Sprinkle **preserved foods** and/or **chopped nuts** over your plate at the end.

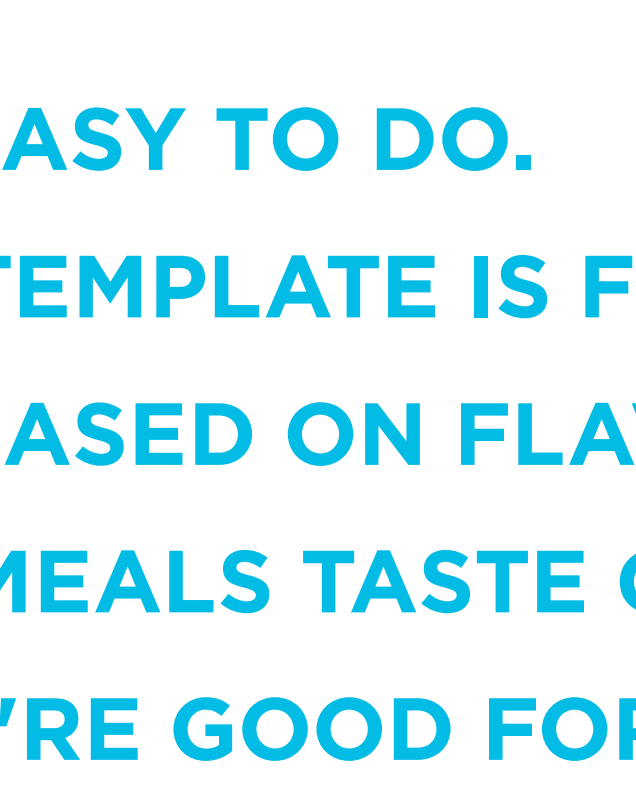
Additional flavor tips



Sauté onions in your pan alongside green vegetables. They add depth of sweetness and texture.



When cooking chicken, pork, or salmon, use any pan drippings as a flavorful sauce.



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.



Sprinkle dried chile flakes or grate fresh horseradish on your protein. This offers an unexpected kick, building flavor with minimal effort.

STEP 5

PUT IT ALL ON YOUR PLATE.

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

SAMPLE MEALS

Mix and match these ingredients however you choose.

Here are a few combos to get your imagination going.

THAI THREE WAYS

- Steak with coconut brown rice and bok choy
- Chicken with eggplant, spelt, and peanuts
- Shrimp with kale and spaghetti squash

INDIAN THREE WAYS

- Chicken with spinach, bulgur, and almonds
- Curried chickpeas with eggplant and yogurt
- Red lentils with Brussels sprouts and sweet potatoes

MEXICAN THREE WAYS

- Chicken with spinach and quinoa
- Salmon with bell peppers and plantain
- Beans with carrots, brown rice, and avocado

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.

WHAT A HEALTHY MEAL LOOKS LIKE

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

Lean proteins

1-2 palms*

Carbs

1-2 cupped hands

Vegetables

1-2 fists

Fats

1-2 thumbs

ON THE WEEKEND

Prep one-pot meals and versatile ingredients like grilled chicken and roasted veggies.

STEP 1

LOOK AHEAD



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

STEP 2

MAKE A MENU



Jot down ideas for your pre-prepped meals. Keep this general; nothing five-star.

STEP 3

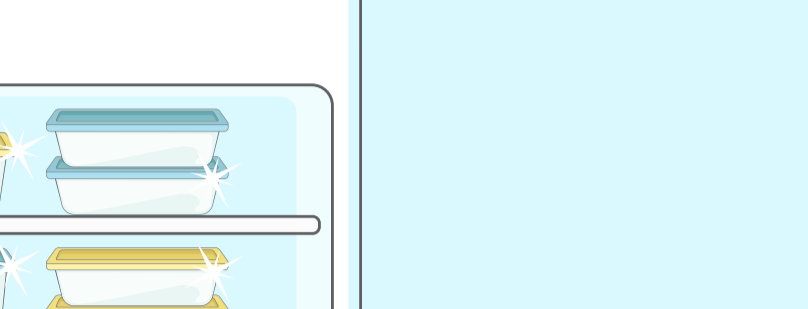
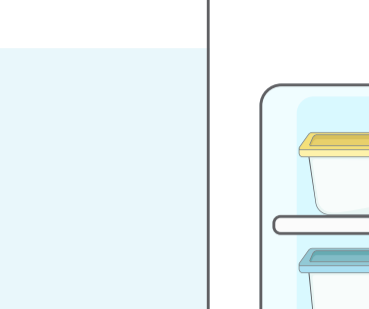
SHOP FOR INGREDIENTS



Buy the ingredients for your pre-prepped meals.

STEP 4

COOK FOR THE WEEK



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

Consider one-pot meals, like Dr. John's Chili below

STEP 5

STORE IT CONVENIENTLY



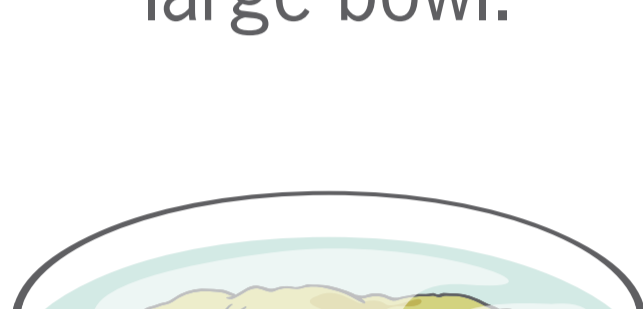
Pack your prepped food in stackable clear containers and make them accessible in the fridge.



THE NIGHT BEFORE

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

GRAINS



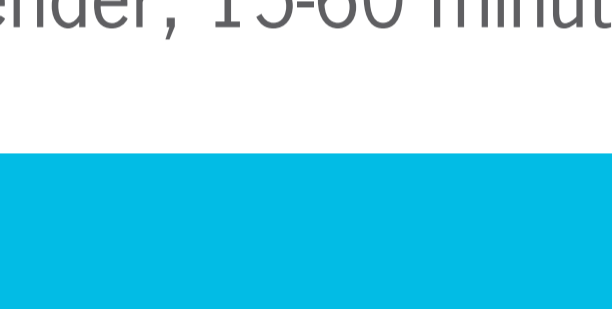
Dump slow-cooking whole grains (like spelt, barley, or wheat berries) into a large bowl.



Cover them with a couple inches of water.



Leave them on the counter overnight.



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

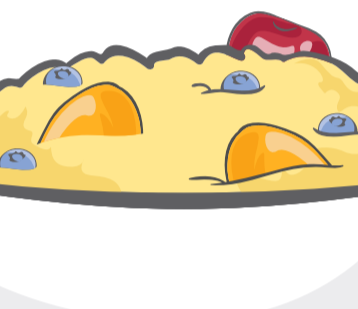
OATMEAL



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



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

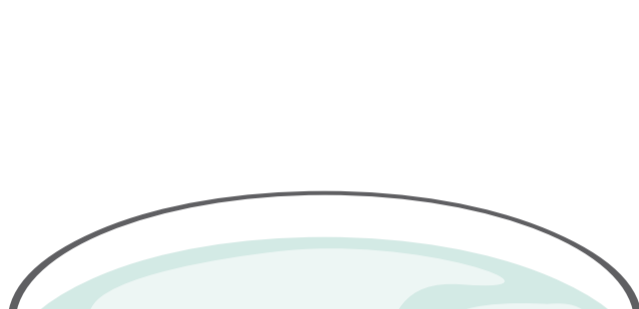


Cover and store in the fridge overnight.



Enjoy for breakfast warm or cold.

BEANS



Pour 1 part beans into a large bowl.



Cover with 4 parts water.



Leave them on the counter overnight.

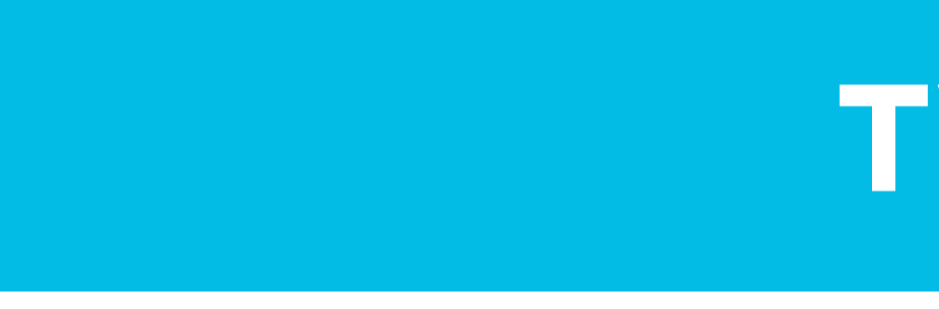


Discard soaking water and pour 1 part soaked beans into a pot; cover with 3 parts fresh water and boil until tender, 45-60 minutes.

IN THE MORNING

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

STEP 1



WORK WITH YOUR ROUTINE

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

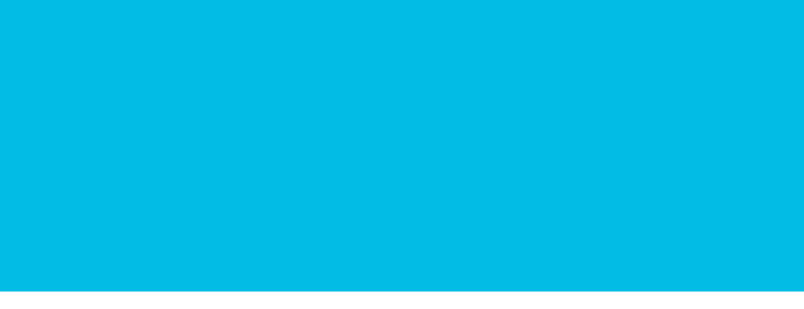
STEP 2



PUT IT ON THE CALENDAR

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

STEP 3



PREP IN BULK

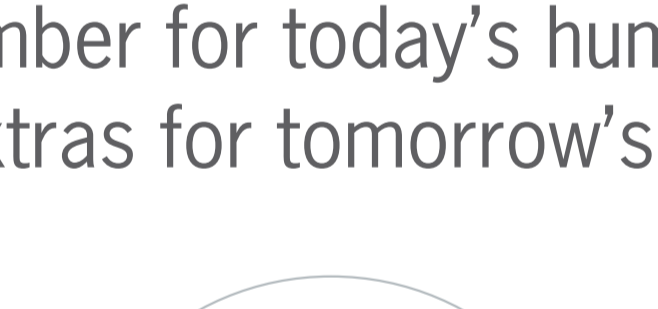
Slicing a few carrots is as fast as slicing one. Same with toasting almonds or chopping herbs.

TWO FOR ONE

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

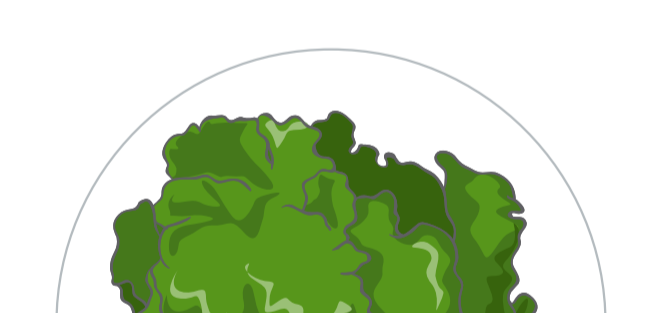
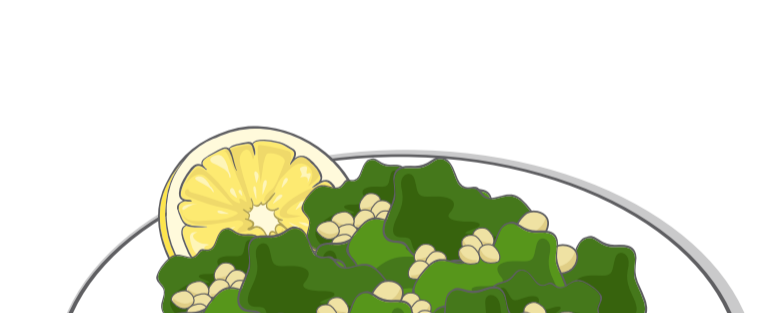
BREAKFAST

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.



IN A JAR

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

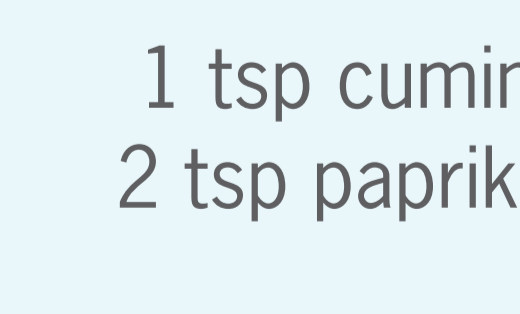


Pour a serving of salad dressing into a large jar. Add toppings like sliced veggies, nuts, and cheese, then top with lettuce. Seal lid and store upright. Shake and eat.

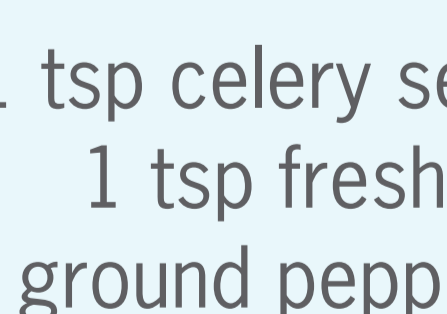
DR. JOHN'S CHILI

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

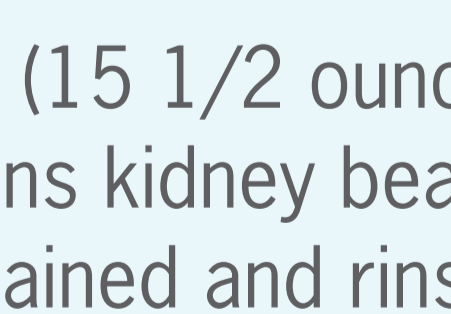
INGREDIENTS



4 lb extra lean ground beef (96%)



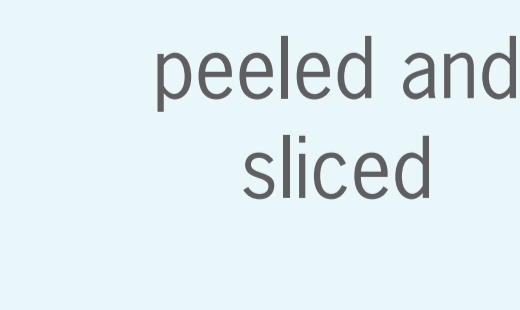
2 large onions, chopped



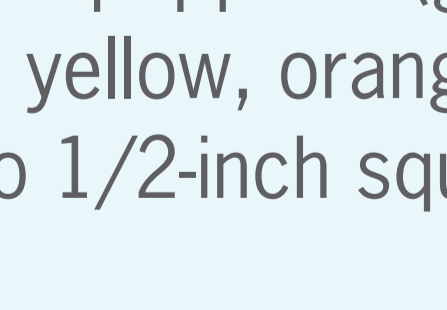
6 garlic cloves, chopped



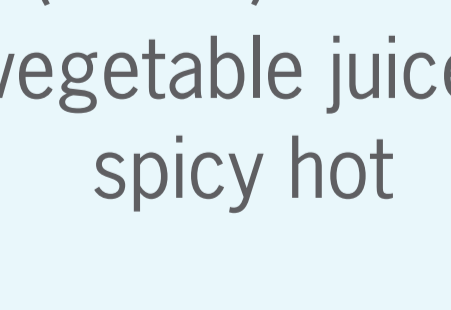
4 tbsp chili powder



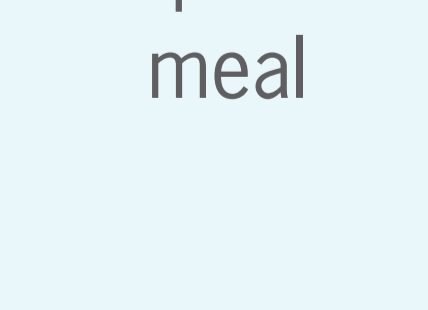
1 tsp cumin
2 tsp paprika



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

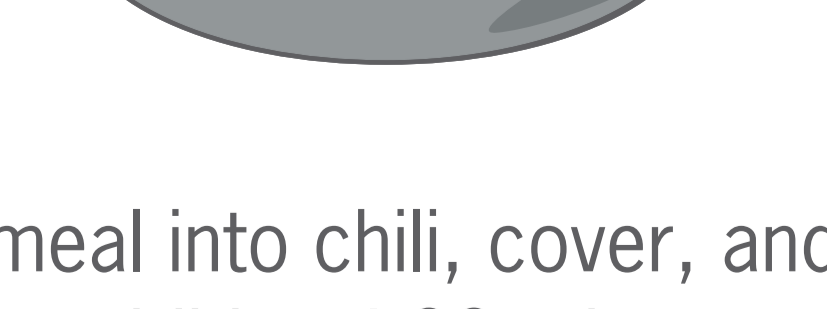
INSTRUCTIONS

STEP 1



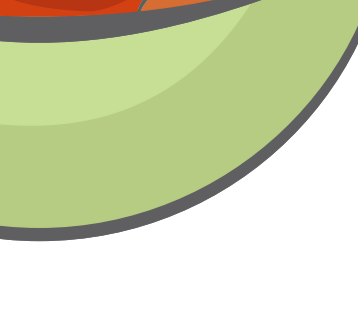
Brown ground beef over high heat with garlic and onions. Add spices and fry for 2 minutes.

STEP 2



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

STEP 3



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

STEP 4



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



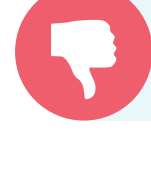
MAKES 10 SERVINGS.

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.

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

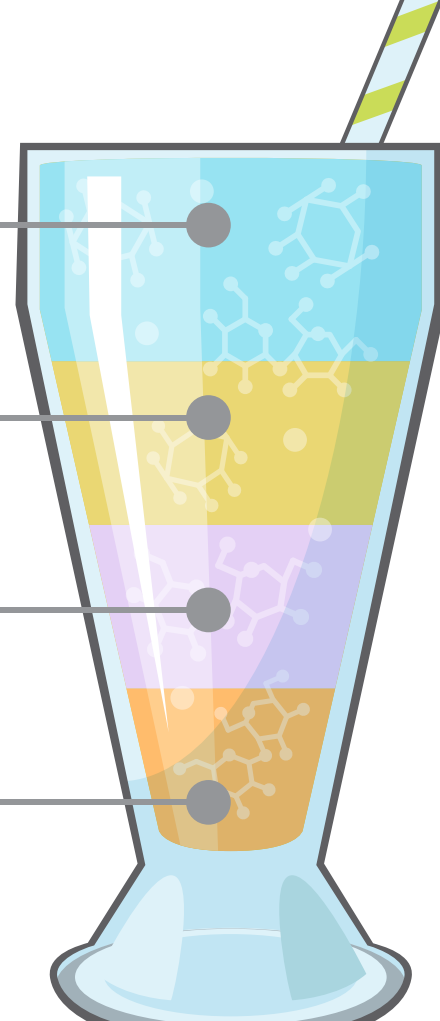
These unique, nutrient-packed shakes can serve as excellent meal replacements when you're short on time.

JUICE-BAR SHAKES VS. SUPER SHAKES



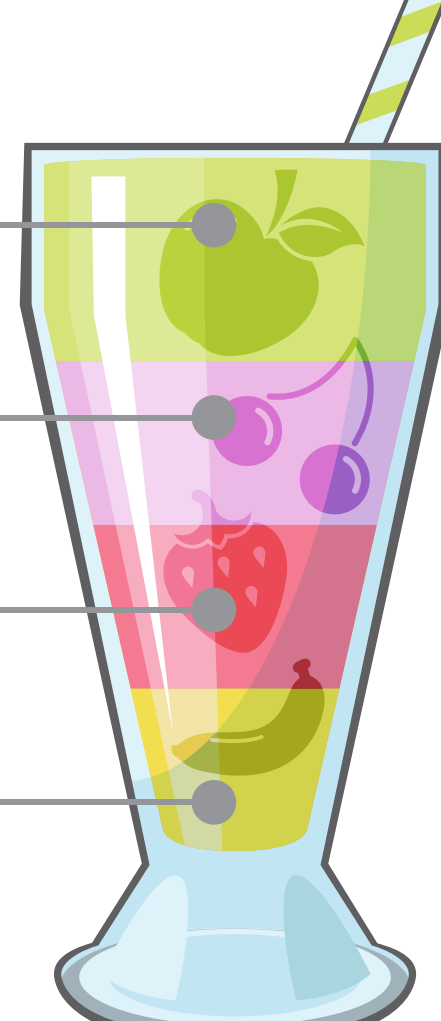
Juice-Bar Shakes

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



SUPER SHAKES

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



START WITH A GOOD BLENDER

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



MAGIC BULLET

Good blender for everyday use

Price

under \$50

POWER

250 Watts

CAPACITY

19 oz

May wear out after only a few months

VITAMIX

The Rolls Royce of blenders

Price

over \$300

POWER

1400 Watts

CAPACITY

64 oz

Comes with a minimum 5-year warranty



STEPS TO MAKING YOUR SUPER SHAKE

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

STEP 1: PICK A LIQUID

Less liquid = thick shakes
More liquid = thin shakes

4-8 oz

is a good starting point for each serving.



- Water
- Almond milk (unsweetened)
- Cow's milk
- Soy milk (unsweetened)
- Hemp milk (unsweetened)
- Iced green tea

STEP 2: PICK A PROTEIN POWDER

25-50 g

1-2 scoops should be sufficient for each serving.



- 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.

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.

STEP 4: PICK A FRUIT

1-2 handfuls

You can use fresh or frozen fruit.



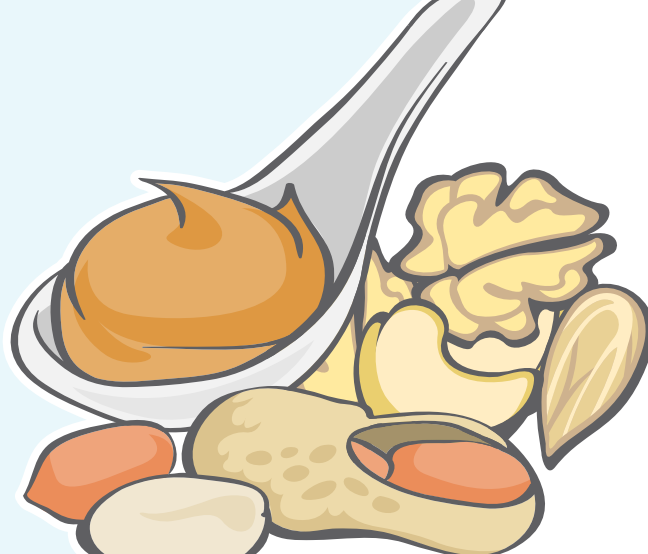
- Apples
- Bananas
- Berries
- Cherries
- Dates
- Pineapple / mango
- Powdered fruit supplement

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.

STEP 5: PICK A HEALTHY FAT

1-2 thumb-sized portions

should be sufficient for each serving.

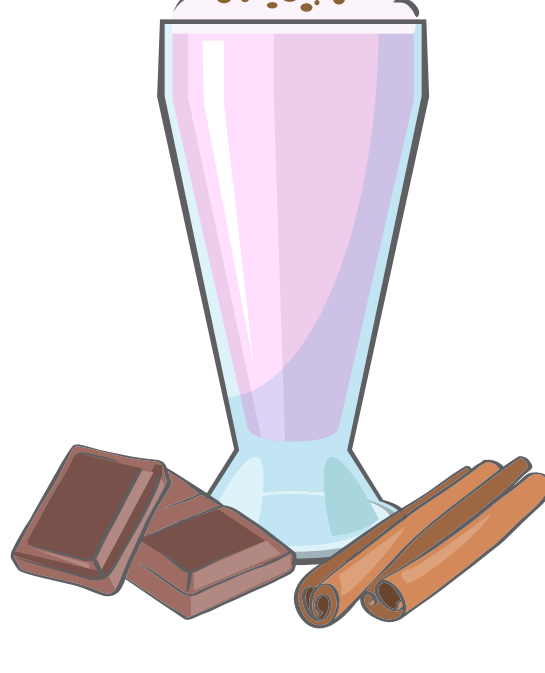


- Walnuts
- Flax, hemp, chia seeds
- Cashews
- Almonds
- Peanut and nut butters

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

STEP 6: PICK A TOPPER

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.



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

RECIPES FROM THE PROS

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

1/2 cup plain Greek yogurt

A few sprinkles of coconut and 5 ice cubes

2 thumb-sized portions of mixed nuts

2 thumb-sized portions of walnuts

1 cupped handful of frozen mixed berries

Half a frozen banana and 2 pitted dates

1 handful of spinach and 1 scoop powdered greens supplement

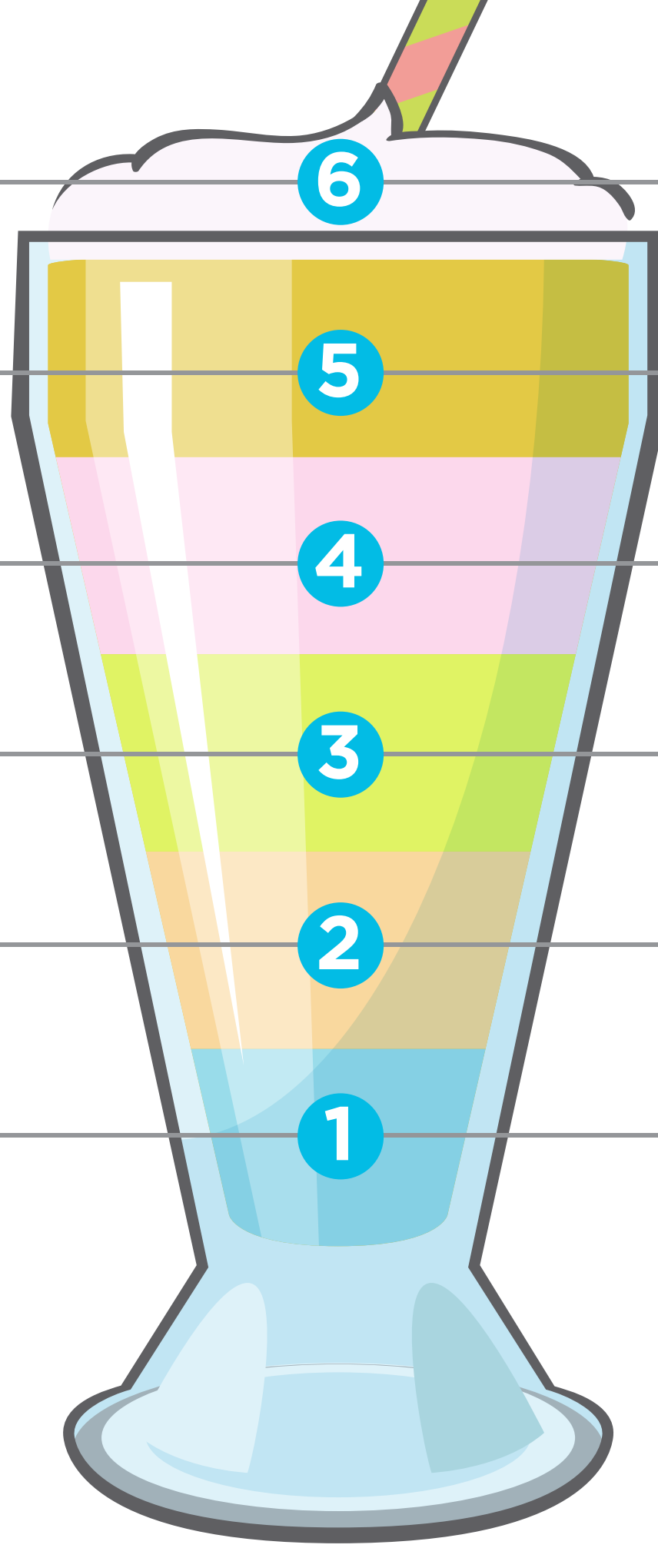
2 kale leaves and 1 scoop of powdered greens supplement

2 scoops of vanilla milk protein blend

2 scoops of plain pea protein powder

4 ounces water

4 ounces water



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.