

KITCHEN RESCUE

INFOGRAPHIC BUNDLE

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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.



EACH OF THE FOUR COLUMNS BELOW.

CHOOSE ONE INGREDIENT FROM

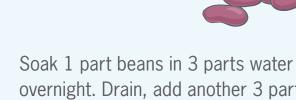
PROTEIN VEGETABLE SMART CARB HEALTHY FAT



Make your selection based on what you're in the mood for or what's available (or both).

BROCCOL

BEANS



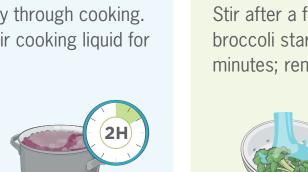


overnight. Drain, add another 3 parts fresh water and simmer on medium heat until tender, about 2 hours. Add herbs, spices and salt halfway through cooking. Store the beans in their cooking liquid for up to four days.

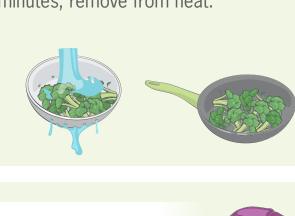


EGGS





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.

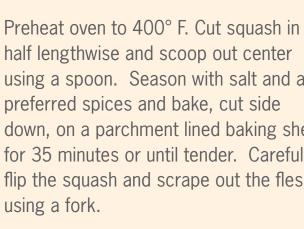




layer in a large pan over medium-high



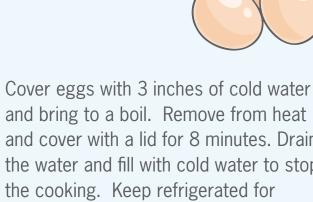
SPAGHETT SQUASH



using a spoon. Season with salt and any down, on a parchment lined baking sheet for 35 minutes or until tender. Carefully flip the squash and scrape out the flesh

EXTRA VIRGIN OLIVE OIL







RED **CABBAGE** boil in salted water for 2 minutes. Drain and sauté with preferred spices (if using) and healthy fat. Garnish with herbs.

Cut into wedges, remove the core, and

preferred spices and bake, cut side using a fork.







very tender. Drain and toss with herbs, salt, cracked pepper and lemon juice or vinegar.

RED POTATOES Boil red potatoes in salted water until

WALNUT







BOK CHOY

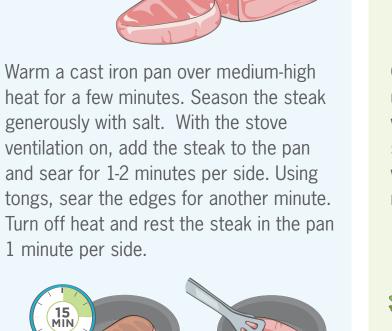




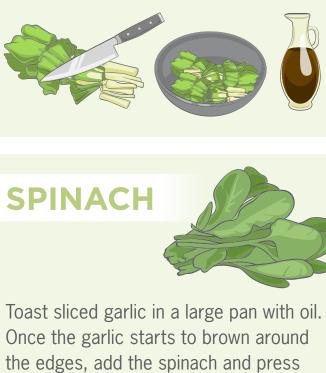
OIL

Reduce heat to medium, cover, and cook









down gently until it starts to wilt.

Season with salt. Remove from pan

once wilted, keep it warm in paper

Saute sliced onion in oil. Once the onions

Season with salt, add a 1/4 cup water

Remove lid and cook until all the liquid

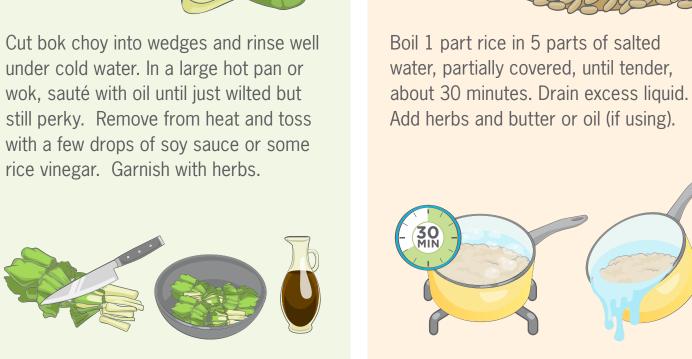
and cover. Stir every few minutes or so.

start to caramelize, add the kale.

towel if desired.

KALE

has evaporated.





BROWN

QUINOA

Rinse quinoa well under cold water. In a

sauce pot, add 1 part quinoa, preferred

and season with salt. Cook for 5 minutes

over high heat. Cover and reduce heat to

spices and 2 parts water. Bring to boil

medium. Cook for 10 minutes, or until

liquid is evaporated and quinoa has

doubled in size. Fluff with a fork.

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

cooking. Store the chickpeas in their

cooking liquid for up to 4 days.

BULGUR

herbs, spices and salt halfway through

Toss 1 part bulgar in a bowl and season

with salt. Bring 2 parts water to a boil

quickly with plastic wrap and let sit for

and pour evenly over bulgur. Cover

RICE

25 minutes until very tender. Cut an incision lengthwise along the top of the



OIL

CANOLA

EXTRA VIRGIN

COCONUT OIL

BUTTER

OIL

tongs, sear the edges for another minute. Turn off heat and rest the steak in the pan 1 minute per side.

RED

for a thicker result).

PRESSED

YOGURT

for up to a week.

overnight. Discard the water, then

Stir in preferred herbs, spices and

citrus and season with salt to taste. Store in an airtight container in fridge

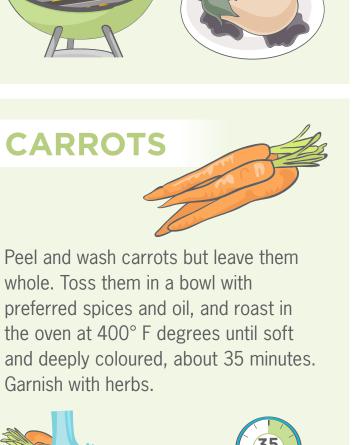
transfer the pressed yogurt to the bowl.

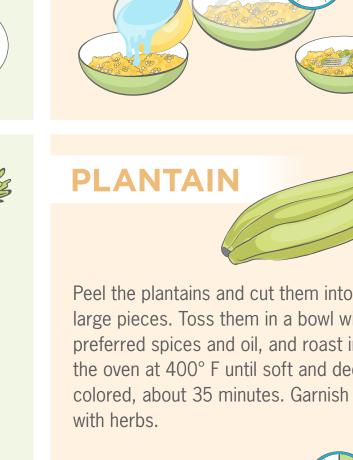












BUTTERNUT

Cut the squash into 1" discs. Toss them

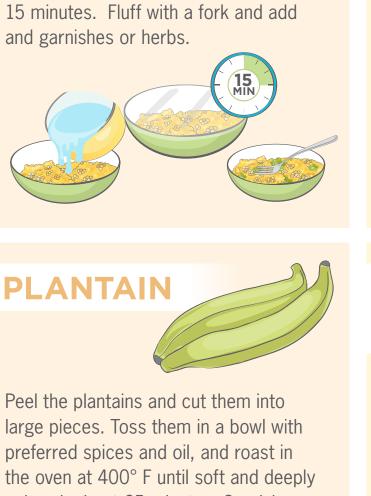
in a bowl with red onion wedges, salt, preferred spices and choice of healthy

fat. Roast at 400° F until soft and

blistered, about 25 minutes.

SQUASH

SPELT







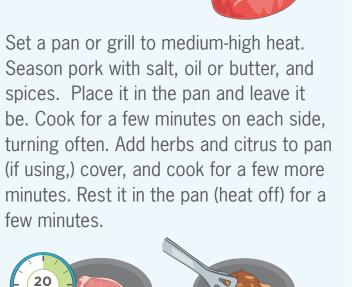
SALMON

PORK

TENDERLOIN

SCALLOPS











BRUSSELS

Remove the stem and cut the sprouts in

half. Rinse and drain. Place in a single

layer in a large pan over medium-high

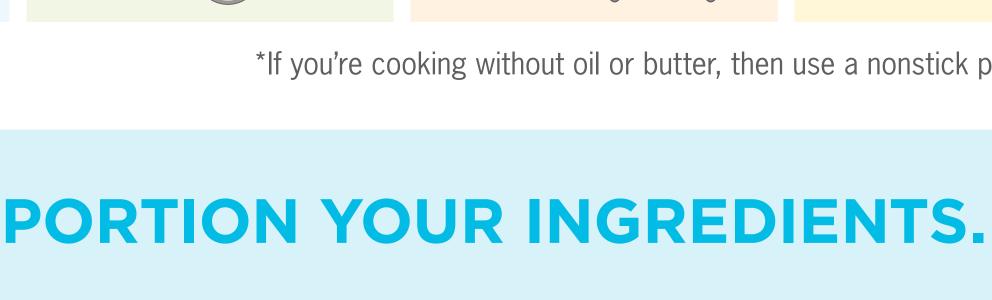
heat; season with salt and a few drops

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.

SPROUTS



VEGETABLES

Capers

Olives

Orange

Anchovies

Ancho and

chipotle

chiles

Lime

Lime

Chiles

Green

onion

Curry

Ginger

Fresh

Mint

Chiles

Lime

Pepper

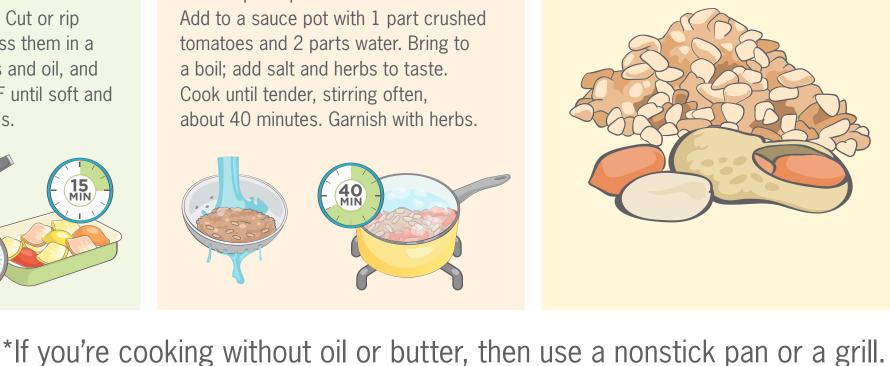
Add dried spices

to your smart carb.

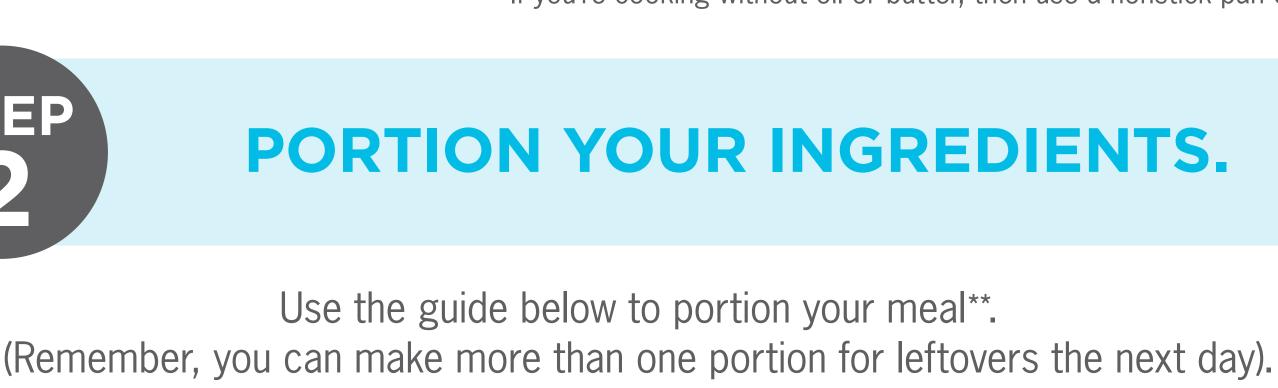
powder

curry leaf

Lemongrass



Rinse 1 part spelt under cold water.







FAT

Women: 1 thumb

Men: 2 thumbs

Bay leaf

pepper

Lemon

Pickled

radish

Ginger

Cayenne

Preserved

lemon

Lime

Scotch

Pickled

mango

bonnets

Cumin

Yuzu

Black



PROTEIN

Women: 1 palm

Men: 2 palms

ITALIAN

Oregano

Basil

Fennel

MEXICAN

Cilantro

Cumin

Cocoa

THAI

Mint

Cilantro

Thai basil

Ginger

INDIAN

Cumin

Fenugreek

Coriander

• Turmeric

Cumin

Coriander

Add **fresh herbs** to your

vegetable, or garnish

the whole dish at the end.

Cilantro

SOUTHWEST

Women: 1 fist Women: 1 cupped hand Men: 2 fists Men: 2 cupped hand

Your results

Appetite and satiety

How frequently you eat

**For more information, check out our <u>Portion Control Guide</u>.

Adjust portions up or down according to:

CARB

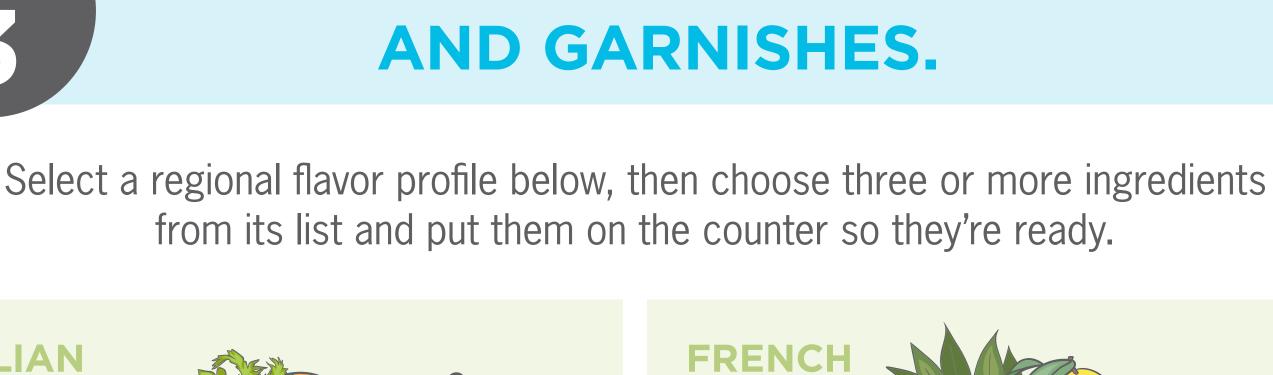
PER SERVING:

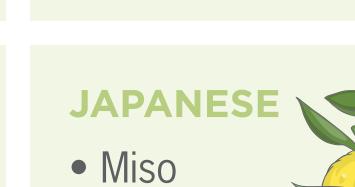


How frequently you eat

Your size/caloric needs

How active you are





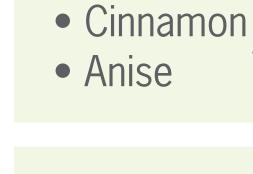
MOROCCAN

Cardamom

Tarragon

Rosemary

Thyme



Cinnamon

Allspice

Saffron

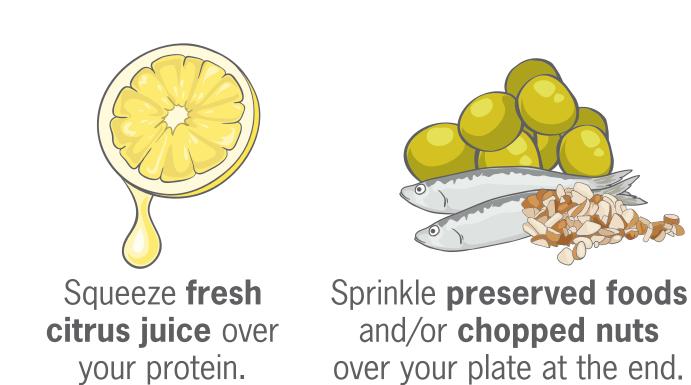


Saffron

COOK THE FOOD.

Use preparation methods outlined in Step 1 and

incorporate the aromatics and garnishes as follows.

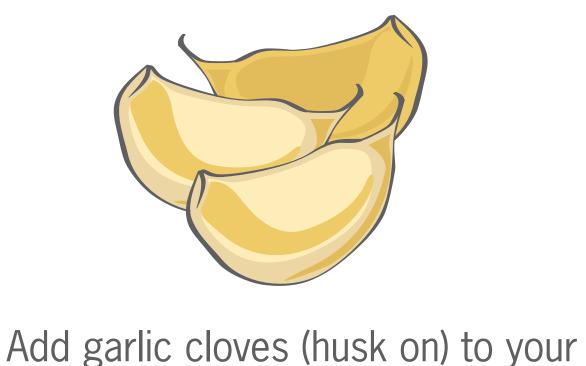


Sprinkle dried chile flakes or grate

fresh horseradish on your protein.

This offers an unexpected kick,

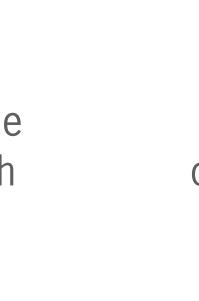
building flavor with minimal effort.



pan while your protein is cooking, or

to your roasting pan with vegetables.

This makes a flavorful garnish.



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

Additional flavor tips



Sesame seeds Seaweed



Guindilla peppers Olives Orange

Sauté onions in your pan alongside When cooking chicken, pork, or salmon, use any pan drippings green vegetables. They add depth of sweetness and texture. as a flavorful sauce.

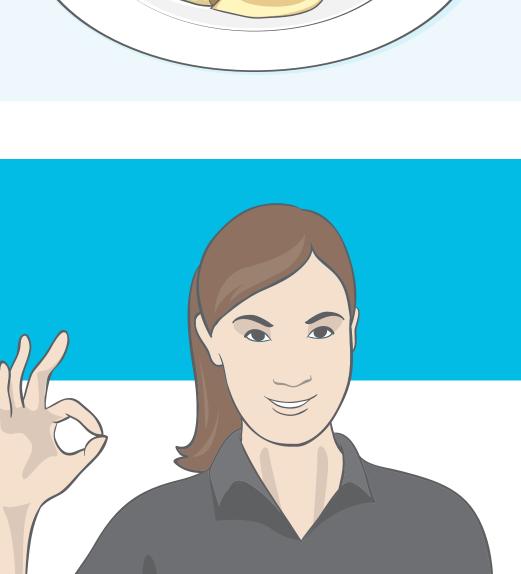


potatoes

- - Beans with carrots, brown rice, and avocado
 - IT'S EASY TO DO.



MAKE AN AMAZING MEAL TONIGHT



SAMPLE MEALS Mix and match these ingredients however you choose. Here are a few combos to get your imagination going. Chicken with spinach, bulgur, and almonds Curried chickpeas with eggplant and yogurt Red lentils with Brussels sprouts and sweet

MEXICAN THREE WAYS Chicken with spinach and quinoa Salmon with bell peppers and plantain

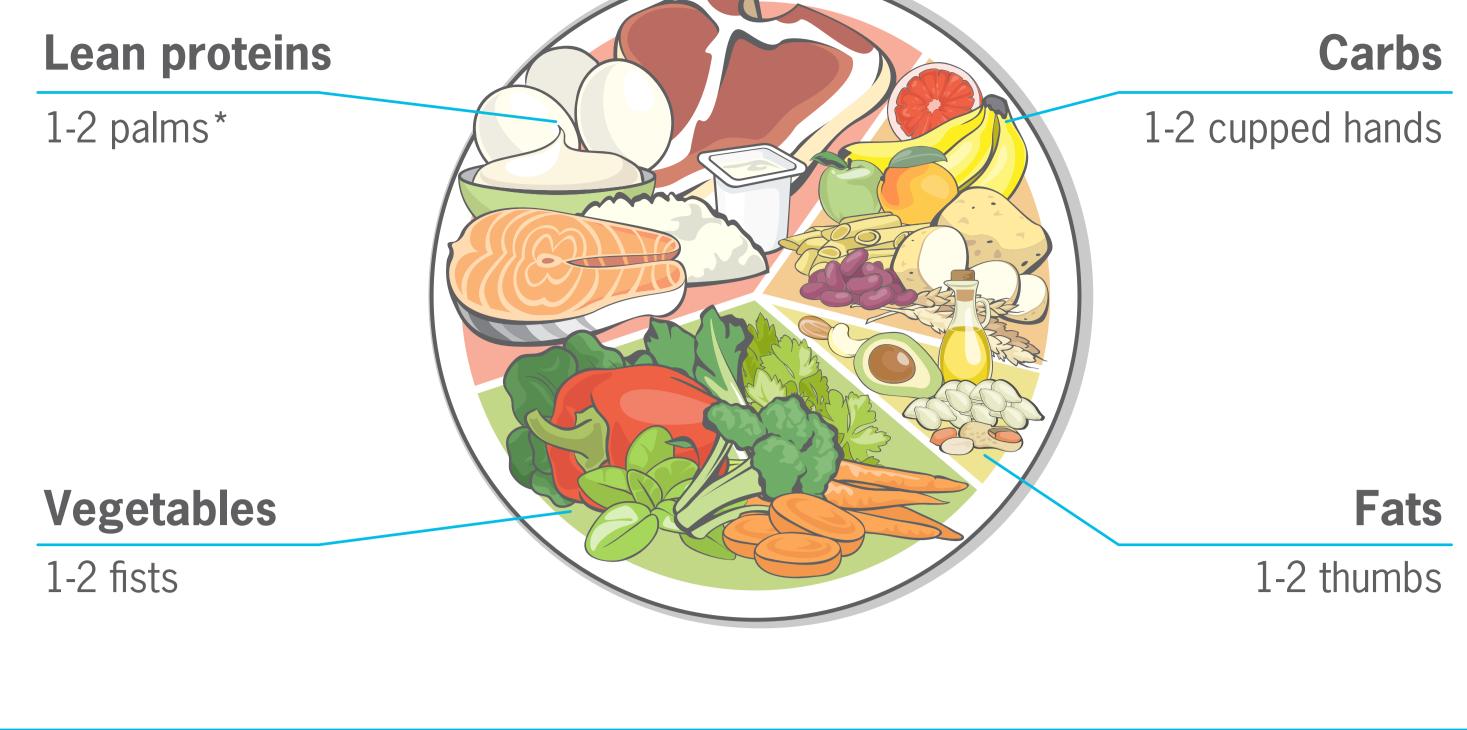
- THE TEMPLATE IS FLEX IT'S BASED ON FLAVOR SCIENCE. • THE MEALS TASTE GREAT.
- THEY'RE GOOD FOR YOU TOO.

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.



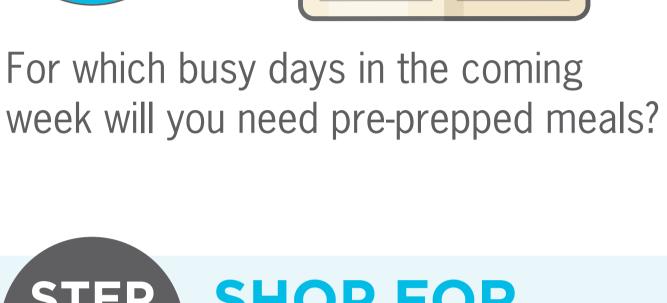
STEP

STEP LOOK AHEAD MAKE A MENU

ON THE WEEKEND

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





INGREDIENTS







Buy the ingredients for for your pre-prepped meals. **STORE IT STEP**

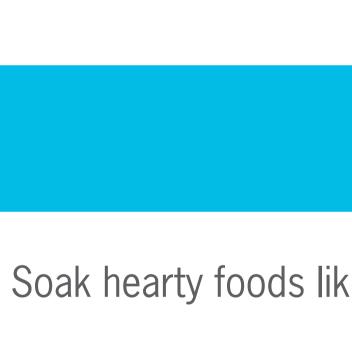
CONVENIENTLY Pack your prepped food in stackable clear containers and make them



THE WEEK Chili below



accessible in the fridge.



GRAINS

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



BEANS

In a jar, combine equal Dump slow-cooking whole Pour 1 part beans into

OATMEAL

grains (like spelt, barley, parts rolled oats, milk, a large bowl. or wheat berries) into a and plain yogurt (generally

1/3 - 1/2 cup each).



large bowl.

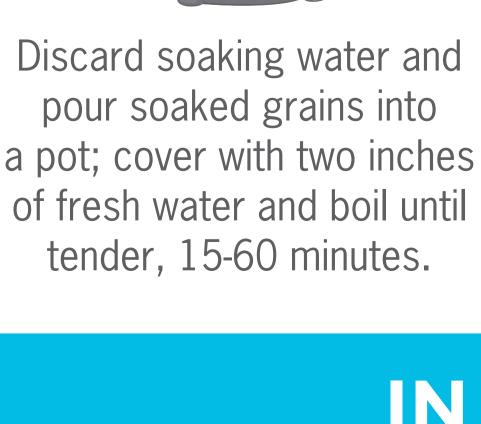
Cover them with a couple

inches of water.



Leave them on the

counter overnight.



WORK WITH

YOUR ROUTINE

Pair food prep with a daily

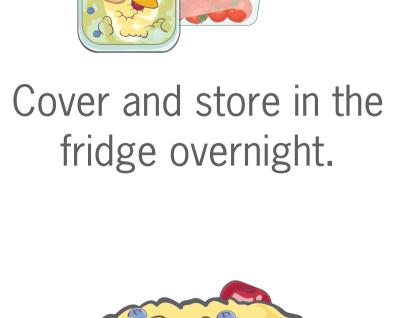
activity like your morning

STEP

like fresh or dried fruit,

nuts, seeds, spices

and/or protein powder.



IN THE MORNING

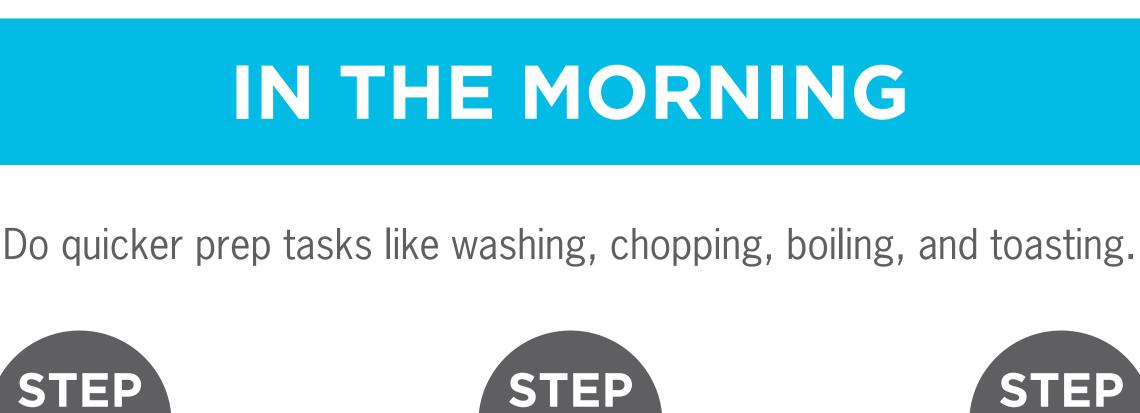
Enjoy for breakfast

warm or cold.

Mix in healthy toppings Cover with

Leave them on the counter overnight.

4 parts water.





a pot; cover with 3 parts fresh

water and boil until tender,

45-60 minutes.



Slicing a few carrots is as

fast as slicing one. Same

chopping herbs.

unexpected comes up. 15 with toasting almonds or coffee, making lunches, or watching the news. minutes should do the trick.

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,

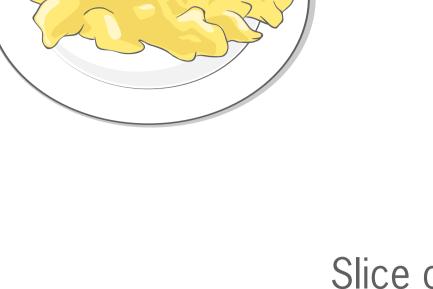
and store the extra liquid for Wednesday's omelettes.

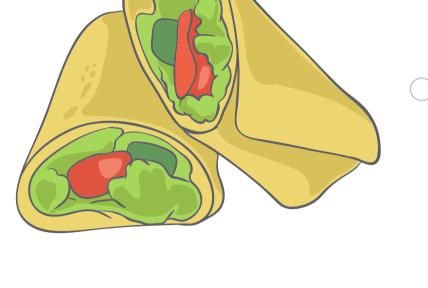
PUT IT ON

THE CALENDAR

So you won't forget — and

you can reschedule if the





OATMEAL

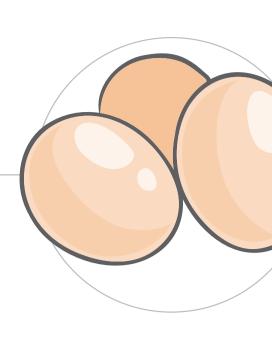
In a large jar, combine uncooked oats

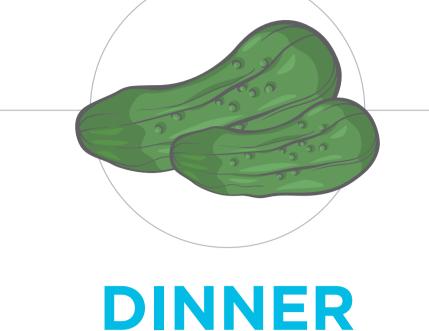
with toppings like nuts, seeds, dried

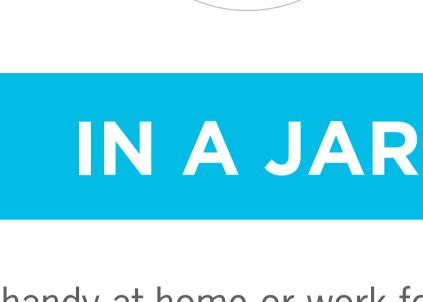
fruit, and spices. At breakfast time,

water, and cook.

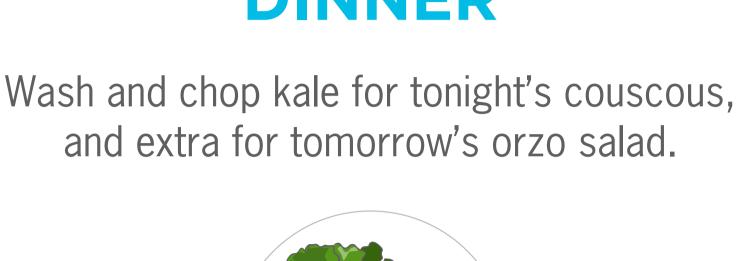
simply scoop a serving into a pot, add

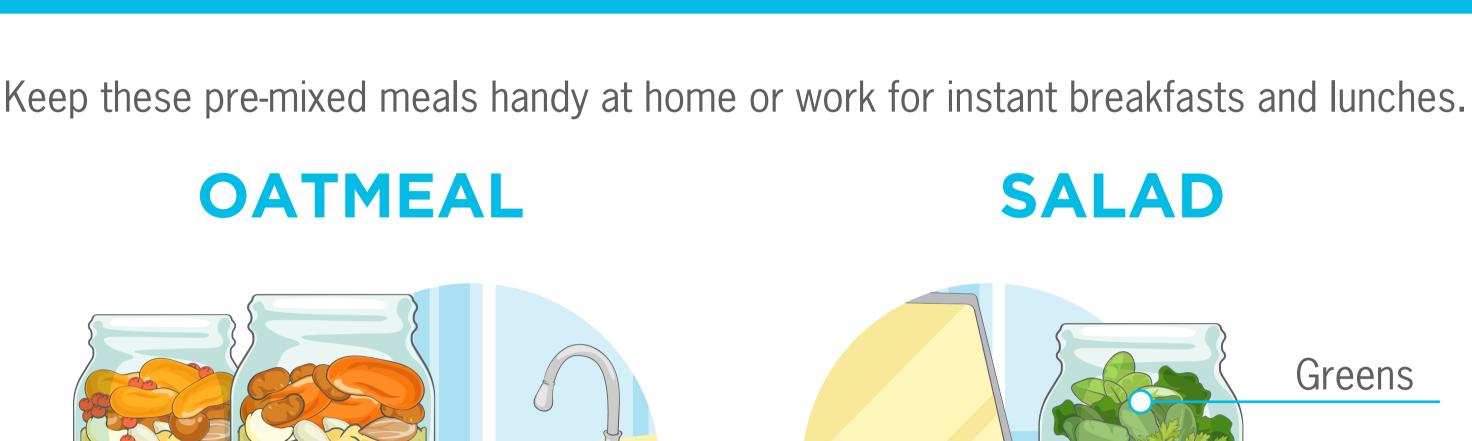


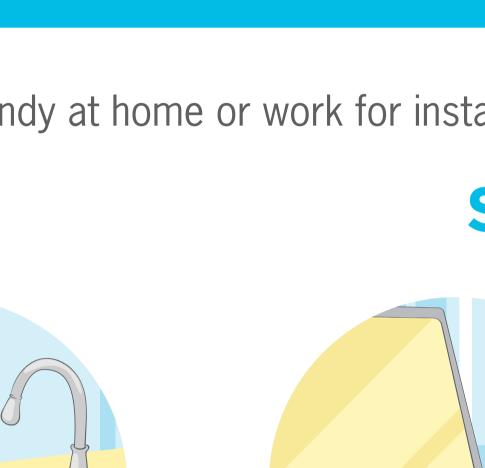


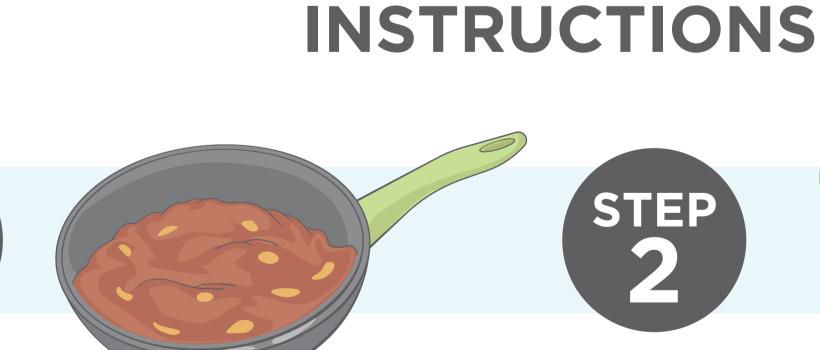


LUNCH Slice cucumber for today's hummus wrap, and extras for tomorrow's salad.









1 lb carrots,

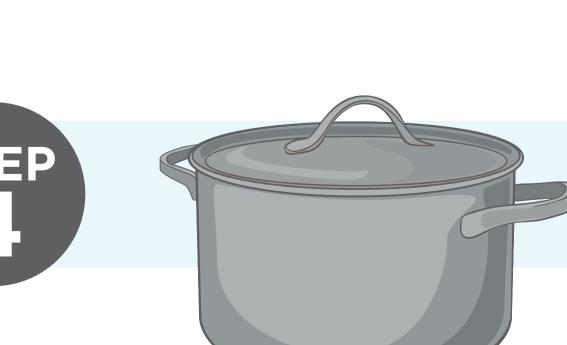
peeled and

sliced

STEP

STEP 3





Brown ground beef over high heat Add browned beef, beans, tomatoes, with garlic and onions. Add spices carrots, peppers, and vegetable juice and fry for 2 minutes. to a very large pot and bring to a boil. Reduce heat to simmer.







Shake and eat.

Pour a serving of salad dressing into a

with lettuce. Seal lid and store upright.

large jar. Add toppings like sliced

veggies, nuts, and cheese, then top

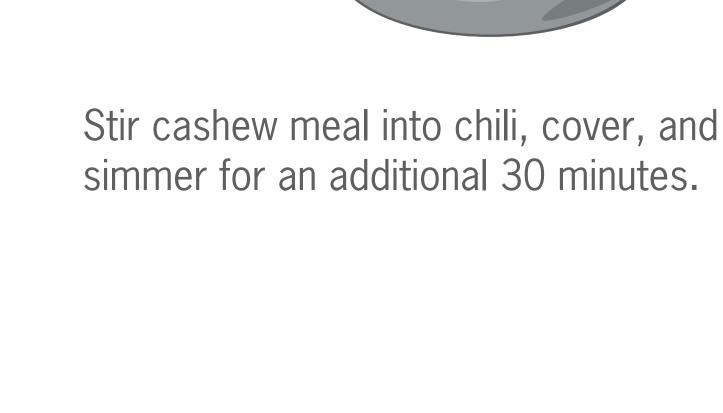
Greens

Toppings

Dressing

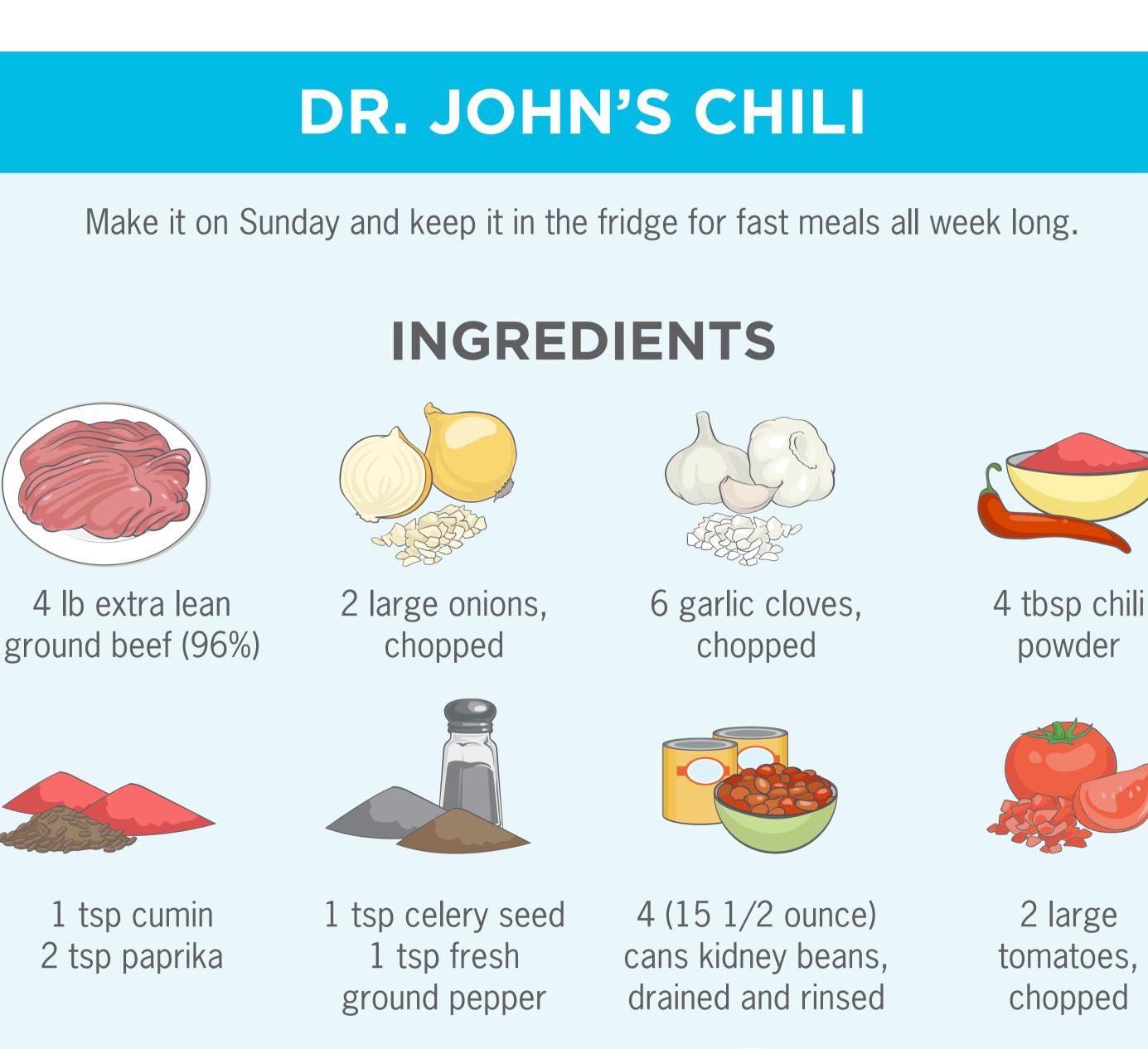
4 bell peppers: (green, 2 (46 oz) bottles 1/2 cup cashew red, yellow, orange) cut vegetable juice, meal into 1/2-inch squares spicy hot





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.

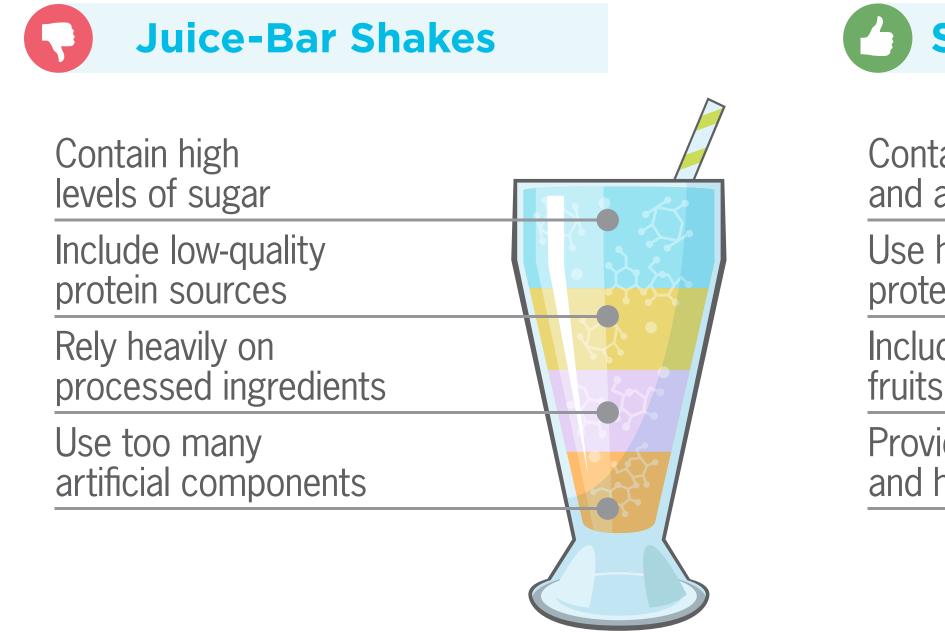


THE SUPER SHAKE GUIDE:

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



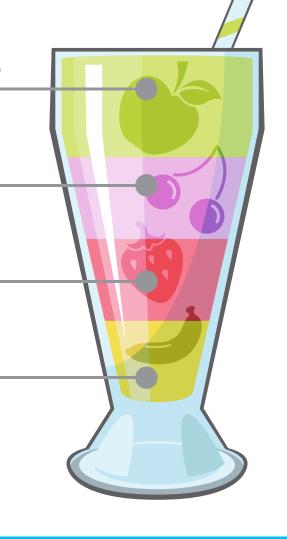
SUPER SHAKES

Contain minimal sugar and artificial ingredients Use high-quality protein sources

Include whole

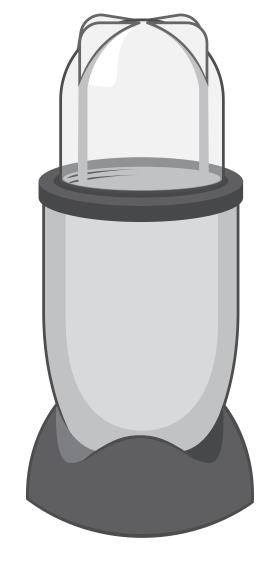
fruits and vegetables Provide fiber

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.



May wear out after

Good blender for

everyday use **Price**

MAGIC BULLET

under \$50

POWER

250 Watts

19 oz

CAPACITY

only a few months

of blenders

VITAMIX

The Rolls Royce

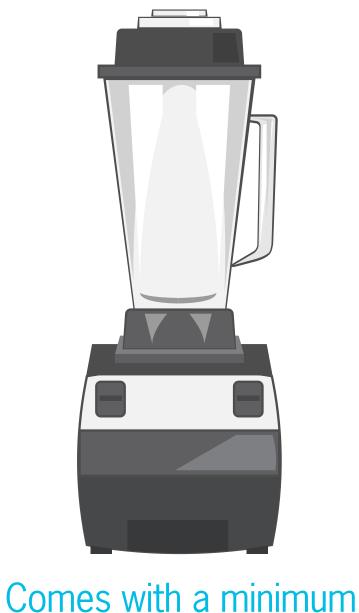
Price

over \$300

POWER 1400 Watts

64 oz

CAPACITY



5-year warranty

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

STEPS TO MAKING YOUR SUPER SHAKE

STEP 1: PICK A LIQUID

Less liquid = thick shakes Water More liquid = thin shakes

4-8 oz

is a good starting point for each serving.



- Soy milk (unsweetened) Hemp milk (unsweetened)

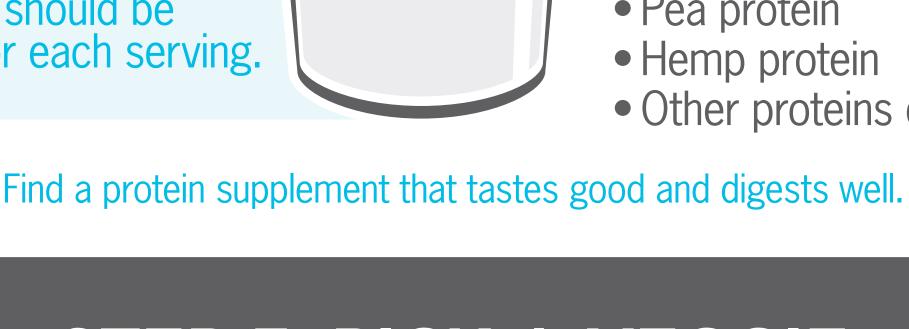
Almond milk (unsweetened)

Cow's milk

- Iced green tea

Whey protein

1-2 scoops should be sufficient for each serving.



Pea protein

Rice protein

Hemp protein

Dark leafy greens:

Beets / beet greens

Cucumber / celery

Casein protein

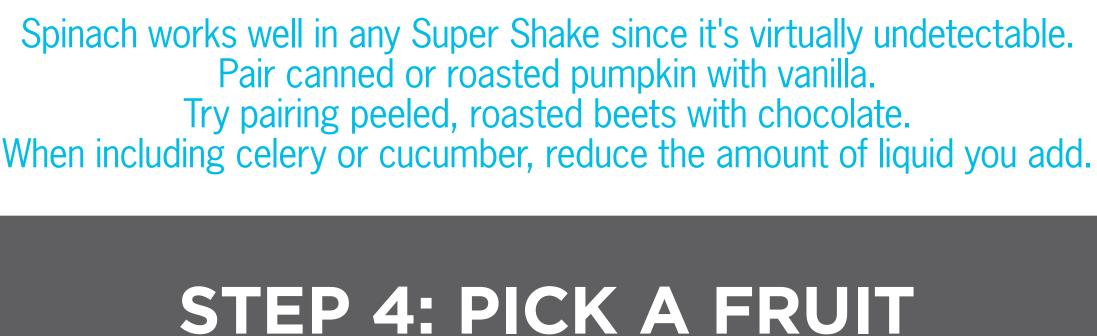
- Other proteins or protein blend

STEP 3: PICK A VEGGIE

Spinach / Swiss chard / kale 1-2 handfuls Pumpkin / sweet potato

Use raw or

roasted veggies.



- Powdered greens supplement Spinach works well in any Super Shake since it's virtually undetectable.
- Apples Bananas 1-2 handfuls

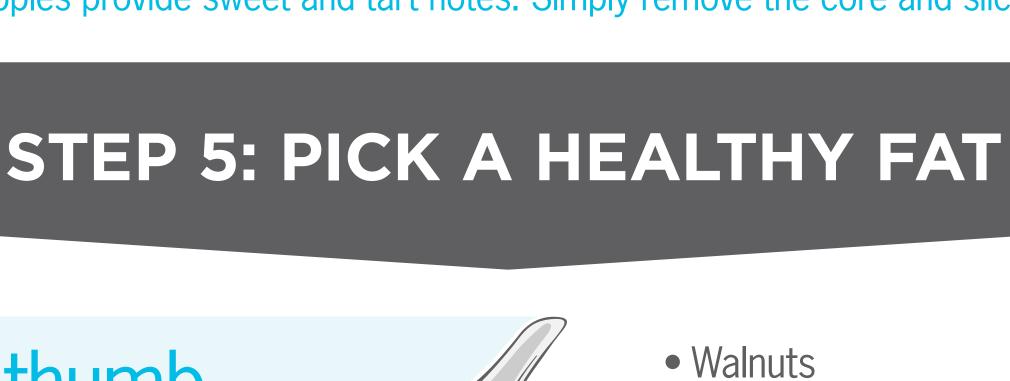
Toss in half a banana to give the shake excellent texture.

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

for each serving.

You can use fresh

or frozen fruit.



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

Walnuts

Berries

Cherries

Dates

Pineapple / mango

Powdered fruit supplement

Peanut and nut butters

1-2 thumb - sized portions Flax, hemp, chia seeds Cashews should be sufficient Almonds

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.

PN co-founder Dr. John Berardi



Coconut

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

PN coach Ryan Andrews

Here's the original Here's another favorite Super Shake, courtesy of Super Shake, courtesy of

RECIPES FROM THE PROS



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.