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.

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 water, and simmer until tender (black, pinto, adzuki, kidney, navy, lentils, chickpeas, black-eyed peas, etc.). Store the beans in their cooking liquid for up to four days.	**BROCCOLI** Cut broccoli into large florets and slice stems; rinse and drain. Place in a single layer on a microwave-safe plate, cover with a wet paper towel, and cook on high for 2 minutes. Check for tenderness; if 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 seeds and pulp. Place squash, cut side down, on a preferred pyrex and bake, cut side down, for 30 minutes or until tender. Bake for 35 minutes or until tender. Carefully flip over and scrape out the flesh. Top by 1 tsp.	**EXTRA VIRGIN OLIVE OIL**
EGGS Cover eggs with 3 inches of cold water and bring to a boil. Remove from heat and let stand for 9 to 12 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 bake in salted water for 2 minutes. Drain and rinse with cold water. Add to salads and healthy fat. Garnish with herbs.	**RED POTATOES** Boil red potatoes in salted water until very tender. Drain and toss with herbs, olive oil, black pepper and lemon zest or vinegar.	**WALNUT OIL**
CHICKEN BREAST Season chicken with salt, pepper, and spices. Place it "skin" side down in a preheated pan with a little oil. Cook for 3 minutes and turn. Cook for 4 minutes. Reduce heat to medium, cover, and cook for 5 minutes. Remove from heat and let rest. Place it in the pan for an extra 5 minutes.	**GREEN BEANS** Place in a steam pan with water or in a steamer basket. Alternately, steam the beans in a pot of boiling water until tender-crisp, about 3 minutes. Cool beans with the ginger sauce.	**SWEET POTATOES** Sweet potato wedges: Cut sweet potatoes into 20 minutes until very tender. Cut an sweet potatoes into wedges, toss with olive oil, about 20 minutes. Cut sweet potatoes into spears or cut in half. Mash together with a fork.	**SESAME OIL**
STEAK Warm a cast iron pan over medium-high heat. Season steak with salt, pepper, and spices/spicy with salt. With the stove ventilation on, add the steak to the pan. Cook for 3 minutes. Flip steak and cook for 3 minutes. Turn off heat and let the steak in the pan for 1 minute for rare.	**BOK CHOY** Cut bok choy into wedges and rinse well. Place in a single layer on a microwave-safe plate, cover with a wet paper towel, and cook on high for 2 minutes. Check for tenderness; if bok choy starts to char, Cook a few more minutes, remove from heat.	**BROWN RICE** Boil 1 part rice in 3 parts of salted water. Simmer covered for approximately 45 minutes. Remove from heat and let stand for 10 minutes. Fluff with a fork.	**AVOCADO OIL**
SHRIMP Peel and devein the raw shrimp. Toss shrimp with salt, pepper, and spices/spicy with salt. Heat the pan over medium-high heat for about 2 minutes. Add shrimp to the pan and cook for 1 minute on a flat side. Or cooked, and remove from heat.	**SPINACH** Toss2 sliced garlic in a large pan with oil. Add spinach and cook until wilted. Remove the edges, remove and remove. Add down gently until it starts to wilt. Remove from heat. Add a little water, if needed, keep it warm in paper towel (if desired).	**QUINOA** Rinse quinoa and cooker cold water. In a medium pot, add 1 part quinoa and 2 parts water and 2 parts water. Bring to boil and simmer with salt. Cook for 5 minutes and let stand for 5 minutes. Remove the 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 saucy pot over medium, add lentils, basil onions, garlic and preferred spices. Add water and bring to a boil. Cook until lentils are tender, about 40 minutes (longer for a thicker result).	**KALE** Saute sliced onion in oil. Once the onions are translucent, add the kale. Season with salt, add a 1/4 cup water and cook until the kale is tender. Remove and cook until all the liquid has evaporated.	**CHICKPEAS** Soak the chickpeas in 2 parts water overnight. Drain, add another 2 parts fresh water and simmer on medium-low heat for approximately 1 hour. Add herbs, spices and salt halfway through cooking. Drain the chickpeas in their cooking liquid for up 4 days.	**EXTRA VIRGIN COCONUT OIL**
PRESSED YOGURT Scoop Greek yogurt into a sieve, set over a bowl, and let stand in the fridge overnight. Discard the water. Mix in herbs, spices, and salt to taste. Top with fig preferred herbs, spices, and citrus and season with salt to taste. Top with fig and a pinch of cinnamon or fridge for up to a week.	**EGGPLANT** Cold whole eggplant in cold high heat, turning often, until skin is completely charred. Cool and peel away the charred skin. Slice the eggplant in half, add salt, olive, place and let 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 and let stand for 15 minutes. Fluff with a fork and add preferred herbs.	**BUTTER**
SCALLOPS Set a pan to medium-high heat. Season scallops with salt, spices, and oil or butter. Place in the pan and cook for about 1 minute. Flip and cook for 1 minute. Remove from heat and garnish with citrus.	**CARROTS** Peel and wash carrots (cut lower them whole). Place them in a bowl with water and microwave for 2 minutes. Remove and drain. Add preferred spices and drizzle (optional). Wait 30 minutes. Serve.	**PLANTAIN** Peel the plantains and cut them into large pieces. Toss them in a bowl with preferred spices and oil. Place on a baking sheet and cook until well-cooked, crispy, about 20 minutes. Serve. Add beans.	**RAW AVOCADO**
SALMON Warm a cast iron medium-high heat. Season salmon with salt, oil or butter, and spices/spicy with salt. Place in the pan and cook for 4 min. Add lemon and citrus to pan if using. Reduce heat to medium. Cook for 4 min. Remove from heat. Flip the fish over for the last minute. Place 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 on a microwave-safe plate, cover with a wet paper towel, and cook on high for 45 min. Check for tenderness; if they are not tender, cook for 1 minute. Remove. Sprinkle with herbs and drizzle (optional). Wait 30 minutes. Serve.	**BUTTERNUT SQUASH** Cut the squash into 1" dice. Toss them in a bowl with: red onion wedges, salt, pepper, and olive oil. Place on a baking sheet. Roast at 400° F and stir and turnover, about 25 minutes.	**CHOPPED ALMONDS**
PORK TENDERLOIN Set a pan to grill to medium-high heat. Season pork with salt, oil or butter, and spices. Place it in the pan and cook for 5 min. Turn it. Add rosemary or herb to pan. Cook for 5 min. Remove from heat and let stand for 10 min. Slice and serve. Add citrus to pan if using. Cook, and cook for a few more minutes. Place it in the pan heat off for a few minutes.	**BELL PEPPERS** Wash the peppers, cut them in half and remove the seeds and stem. Place them in a single layer. Toss them in a bowl with preferred spices and oil, and place them on a baking sheet. Roast, stirred, about 15 minutes.	**SPELT** Toss 1 part spelt with cold water. Add 2 parts water and bring to a boil. Simmer covered and 2 parts water. Bring to a boil, and add salt and simmer to level. Remove from heat. Let stand for 10 minutes. Fluff with a fork.	**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	VEGETABLES	CARB	FAT
Women: 1 palm Men: 2 palms	Women: 1 fist Men: 2 fists	Women: 1 cupped hand Men: 2 cupped hand	Women: 1 thumb Men: 2 thumbs

Adjust portions up or down according to:

- How frequently you eat
- Your size/calorie 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
- Anchovies
- Olives
- 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 onions
- 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 vegetables, or garnish the whole dish at the end.

Add **dried spices** to your meat and fat.

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, 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.

ON THE WEEKEND

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

STEP 1 LOOK AHEAD

5 MIN

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

STEP 2 MAKE A MENU

15 MIN

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

STEP 3 SHOP FOR INGREDIENTS

45 MIN

Buy the ingredients for for your pre-prepped meals.

STEP 4 COOK FOR THE WEEK

Consider recipes such as Dr. John's chili below

120-180 MIN

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

STEP 5 STORE IT CONVENIENTLY

15 MIN

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

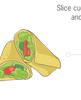
THE NIGHT BEFORE

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

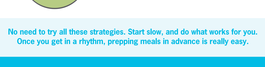
Prep foods that will keep for a day or two, but not longer.

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:

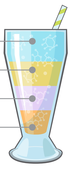
TURN YOUR BORING PROTEIN SMOOTHIE INTO A SUPER SHAKE

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.

May wear out after only a few months

MAGIC BULLET

Good blender for everyday use

Price	under $50
POWER	250 Watts
CAPACITY	19 oz

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

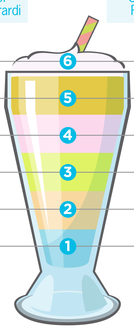
Try cinnamon with vanilla and pumpkin.
Add oats if you need extra carbs.
Incorporate yogurt if you want more protein and a smoother texture.
With toppers, a little goes a long way.

- 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



½ 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.