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 Carbs 1-2 palms* 1-2 cupped hands Vegetables Fats 1-2 fists 1-2 thumbs

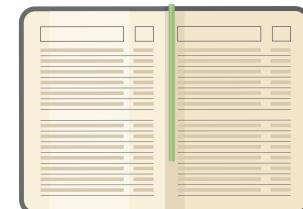
*For how to use your hand to measure portions: http://www.precisionnutrition.com/calorie-control-guide-infographic

ON THE WEEKEND

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

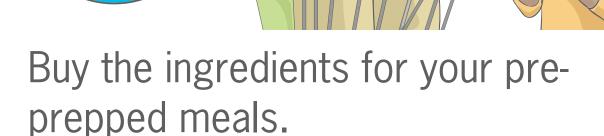
STEP **STEP LOOK AHEAD MAKE A MENU** 2

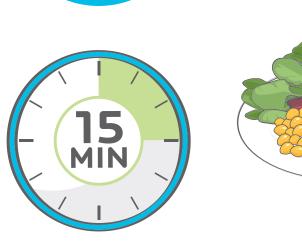


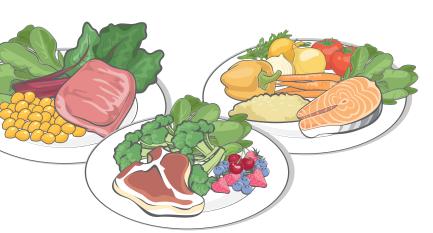


For which busy days in the coming week will you need pre-prepped meals?









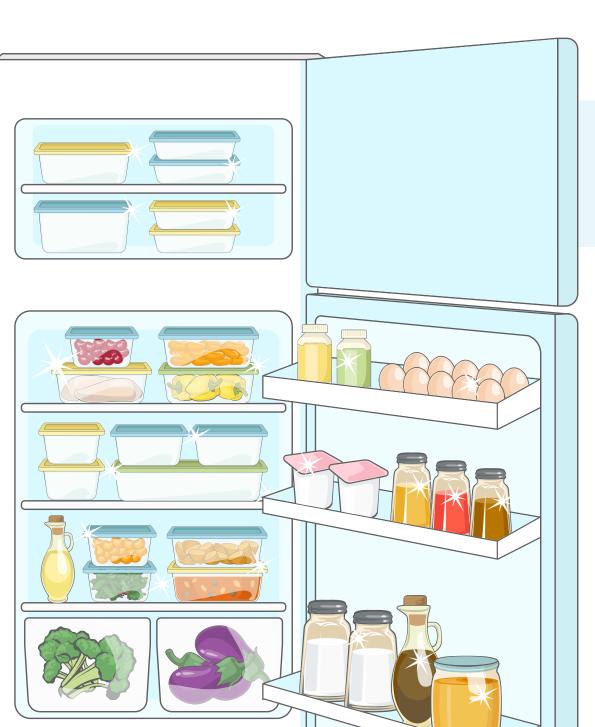
Jot down ideas for your pre-prepped meals. Keep this general; nothing five-star.



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



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

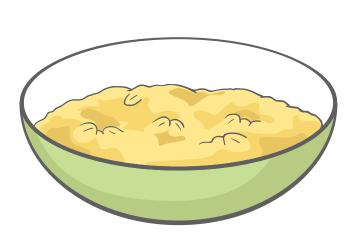


THE NIGHT BEFORE

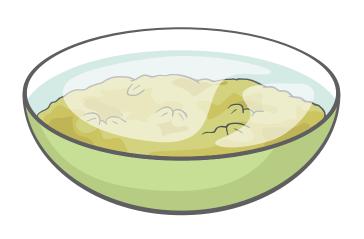
Soak hearty foods like whole grains, beans, and oats to save up to an hour of cooking time.

OATMEAL

GRAINS



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



Cover them with a couple inches of water.



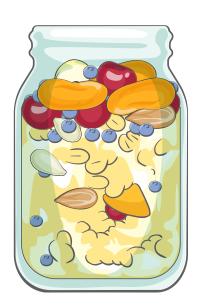
Leave them on the counter overnight.



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



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



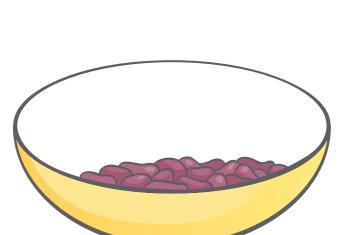
Mix in healthy toppings like fresh or dried fruit, nuts, seeds, spices and/or protein powder.



Cover and store in the fridge overnight.

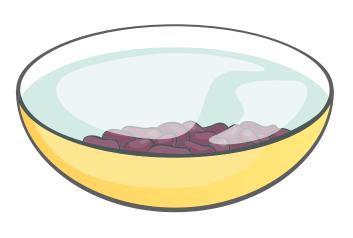


Enjoy for breakfast warm or cold.



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.





Pair food prep with a daily



PUT IT ON THE CALENDAR

So you won't forget — and



PREP IN BULK

Slicing a few carrots is as

activity like your morning coffee, making lunches, or watching the news.

you can reschedule if the unexpected comes up. 15 with toasting almonds or minutes should do the trick.

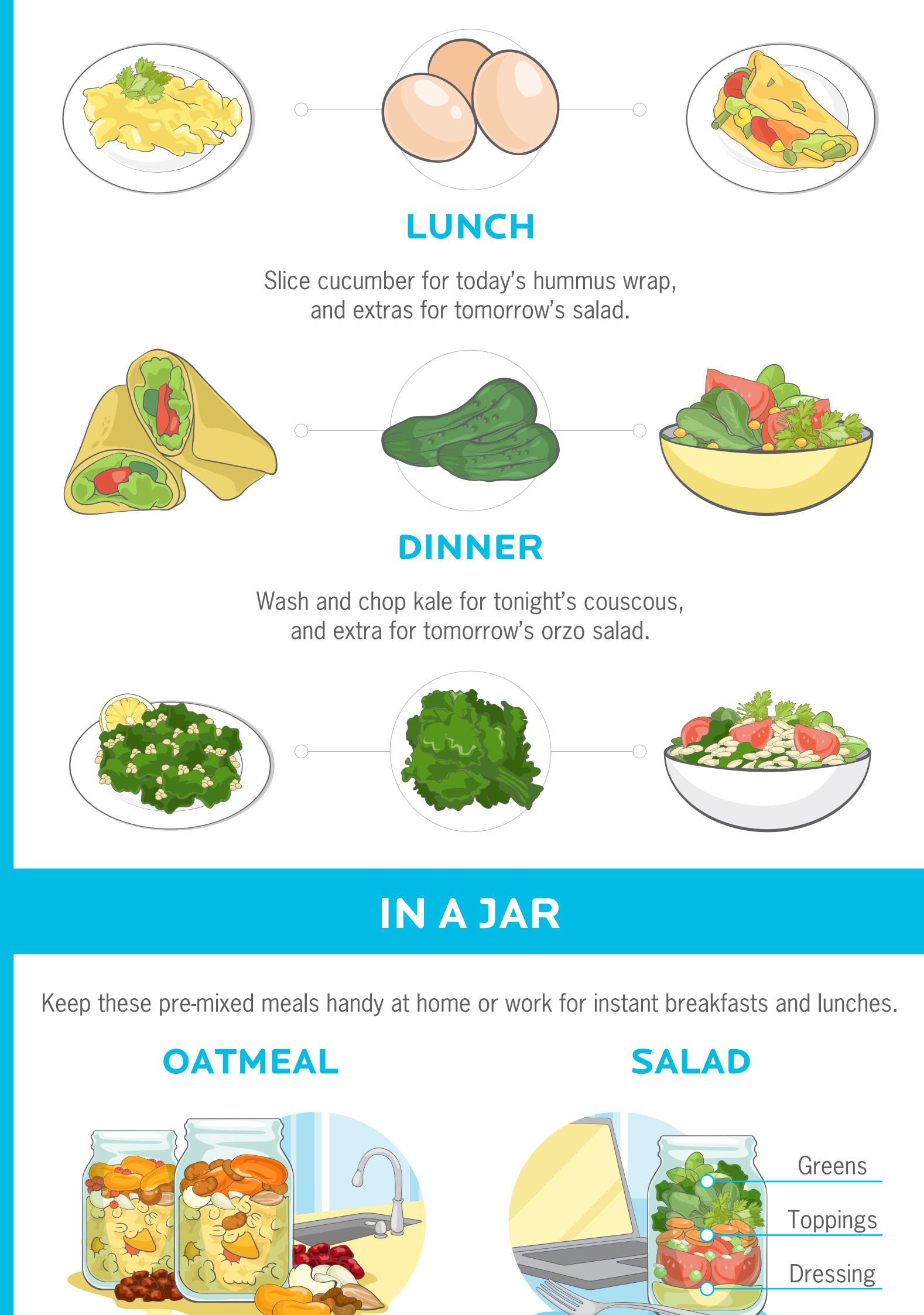
fast as slicing one. Same chopping herbs.

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.

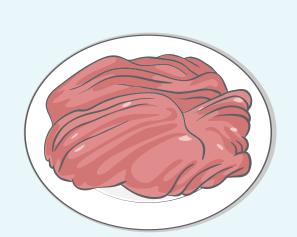


In a large jar, combine uncooked oats Pour a serving of salad dressing into a large jar. Add toppings like sliced veggies, nuts, and cheese, then top simply scoop a serving into a pot, add with lettuce. Seal lid and store upright. Shake and eat.

DR. JOHN'S CHILI

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

GREDIEN



water, and cook.

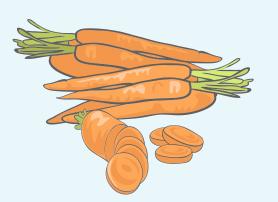
with toppings like nuts, seeds, dried

fruit, and spices. At breakfast time,

4 lb extra lean ground beef (96%)



1 tsp cumin 2 tsp paprika



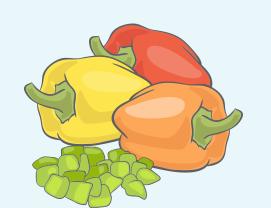
1 lb carrots, peeled and sliced



2 large onions, chopped



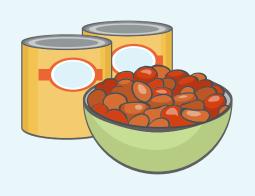
1 tsp celery seed 1 tsp fresh ground pepper



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



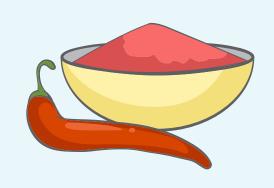
6 garlic cloves, chopped



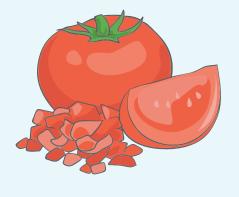
4 (15 1/2 ounce) cans kidney beans, drained and rinsed



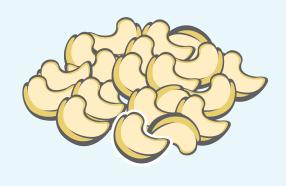
2 (46 oz) bottles vegetable juice, spicy hot



4 tbsp chili powder



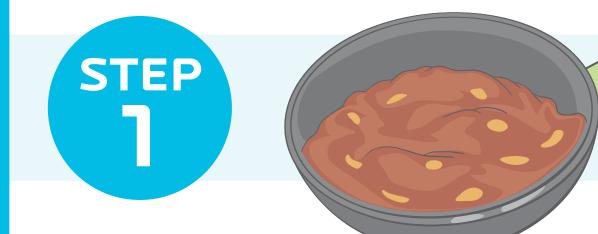
2 large tomatoes, chopped

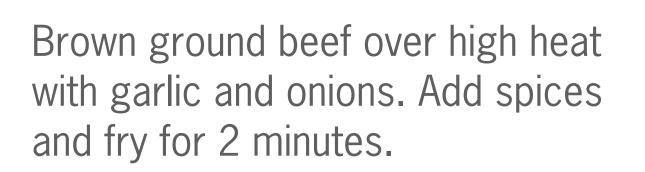


1/2 cup cashew meal

INSTRUCTIONS

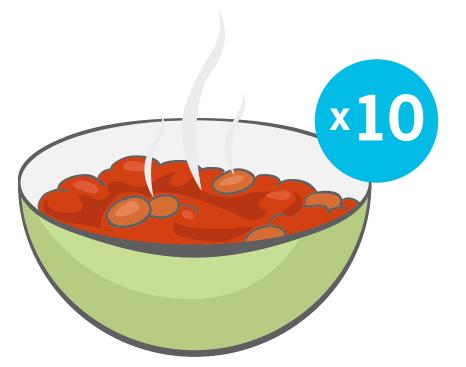
STEP



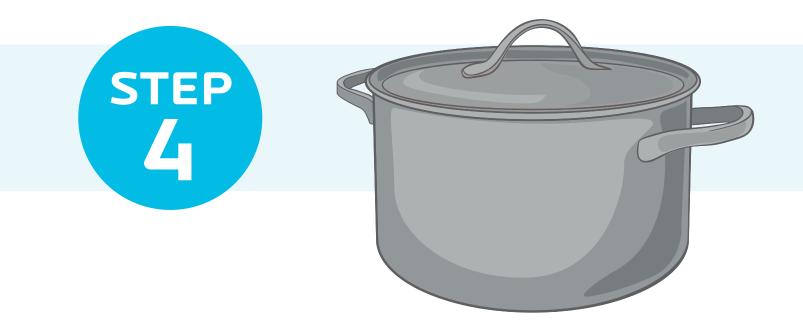




Pulse cashews in a blender until a grainy meal is formed.



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



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.

