

TODAY'S "HOT TOPICS"

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# MEAL PLANNING AND THE PERFECT MEAL

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# MEAL PLANNING AND THE PERFECT MEAL

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WEEKLY MEAL PREP: MASTERED.  
[INFOGRAPHIC]

HERE'S HOW TO HAVE HEALTHY FOOD READY WHEN YOU NEED IT.

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3 KEY STRATEGIES FOR HAVING HEALTHY FOOD AVAILABLE  
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CREATE THE PERFECT MEAL WITH THIS SIMPLE 5-STEP GUIDE.  
[INFOGRAPHIC]

HUNDREDS OF HEALTHY MEAL COMBINATIONS MADE EASY.





# WEEKLY MEAL PREP: MASTERED. [INFOGRAPHIC]

**Here's how to have healthy food ready  
when you need it.**

**By John Berardi, Ph.D.**

Check out these time-saving weekly meal prep strategies, used by Precision Nutrition's most successful clients. And learn how they can help you prioritize healthy eating too.

Most people who come to Precision Nutrition already know what a healthy, balanced meal looks like.

The real question they have is: How do you consistently eat healthy, balanced meals in the context of *real life*?

You know, like *“I got home late, after a long meeting, then my toddler spilled an entire bottle of olive oil on the kitchen floor!”*

(Yeah, true story.)

With the following meal prep strategies, we teach our clients exactly how to have healthy food ready when they need it.

The result? A fridge full of fast, healthy options to choose from, even as life continues to unfold.



# 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

\*For how to use your hand to measure portions: Calorie Control Guide Infographic

# 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.

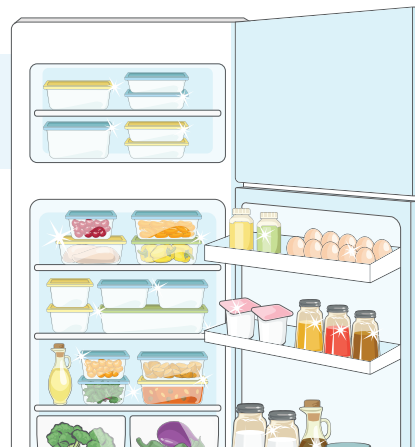
Consider one-pot meals, like Dr. John's Chili below

**STEP 5**

## STORE IT CONVENIENTLY



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

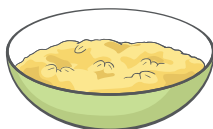




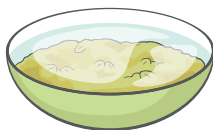
# THE NIGHT BEFORE

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.

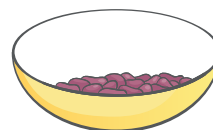


Cover and store in the fridge overnight.

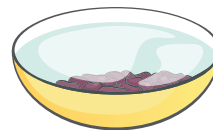


Enjoy for breakfast warm or cold.

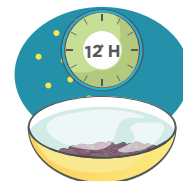
## BEANS



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.

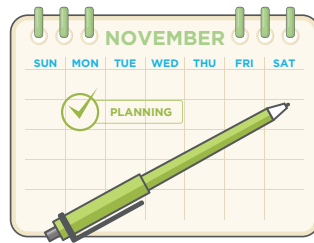
## STEP 1



### 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.

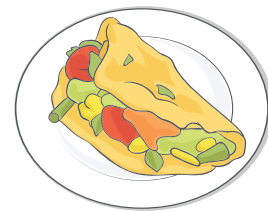
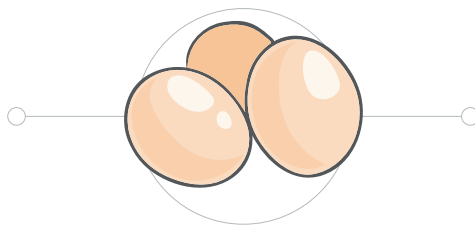
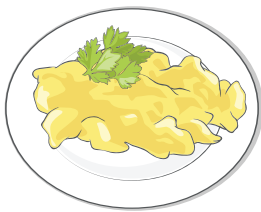


# TWO FOR ONE

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

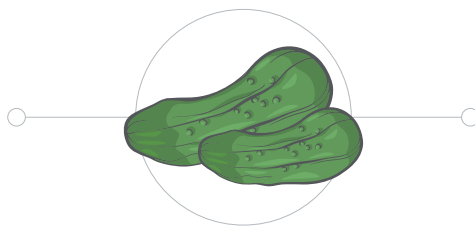
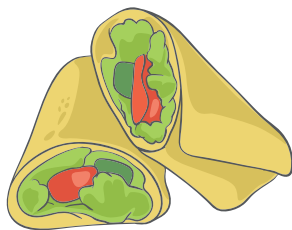
## BREAKFAST

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



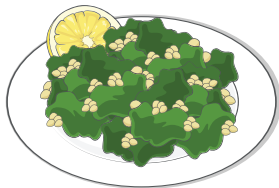
## LUNCH

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



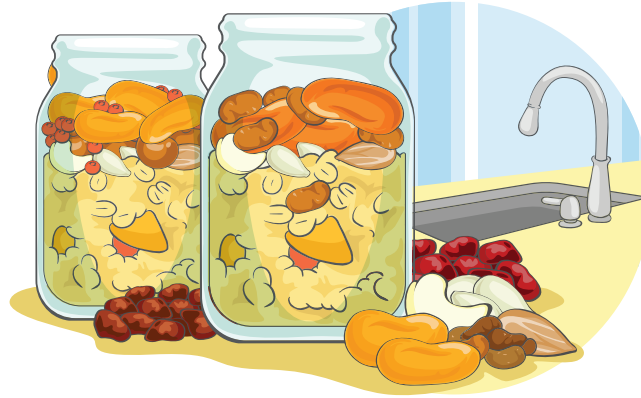
## DINNER

Wash and chop kale for tonight's couscous, and extra for tomorrow's orzo salad.



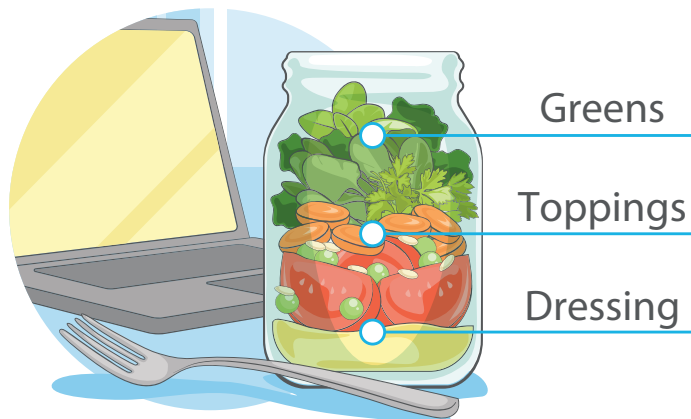
# IN A JAR

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

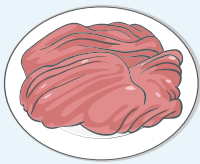
Pour a serving of salad dressing into a large jar. Add toppings like sliced veggies, nuts, and cheese, then top with lettuce. Seal lid and store upright. Shake and eat.



# 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



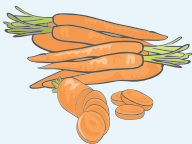
1 tsp celery seed  
1 tsp fresh  
ground pepper



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



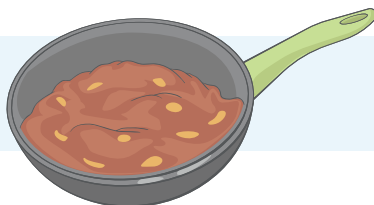
2 (46 oz) bottles  
vegetable juice,  
spicy hot



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**

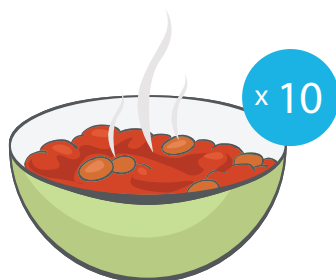


Pulse cashews in a blender until a grainy meal is formed.

**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.





# 3 KEY STRATEGIES FOR HAVING HEALTHY FOOD AVAILABLE WHEN YOU NEED IT.

**These make meal planning a no-brainer.**

**By John Berardi, Ph.D.**

An epic hunt for healthy food every time you're hungry? Who's got the time? Instead, try these 3 key strategies for having healthy food available when you need it. They'll help make meal planning a no-brainer.

One of the many important lessons we teach our clients: Keep it simple. Think *less*. Make *fewer* decisions. Let your environment do much of the work for you.

If healthy food is around you and convenient, you're more likely to eat it. If you have a trusted system for making healthy food available, you don't have to decide to eat well... you just show up and do it.

## **Enter the “food ritual”.**

No, this ritual doesn't include lamb's blood or any special Kool Aid.

**It just means you set aside a bit of time to prepare some healthy food in advance so that it's ready, available, and convenient when you need it.**

How you choose to ritualize healthy meal prep is up to you. Here are some strategies that have worked well for the men and women who have had the most success in [Precision Nutrition Coaching](#).

## **Option 1: The Sunday Ritual**

You don't have to do this on Sunday, of course. You can choose any day you like. It's just that Sunday is often a time when people are more free, more relaxed, and more able to devote time to this type of task. And it's a time when we're usually thinking ahead to the upcoming week.

Whatever day you choose, set aside 2-3 hours once a week to do the following.

- **Look ahead to your upcoming schedule and see what's happening.** What nutrition challenges or opportunities might

pop up? Where might you need some special preparation in advance? What are the quiet and busy times? Etc.

- **Come up with a general menu for at least the next few days.** It doesn't have to be anything in-depth. Just get a basic sense of the food you might need to have on hand for the week ahead.
- **Build your shopping list from your menu.** This will help you be as effective and efficient as possible when you hit the grocery store, and you'll be less tempted to buy random (and non-goal-supporting) things.
- **Hit the grocery store.** Stock up on what you need for the week. Consider grabbing a few extra "just in case" emergency items as well, such as canned beans, frozen vegetables, or other easily-stored healthy options that you can use in a pinch.
- **Once you're back home, start prepping and cooking.** Whip up a batch of lean protein — for example, by grilling or roasting several chicken breasts/thighs at once. Try some one-pot meals that can be easily cooked in a slow cooker, then divided into containers to be frozen or refrigerated, such as soups, stews, curries, chili, etc. Wash and chop veggies.



Why slice tomatoes for one meal  
when you can slice them for three?



It takes just as much time to bake one chicken breast...



...as it does to bake several.



Some **Precision Nutrition Coaching** clients choose to prepare most of their meals for the week on Sundays.

Others prefer to figure out which meals will be easy to cook “in the moment” and save them for later, and only pre-prepare meals for super busy times (such as lunches at work or dinner after a late meeting).

Do what works best for *you*, and your schedule.

If possible, give yourself a little extra buffer zone. You never know what unexpected challenge might strike at 6pm on Wednesday, and when it does, you’ll be glad you stocked away an extra meal in the freezer.



Pack up ingredients and meals for easy storage in your freezer, fridge, or workspace.

## Option 2: The Daily Ritual

You can combine the Sunday Ritual with the Daily Ritual — for example, by preparing the labor-intensive staples such as lean protein



on Sunday, and then adding some quick-prep items (such as fruit and veggies) every day.

It often takes about as much time to prepare a few items as it does to prepare one.

For example, it's nearly as fast to chop 3 carrots as it is to chop 1, or to scramble 6 eggs instead of 2. During the Daily Ritual, you can prep a few extra items to have on hand for later in the day, or the following day.

Try a **Morning Ritual** where you use some of our time-saving strategies to whip up a healthy breakfast or lunch:

- **Oatmeal:** Shake up your dry oatmeal and any other items (e.g. ground flaxseeds, cinnamon, protein powder, other grains, etc.) in a large container. In the morning, scoop out the dry mix, pour in some water, and pop it in the microwave. Top with fruit, add more protein if you like (e.g. cottage cheese, Greek yogurt) and enjoy a hearty breakfast.



Pre-mixed oatmeal comes together faster in the morning.

- **Egg “batter”:** Whiz up some eggs in a blender (with some veggies if you like); keep the mixture in a jar in the fridge for up to three days. Pour and cook as needed.



Blend...



...store...



...and cook as needed.

- **No-sog salad:** Take a large jar and pour salad dressing into the bottom. Then add veggies, top with greens, and make sure the jar stays refrigerated and upright throughout the day. When you're ready to eat it, shake it up and pour it into a bowl (or heck, eat it right out of the jar!).



Dressing at the bottom: the trick to a still-crisp pre-prepped lunch salad.

Or try a **Dinner Ritual** where you simply make extra portions and save the rest for tomorrow.

Again, it doesn't take much more time to prepare a few extra things, so cook in bulk where possible.



## Option 3: Healthy meals made for you

Many grocery stores — from your average Safeway or Loblaws to more upscale Whole Foods-type places — now offer a wide range of **grab-and-go meals**. Think salad bars, pre-washed and cut vegetables, and individually-portioned lean protein. There are also many specialty food store chains that offer healthy food takeout and delivery.

Some Precision Nutrition Coaching clients even sign up for a **healthy meal delivery service**, if only for one or two meals a week. If you don't enjoy cooking, or are extremely busy, you may find that having a break from the time and hassle of meal prep is worth the money. It might just mean the difference between a delicious, nourishing, physique-friendly lunchtime salad and another regrettable fast-food run.

Google “healthy meal delivery” in your area and see what pops up.



When life is extra busy, make a healthy salad bar one of your food rituals.

## The bottom line: Do what works best for you — your life and your goals.

You can mix and match all of these food ritual options, in any way that works for you. **Anticipate, plan, strategize.** This is the way of (what we call) the “PN warrior”. Have fun!





# CREATE THE PERFECT MEAL WITH THIS SIMPLE 5-STEP GUIDE. [INFOGRAPHIC]

**Hundreds of healthy meal  
combinations made easy.**

**By John Berardi, Ph.D.**

You know you need a good balance of proteins, carbs, fats. But how do you turn that knowledge into healthy meals that taste delicious? Just mix and match these ingredients, flavor profiles, and cooking methods to create the perfect meal every time. Seriously, this guide could change your life.

At Precision Nutrition, it's our mission to help clients develop healthy eating habits for life. That means:

- Eating fresh, minimally-processed food as often as possible.
- Including a balance of protein, veggies, smart carbs, healthy fats.
- Adjusting portions to meet health and body composition goals.

That all sounds great. But the trick is to do it all in a way that's super-easy and tastes awesome.

That's where Precision Nutrition's all-star chef, Jennifer Nickle, comes in.

Jen's been chef to UFC legend Georges St-Pierre and to tennis pros like Sloane Stephens and Eugenie Bouchard. She's taught some of the best athletes in the world how to eat.

And now it's your turn.

## **Behold the Perfect Meal cheat sheet.**

For the past few weeks Jen and I have been working together to create a cheat sheet that helps clients build amazing meals that pack in maximum flavor with minimal effort. And it's finally ready.

Using the simple instructions in this infographic, you'll be able to mix and match ingredients and flavor profiles to come up *with literally thousands* of easy, delicious, health-supporting meals.

Warning: This guide could change your life.

# HOW TO CREATE THE PERFECT MEAL

HUNDREDS OF EASY, DELICIOUS, HEALTHY DINNERS FROM PRECISION NUTRITION'S INGENUOUS 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

#### 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 four days.



#### 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.



### VEGETABLE

#### 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.



#### 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.



### SMART CARB

#### 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.



#### RED POTATOES



Boil red potatoes in salted water until very tender. Drain and toss with herbs, salt, cracked pepper and lemon juice or vinegar.



### HEALTHY FAT

#### EXTRA VIRGIN OLIVE OIL



#### WALNUT OIL



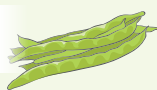
## CHICKEN BREAST



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.



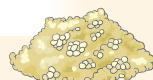
## SPINACH



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



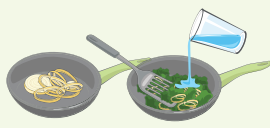
Rinse and quickly sort through lentils. In a sauce pot over medium - high heat, sauté onions, garlic and preferred spices until soft and caramelizing. Add 3 parts water and salt to taste. Cook until lentils are tender, about 40 minutes (longer for a thicker result).



## 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.



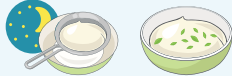
## EXTRA VIRGIN COCONUT OIL



## 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 citrus and season with salt to taste. Store in an airtight container in the fridge for up to a week.



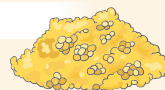
## EGGPLANT



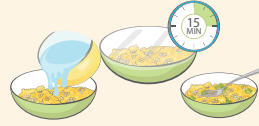
Grill whole eggplants over high heat, turning often, until skin is completely charred. Cool and peel away the charred skin. Tear eggplant up with a fork and toss with salt, citrus juice and any preferred spices.



## 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, 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.



## 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 coloured, about 35 minutes. Garnish with herbs.



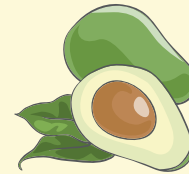
## PLANTAIN



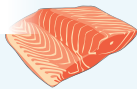
Peel the plantains and cut them into large pieces. Toss them in a bowl with preferred spices and oil, and roast in the oven at 400° F until soft and deeply colored, about 35 minutes. Garnish with herbs.



## 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



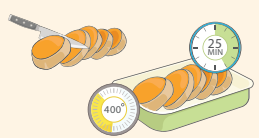
Remove the stem and cut the sprouts in half. Rinse and drain. Place in a single layer in a large pan over medium-high heat; season with salt and a few drops of oil. Stir after about 5 minutes, once they start to char. Cook for another few minutes. Garnish with herbs, chile flakes and/or a squeeze of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



## 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.

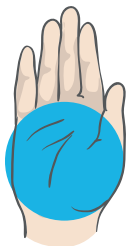


## STEP 2

### 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 hands



##### 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
- Anchovies
- Olives
- Orange

### FRENCH

- Tarragon
- Thyme
- Rosemary



- Bay leaf
- Black pepper
- Lemon

### MEXICAN

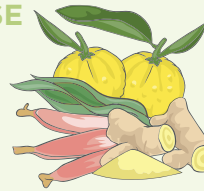
- Cilantro
- Cumin
- Cocoa



- Ancho and chipotle chiles
- Lime

### JAPANESE

- Miso
- Sesame seeds
- Seaweed



- Pickled radish
- Ginger
- Yuzu

### THAI

- Cilantro
- Mint
- Thai basil
- Ginger



- Lime
- Chiles
- Green 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.



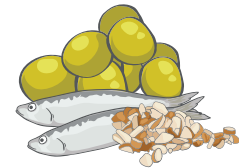
Add fresh herbs to your vegetable, or garnish the whole dish at the end.



Add dried spices to your smart carb.



Squeeze fresh citrus juice over your protein.

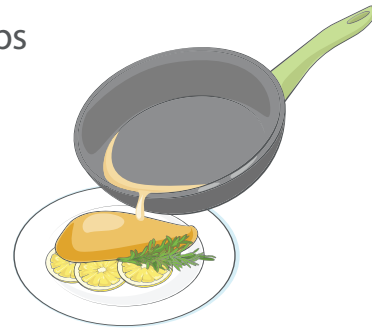


Sprinkle preserved foods and/or chopped nuts over your plate at the end.

### 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.

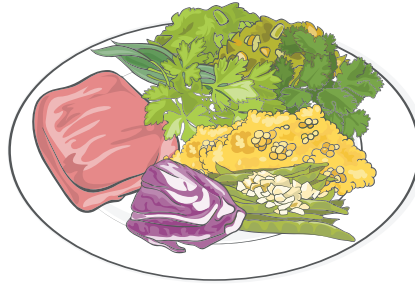


Sprinkle dried chile flakes or grate fresh horseradish on your protein. This offers an unexpected kick, building flavor with minimal effort.

## STEP 5

### PUT IT ALL ON YOUR PLATE.

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

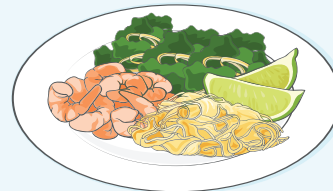


## SAMPLE MEALS

Mix and match these ingredients however you choose.  
Here are a few combos to get your imagination going.

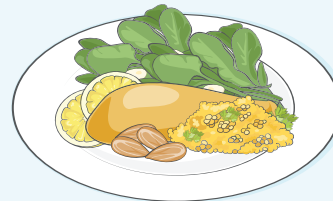
### THAI THREE WAYS

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



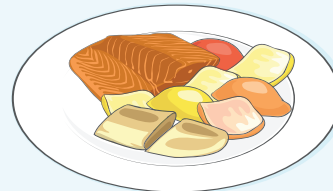
### INDIAN THREE WAYS

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



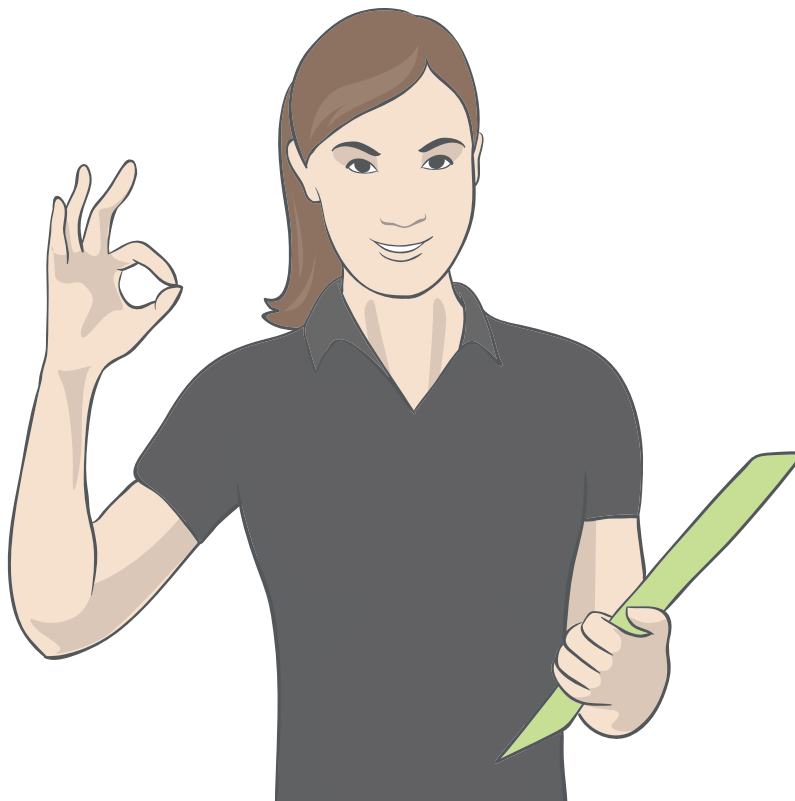
### MEXICAN THREE WAYS

- 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.





## Want to learn more?

If you'd like to learn more about helping people find the best way of eating for them, check out our Precision Nutrition Level 1 Certification program; the next group kicks off soon.

The Precision Nutrition Level 1 Certification gives you the knowledge, systems, and tools you need to build a rewarding career as a fitness and nutrition coach.

Developed over 10 years, and proven with more than 100,000 clients, our curriculum stands alone as the authority on the science of nutrition and the art of coaching.

Whether you're already mid-career, or just starting out, the Level 1 Certification is your springboard to a deeper understanding of nutrition, the authority to coach it, and the ability to turn what you know into results.

Visit this link for more information:

<http://get.pn/level-1>

[Of course, if you're already a student or graduate of the Level 1 Certification, check out our [Level 2 Certification](#), an exclusive year-long Master Class for elite professionals looking to take their nutrition knowledge and coaching techniques to the highest possible level.]