

# 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: <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 1**

**LOOK AHEAD**



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

**STEP 2**

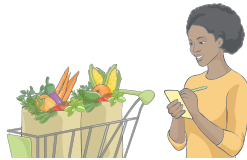
**MAKE A MENU**



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

**STEP 3**

**SHOP FOR INGREDIENTS**



Buy the ingredients for for your pre-prepped meals.

**STEP 4**

**COOK FOR THE WEEK**

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



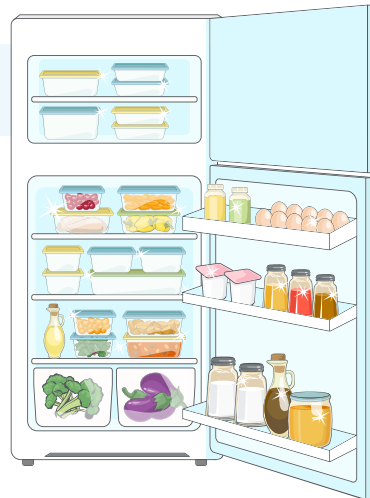
Cook time-consuming meal components: chicken, veggies, potatoes, etc.

**STEP 5**

**STORE IT CONVENIENTLY**



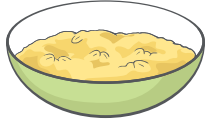
Pack your prepped food in stackable clear containers and make them accessible in the fridge.



# 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.

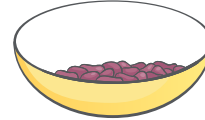


Cover and store in the fridge overnight.

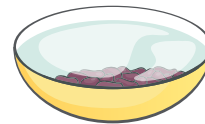


Enjoy for breakfast warm or cold.

## BEANS



Pour 1 part beans into a large bowl.



Cover with 4 parts water.



Leave them on the counter overnight.

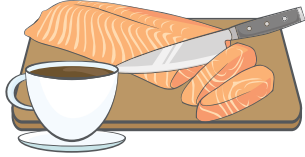


Discard soaking water and pour 1 part soaked beans into a pot; cover with 3 parts fresh water and boil until tender, 45-60 minutes.

# IN THE MORNING

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

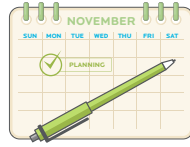
STEP  
1



## WORK WITH YOUR ROUTINE

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

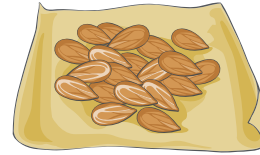
STEP  
2



## 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

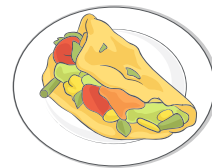
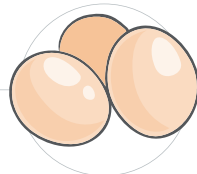
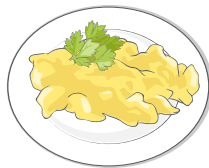
Slicing a few carrots is as fast as slicing one. Same with toasting almonds or chopping herbs.

# TWO FOR ONE

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

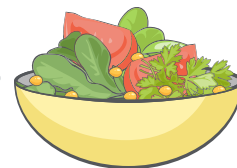
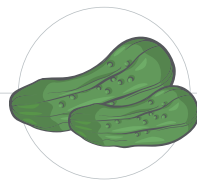
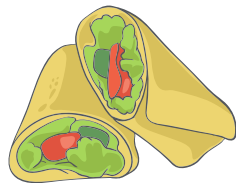
## BREAKFAST

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

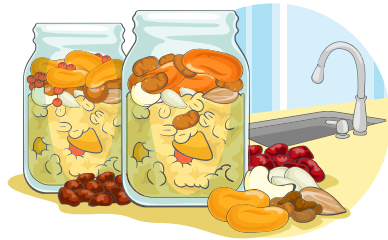
Wash and chop kale for tonight's couscous, and extra for tomorrow's orzo salad.



## IN A JAR

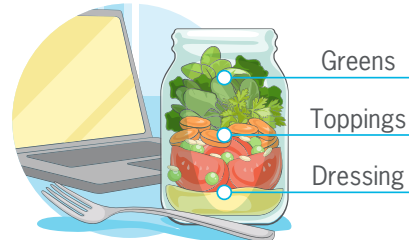
Keep these pre-mixed meals handy at home or work for instant breakfasts and lunches.

### 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

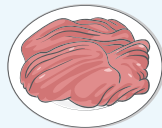


Pour a serving of salad dressing into a large jar. Add toppings like sliced veggies, nuts, and cheese, then top with lettuce. Seal lid and store upright. Shake and eat.

## 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



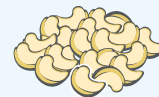
1 lb carrots, peeled and sliced



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



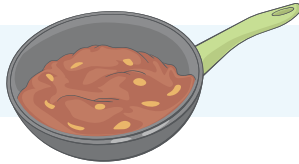
2 (46 oz) bottles vegetable juice, spicy hot



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



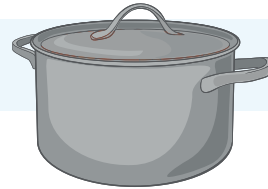
Add browned beef, beans, tomatoes, carrots, peppers, and vegetable juice to a very large pot and bring to a boil. Reduce heat to simmer.

STEP  
3

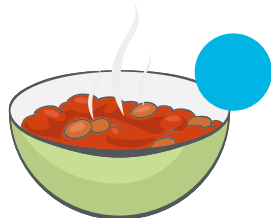


Pulse cashews in a blender until a grainy meal is formed.

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.**