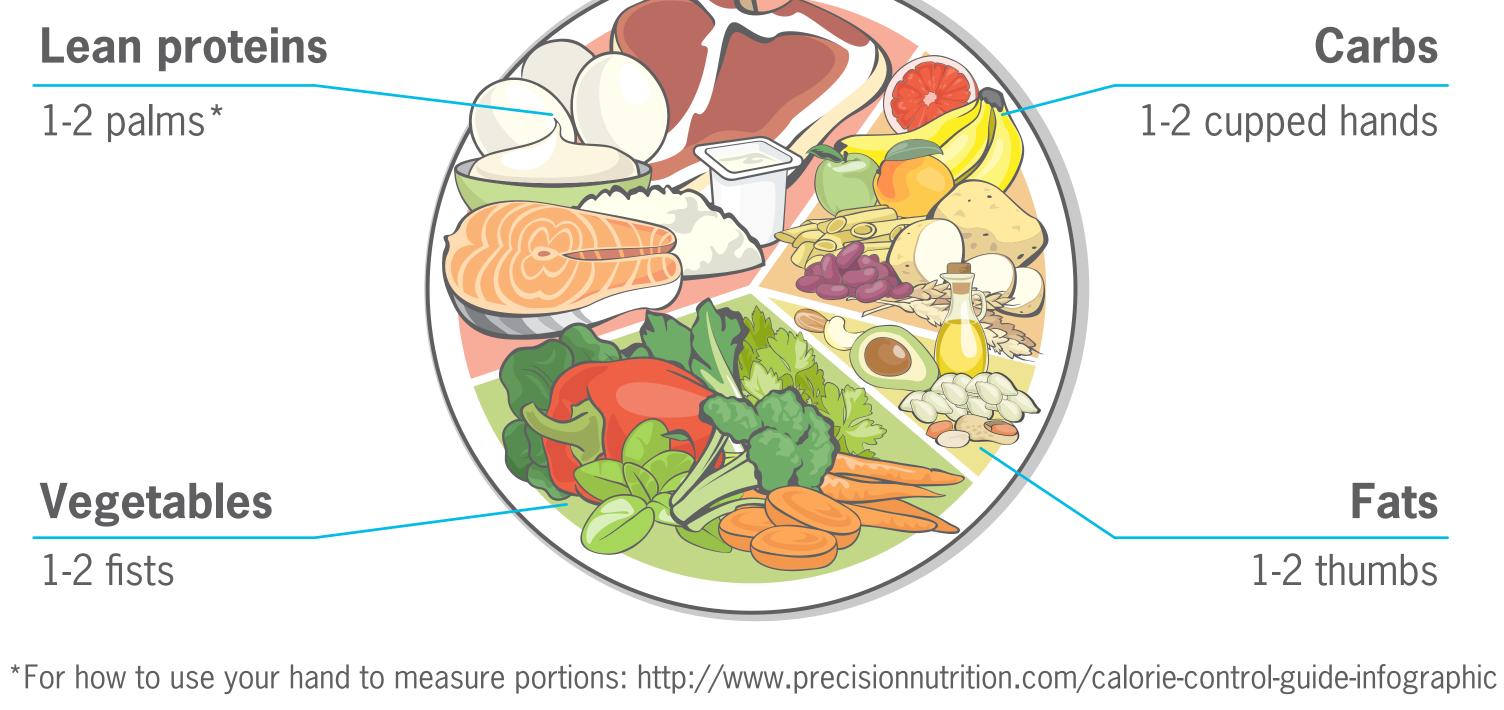
HOW TO MASTER MEAL PREP

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.



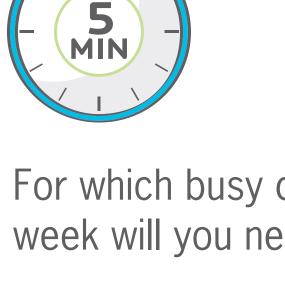
ON THE WEEKEND

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

STEP

STEP LOOK AHEAD MAKE A MENU







INGREDIENTS





one-pot meals, THE WEEK Chili below



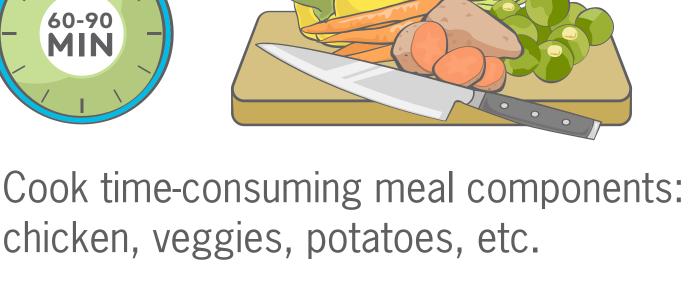


GRAINS

large bowl.



COOK FOR Consider

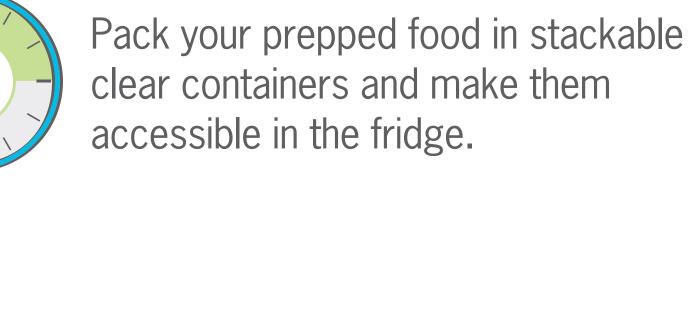




CONVENIENTLY







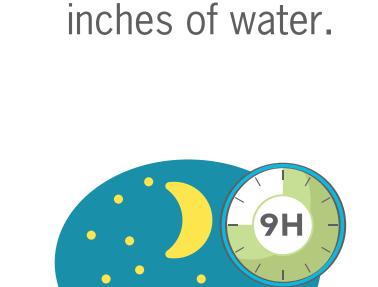


In a jar, combine equal Dump slow-cooking whole parts rolled oats, milk,

Pour 1 part beans into grains (like spelt, barley, a large bowl. or wheat berries) into a and plain yogurt (generally

1/3 - 1/2 cup each).

OATMEAL



Cover them with a couple

Discard soaking water and

pour soaked grains into

a pot; cover with two inches

Leave them on the

counter overnight.



Mix in healthy toppings

like fresh or dried fruit,

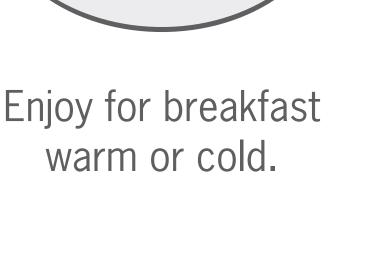
nuts, seeds, spices

Cover and store in the

fridge overnight.

and/or protein powder.







4 parts water.

BEANS



Discard soaking water and

pour 1 part soaked beans into

a pot; cover with 3 parts fresh

water and boil until tender,

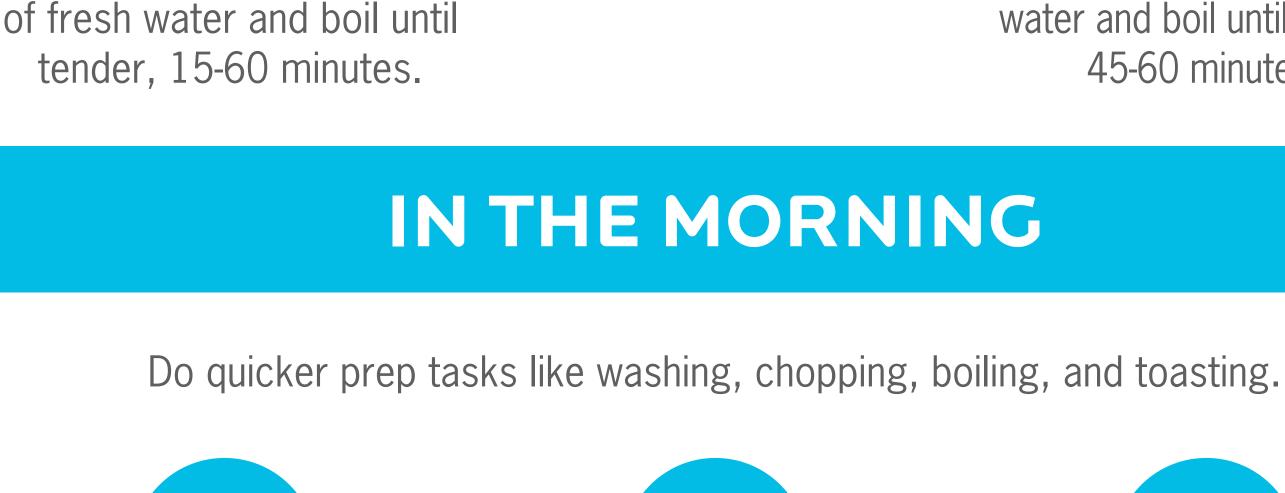
45-60 minutes.

STEP

chopping herbs.

Leave them on the

counter overnight.



STEP

WORK WITH

YOUR ROUTINE

Pair food prep with a daily

activity like your morning coffee, making lunches, or watching the news. minutes should do the trick. TWO FOR ONE



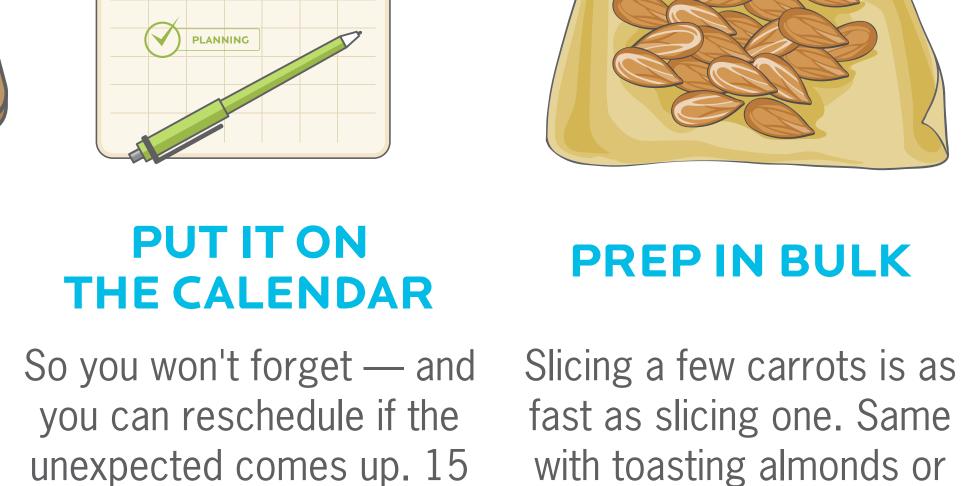
STEP

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

LUNCH

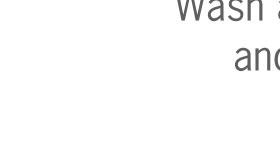
Slice cucumber for today's hummus wrap,

and extras for tomorrow's salad.

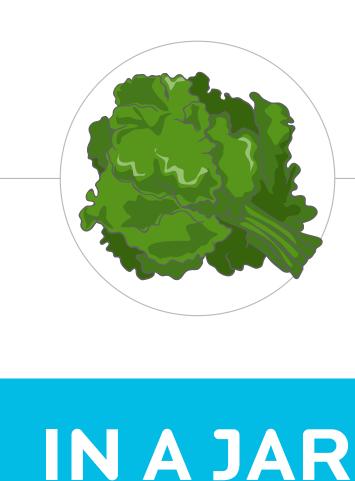


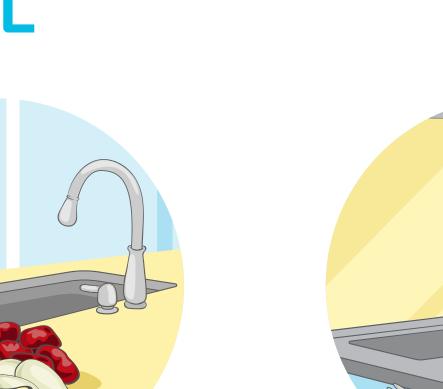
BREAKFAST Scrambling eggs on Monday? Whisk six eggs instead of two, and store the extra liquid for Wednesday's omelettes.





In a large jar, combine uncooked oats

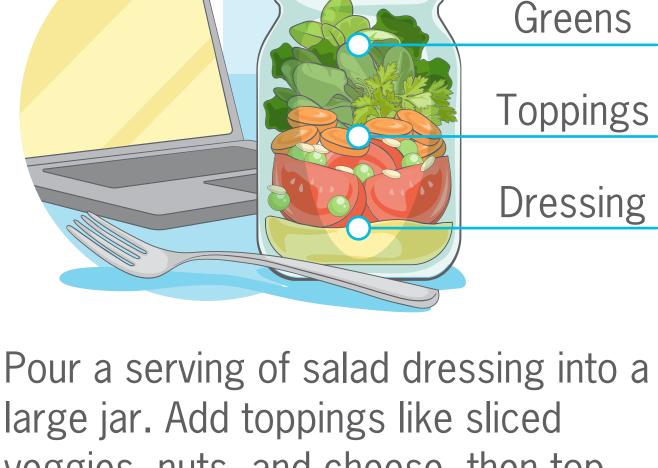




Keep these pre-mixed meals handy at home or work for instant breakfasts and lunches.



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



2 large onions, 6 garlic cloves, chopped



Brown ground beef over high heat

Pulse cashews in a blender until a

https://www.precisionnutrition.com/meal-planning-strategy

grainy meal is formed.

4 lb extra lean

ground beef (96%)

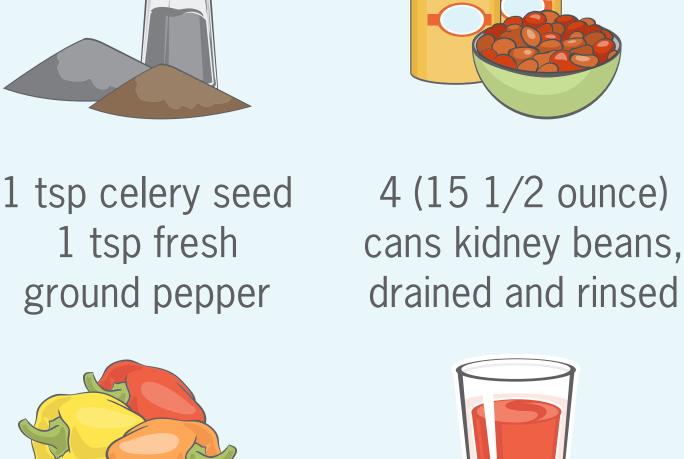
1 tsp cumin

2 tsp paprika

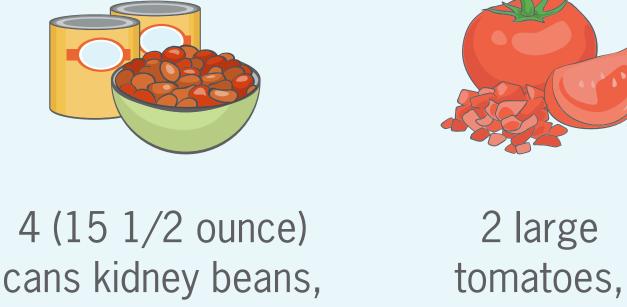
STEP

STEP 3

and fry for 2 minutes.



with garlic and onions. Add spices



chopped

4 tbsp chili

powder

chopped

1/2 cup cashew

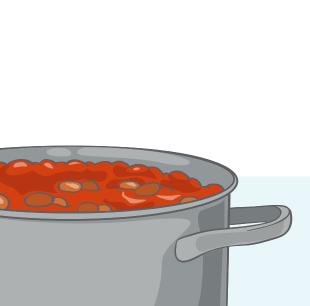
meal

STEP 2

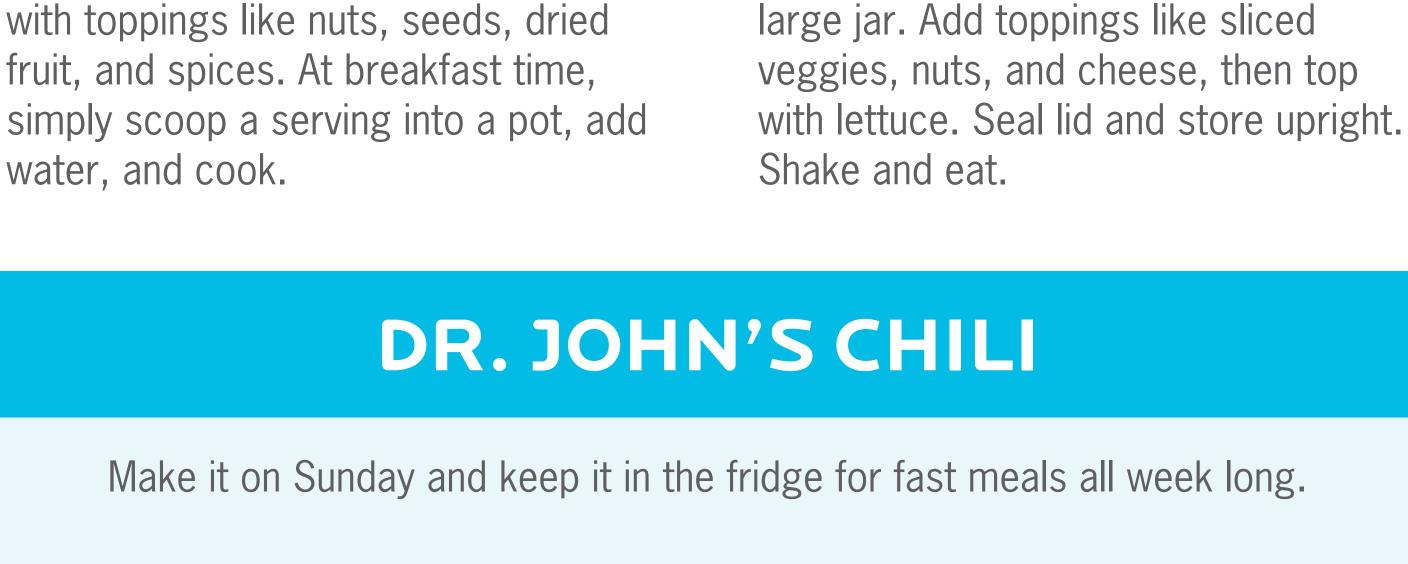
2 (46 oz) bottles

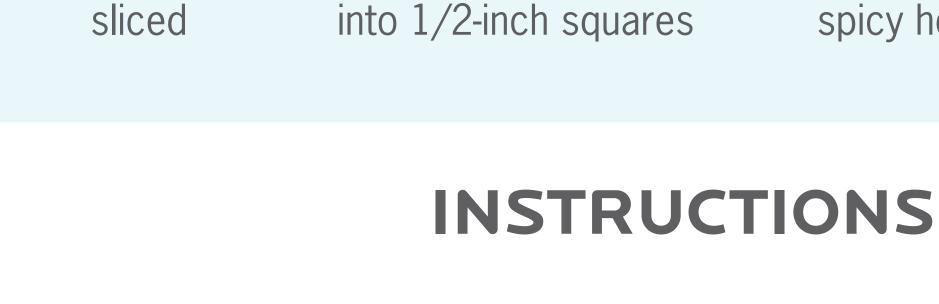
vegetable juice,

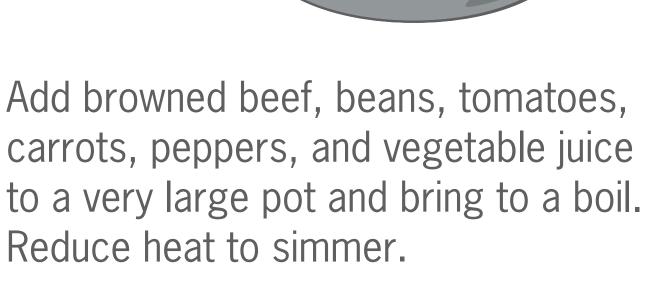
spicy hot



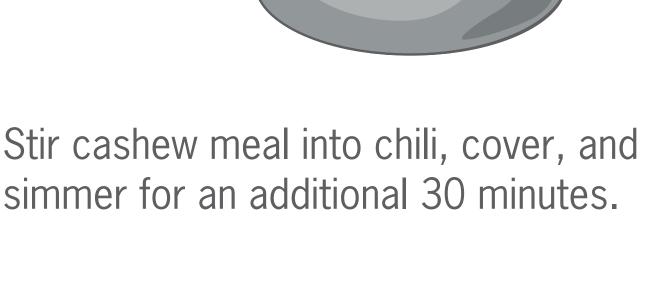
simmer for an additional 30 minutes.







STEP



MAKES 10 SERVINGS.





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