PORTION CONTROL GUIDE
FORGET CALORIE COUNTING.
TRY THIS METHOD INSTEAD.

Most people think controlling portions means counting calories, but we think there's a better way. Try our (much easier) Hand Measure system instead.

YOUR HAND IS ALL YOU NEED

Your hand is proportionate to your body, its size never changes, and it's always with you, making it the perfect tool for measuring food and nutrients – minimal counting required.

FROM THERE, ADJUST THE NUMBER OF PORTIONS TO MEET YOUR PERSONAL NEEDS AND GOALS.

NOW, CUSTOMIZE THE PLAN FOR YOU

Active men do best with 6-8 servings of each food group per day (~2,300-3,000 kcal).
Active women do best with 4-6 servings of each food group per day (~1,500 - 2,100 kcal).

FROM THERE, ADJUST THE NUMBER OF PORTIONS TO MEET YOUR PERSONAL NEEDS AND GOALS.

HERE'S HOW TO USE THIS METHOD TO BUILD A PLATE

STEP 1

PROTEIN

Men: Two palm-sized portions (~40-60 g protein)

Women: One palm-sized portion (~20-30 g protein)

STEP 2

VEGETABLES

Men: Two fist-sized portions

Women: One fist-sized portion

STEP 3

CARBOHYDRATES

Grains, starchy vegetables, beans, and fruits

Men: Two cupped-hand sized portions (~40-60 g carbs)

Women: One cupped-hand sized portion (~20-30 g carbs)

STEP 4

FATS

Oils, butters, nut butters, nuts, and seeds

Men: Two thumb-sized portions (~15-25 g fat)

Women: One thumb-sized portion (~7-12 g fat)

PORTION CONTROL GUIDE
STEP 1

PROTEIN

Meat, eggs, cottage cheese, and Greek yogurt

STEP 2

VEGETABLES

Broccoli, spinach, salad, carrots, etc.

STEP 3

CARBOHYDRATES

Grains, starchy vegetables, beans, and fruits

STEP 4

FATS

Oils, butters, nut butters, nuts, and seeds

...THEN START BY ADDING...

Men: 1 cupped handful of carbs and/or 1 thumb of fat to a few meals each day

Women: 1/2 cupped handful of carbs and/or 1/2 thumb of fat to a few meals each day

...THEN START BY REMOVING...

Men: 1 cupped handful of carbs and/or 1 thumb of fat from a few meals each day

Women: 1/2 cupped handful of carbs and/or 1/2 thumb of fat from a few meals each day

THIS SYSTEM IS EASIER THAN COUNTING CALORIES AND NEARLY AS ACCURATE. Just like with counting, though, pay attention to results and adjust as needed.

For the full article explaining this infographic: http://www.precisionnutrition.com/calorie-control-guide
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
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**
60-90 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.
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.
So you won’t forget — and you can reschedule if the unexpected comes up. 15 minutes should do the trick.

**WORK WITH YOUR ROUTINE**
Pair food prep with a daily activity like your morning coffee, making lunches, or watching the news.

**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.

**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
Brown ground beef over high heat with garlic and onions. Add spices and fry for 2 minutes. Add browned beef, beans, tomatoes, carrots, peppers, and vegetable juice to a very large pot and bring to a boil. Reduce heat to simmer.

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

For the full article explaining this infographic:
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.

1

STEP

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).

<table>
<thead>
<tr>
<th>PROTEIN</th>
<th>VEGETABLE</th>
<th>SMART CARB</th>
<th>HEALTHY FAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>BEANS</td>
<td>BROCCOLI</td>
<td>SPAGHETTI</td>
<td>EXTRA VIRGIN</td>
</tr>
<tr>
<td>EGG</td>
<td>RED CABBAGE</td>
<td>SQUASH</td>
<td>OLIVE OIL</td>
</tr>
<tr>
<td>EGGS</td>
<td>RED POTATOES</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>WALNUT</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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.

**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.

**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 lift the squash and scrape out the flesh using a fork.

**EXTRA VIRGIN OLIVE OIL**

**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.

**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.

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

**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
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.

### 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
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.

### 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
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).

### GREEN 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
Saute 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.

### 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
Saute 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.
**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 fridge for up to a week.

**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.

**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.

**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.

**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.

**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 skin side down 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.

**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.

**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.

**SPOON**

Wash the peppers, cut them in half and rip out the core and stem. 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.

**BELL PEPPERS**

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**

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**

**CHOPPED PEANUTS**

*If you’re cooking without oil or butter, then use a nonstick pan or a grill.*
PORTION YOUR INGREDIENTS.

Use the guide below to portion your meal**.
(Remember, you can make more than one portion for leftovers the next day).

**For more information, check out our Portion Control Guide.

PER SERVING:

- **PROTEIN**
  - Women: 1 palm
  - Men: 2 palms

- **VEGETABLES**
  - Women: 1 fist
  - Men: 2 fists

- **CARB**
  - Women: 1 cupped hand
  - Men: 2 cupped hand

- **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

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       | • Capers        | • Bay leaf      |
|            | • Basil         | • Anchovies     | • Black pepper  |
|            | • Fennel        | • Olives        | • Lemon         |
| FRENCH     | • Tarragon      | • Thyme         | • Rosemary      |
|            | • Rosemary      | • Orange        |                |
| MEXICAN    | • Cilantro      | • Ancho and     | • Pickled       |
|            | • Cumin         | chipotle chiles | radish          |
|            | • Cocoa         | • Lime          | • Ginger        |
| JAPANESE   | • Miso          | • Sesame seeds  | • Yuzu          |
|            | • Seaweed       | • Lime          |                |
| THAI       | • Cilantro      | • Lime          |                |
|            | • Mint          | • Chiles        |                |
|            | • Thai basil    | • Green onion   |                |
|            | • Ginger        | • Lemongrass    |                |
| MOROCCAN   | • Cardamom      | • Lime          | • Cayenne       |
|            | • Saffron       | • Chiles        | • Cumin         |
|            | • Cinnamon      | • Green onion   | • Preserved     |
|            | • Anise         | • Lemongrass    | lemon           |
| INDIAN     | • Cumin         | • Curry powder  | • Lime          |
|            | • Fenugreek     | • Ginger        | • Scotch bonnets|
|            | • Coriander     | • Fresh curry   | • Pickled       |
|            | • Turmeric      | leaf            | mango           |
| SOUTHWEST  | • Cumin         | • Mint          | • Guindilla     |
|            | • Coriander     | • Chiles        | peppers         |
|            | • Cilantro      | • Pepper        | • Olives        |
|            | • Cilantro      | • Lime          | • Orange        |
| CARIBBEAN  | • Cinnamon      | • Lime          | • Saffron       |
|            | • Allspice      | • Chiles        | • Saffron       |
|            | • Nutmeg        | • Green onion   | • Saffron       |
|            | • Cloves        | • Lemongrass    | • Saffron       |
| SPANISH    | • Smoked paprika| • Mint          | • Guindilla     |
|            | • Parsley       | • Chiles        | peppers         |
|            | • Bay leaf      | • Pepper        | • Olives        |
|            | • Saffron       | • Lime          | • Orange        |
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.
- 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.
- When cooking chicken, pork, or salmon, use any pan drippings as a flavorful sauce.
- Sprinkle **dried spices** to your smart carb.
- Sauté herbs to your vegetable, or garnish the whole dish at the end.
- Sprinkle **dried chile flakes** or grate fresh horseradish on your protein. This offers an unexpected kick, building flavor with minimal effort.
5 STEP

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.

To download a printable copy of this infographic:
http://www.precisionnutrition.com/create-the-perfect-meal-infographic
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.

**MAGIC BULLET**
- Good blender for everyday use
- **PRICE**: under $50
- **POWER**: 250 Watts
- **CAPACITY**: 19 oz
- May wear out after only a few months

**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)
MIX AND MATCH TO FIND THE PERFECT SUPER SHAKE FOR YOU.

RECIPES FROM THE PROS

Here’s the original Super Shake, courtesy of PN co-founder Dr. John Berardi

1. ½ cup plain Greek yogurt
2. 2 thumb-sized portions of mixed nuts
3. 1 cupped handful of frozen mixed berries
4. 1 handful of spinach and 1 scoop powdered greens supplement
5. 2 scoops of vanilla milk protein blend
6. 4 ounces water

A few sprinkles of coconut and 5 ice cubes

Here’s another favorite Super Shake, courtesy of PN coach Ryan Andrews

1. 4 ounces water
2. 2 thumb-sized portions of walnuts
3. Half a frozen banana and 2 pitted dates
4. 2 kale leaves and 1 scoop of powdered greens supplement
5. 2 scoops of plain pea protein powder
6. A few sprinkles of coconut and 5 ice cubes

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.

For the full article explaining this infographic: http://www.precisionnutrition.com/super-shake-creation
WORKOUT NUTRITION

WHAT TO EAT BEFORE, DURING, AND AFTER EXERCISE

Sometimes workout nutrition can be confusing. Let’s make it simpler. Here’s what to eat before, during, and after exercise broken down by body type and goal.

I’M AN ECTOMORPH

I’m generally lean, with a smaller frame and thinner limbs. I have a fast metabolism and tolerate carbs well. I’m usually trying to gain muscle or support my endurance exercise.

WHEN TO EAT

BEFORE EXERCISE

Eat "ectomorph meal" 1-2 hours before activity

DURING EXERCISE

For weight gain: 1 P+C drink
For endurance support: 1 P+C drink
For fat loss: BCAAs or water
For body recomposition: BCAAs or water
For maintenance: BCAAs or water

AFTER EXERCISE

Eat "ectomorph meal" 1-2 hours after activity

THE ECTOMORPH MEAL

USE YOUR HAND TO MEASURE

2 palms of protein dense foods
2 fists of vegetables
3 cupped handfuls of carb dense foods
1 thumb of fat dense foods

1 palm of protein dense foods
1 fist of vegetables
2 cupped handfuls of carb dense foods
0.5 thumb of fat dense foods
WHEN TO EAT

I’M AN ENDOMORPH

I generally have a large frame and am heavier than most. I have a slower metabolism and don't tolerate carbs as well. I'm usually trying to lose fat or support my strength.

WHEN TO EAT

BEFORE EXERCISE
Eat "endomorph meal"
1-2 hours before activity

DURING EXERCISE
For weight gain: BCAAs or water
For strength support: BCAAs or water
For fat loss: BCAAs or water
For body recomposition: BCAAs or water
For maintenance: BCAAs or water

AFTER EXERCISE
Eat "endomorph meal"
1-2 hours after activity

THE ENDOMORPH MEAL
USE YOUR HAND TO MEASURE

2 palms of protein dense foods
2 fists of vegetables
1 cupped handful of carb dense foods
3 thumbs of fat dense foods

1 palm of protein dense foods
1 fist of vegetables
0.5 cupped handful of carb dense foods
2 thumbs of fat dense foods

WHAT ARE BCAAs?
Branched chain amino acids (BCAA) can also be used during exercise. BCAAs come in liquid, powder, or pill form. Aim for 10-15 g per hour of training.

For more information about workout nutrition:
www.precisionnutrition.com/workout-nutrition-explained
WHEN TO EAT

In some cases you’ll want to use a protein + carbohydrate (P+C) drink during exercise. For every hour of training, you’ll have:

<table>
<thead>
<tr>
<th>Protein</th>
<th>Carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 g protein</td>
<td>30-45 g carbs</td>
</tr>
</tbody>
</table>

Instead of counting calories, you can use your own hand as a portable portion guide. Your palm measures protein, your fist for veggies, your cupped hand for carbs, and your thumb for fats. For more about this strategy visit [www.precisionnutrition.com/calorie-control-guide](http://www.precisionnutrition.com/calorie-control-guide)

I’M A MESOMORPH

I’m generally athletic looking with a medium-sized frame. I seem to gain muscle and stay lean easily. I’m usually trying to optimize my physique or boost my sports performance.

WHEN TO EAT

<table>
<thead>
<tr>
<th>BEFORE EXERCISE</th>
<th>DURING EXERCISE</th>
<th>AFTER EXERCISE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eat “mesomorph meal”</td>
<td>For weight gain: 1 P+C drink or BCAAs</td>
<td>Eat “mesomorph meal”</td>
</tr>
<tr>
<td>1-2 hours before activity</td>
<td>For sport performance: 1 P+C drink</td>
<td>1-2 hours after activity</td>
</tr>
<tr>
<td></td>
<td>For fat loss: BCAAs or water</td>
<td></td>
</tr>
<tr>
<td></td>
<td>For body recomposition: BCAAs or water</td>
<td></td>
</tr>
<tr>
<td></td>
<td>For maintenance: BCAAs or water</td>
<td></td>
</tr>
</tbody>
</table>

THE MESOMORPH MEAL

USE YOUR HAND TO MEASURE

- 2 palms of protein dense foods
- 2 fists of vegetables
- 2 cupped handfuls of carb dense foods
- 2 thumbs of fat dense foods
- 1 palm of protein dense foods
- 1 fist of vegetables
- 1 cupped handfuls of carb dense foods
- 1 thumb of fat dense foods

WHAT IS A P+C DRINK?

In some cases you’ll want to use a protein + carbohydrate (P+C) drink during exercise. For every hour of training, you’ll have:

- 15 g protein (½ scoop protein powder)
- 30-45 g carbs (2 cups of juice or sports drink)