



Precision Nutrition's

Encyclopedia of Food

RECIPE BOOK

BY PRECISION NUTRITION

INTRODUCTION

When you hear the word food, what comes to mind?

I asked this same question of a few friends and family members and got a variety of strange and interesting answers including: delicious, vibrant, processed, and confusing. One person even said...jelly beans.

Sugary candy aside, when I think of the word food, I think of fresh, wholesome ingredients that nourish the body.

Being an avid food lover and nutrition enthusiast, I hope that, one day, more people will view food the same way.

Lucky for me, I work at Precision Nutrition where I'm surrounded by like-minded people who share my love of fresh, wholesome food.

The *Encyclopedia of Food* is a project that reflects that love.

Our goal is to teach you everything we know about the bounty of fresh whole foods and ingredients available to you.

And to share our favorite ways of preparing them.

That's why we created this book. It's a small sampling of the awesome ingredients and recipes you can expect to find in the *Encyclopedia of Food*.

In the end, we hope you enjoy eating these beautiful, delicious, and wholesome creations as much as we enjoyed making them.

And, of course, because food is meant to be shared, please share this book (and our website) with everyone you think will enjoy and benefit from them.

Bon Appetit!

- *Dr. Mariane Héroux*

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Butternut Squash Soup

INGREDIENTS

2 tbsp olive oil or coconut oil
1 small onion, chopped
1 stock of celery, diced
1 clove garlic, minced
1 apple, diced
1 large butternut squash
4 cups chicken or vegetable broth
1 tbsp curry powder
¼ tsp freshly ground nutmeg
salt & pepper
garnish with Greek yogurt, fresh herbs,
and apple slices (optional)

DIRECTIONS

Heat oven to 400°F.

Place a whole butternut squash on a baking sheet and roast in oven for about 1 hour.

Meanwhile, in a large stock-pot, heat oil over low heat. Add onion, garlic, celery, spices, and a sprinkle of salt; cook until onion is softened (about 3 minutes).

Remove squash from oven and slice in half. Remove seeds with a spoon. Scoop the rest of the squash out of the peel and add to the pot, along with the apple, the broth, and an added sprinkle of salt and pepper.

Cook uncovered on medium heat, stirring occasionally, until the soup is full flavored (about 20 minutes).

Remove pot from heat and let cool for about 5 minutes. Purée with a hand blender or a regular blender. If using a regular blender, fill the jar no more than halfway full, and take care to hold the top down firmly with a tea towel placed over top to prevent hot splashes.

Return soup to pot and warm slightly. Using a ladle, fill bowls with soup and, if desired, garnish with yogurt, fresh herbs, and apple slices.

Store leftovers in fridge.

Enjoy!



Green Beans with Crispy Shallots and Shiitake Mushrooms

INGREDIENTS

1 lb green beans
2 tbsp coconut oil
8-12 shiitake mushrooms (cremini are a
fine substitution if you prefer)
4 shallots
fresh lemon, for squeezing
salt & pepper

DIRECTIONS

Begin by preparing the vegetables:

Wash and trim green beans.

Prepare shiitake mushrooms by rinsing them and then removing their woody inedible stems with a sharp paring knife (if using cremini mushrooms, simply slice off the very tip of the stump). Cut the mushrooms into thick slices.

Prepare shallots by removing their papery skin and tough outer layer (you can do this by slicing off one end of the shallot and then peeling off the skin with your fingers). Slice the shallot to create thin rings.

Next, begin the cooking process:

Bring a pot of water to a boil. Once boiling, add green beans to the pot. Boil for 4 minutes and then remove them with a slotted spoon. Place beans in a bowl of cold ice water.

Meanwhile, heat a sauté pan to medium heat with 1 tbsp of coconut oil. When oil is melted, add shallots. Once shallots are beginning to get crispy, sprinkle with salt and pepper.

Add mushrooms to the shallots. Stir occasionally, until all water released from the mushrooms has been absorbed, and they have taken on a golden brown color (feel free to adjust the heat of the pan as needed). Total cooking time should be about 10 minutes.

Add green beans to the pan, stir, and sauté until beans are warmed through.

Finish with a squeeze of lemon. Store leftovers in fridge.

Enjoy!



Stuffed Potato with Egg

INGREDIENTS

2 large baking potatoes
½ cup salsa
4 eggs
½ cup grated cheese (optional)
salt & pepper

DIRECTIONS

Wash the potatoes well. Pierce them with a fork and wrap them in tinfoil. Bake the potatoes in preheated 400°F oven for 50–60 minutes or until very soft when poked with fork. Once done, remove the potatoes from the oven, remove the tinfoil, and let cool for about 10 minutes.

Once the potatoes are cool enough to handle, cut them in half lengthwise. Scoop out the flesh leaving about $\frac{1}{3}$ inch of flesh and skin. Place the flesh into a bowl. Add salsa (and cheese if desired) to the bowl and stir until well combined.

Place the potato shells on a baking tray lined with tinfoil or parchment paper. Fill the potato with the salsa + potato mixture. Press the filling down firmly and create a small divot in the center. Crack an egg over the divot.

Bake the potatoes in 350°F oven for 20–25 minutes or until the egg has set. Depending on your preference, you can wait until both the white and yellow of the egg are fully cooked, or remove the potato from the oven before the yellow is fully set.

Remove from oven and add salt and freshly ground pepper to taste.

Store leftovers in fridge.

Enjoy!



5 Spice Maple Turkey

INGREDIENTS

2 small turkey breasts
2 tbsp maple syrup
1 heaping tbsp 5 Spice Powder
2 cups chicken or vegetable broth
salt & pepper

DIRECTIONS

Preheat oven to 425°F.

Place turkey breasts in a small roasting pan and coat with salt and pepper.

Put the 5 spice powder and maple syrup in a bowl. Mix together with a fork or spoon to create a pasty rub.

Rub the turkey breast with the pasty rub (dividing the rub evenly between the two breasts).

Fill the roasting pan with broth, covering up to half of the turkey breast. Cover the pan with tinfoil.

Bake in the oven, covered, for about 30 minutes. Remove the cover and reduce the heat to 375°F. Cook uncovered for about 30-40 minutes more.

Note: for an extra burst of flavor, baste the turkey breasts with 1-2 tbsp of maple syrup in their last 10 minutes of cooking time. Baste again as soon as they are done cooking.

Cut into the turkey when you pull it out, inspecting it for redness. If no redness is present, it's ready to eat!

Store leftovers in fridge.

Enjoy!



Peach Blueberry Muffins

INGREDIENTS

3 peaches
2 cups fresh blueberries
1 cup slivered almonds
2 cups almond meal
½ cup oats
½ cup honey
½ cup coconut sugar
½ cup egg whites
2 eggs
1 tsp vanilla extract

DIRECTIONS

Begin by washing and dicing the peaches. Do not remove the peach skin. Once diced into small pieces, put the peaches into a large mixing bowl. Add all remaining ingredients to the mixing bowl and stir until well combined.

Lightly grease a jumbo muffin pan (i.e. a muffin pan that makes 6 large muffins as opposed to 12 small muffins) with coconut oil or cooking spray. Using a large spoon, drop the batter into the muffin tin, filling the muffin cups to the top.

Bake in preheated 350°F oven for 35-40 minutes or until the top of the muffins are lightly browned (note that you can also make these in a regular muffin pan but the cooking time will decrease if you do so).

Let muffins cool in fridge for 3-4 hours before serving. Store leftovers in fridge.

Enjoy!



Banana Bread

INGREDIENTS

8 small ripe bananas
2 cups honey dates, pitted
1 cup egg whites
1 cup walnut pieces
2 cups oat flour
½ cup maple syrup
1 tsp cinnamon
garnish with walnut pieces, cinnamon,
and honey dates

DIRECTIONS

Put peeled bananas, dates, and egg whites into your blender or food processor and blend until smooth.

Transfer contents of blender or food processor into large mixing bowl. Add remaining ingredients to the mixing bowl with the exception of garnishes. Stir until well combined.

Grease a 9" loaf pan with coconut oil or cooking spray and pour the batter into the dish spreading it out evenly with the back of a spoon.

Sprinkle the top of the loaf with cinnamon, walnut pieces, and honey dates (chopped into small pieces).

Bake in preheated 350°F oven for 55–60 minutes.

Let cool for 10–15 minutes before serving. Store leftovers in fridge.

Enjoy!



Stuffed Date Cookies

INGREDIENTS

2 cups oat flour
1 cup coconut sugar
1 tbsp cinnamon
1 cup crunchy almond butter
1 tsp vanilla extract
½ cup water
12 medjool dates, fresh, pitted

DIRECTIONS

Put all ingredients except the dates into a large mixing bowl. Stir until well combined. The batter should be very thick.

Using your hands, form 12 balls of dough with the batter. Next, flatten each ball of dough.

Take your 12 pitted dates and place them in the center of the flattened balls of dough. Wrap the dough around the date so that the date is completely covered.

Bake at 350°F on a cookie sheet lined with parchment paper for 15 minutes or until cookies lightly browned.

Let cool before serving. Store leftovers in fridge.

Enjoy!



Pumpkin Pie

INGREDIENTS

CRUST

1 cup pecans
½ cup oat flour
1 cup dried pitted dates
1 tsp pumpkin pie spice
½ cup boiling water

FILLING

2 cups pumpkin purée (not pumpkin pie filling)
1 cup cashew butter
2 tsp pumpkin pie spice
¾ cups maple syrup
3 tbsp cornstarch

DIRECTIONS

TO MAKE THE CRUST:

Put all ingredients into your blender or food processor and process until smooth. You may need to scrape the sides of your blender with a spoon a couple times.

Scoop the batter into a 9” pie dish lightly greased with coconut oil or cooking spray. Sprinkle the top of the dough with oat flour to prevent your fingers from sticking to it. Press the crust down as evenly as possible pushing the dough up the sides of the pie plate.

Once the dough is well spread, bake it at 350°F for 10-12 minutes or until it is no longer sticky to touch.

TO MAKE THE FILLING:

In a large stovetop pot, mix together the pumpkin purée, cashew butter, pumpkin pie spice, and maple syrup.

Put the cornstarch in a mug and add cold water so that the corn starch is covered. Stir the cornstarch + water until the cornstarch is completely dissolved. Once dissolved, add the contents of the mug to your stovetop pot and mix well.

Put the pot on the stove and cook on med-high heat stirring continuously. Cook until batter starts to boil, darken, and thicken (about 2–3 minutes into boiling).

Once the batter has thickened, pour the contents of the pot over the piecrust smoothing it out as you go.

Note: depending on the depth of your pie plate, you may have a bit of extra pie filling. If so, keep the extra and enjoy as pumpkin pie pudding later on.

If desired, garnish the circumference of the pie with chopped pecans and oats, and the center with whole pecans.

Let the pie cool on the counter and then transfer to the fridge. Leave it in the fridge for 4-6 hours before serving. Store leftovers in fridge.

Enjoy!



Avocado Brownies

INGREDIENTS

BROWNIES

1 avocado, peeled (seed removed)
1 banana, peeled
1 cup oat flour
¼ cup cocoa powder
¾ cup maple syrup
¼ cup almond butter
½ cup egg whites
1 tsp vanilla extract

ICING

1 avocado, peeled (seed removed)
¾ cup almond butter
¼ cup cocoa powder
1 cup dried pitted dates
½ cup maple syrup
¼ cup hot water

DIRECTIONS

TO MAKE THE BROWNIES:

Put the peeled avocado and banana into a large mixing bowl. Using a potato masher, mash the avocado and banana until creamy. Next, add the remaining ingredients to the bowl and mix until very well combined.

Grease an 8" x 8" baking dish with coconut oil or cooking spray and pour the batter into the dish spreading it out evenly with the back of a spoon.

Bake in preheated 350°F oven for 20-25 minutes or until a toothpick comes out clean (or almost clean if you like your brownies a little gooey).

Let cool on counter for 10-15 minutes before icing.

TO MAKE THE ICING:

Put all ingredients into your blender or food processor and blend until very smooth. You will likely have to stop and scrape the sides with a spatula a few times. Once smooth, spread over cooled brownies.

Store brownies in fridge.

Enjoy!



Chocolate Peanut Butter Treats

INGREDIENTS

- ½ cup coconut butter
- ¾ cup natural peanut butter
- ½ cup crushed peanuts
- ½ cup agave nectar or honey
- ¼ cup good quality cocoa powder (for an extra chocolatey flavor burst, add another 2-3 tbsp of cocoa powder)

DIRECTIONS

Put the coconut butter in a microwave safe bowl and microwave for 20 seconds or until very soft.

Transfer the melted coconut butter into a mixing bowl. Add the remaining ingredients and mix well.

Line two cookie trays with wax paper. Scoop the batter into a piping bag with a large tip. Carefully pipe out bite sized chocolate kisses (note that they will look different depending on which piping tip you select). If you don't have piping tools, no problem! Simply use a spoon to scoop small bite-sized mounds onto the wax paper.

Let set in fridge for 2 hours before serving. Store in fridge.

Enjoy!

Note: the photo above displays the chocolate peanut butter treats immediately after piping. The treats will look slightly different once they've cooled.

Still hungry? Check out these great recipe resources to keep your taste buds and body happy:

Precision Nutrition's *Encyclopedia of Food*
(www.precisionnutrition.com/encyclopedia/)

Gourmet Nutrition: The Cookbook for the Fit Food Lover
(www.gourmetnutrition.com)

ABOUT US

Precision Nutrition is the largest private nutrition coaching and research company in the world.

Yes, we do plenty of clinical research and consult with many of the top universities and organizations around. But that's not what sets us apart. Where we're unique is our coaching for clients and professionals.

It's personal, it's research driven, and it's life changing.

Plus, it generates new research that we can apply in the future. So the cycle of awesomeness can continue.

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