

## Protective Diet Class #032

### Stocking Your Kitchen For Efficiency & Savings Part 1—Pantry Staples

*This is the first class in a 3-part series teaching you to save money and time while stocking your PD kitchen. Following these guidelines will give you a ready supply of protective building blocks to make hundreds of creative, delicious recipes without having to run to the store every time. The same nourishing staples are used in multiple recipes, so don't be afraid to stock up.*

#### Announcements

- Join us in [Protective Diet Living \(PDL\)](#) to get support and recharge.
- Erewon Cornflakes have been discontinued. Use [PD Cornflakes](#) as a replacement in recipes.

#### Vocabulary

|               |                   |                          |                            |
|---------------|-------------------|--------------------------|----------------------------|
| Pantry Staple | Back Stock Pantry | Committed Extended Items | Pantry PAR Stocking System |
| Bulk          | Conventional      | Organic                  |                            |

#### Action Steps for Stocking Your PD Pantry

- **For Efficiency:**
  - Store these items where you can easily access them when it's time to cook.
  - If counter space is available, some frequently used items can be stored in counter top canisters.
  - Store each item in an organized way so it is easy to find, and quickly assess when it needs to be restocked.
  - [PD Recipes](#) are created using a specific pool of protective ingredients. Soon you will know what stores stock a clean version of each item. You will be able to walk past everything else in the store and quickly get what you need.
- **For Savings:**
  - Every item is used in multiple recipes. Stock the [Pantry Staple Items](#) first, then add [Optional Items](#) if you like the recipes that use them. As you advance in your PD practice and need a little excitement, add the [Committed Extended Pantry Items](#) used in ethnic dishes.
  - When an item is on sale, take advantage of the sale price, stocking up on what you have storage space for.
  - If something seems expensive, compare it to the cost of items you used to buy (chicken, beef, cheese, milk, etc.)
  - If you can't get organic, that's fine. You are doing so much good for your body just switching to conventional PD.
  - Always read the label so you can get clean, additive-free ingredients.
  - Buy whole grains in bulk (20-50lbs) if possible.

| Pantry Staple Items                                    |
|--|
| <a href="#">Soymilk, organic unsweetened plain</a>     |
| <a href="#">PD Broth Mix</a>                           |
| <a href="#">Applesauce, unsweetened</a>                |
| Canned Beans, pinto, black                             |
| Canned Beans, kidney, great northern                   |
| Canned Beans, fat-free refried                         |
| Canned Pumpkin   |
| Canned Sweet Potatoes                                  |
| Canned Tomatoes, <a href="#">whole</a> , diced, pureed |
| Canned Tomato Paste                                    |
| Canned Pineapple, crushed                              |
| Canned Olives  |
| Pasta, whole grain spaghetti                           |
| Pasta, any whole grain shapes you like                 |
| Dried Beans, black, pinto, chickpea                    |
| Lentils, green/brown, red, <a href="#">black</a>       |
| Split Peas, green, yellow                              |
| <a href="#">Nutritional Yeast</a>                      |
| Quinoa   |

| Pantry Staple Items cont'd                       |
|--|
| <a href="#">Oats, steel-cut</a>                  |
| <a href="#">Oats, old-fashioned</a>              |
| Flour, Oat                                       |
| <a href="#">Flour, white whole wheat</a>         |
| <a href="#">Masa Harina</a>                      |
| <a href="#">Cornmeal, medium-grind</a>           |
| Barley, hulled                                   |
| <a href="#">Brown Rice</a>                       |
| Committed Extended Pantry Items                  |
| <a href="#">Canned Jackfruit</a>                 |
| <a href="#">Pad Thai Noodles/Rice Noodles</a>    |
| Spring Roll Wrappers/ <a href="#">Rice Paper</a> |
| <a href="#">Nori Wrappers</a>                    |
| <a href="#">Matzo Meal</a>                       |
| Corn Husks                                       |
| <a href="#">Flour, Graham/Chickpea/Garbanzo</a>  |
| Whole Wheat Pastry Flour                         |
|  |
|  |

| Optional Pantry Items                 |
|---------------------------------------|
| <a href="#">Puffed Cereal, millet</a> |
| <a href="#">Puffed Cereal, corn</a>   |
| <a href="#">Puffed Cereal, rice</a>   |
| <a href="#">Puffed Cereal, kamut</a>  |
| Canned Water Chestnuts                |
| Rice Cakes                            |
| Thin Rice Cake Stackers               |
| Woven Wheat Crackers                  |
| Whole Grain Wasa Crisps               |
| <a href="#">Lasagna, whole grain</a>  |
| Polenta                               |
| Corn Grits                            |
| <a href="#">Popcorn Kernels</a>       |
| <a href="#">Tapioca, small pearls</a> |
| <a href="#">Yogurt Starter</a>        |
|                                       |
|                                       |
|                                       |

## Cooking Tips

- If there are 2 versions of a [PD Recipe](#), make the premium version rather than the free version—it's been updated.
- Search any of these ingredients in the green recipe search box to see the recipes that use them.
- To make your own oat flour, place [old-fashioned oats](#) in a [high speed blender](#) and blend on high.
- [White whole wheat flour](#) comes from hard white wheat berries.
- Whole wheat pastry flour comes from soft white wheat berries.

## Student Q&A

- Q: Do you have to worry about bugs getting into your grain canisters?
- Q: Is Citric Acid okay in pureed tomatoes?
- Q: Is Naturally Derived Citric Acid okay?
- Q: How long do dried beans stay fresh?
- Q: What is the difference between puffed corn cereal and popcorn?
- Q: Can [White Whole Wheat Flour](#) replace All-Purpose Flour?
- Q: Does [Masa Harina](#) go rancid?

## Encouragement

- You are going to have so much fun taking an item off your shelf and picking which recipe to make with it.

*"Your pantry is your store. You go shopping there every night when you decide what to make for dinner. Make it enjoyable."*

## Recommended Recipes

[Quick Red Sauce](#)  
[Apple Pie](#)

[Spinach Lasagna](#)  
[Homemade Lasagna](#)

[Cream of Chickn Soup](#)  
[Perfectly Cooked Quinoa](#)

[Perfectly Cooked Rice](#)  
[Breakfast Brownies](#)

[Garden Party Pasta Salad](#)  
[Matzo Balls](#)

## Recommended Classes

- [#087 Pantry PAR Stocking System](#)
- [#082 Mastering Label Reading](#)
- [#260 – Day One On a Protective Diet](#)

- [#096 Kitchen Set Up For Efficiency](#)
- [Jackfruit Preparation Video](#)
- [Class #082 – Mastering Label Reading](#)

- [#033Kitchen Set Up Part 2--Spices](#)
- [#034Kitchen Set Up Part 3--Freezer](#)
- [#035 Search Box Dinners](#)