

## Protective Diet Class #034

### Stocking Your Kitchen For Efficiency & Savings Part 3—Refrigerator & Freezer Staples

*This is the third 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 the [Saturday Morning Live Coaching Hour](#) so I can further assist you. I don't want anyone falling through the cracks on this program. I want to know who you are, your name, and your challenges so I can help you through them.

#### Vocabulary

Workplace For Wellness      Electives      Staples      Seasonal      MSG Response

#### Action Steps for Stocking Your PD Fridge & Freezer

- **For Efficiency:**
  - Frozen fruit is one of the most convenient foods; packed with antioxidants, pre-chopped and it defrosts quickly.
  - Freeze tofu if it's about to expire. Mark with an "X" so you know it has been frozen because it changes the texture.
  - All [PD Recipes](#) use firm or extra firm tofu, not silken or shelf-stable.
  - Freeze [ginger root](#) and easily grate right into recipes using a [microplane grater](#).
  - Freeze garlic cloves with skins on. They are easy to press frozen right into recipes with a [garlic press](#).
  - Freeze fresh spinach if you don't get to it before it goes bad. Easily add to soups or make [Spinach Dip](#).
  - Frozen peeled yellow bananas can be defrosted, liquid drained, and used in baking just like fresh.
  - Save the bag from frozen bananas. Freeze it and refill when you have more bananas instead of using a new bag.
- **For Savings:**
  - Don't go out and buy everything. Start with a couple of recipes and get what you need for those.
  - This can be done on any budget. You don't have to buy all organic. The produce selection I am stocking on a regular basis is basic. We have cut out all processed foods and crackers. We are not buying all the sugary cereals and stocking up on ice cream. We aren't going to Starbucks. Treat yourself to some beautiful produce.
  - Frozen fruit is a great deal. They are frozen at their peak. You can get them organic for less than fresh.
  - Freeze tempeh for up to 6 months past the expiration date.
  - Buy active dry yeast in bulk and freeze long past the expiration.
  - If you have 1 slice of Ezekiel bread left, toast it, grind it and freeze for breading recipes.
  - Freeze tomato paste in 1T portions.
  - Keep a little bit of yogurt in the freezer for future batches.
  - [Herb Storage Box](#)—herbs add antioxidants, nutrients, and gourmet appeal, just like other leafy greens in your diet.

Freezer Staples	Electives
Blueberries	Fruit Favorites
Strawberries	Veggie Favorites
Mangos	<a href="#">Ice Cream Bowl</a>
Cherries	Edamame
Pineapple	Black-eyed Peas
Corn	Peeled Bananas
Green Peas	<a href="#">Turmeric Root</a>
Tofu, firm/extra firm	
Tempeh	
Ezekiel Bread	
Active Dry Yeast	
<a href="#">Corn Tortillas</a>	
<a href="#">Fresh Ginger Root</a>	
Fresh Garlic Cloves	

Refrigerator Staples	Electives
Tofu, firm/extra firm	Green beans
Carrots	Broccoli
Red Bell Peppers	Asparagus
Parsley	Brussels sprouts
Cilantro	Radish/Kohlrabi
Celery	Green cabbage
Red Cabbage	Bok choy
Cucumber	Corn on the cob
Mixed Baby Greens	Artichoke
Romaine Lettuce	Jalapenos
Kale or other greens	Grapes/Grapefruit
Lemons	Snap peas
Limes	Zucchini
	Melons
	Bean sprouts
	Mushrooms

Counter Staples	Seasonal Electives
Bananas	Kiwi
Tomatoes	Squash
	Peaches
	Plums
	Nectarines
	Apples
Pantry Produce	
	Garlic
	Onions
	Potatoes
	Sweet potatoes
Purchased Condiments	
	<a href="#">Franks Original Cayenne Pepper Sauce</a>
	Spicy Brown Mustard
	Yellow Mustard

## Student Q&A

Q: What about getting produce from the Farmer's Market?

Q: Should citrus fruits be stored in the fridge?

## Encouragement

- Your kitchen is your Workplace for Wellness. Disease is not reversed in the Doctor's Office. 99.9% of the time we can impact our diagnosis from our kitchen—our Workplace for Wellness. Inflammation isn't reduced because of the prescription the pharmacists gives you. That is masking symptoms. It's giving you some pain relief. But if you are spending time in your kitchen creating these meals on a daily basis, you are going to reduce and eliminate that inflammation.
- Take this seriously. A "kind of healthy diet" is never going to reverse disease.
- A slim and healthy body is not made in the gym. We cannot exercise off the fat we eat. We can't exercise off bacon damage to our endothelium, the foundation of our immune system. The best way to spend your time is to set up your kitchen and pack your lunch.

*"Once you get your kitchen set up and stocked, you are going to know that you are fully committed to this. When you walk into your kitchen with the question, "What am I going to make for dinner?" There is going to be no reaching into the drawer for those old Take-Out menus or even thinking about going off plan because you have this workspace that's so much fun and so efficient. It's like your new play area to promote your health."*

*"It's so much more fun in here than it is on the treadmill in the gym walking uphill and getting nowhere. I spent so many years of my life in the gym trying to get well. I could not do it in the gym, but I surely did it in the kitchen."*

## Recommended Recipes

[Quick Bake BBQ Bites](#)

[Tostadas](#)

[Sour Cream Dream](#)

[Get Well Soon Soup](#)

[Pickled Pepper Rings](#)

[Ground Crumbles](#)

[Spinach Dip](#)

[Pho](#)

[Vegetable Broth](#)

[Taco Slaw](#)

[Chorizo Tacos](#)

[Hoppin John](#)

[Ultimate Cheeze Sauce](#)

[King Sauce](#)

[Freshca](#)

[Panzanella Salad](#)

[Salsa Mocajete](#)

[Salsa Roja](#)

[Orig. Awesome Sauce](#)

[French Onion Dip](#)

## Recommended Classes

[#087 Pantry PAR Stocking System](#)

[#096 Kitchen Set Up For Efficiency](#)

[#032Kitchen Set Up Part 1--Pantry](#)

[#082 Mastering Label Reading](#)

[#053 Garlic Party](#)

[#033Kitchen Set Up Part 2--Spices](#)

[#125 Kitchen Tools](#)

[PD Tofu Pressing Video](#)

[#118 SUS Set Up for Success](#)