

Protective Diet Class #278

Winter 2020 Fresh Produce Restock and Enjoying Indian Food

This class offers you greater grocery store independence. Take a tour of Julie's empty fridge and venture out to restock fresh produce that stretches into 3 to 4 weeks of meals. Amidst rising costs and restaurant shutdowns, apply PD kitchen systems and recipes to cut spending, extend food freshness and even shop your fridge and pantry for a lavish Indian Buffet in the comfort of your home.

Announcements

- Engage in our official support group, [Protective Diet Living \(PDL\)](#). We are eager to assist you with your goals.
- Shop www.protectivediet.com/bulk for low-cost, high-quality Caraway Seed, and more [grocery store independence](#).

Vocabulary

Fresh Restock Fermented Food Cost Savings Wonderful Why Capsaicin

Action Steps to Grocery Store Independence

- Defy Rising Food Costs with PD Kitchen Management Systems and Recipes
 - Follow the PD-Ed guidance for stocking fresh staples and managing your fridge and freezer.
 - Before shopping, do a quick inventory. Even in need of a fresh restock, a PD fridge and freezer are full of [meal possibilities](#).
 - Notice if any [ferments](#) you regularly stock are getting low. Add those ingredients to your restock list.
 - If tofu is nearing the expiration date, use or transfer to the freezer indefinitely. Mark with an "X" (means it's been frozen).
 - Wipe down refrigerator shelves with [All Purpose Cleaning Spray](#) & plan meals to incorporate foods that will soon expire.

Julie's Empty Fridge and Freezer Inventory

FRIDGE DOOR	FRIDGE SHELVES & DRAWERS	FREEZER DOOR	FREEZER SHELVES & DRAWERS
- Organic Red Miso	- Plant Based Yogurt	- Small box fresh turmeric and ginger root for handy access	- Gingerbread Cookies , Biscotti & Mandel Bread , portioned
- Probiotic Pepper Sauce	- Probiotic Pepper Sauce , unblended	- Tomato paste in pre-measured Tablespoon mounds for handy addition to recipes	- 2 Ice cream maker canisters
- Fermented Salsa	- Fermented Salsa , unblended	- Bottle of loose yeast for handy access	- Pomegranate arils, bagged
- Fermented Ketchup	- Salsa Brine	- Sourdough Bread	- Frozen Cranberries, Bananas, Blueberries, Pineapple, Strawberries, Mixed Berries
- Real Plant Based Mayo	- Fermented Cherry Tomatoes	- Ezekiel Bread	- Frozen Corn, Green Beans
- Sweet n Sour Duck Sauce	- Za'atar Vinaigrette	- Ice Packs	- Bulk Turmeric Root , bagged
- Fermented Cranberries	- Zesty Italian Dressing		- Bulk Ginger root , bagged
- Escabeche	- Fermented Ginger		- Red Chili Peppers, bagged
- Ruby Raw Kraut	- Preserved Lemons		- Active Dry Yeast, 1lb bag
- Chopped Nutz	- Leftovers: Spicy Oil-Free Curry		- 3 boxes Frozen Tofu
- Lucky Dog Treats	- Deli drawer: 4 Boxes Tofu		- Two spoonfuls of yogurt as back-up starter, or to give to a friend.
- Probiotic Pickled Onions	- Herb Box : a few sprigs of parsley		
- Kosher Deli Pickles	- Drawer: carrots, chilies, cabbage		
- Fresh Rosemary, bagged	- Drawer: lemons and limes		
- Soymilk & Pellegrino			
- Applesauce & Mustards			

- Restock Fresh Staples Less Frequently
 - Some fresh staples only need to be stocked once a month (onions, garlic, cabbage, carrots, tofu). Others last 3+ weeks.
 - Soon you will see recipes, instead of just vegetables, and efficiently meal plan as you shop:
 - Collard greens = [Green Burritos](#), [Hoppin John](#), [Asian Style Kale](#), [Get Well Soon Soup](#)
 - Kale = [Dry Steamed Kale](#), Soups, [Pasta dishes](#), [Asian Style Kale](#)
 - Tomatoes = [Pico de Galo](#), [Loaded Nachos](#), [Arrabbiata Pasta Dinner](#), [Chopped Salads w/Cheater Baked Potatoes](#)
 - Green Bell Peppers = [Stovetop Red Lentil Chili](#)
 - Celery = [Plant-Based Etouffee](#) (with the Chickpea option), [Chickenless Noodle Soup](#) and other [soups](#)
 - Frozen Cherries = [Creamy Chocolate Frosting](#), [Chocolate Cream Pudding](#), [Vanilla Rice Pudding](#)
 - Fresh Basil = [Pizza](#), [Pesto Pasta](#), [Rustic Tomato Basil Soup](#), [Spices and Herb Bread Dip](#)
 - Use fresh food cost savings from less frequent shopping trips to stock your pantry at www.protectivediet.com/bulk.

- **Extend Food Freshness**

- Pack delicate greens with ice packs to prevent wilting on the drive home.
- Wash & dry greens. Bag or tightly wrap. Remove air. Stays fresh for 3 weeks.
- Store rosemary or basil in an air-filled bag in the fridge door. Do not wash.
- Store garlic, onions and potatoes in a cool, dry place such as a patio or garage.
- Peppers and chilies last longer when stored in a container or bag.
- Fermenting foods offers yearlong readymade fruit and vegetable [Probowl meals](#) that extend your time between grocery store trips even more.

- **Shop Your Own Fridge & Pantry For Meal Inspiration**

- See how long you can go without another fresh restock. Make it a game. Create meals from what you have. "I've got this left. What should I make?"
- Meal Idea: [Create an Oil-Free Indian Buffet at Home](#)
 - Julie demonstrates a colorful, flavor-packed, protective Indian Buffet complete with prep & timing tips, condiment abundance and beverage accompaniments for an authentic, sensory-filled dining experience at home.
 - BONUS: enjoy two additional meals from Indian Buffet [leftover remakes](#).

Julie's Winter 2020 Fresh Restock	
Leafy Greens	Vegetables
3 bunches cilantro	Jalapeno peppers
Fresh basil	Tomatoes
Spring Mix	Persian Cucumbers
Hearts of Romaine	Green Bell Peppers
Collard Greens	Yellow Bell Pepper
Kale	Bag Yellow Onions
Iceberg Lettuce	Bag Garlic
Fruits	Bag Broccoli
Bag Tangerines	Shitake Mushrooms
Bananas	Bag potatoes
Apples	Bag Celery Hearts
Frozen Cherries	2, 4-packs of tofu
Frozen Mixed Berries	

Cooking Tips

- Start your meal preparation with [Dry Steamed Kale](#) so your instant pot is free. Greens can sit on the counter until time to eat.
- Brew a more concentrated [Caraway Coffee](#) without using more caraway seed. Follow the recipe guidance to roast seeds on the stove top. Transfer seeds to the [Instant Pot](#). Add water (4 cups water : 1T. seed) and cook under pressure 1 minute with natural release (can be done the night before). To serve, pour through a [tea strainer](#) into a mug. Rewarm on the "Keep Warm" setting.
- [Pita Chip Independence](#): Make your own pita chips using the [Oil-Free Garlic Naan](#) recipe followed by the [Baked Pita Chip](#) recipe.
- Layer [Indian Nachos](#) with Pita Chips on bottom, followed by shredded lettuce, then toppings. This keeps the chips crisp.
- Make a celebration drink by mixing [Flower Water](#) with Pellegrino in a stemmed glass. Cheers!
- Froth [soymilk](#) by filling a jar halfway. Lid and shake vigorously. Let it sit at room temperature before adding to [Chai Latte](#).

Encouragement

- Our #1 Goal is sustainability—do this every day to reverse/prevent disease, maintain ideal body weight and slow aging.
- [First 30 days](#)--Eat freely. Never feel food guilt. This is high volume, low calorie food for energy without preventing weight loss.
- Do this diligently. Stick with it. Follow through, cutting out all the junk, all the cancer fertilizers, all the foods that maintain the inflammatory disease response in your body. Keep it out. Just get through the day on plan and fill up your tummy.
- Hunger is not an emergency. Your health is the emergency. You are not going to die in the next 30 minutes. Appreciate the hunger realizing that your healthy meal in 30 minutes is going to taste that much better--improved meal satisfaction.
- [Day Fasters](#)--Stay hydrated with antioxidant protection. Hunger comes in waves. Distract yourself. Appreciate your hunger and work through it for greater meal satisfaction. No chef's treats. I want you to have that "WOW!" when you sit down to eat.
- Thank you so much for 2020 together. You have really kept me going and I hope I have been able to keep you going.
- Make 2021 the year of you. Make you a stronger you, so you can face anything that's coming.

"In the past, one of life's pleasures was going to the grocery store--my "art supply store".
Now I go as infrequently as possible and we made putting it off into a game."

Recommended Recipes

- | | | |
|--|---|---|
| <input type="checkbox"/> Red Lentil Dahl | <input type="checkbox"/> Tamarind Chutney | <input type="checkbox"/> Savory Apples |
| <input type="checkbox"/> Perfectly Cooked Brown Rice | <input type="checkbox"/> Raita | <input type="checkbox"/> Protective Gum |
| <input type="checkbox"/> Mango Chutney | <input type="checkbox"/> Oil-Free Gluten-Free Samosas | <input type="checkbox"/> Preserved Lemons |
| <input type="checkbox"/> Oil-Free Garlic Naan | <input type="checkbox"/> Indian Flatbread Pizza | <input type="checkbox"/> Indian Nachos |

Recommended Classes

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| <input type="checkbox"/> #247 Intro to Indian | <input type="checkbox"/> #243 Health Benefits of Spicy Food |
| <input type="checkbox"/> #196 International Market Tour | <input type="checkbox"/> #262 Rebuilding Our Immune System is Our Social Responsibility |
| <input type="checkbox"/> #186 Co-Cooking Flatbread Pizza | <input type="checkbox"/> #261 Eliminate Produce Waste & Shopping Trips |
| <input type="checkbox"/> #258 Pandemic Pantry | <input type="checkbox"/> #259 Oil-Free Garlic Naan in My Workplace For Wellness |
| <input type="checkbox"/> #117 Fresh Restock | <input type="checkbox"/> #231 Enjoying Fermented Food featuring the Probowl |