

Protective Diet Class #096

Kitchen Set-Up for Efficiency

This class will inspire you with excitement about getting your kitchen organized for meal prep efficiency. This room has more potential to reverse disease and gift you with optimal health than any other area of your home. A Protective Diet will put your kitchen to work for you, replacing the awkwardness of a poorly set up workspace with a feeling of flow and the simple pleasure of cooking.

Announcements

- Join us in [Protective Diet Living \(PDL\)](#) for the strong support system you need to achieve your goals.
- Join us in [Saturday Morning Live Chat](#) for personalized guidance on the application of a Protective Diet.
- Read the [Newsletter](#) associated with this class.

Vocabulary

Workstation

PAR Pantry Stocking System

Freezer Stash

Cross Contamination

Action Steps for an Efficient Workspace

- **Designate a Prep Station**
 - Whether your kitchen is large or small, select a 2x2ft. square of counter space bordering the sink.
 - This space should contain minimal items that are used multiple times on a daily basis.
 - Within arm's reach of this spot, store a [high speed blender](#), measuring cups & [spoons](#) and essential prep gadgets & [bowls](#).
 - Store [cutting boards](#), [knives](#) on a [magnetic strip](#), and [rimmed baking sheets](#) in this area so you can chop & blend easily.
 - Other items to store in this prime space: [toaster oven](#), [food processor](#), small jar of fresh garlic cloves.
 - Store frequently used spices, vinegars & seasonings in closest upper cabinets, with less frequently used items in back.
 - Group spices according to frequently made recipes, such as curry spices, BBQ sauce spices, pickling spices, etc.
 - Post frequently used recipes inside the cupboard door at eye level.
 - Put temporary labels on cupboards to assist kitchen helpers in putting things away properly.
 - When using the [electric pressure cooker](#), plug the base in out of the way and bring the inner pot to your work station.
 - Keeping prep in one area near the sink makes clean up easy and quick. Clean as you go.
- **Designate a Cooking Station**
 - [Cookware](#) should be stored in cabinets closest to the stove. Store pot lids in an organized way and [steamer baskets](#) nearby.
 - Use one stirring spoon while cooking. Wash/rinse to go between meal components on the stove top.
 - Use a tasting spoon when cooking. To avoid contamination, use stirring spoon to ladle samples onto your tasting spoon.
 - Keep frequently used cooking utensils in a canister on counter top and [magnetic hot mitts](#) handy on the fridge door.
 - Have duplicates of [salt](#) and pepper so one set can be kept near the stove and the other in the prep area spice cabinet.
 - Cooking gadgets should be at arm's length: [garlic press](#), [microplane grater](#), [whisk](#), spoon, [silicone spatulas](#), [tongs](#), etc.
 - [Ceramic muffin pans](#) can be stored in the drawer beneath the oven with [glass baking dishes](#) stored in a nearby cupboard.
 - [Silicone baking mats](#) can be rolled and stored in a drawer or directly on stacked rimmed baking sheets.
- **Designate a Flour & Grain Area**
 - Frequently used flours and grains should be stored on the counter for easy measuring.
 - Measuring cups for dry goods should be stored nearby.
 - Leave measuring scoops in containers of frequently used items, such as oatmeal for daily breakfast.
- **Designate Food Service & Leftover/Lunch Packing Areas**
 - Keep plastic wrap, tin foil, [parchment paper](#), plastic bags and [food storage containers](#) handy.
 - Stack [containers](#) without lids to save space and store lids on the side.
 - Store empty [jars](#) with [lids](#) or toss lids in a container on the side.
 - Keep [wide-mouth jar funnels](#) close to make storing food/condiments in jars and [squeeze bottles](#) effortless.
 - [Kitchen towels](#) and [napkins](#) system: clean towel goes on a designated rack, dirty towels hang to dry in a different spot, then get added to an under sink "dirty towels and napkins" bin to be collected and cleaned on a weekly basis.
 - Keep everyday dishes close to your dishwasher for easy unloading.
 - Plate meals in this area, with everyday silverware and [cloth napkins](#), to be taken to the table.

• Designate a Pantry Cupboard

- Choose a cupboard near the fridge, if possible, to make putting groceries away centralized.
- Make enough space to store multiples of each item to accommodate sale purchases.
- Make it easy to see what you have and what you need so you never run out of PD staples.
- Keep a list of your “Freezer Stash” on the side of the fridge so you know what leftovers you can defrost for easy meals.

• Keep Your Workspace Clutter Free

- For an efficient daily experience, keep only what you use regularly in your workspace. This ensures that time in the kitchen is spent on meal prep/clean-up, not on constantly reclaiming your area from other tasks and clutter creeping in.
- Excessive cookware can make your cooking experience more stressful because you don't have the space to manage.
- Everything needs a place. If you use it every day, it should have a place. Have a landing space for purses, backpacks, mail, keys, phones, etc. so they don't end up on the kitchen counter hampering you when it's time to cook.
- Store extra-large bulk food purchases in a hall closet/garage/etc.
- Above the fridge cupboards can house lesser used appliances such as the [waffle maker](#), [ice cream maker](#) & slow cooker.
- [Grocery totes](#) & [reusable produce bags](#) need a designated hook near the door. If you have returns, put them in your grocery tote to go back to store.
- Brooms, vacuums, etc. can be stored in a hall closet/garage.
- Fruit such as apples, tomatoes, mangoes, and bananas can be displayed on the dining or coffee table.
- [Teas](#) and mugs can be arranged on a [beverage](#) station in the dining room.

Cooking Tips

- Buy [dried chopped onion](#) in bulk. It's the number one spice used on a Protective Diet.
- Pour powders, such as [agar agar](#), into a small, wide-mouthed container for easy, accurate measuring and spill-free storage.
- Clean your blender jar immediately after every use and have a place for it to air dry.
- Drawers can be lined with [contact matting](#) to keep items from sliding around. No need to line cabinets on an oil-free diet.
- Do not line drawers that hold towels or plastic wraps, etc. that you want to be able to slide.
- Air dry newly washed [silicone baking mats](#) by suspending them from magnetic clips on the fridge or stove hood.

Student Q&A

Q: Should [Tamari](#) be kept in the refrigerator?

Q: Where do you keep the fruit?

Q: How many kitchen towels do you have?

Encouragement

- Your cabinets should feel good when you look at them, like a freshly organized closet, so you enjoy being in this space.
- You can do this. Getting your kitchen set up for efficiency is so fun. It's like setting up your new place; the space you are going to change your life in. This diet will have more impact on your health than anything else including exercise.

“I want you to feel like this is your workspace and it's super organized and efficient, just like your cubicle or office at work.”

Recommended Recipes

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|---|---|--|
| <input type="checkbox"/> Sweet & Spicy BBQ Sauce | <input type="checkbox"/> Bolognese Sauce | <input type="checkbox"/> Cream of Celery Soup |
| <input type="checkbox"/> Garlic Dill Pickles | <input type="checkbox"/> Beefless Taco Filling | <input type="checkbox"/> Banana Cream Pie Bites |
| <input type="checkbox"/> Spicy Dill Pickles | <input type="checkbox"/> Apple Crumble | <input type="checkbox"/> Mini Burger Buns |
| <input type="checkbox"/> Burger Pickles | <input type="checkbox"/> No Fat Not Yo Cheeze Sauce | <input type="checkbox"/> Whipped Lemon Fluff |
| <input type="checkbox"/> Spicy Oil-Free Curry | <input type="checkbox"/> French Onion Dip | <input type="checkbox"/> Chorizo Tacos |
| <input type="checkbox"/> Firm Notzarella Cheeze | <input type="checkbox"/> All-Purpose Cleaning Spray | <input type="checkbox"/> Creamy Coleslaw |
| <input type="checkbox"/> Sushi Roll Bowl | <input type="checkbox"/> Natural Laundry Detergent | <input type="checkbox"/> Mushroom Soup |
| <input type="checkbox"/> Spices and Herbs Vinaigrette | <input type="checkbox"/> Zesty Italian Vinaigrette | <input type="checkbox"/> Gluten Free Apple Oat Muffins |

Recommended Classes

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| <input type="checkbox"/> #032 Part 1: Pantry | <input type="checkbox"/> #052 Microwave Yay or Nay? | <input type="checkbox"/> #125 Kitchen Tools: Beginner Essentials |
| <input type="checkbox"/> #033 Part 2: Spices, Vinegars, Extracts | <input type="checkbox"/> Storing Herbs | <input type="checkbox"/> #127 Kitchen Tools : Efficiency & Fun |
| <input type="checkbox"/> #034 Part 3: Refrigerator & Freezer | <input type="checkbox"/> #087 PAR Pantry Stocking System | <input type="checkbox"/> #039 Lunch Packing |