

STOCKING YOUR KITCHEN

Eating healthy can be very easy if you plan ahead. In our home I always make sure that I have a well-stocked pantry and refrigerator so that I am able to make some of my family's favorite meals without making a special trip to the supermarket. These are some of the ingredients that I always have available so I can prepare a wide variety of quick and easy meals. Items with a star (*) after them should be reduced or eliminated for the Maximum Weight Loss Program.

WELL-STOCKED PANTRY

- Canned beans – all kinds (including fat-free refried beans)
- Canned chopped tomatoes (including seasoned)
- Tomato sauce & paste
- Pasta sauces
- Canned vegetables (artichokes, roasted red peppers, pumpkin)
- Pasta – wheat & rice (including lasagna noodles & oriental noodles)*
- Kabuli pizza crust*
- Brown rice, barley, oats (other grains as desired)
- Dried beans & lentils (pinto beans, white beans, black beans, red lentils, etc.)
- Barbecue sauces – no-oil added
- Vegetable broth
- Tomato or V-8 juice*
- Apple juice*
- Dr. McDougall's Right Foods Smart Cups
- Canned green chilies
- Sliced ripe olives*
- Bottled chopped pimiento
- Bottled salsa
- Soy sauce (low-sodium)
- Brown sugar or Sucanat*
- Pure maple syrup*
- Applesauce*
- Hot sauces (Tabasco, Hot Chili sauce, Sriracha, etc.)
- Taco seasoning mix (Bearitos)
- Dip & dressing mixes (Simply Organic)
- Fat-free salad dressings – assorted (Honey Mustard, Italian, French)
- Mustard
- Ketchup
- Rice Vinegar
- Wine Vinegar
- Mirin
- Vegetarian Worcestershire sauce
- Molasses*
- Honey or Agave nectar*
- Cornstarch
- Ener-G Egg Replacer
- Baking soda
- Baking powder (aluminum free)
- Wonderslim Cocoa powder
- Whole wheat flour & whole wheat pastry flour, white whole wheat flour*
- Unbleached white flour*
- Soy, Almond, or Rice milk – non-perishable
- Oatmeal (rolled oats) & quick oats
- Steel Cut Oats
- Cold cereals
- Prunes, raisins, currants*
- Peanut butter*
- Tahini*
- Herbal teas
- Coffee substitutes (Teecino)



Fresh for your pantry:

- Potatoes
- Onions
- Garlic
- Tomatoes
- Bread (from a local bakery)*

WELL-STOCKED REFRIGERATOR

- Bottled minced garlic
- Bottled minced ginger
- Soy, Almond or Rice milk – fresh
- Tofu – silken & water-packed (optional)*
- Fresh salsa (store bought or homemade)
- Miso
- Jelly or jam*
- Lemon juice
- Lime juice

Fresh vegetables:

- Green onions
- Celery
- Green or red peppers
- Lettuce
- Carrots
- Mushrooms
- Spinach
- Sprouts (optional)
- Cilantro (optional)
- Avocado (optional)*

Fresh fruit:*

- Bananas
- Grapes
- Apples
- Blueberries
- Oranges or Tangerines
- Seasonal fruit

WELL-STOCKED FREEZER

- Meat-free burgers (grain & bean based)
- Buns*
- Hash brown potatoes
- Corn tortillas
- Whole wheat tortillas*
- Vegetables – corn, peas, spinach, etc.
- Frozen fruits - blueberries, strawberries, etc.
- Sorbet*

WELL-STOCKED SEASONINGS

- Salt & pepper
- Vanilla
- Chili powder
- Parsley flakes
- Basil
- Oregano
- Paprika
- Onion powder
- Garlic powder
- Bay leaf
- Crushed red pepper
- Dill weed
- Ground cumin
- Sage
- Curry powder
- Turmeric
- Marjoram
- Cayenne
- Cinnamon
- Nutmeg
- Cloves
- Rosemary
- Thyme
- Tarragon
- Dry Mustard
- Celery Seed

SNACK FOODS (stock in limited amounts)

- Pretzels*
- Baked tortilla chips
- Popcorn, Bearitos Microwave popcorn
- Rice cakes and/or Corn Thins
- Fat-free rice crackers
- Fat-free wheat crackers*
- Fat-free hummus or other spreads

COOKWARE

- Non-stick pans
 - Scanpan (Ceramic non-stick coating)
 - Swiss Diamond (Diamond coating)
 - Skillets - Covered frying pans (11 inch)
 - Saucepans (2, 3 & 4 quart)
 - Griddle (Ceramic non-stick coating)
- Slow cooker

- Pasta pot - insert with holes
- Stainless steel stockpots
- Non-stick bake ware
 - Muffin cups (silicone)
 - Loaf pans (silicone)
 - Cake pans (silicone)
 - Baking sheets (Silpat)
- Rice cooker (optional)
- Pressure cooker (optional)

EASY MEALS FROM YOUR WELL-STOCKED KITCHEN

Choose two to four basic recipes that are quick and easy and use ingredients from your pantry and refrigerator. The ideas below are some of our family favorites:

1. Bean Burritos: dried beans, tortillas, tomatoes, onions, lettuce or sprouts, salsa (my family could eat these 3 times a week)
2. Lasagna: pasta sauce, tofu ricotta, frozen spinach, lasagna noodles
3. Enchiladas: canned fat-free refried beans (or homemade leftover beans from bean burritos), tomato sauce, tortillas, frozen corn, green chilies, green onions
4. Pizza: Kabuli crust, pasta sauce or beans, toppings of your choice
5. Pasta: pasta sauce, pasta
6. Burgers: veggie burgers, buns, toppings
7. One-pot meals: dried beans or lentils, onions, celery, other veggies, spices

KEEP THESE ITEMS IN YOUR REFRIGERATOR FOR SNACKS & EASY MEALS

- Baked potatoes
- Cooked red potatoes
- Cooked brown rice
- Steamed veggies
- Cut veggies (carrots, celery, jicama, zucchini)
- Bagged salad greens
- Low-calorie bean dips
- Low-fat salad dressings



BAG LUNCH IDEAS

Sandwiches:

- Made with bread, Corn Thins, pita bread, lettuce leaves

Spreads:

- Hummus
- White Bean Pâté
- Deviled Spread
- Black Bean Dip
- Mock Tuna Salad
- Eggless Egg Salad
- Vegetable butters (roasted carrots or squash blended with a little vegetable stock, salt and pepper)

With tomatoes, pickles, lettuce, etc.

Tofu Mayo and/or mustard

Or: Baked potatoes with prepared Dr. McDougall's Right Foods Soup Cup poured over the top, or any of the spreads listed above.

Snacks: All can be eaten plain or with a favorite low-fat vegan dip

- Baked, boiled, or roasted potatoes
- Carrots
- Celery
- Jicama
- Peppers
- Baby tomatoes
- Non-fat granola bars
- Rice crackers

GRAINS COOKING CHART

Grain (1 cup dry)	Cups Water	Cook Time	Cups Yield
Amaranth	2 ½	20 - 25 min.	2 ½
Barley, pearled	3	50 - 60 min.	3 ½
Barley, hulled	3	1 hr. 15 min.	3 ½
Barley, flakes	2	30 - 40 min.	2 ½
Buckwheat groats*	2	15 min.	2 ½
Cornmeal (fine grind)	4 - 4 ½	8 - 10 min.	2 ½
Cornmeal (polenta, coarse)	4 - 4 ½	20 - 25 min.	2 ½
Millet, hulled	3 - 4	20 - 25 min.	3 ½
Oat Groats	3	30 - 40 min.	3 ½
Oat, bran	2 ½	5 min.	2
Quinoa**	2	15 - 20 min.	2 ¾
Rice, brown basmati	2 ½	35 - 40 min.	3
Rice, brown, long grain	2 ½	45 - 55 min.	3
Rice, brown, short grain***	2 - 2 ½	45 - 55 min.	3
Rice, brown, quick	1 ¼	10 min.	2
Rice, wild	3	50 - 60 min.	4
Rye, berries	3 - 4	1 hr.	3
Rye, flakes	2	10 - 15 min.	3
Spelt	3 - 4	40 - 50 min.	2 ½
Teff****	3	5 - 20 min.	3 ½
Triticale	3	1 hr. 45 min.	2 ½
Wheat, whole berries	3	2 hrs.	2 ½
Wheat, couscous	1	5 min.	2
Wheat, cracked	2	20 - 25 min.	2 ¼
Wheat, bulgur*****	2	15 min.	2 ½

*Buckwheat groats are available toasted and untoasted. Cooking times are the same.

**Quinoa should be well rinsed in a fine strainer for 2 - 3 minutes to remove the saponens (a natural, protective coating which will give a bitter flavor if not rinsed off).

***Short grain brown rice is sometimes labeled sweet, glutinous, or sticky brown rice.

****Teff is a very small dark colored whole grain that cooks very quickly.

*****Bulgur wheat can be soaked in warm water to cover by 1" for 1 hour and used in raw salads.

BEANS AND LEGUMES COOKING CHART

Bean (1 cup dry)	Cups Water	Cook Time	Cups Yield
Adzuki (Aduki)	4	45 - 55 min.	3
Ansazi	2 ½ - 3	45 - 55 min.	2 ¼
Black Beans	4	1 - 1 ½ hrs.	2 ¼
Black-eyed Peas	3	1 hr.	2
Cannellini (White Kidney Beans)	3	45 min.	2 ½
Cranberry Beans	3	40 - 45 min.	3
Fava Beans, skins removed	3	40 - 50 min.	1 2/3
Garbanzo Beans (Chick Peas)	4	1 - 3 hrs.	2
Great Northern Beans	3 ½	1 ½ hrs.	2 2/3
Green Split Peas	4	45 min.	2
Yellow Split Peas	4	1 - 1 ½ hrs.	2
Green Peas, whole	6	1 - 2 hrs.	2
Kidney Beans	3	1 hr.	2 ¼
Lentils, brown	2 ¼	45 min - 1 hr.	2 ¼
Lentils, green	2	30 - 45 min.	2
Lentils, red	3	20 - 30 min.	2 - 2 ½
Lima Beans, large	4	45 min - 1 hr.	2
Lima Beans, small	4	50 - 60 min.	3
Lima Beans, Christmas	4	1 hr.	2
Mung Beans	2 ½	1 hr.	2
Navy Beans	3	45 - 60 min.	2 2/3
Pink Beans	3	50 - 60 min.	2 ¾
Pinto Beans	3	1 ½ hrs.	2 2/3
Soybeans	4	3 - 4 hrs.	3



PRODUCT INFORMATION

Information on these products may be obtained by entering these names into a search engine on the Internet.

- SiliconeZone
Non-stick silicone bake ware
Amazon.com
- Scanpan
Non-stick cookware
Amazon.com
- NordicWare Microwave Popcorn
Popper
Amazon.com
- Instant Pot
Electric Pressure Cooker
Amazon.com
- Teeccino coffee substitute (brewed)
Teeccino.com
- Corn Thins
Amazon.com
- Heirloom Beans
Ranchogordo.com
- Dried beans, etc. (more beans than
you'll ever need!)
Purcellmountainfarms.com
- Wide variety of fresh spices &
seasoning mixes
Penzeys.com
- Parma Zaan Sprinkles, etc.
Thevegetarianexpress.com
- Bob's Red Mill products
Bobsredmill.com
- Whole grain products
Hodgsonmill.com
- Oil-free salad dressings
Kozlowskifarms.com
- Online ordering of natural foods
Veganessentials.com
- Natural Food Ordering by Mail
Country Life Natural Foods
Clnf.org
800-456-7694
- Nonstick fluted tortilla & taco pan
set
Chicago Metallic
Amazon.com



RECIPE LIST - MORE FAVORITES

- Pumpkin Muffins - November 2002
- Multigrain Cereal Mix - December 2004
- French Toast - December 2013
- Cranberry Cookies - September 2007
- Oatmeal Cookies - November 2006
- Hash Browns - March 2007
- Chu's Salad Dressing - April 2009
- Oriental Salad Dressing - April 2008
- Joyce's Peanut Ginger Dressing - December 2007
- Creamy Golden Gravy - February 2007
- Fat-free Golden Gravy - March 2007
- Mary's Peanut Dressing - February 2006
- Chu's Corn Soup - March 2005
- Corn Butter - October 2006
- Tofu TVP - May 2005
- Bowls - August 2009
- Lima Bean Surprise - September 2009
- Tofu Fried Rice - October 2009
- Mushrooms, Kale & Potatoes - October 2009
- Hearty Minestrone Soup - January 2010
- Hearty Split Pea Vegetable Soup - February 2007
- New Tamale Pie - August 2007
- Easy Macaroni & Cheeze - July 2008
- Yamadillas - June 2009
- Ramen Noodle Bowl - November 2011
- Baked Tofu - November 2011