

## Shopping and Food Preparation For Patient A

- Most of the ingredients for the 8 day menu plan can be found at these supermarkets – The Met, Whole Foods, Fairway, Citerella's, Gourmet Garage, Dean & DeLuca, or can be bought on-line at Fresh Direct ( [www.freshdirect.com](http://www.freshdirect.com) ), who will deliver right to your front door at a time convenient to you.
- Save time by making a weekly shopping list and getting as many things as possible in one shop so that you can switch the days around if feel like eating something from another day.
- Check labels of all food you would like to buy, for any contaminants they might contain. The *Food Allergen Labeling & Consumer Protection Act (s.741)*, effective January 2006, will require manufacturers to specifically state whether a product contains any of the 8 major food allergens, which account for 90% of all food-allergic reactions. These allergens are peanuts, tree nuts, shellfish, fish, wheat, soy, egg and milk.
- Set aside a certain time during the day when you can prepare meals for one or two days in advance.
- Day 1 - when preparing lamb kebabs and hamburgers, season a few servings of each, leave them raw and freeze them in individual freezer bags. All you will have to do when you are ready to use them again is defrost them overnight in the fridge and cook. You could do the same with the tomato ketchup and the balsamic dressing – make more than you need, bottle them and place in the fridge for a couple weeks. Japanese rice can be found in most supermarkets in the Asian section. If not, then go to the Japanese supermarket on St. Mark's Square (at Bowery & 11<sup>th</sup> Streets) or one for the Asian supermarkets in Chinatown. Cook a big pot, cool, place in small freezer bags and freeze. These defrost and reheat very quickly in the microwave when needed. You can source the nut-free chocolate on-line ( [www.nutfreecandy.com](http://www.nutfreecandy.com) ).
- Day 2 – ackees can be bought in ethnic food stores – Essex Street Market is a good place to find them as well. If you can't get them, why not make this breakfast dish with eggplants or zucchini instead. When making mashed potatoes, cook a big pot, freeze in small freezer bags and reheat like you do with the rice. Oven-dried bananas should keep for about a week in an airtight container. If they lose their crispness, place in a warm oven for a couple hours.
- Day 3 – rice noodles can be bought in most supermarkets in the Asian section. If not, then go to the Japanese supermarket on St. Mark's Square (at Bowery & 11<sup>th</sup> Streets) or one for the Asian supermarkets in Chinatown. Coconuts are NOT nuts. Nut-free rye bread can be found at Whole Foods. Roast beef keeps well if covered and left in the fridge for a few days. Anytime you want a quick snack, just carve off a couple slices and enjoy!
- Day 4 – the vegetable chips should keep for about a week in an airtight container. If they lose their crispness, place in a warm oven for a couple hours. Dried apples should keep for about a week in an airtight container as well.