

Shopping and Food Preparation For Patient E

- 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), 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 contaminates 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 – rice noodles, Japanese rice, wasabi and wheat-free tamari sauce can be found in the Asian section of most supermarkets. If not, then go to the Japanese supermarket on St. Mark's Square (at Bowery & 11th Streets) or one for the Asian supermarkets in Chinatown. The salmon recipe can be made with other fish as well – trout, cod, mackerel. Cook a big pot of Japanese rice, cool, place in small freezer bags and freeze. These defrost and reheat very quickly in the microwave when needed.
- Day 2 – bake plenty of the pita toasts and keep in an airtight container for a couple weeks. You can carry these out with you in sandwich bags as many bought snacks will have contaminants in them. For variety, season with garlic, salt and dried herbs. When preparing pumpkin or squash, save the seeds and toast them in a warm oven for about 20-30 minutes. They make a great snack. When making any kind of stock, cook a big batch and freeze what you are not using. Defrost when needed. You can use other ingredients for the risotto – mushrooms, pumpkin, other fresh herbs etc.
- Day 3 – when preparing pineapple, save the skin, place in a clean, large bowl and cover with boiling water. Leave to cool. Once it has cooled, place the water and pineapple skin (in batches) in a blender and whiz until smooth. Strain the juice over another clean bowl and throw away the pineapple trash. Sweeten the juice with sugar. Keep in a jug in the fridge and serve in tall glasses with lots of ice. Cook a large pot of soup, freeze what you don't need in small containers so that you can defrost and reheat when needed. Mashed pumpkin also freezes well. Soba noodles can be found in the Asian section of most supermarkets.
- Day 4 – nut-free bread can be found fairly easily. Make sure you read the labels! You can substitute the cod with salmon, trout, tuna etc for the miso-baked cod. Also, you can use tinned tuna rather than tinned salmon for the dip if you prefer.