

ends+stems

Culinary Guide for Doing More with Less in Uncertain Times



Smart Meal Planning - More Important than Ever!

From Chef Alison

Hi Friends,

Thanks for joining the Ends+Stems community and downloading this guide. We usually talk about reducing food waste - meal planning, proper food storage, and smart grocery shopping is all part of that. These are the same skills we can lean on in uncertain times!

If you want to join an ongoing live conversation, look for us on Instagram and Facebook (links in your email or search for @endsandstems on any platform). Let us know what resources you need!

Ends+Stems meal planning service is also functioning. With code LOCKDOWN you can get a 30% off discount! It's now just \$8.75/month for access to all of our recipes, grocery list generator, and currently the recipes are all doable with limited groceries. We appreciate your support as a small business during these few weeks.

IN THIS NEWSLETTER

**STEP 1: ORGANIZE YOUR
FRIDGE + PANTRY**

**STEP 2: WRITE OUT A
MEAL PLAN**

**STEP 3: PLAN YOUR
NEXT GROCERY TRIP**

STEP 4: RECIPES + IDEAS



STEP 1: What do we have?

Time to clean and organize. Pull out those old half used bags of grains from the corners, count your cans, identify the dried beans. Check for meat or frozen veggies. Do you have any leftovers stored in the freezer? The easiest way is to just make a running list by section of your kitchen.

Got Kids? - If your kids can write, call out the items to them and have them write it down. If they can't yet, have them start stacking like with like (ie. all the grains together, all the vegetables, all the cans)

STEP 2: Let's Make A Plan

Print out the chart below or copy the setup on to a new document if you prefer to do it electronically. Normally, we meal plan for about 1 week at a time, but given the coronavirus distancing measures, it will be helpful to look at 2 week chunks of time. For week 1, you'll add more of your fresh, perishable items and in week 2, add more of your dried and canned goods.

Think About:

- Who in the household is working during the day, what time?
- What are your kids able to help with in cooking? Or, where do they get in the way?
- What meals sound comforting right now?
- What meals are always big WINS with your family?



WITH THOSE ANSWERS IN MIND - GENERATE IDEAS

- Plan cooking times when its convenient, you don't have to cook at dinner time!
- Make cooking a family affair!
- Stagger family favorites with new things to appease picky eaters
- Use your fresh, perishable items soon and leave space for canned items later

Breakfast

Lunch.

Snacks

Dinner

Sat.

Sun.

Mon.

Tues.

Wed.

Thurs.

Fri.



Matching Ingredients

Use the list of your inventory to design meals. Let's plot the meals on your calendar. Combine a smaller amount of perishable items with dry and frozen goods.

If you're an Ends+Stems subscriber, Good News! Starting immediately, our meal plans will feature easy pantry dishes, comforting soups, and double the substitution ideas!!

It Might Look Like This:

- Broccoli
 - Lettuce
 - Avocado
 - Frozen Spinach
 - Chicken Breast
 - Eggs
 - Frozen Shrimp
- Brown Rice
 - Canned Black Beans
 - Penne
 - Rice Noodles
 - Canned Tomatoes
 - Yukon Gold Potatoes
 - Parmesan Cheese
-
- Three green arrows originate from the left list and point to the right list. The first arrow starts at 'Broccoli' and points to 'Penne'. The second arrow starts at 'Chicken Breast' and points to 'Brown Rice'. The third arrow starts at 'Frozen Shrimp' and points to 'Rice Noodles'.

Don't forget to look at quantities - can you make double portions now and eat leftovers?

HERE'S WHAT I'D PLAN:

- Monday: Egg Fritata with Frozen Spinach (leftovers for breakfast)
- Tuesday: Black Beans, Brown Rice, Avocado, Side Salad
- Wednesday: Seared Chicken with Brown Rice, Side Salad
- Thursday: Shrimp Stir Fry with Rice Noodles, Broccoli Stems
- Friday: Tomato Braised Potatoes and Garbanzo Beans, Toast, Parmesan
- Saturday: Leftover Tomato Braise or Stir Fry



STEP 3: Proper Storage

After we've listed everything and cleaned up a bit. Let's talk proper food storage. Most of this is something we all need to know anyway, no better time than to put it in effect.

Got Free Time? - While you're at it...organize shelves into baskets, wipe down the shelves, sort out the clutter. This is a great time to simplify. A smaller pantry in general leads to less food waste.

FRIDGE STORAGE

There are likely 2 produce drawers with humidity controls.

Set one for High Humidity and one for Low:

High humidity will be for items that wilt (think: Herbs, Lettuce, Leafy Greens, Carrots, Cabbage, Cauliflower, Broccoli, Cucumbers).

Low Humidity for things that rot (think: avocados, stone fruit, mangos, apples, citrus).

Asparagus and herbs do well if you sit them in a glass with a little water, just like fresh flowers.

The back of the fridge is colder than the front, and the doors are the warmest. If you have any fresh greens, keep them in front. Keep things that can handle a little extra cold or freeze (which happens if you're overstocked or have an older fridge) in the back - beverages, most dairy, leftovers, desserts or snacks. This is where to put raw meat too (on the bottom shelf).



PANTRY STORAGE

In the Pantry Store grains, rice, noodles, etc all in airtight containers. If something hasn't been opened leave it in its packaging and figure out how to use up what's open first!



STEP 4: Next Grocery Trip

At time of publication, no one in the U.S. is on a complete lockdown order, so that means, most of us can go out carefully, as needed to buy food. Personally, it seems like you should limit these trips, so let's be smart.

Remember

- *Bring grocery bags * Be flexible out there *
- *Look with eyes before touching things *
- *Pack Hand Sanitizer and Clorox Wipes*

Before Going to the Store

- Make a grocery list - but list it by category right now (ex. Instead of "sharp cheddar" you might think "cheese we can melt and eat on crackers")
- After your meal plan is made, look at what holes you have. Do you have pasta 4 nights but nothing fresh and green? Keep those meals planned but add something fresh
- Think about produce that can last a week (broccoli, carrots, potatoes, cauliflower, turnips, brussels sprouts, kale, cabbage, oranges, apples, celery, mushrooms) (green beans, chard, spinach, bananas) (berries, lettuce, asparagus, herbs, avocados)
- Choose an item or two that will make everyone happy. This is recommended for earthquake kits and I think it applies now too.
- Consider a culinary project - we're going to be making chocolate chip cookies and a homemade loaf of bread. Now is the time to get back to the kitchen! Think of like it like home ec, regardless of your age!

Once You Get Home

- All reports say that Covid-19 is not food borne but it can live on hard surfaces, especially plastics. You can wash produce, just as you normally would.
- Maybe give it an extra rinse, but you don't have to do anything else special
- If you buy anything in cardboard or plastic, you can remove the outer packaging

Lasts For WEEKS

Broccoli

Carrots

Potatoes

Cabbage

Mushrooms

Turnips

Brussels Sprouts

Eggs

Apples

Oranges

Celery

Garlic

Ginger

Lasts For DAYS

Green Beans

Chard

Spinach

Bananas

Eat Quickly!

Berries

Lettuce

Asparagus

Herbs

Avocado

RECIPES!!

if you're cooking these and need substitution ideas - [join our facebook group click here](#)



Active Time: 15 minutes

Total Time: 30 minutes

Winter Minestrone + Quinoa Soup

<https://endsandstems.com/recipes/winter-minestrone-quinoa-soup/>



Active Time: 15 minutes

Total Time: 30 minutes

Fajita Black Beans + Rice

<https://endsandstems.com/recipes/fajita-black-beans-rice/>



Active Time: 20 minutes

Total Time: 20 minutes

Mom's Pasta Carbonara

<https://endsandstems.com/recipes/moms-pasta-carbonara/>

RECIPES!!

if you're cooking these and need substitution ideas - [join our facebook group click here](#)



Active Time: 20 minutes

Total Time: 30 minutes

Cold Sesame-Peanut Noodles with Pickled Cucumber + Green Beans

<https://endsandstems.com/recipes/cold-sesame-peanut-noodles-with-pickled-cucumber-green-beans/>



Active Time: 30 minutes

Total Time: 30 minutes

Beet + Monterey Jack Quesadillas

<https://endsandstems.com/recipes/beet-monterey-jack-quesadillas/>



Active Time: 15 minutes

Total Time: 15 minutes

Radish Fried Rice

<https://endsandstems.com/recipes/moms-pasta-carbonara/>