**Style Sheet: Food Prep**

1. The foods on this style sheet require some preparation.
2. Food choices will expand when you move indoors.
3. Dishes, utensils and accessory items (parchment paper, oven mits, etc.) should be stored in the large duffle.
4. Baked eggs prepared in 6-ounce ramekins have been added because eggs contain 90% usable protein (see: “Your Protein Requirement is Higher Than You Think” at [http://articles.x10.mx/protein.html](http://articles.x10.mx/protein.html)).
5. Panera has a few egg choices such as breakfast souffles and egg sandwiches. An egg sandwich with white cheddar is a good choice. Sourdough bread is the healthiest bread choice because it is fermented (phytates are dissolved).
6. Sally Fallon’s simple coconut pudding recipe has been added (coconut milk blended with shredded coconut and chilled overnight) because of the nutrition in coconut (abundant medium chained fatty acids, high lauric acid and synergy with essential fatty acids). See further details in Sally Fallon’s *Eat Fat Lose Fat*, p. 48.

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**Open-faced melted cheese on slices of sourdough bread (melted in the Oster 16-pound ovens)**

- Panera sourdough loaf
- Applegate Extra Sharp Cheddar Slices
- 1 slice bread/person
- 3 slices of cheese

**Organize items to be heated on a parchment lined baking sheet.**

- Record the oven temperatures and cooking time.
- Set the oven temperature to the highest temperature and guess-estimate cooking times of the other items at the required highest temperature (dowse to check if the cooking times are correct).

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**Ingredients for Sally Fallon’s coconut pudding:**

2. Pour mixture into 6-ounce ramekins.
3. Cover ramekins with plastic wrap and refrigerate until morning.

**Note:**

- When completely chilled, mix with yogurt to boost usable protein content.
- Check yolks (for black spots) with small Corelle bowls. Use Publix butter and Thyme.

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**Baked eggs and toast.**