

THE SCHMIRTZ' MEAL PROTOCOL

as of 17 July 2018.

May be revised in the future.

Many thanks for offering to bring meals for Ron, Johnny while he's here, and me. It makes a difference! At the same time, I'm finding that cooking keeps me sane...well, less insane than usual.

Here are some things about which to think if you want to bring a meal.

1. First off, your bringing a meal is a gift to us. But even more is your presence, friendship and all that stuff. So, plan to bring enough for us and [you](#). Stay and enjoy the meal with us. We are honored to have you.
2. While the meal is a gift to us, that doesn't mean you have to pay for it. We're certainly not destitute and are more than willing to reimburse you for groceries. We don't even need receipts! Just give us the rough estimate and we'll reimburse you by cash if we have any on hand or a check. On the other hand, for you, you might feel better giving without reimbursement. That's OK too. Just know that it means so much to us that you care and are reaching out to us.
3. Our eating habits have totally changed since before Ron returned home from The Foss Home, aka, Shady Pines. We're eating portions about half the size we were before and there are a lot more vegetables included. The following items will spell that out.
4. **FISH:** As most of you know, I'm not a fish eater, though Ron is. There is no expectation that you prepare two meals, one for each – I mean, that's above and beyond the call. So, let's just bag fish for the time being. If he wants it, I can deal with it on a free night. (I'll put a clothes pin on my nose!)
5. **MEAT:** Pork, chicken, and beef are all welcome. You're welcome to grill on our gas grill if that floats your boat or just include it in your meal. Also good sausages and hot dogs (like Hebrew National) are more than welcome.
6. **GREEN VEGETABLES:** I'm not gaga about veggies being somewhat of a supertaster. People tell me broccoli is sweet and I think, "What planet did YOU come from?????" So, best just mention the few things we don't like and you can assume we either like or can cope with the rest: Ron doesn't like any cabbage products. (I mean, REALLY! What JEW doesn't like cabbage? HELLO!!!) That includes especially Brussels Sprouts. He's also not big on small red potatoes. (??? again!) And, BTW, we both believe Kale is from Satan! Salads are great as are most dressings except Honey Mustard – too much sugar and I'm not a mustard fan even on a hot dog. Cauliflower is technically of the cabbage family but we both like it especially with cheeeeeeeese on it.
7. **ROOT VEGETABLES:** Potatoes of any denomination are ok in moderation. Now that we're BOTH diabetic, we're eating a lot less of them because they're high in things that convert to sugar. Sweet Potatoes and Yams are just fine, however. Ron's not fond of parsnips, turnips, rutabaga and the like though I quite like them. I've been known to chop them rather fine and put them in salads and he never knows the difference.

8. **GRAINS:** Wheat flour – both white and whole wheat – are best left off the menu as are most of the rest of the grains. Rice is the worst grain for diabetics and has the highest glycemic index though Basmati Rice has the same glycemic index as brown rice which is much better for diabetics if rice is to be used. In general, leave the grains out or use sparingly.
 9. **LEGUMES:** Legumes are OK. They're high in both protein and fiber – a lot of which diabetics need. Preparation of them is up to you. You can mash'm, smash'm or just serve them whole. And I never met a garbanzo bean I didn't like. Legumes should also be used in moderation but not sparingly like grains. Soaking legumes before cooking also makes it less likely that we will become Fartmachines® after consuming them.
 10. **PASTA:** Ron is used to eating Pasta usually twice a day. His family is of the Hungarian Jews who were quite assimilated into Hungarian culture unlike the Polish Jews in Poland. And, the Hungarians in general eat more pasta than the Italians by far. So..... Under the new Regime, pasta is absolutely forbidden – well, sorta. Wheat pasta is out. However there are alternative pastas such as those made with garbanzo, quinoa, and ancient grains which contain complex carbohydrates and lots of fiber. These are fine, again, in moderation. Frequently, he has the pasta and I have the sauce as a stew and skip the pasta.
 11. **FRUIT:** Most fruit is OK, berries and cherries being the best as far as carbs/fiber go. Bananas, pineapple and watermelon are packed with simple sugars that make the blood sugar rise and not come back down. Ron hates apples like I hate salmon. Raw apples make him gag just smelling them. But cooked apples, like in apple pie or sauce he loves. (Given the sugar in both, that's not a surprise!) We don't mind fruit in salads.
 12. **NUTS:** I eat a lot of nuts. Ron doesn't. They can be put in salads though and other recipes.
 13. **DESSERTS:** I was raised in a home where we never had dessert unless it was a holiday. In Ron's house it was an every day occurrence which has gotten him to this place in life. Until 3 weeks ago, every night ended with a piece of cake or cookies or ice cream or all three and maybe something else. Those things no longer exist in our home and never cross the threshold. However, fruit, like berries, are fine. Maybe even with whipped cream which in itself has no sugar besides a bit of lactose....which brings me to our final topic:
 14. **DAIRY:** I was raised in a home where cheese was a Sacrament. We put it on everything and ate it all by itself on a regular basis. These days, there are lots of options and some of them quite healthy. Organic cheese is REALLY GOOD but awfully expensive. Johnny likes goat cheese. My opinion is that Parmesan or Romano or Blue are great in salads – sometimes all three. It's also fantastic on just about anything else. (As I frequently say, put cheese on used cat litter and I'll eat it!) Other dairy products are also OK. Dairy has lactose which is a form of sugar so it should be used sparingly. Eggs for diabetics are great. Real butter is too. Margarine is just machine oil in a cube.
- So, that's the skinny – get it?????!!!! – on the Meal Protocol. Again, thanks so much for your interest.