

THE 20-MINUTE KITCHEN CHEAT SHEET



Your quick-reference guide to eating well without living in your kitchen.



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The "Keep It Fresh" Storage Hacks

Stop Throwing Away Expensive Produce

Leafy Greens: Add dry paper towel to container—lasts 2x longer. Carrots & Celery: Store chopped in water-filled jar—crisp for 2 weeks. Berries: Wash in 1:3 vinegar-water bath before storing.



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The 5-Minute "S.O.S." Emergency Meal

For Exhausted, No-Prep Nights

Step 1: Microwave rice pouch (90 sec). Step 2: Heat frozen edamame or broccoli. Step 3: Slice ½ avocado. Step 4: Drizzle soy sauce or sriracha. Faster than drive-thru!



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Quick Assembly Tips

Prep Bases on Sunday

Cook grains and roast sweet potatoes in batches. Store in glass containers. Chop veggies the minute you get home from the store. Label everything with dates.



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The 20-Year Protocol

Your guide to gut-friendly, plant-based eating that fits your busy lifestyle. No complicated recipes. No hours in the kitchen. Just simple, nourishing meals in 20 minutes or less.

