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A GUIDE FROM THE METHOD

The Pantry Edit

A checklist, not a purge.

Food as information

The method never moralizes food; it reads it. A pantry is simply the set of defaults you reach for when the day gets loud. The edit below does not remove pleasure. It makes the easy reach and the good reach the same reach.

Earns shelf space

Stock these in sight and in quantity.

- Protein that requires no cooking: yogurt, cottage cheese, tinned fish, rotisserie chicken, protein you will actually drink.
- Fruit where you can see it; the bowl is a strategy, not decor.
- Olive oil, nuts, avocado: fat that carries flavor and keeps you full.
- Real carbohydrates you respect: potatoes, rice, oats, good bread. Fuel is not a moral event.
- Sparkling water and one glass you love drinking from; hydration follows beauty more than willpower.

Moves to the back, not the bin

Nothing is banned. The engineered snacks, the pastry flags of a hard week: they move out of the sight line, into one drawer with a door. When you want them, choose them on purpose, seated, on a plate.

The travel shelf

One zip pouch, restocked on return: portable protein, nuts, electrolyte sachets, the airport insurance policy. Pack the pouch and the trip inherits the pantry.

Edit the room once, and a thousand future decisions quietly improve.

Education, not diagnosis: Paula's Method offers lifestyle advisory, not medical care. For diagnosis, treatment, or medication decisions, consult your physician. v1, July 2026; drafted for Paula's review.