

Protective Diet Class #267

Finger Salad, Chips & Dip for Dinner featuring Refrigerator Tacos

In this class I prepare two fun & simple summertime meals starting with a starch and adding bits and pieces from my kitchen for layers of plant diversity. Merging nutritional science with culinary trends, a Protective Diet creates delicious excitement on your plate, meanwhile promoting the gut microbiome and strengthening the immune system for superior endothelial protection.

Announcements

- Julie shares Jane's testimonial about her unexpectedly delicious 1st experience with [PD Probiotic Pickled Onions](#).
- Submit testimonials of ALL successes on a Protective Diet (health gains, weight loss, recipe successes, etc.).
- Facebook groups: [Protective Diet Living](#) (PDL) is opened to all who are interested in following along. [Protective Diet Education](#) supports Premium Programming (live PD-Ed Classes, Chats and Coaching Hour).
- Premium Members can email jerry@protectivediet.com with questions about access, navigation, etc.
- PD Class Notes cannot capture the excitement of being in class. [Join us live](#).
- Post pictures of your Finger Salads and Refrigerator Tacos in PDL.

Vocabulary

Sustainable	Plant Diversity	Gut Microbiome	Probiotic
Nutritional Science	Angiogenesis Inhibitor	Endothelium	Sulforaphane
Culinary Trends	Anthocyanin	50/50 Plate	Phytonutrient

Action Steps for Keeping PD Simple, Exciting and Diverse

- **Build Your Meal Around a Starch**
 - We have nearly 600 [Recipes](#), which makes eating this way totally sustainable.
 - Remove meal plan overwhelm: choose a starch to build your meal around.
 - Possibilities: Tortillas, [rice](#), [pasta](#), [oats](#), corn, potatoes, crackers, chips, bread, quinoa, etc.
 - We tend to repeatedly gravitate toward the same starches (corn tortillas for Julie and pasta for Jerry).
 - Our gut microbes appreciate a variety of different plant fibers, so change it up/diversify your starches.
 - Julie's personal rule: 1 starch per meal "because otherwise I eat more starch than salad" & that means less diversity.
- **Make it 50/50**
 - Decide what vegetables to have with your starch: A salad? A cooked vegetable?
 - The goal is to build a 50/50 plate featuring half vegetables/half starch.
 - Starch offers protection, but this is a way to get more protection into your diet.
 - It's not what we ADD to our diet; it's what we REMOVE that initially allows our body to heal from disease & disfunction.
 - Then adding colorful fruits and vegetables can offer us serious DNA protection.
- **Add Plant Diversity**
 - Set up your kitchen to support adding plant diversity to your meals effortless.
 - Cut vegetables the night before and store in [containers](#) with a little water to keep crisp.
 - Keep a variety of blended flours: lentil, split pea, [brown rice](#), [oat](#), quinoa
 - End meals in the summer with a variety of fresh or frozen fruit (3 berry blend for more diversity).
 - Keep an [Herb Box](#) to easily add parsley, cilantro, green onion, etc. to your meals.
 - Vary the [Beverages](#) that accompany your meals. Have a shelf for loose [teas](#) and an area in the fridge to chill brewed drinks.
 - [Fermented foods](#) are an easy, fun way to add plant diversity while adding healthy microbes to the gut that send feel-good neurotransmitters directly to the brain. Over time, as you turn over your gut microbiota, they will influence your food choices by making you feel good when you think about, look at and eat beneficial plant fiber.
 - Plant diversity promotes healthy microbes and benefits you with the unique phytonutrients each plant offers.
 - Blue corn tortillas offer anthocyanins
 - Broccoli provides protective Sulforaphane
 - [Soymilk](#), tofu, edamame and plant based yogurt are angiogenesis inhibitors

Finger Salad, Chips & Dip

Arrange on a platter/board/lazy susan:

Variety of sliced Bell Peppers,
Green Beans, Carrots, Celery,
Kohlrabi, Broccoli, Cucumber,
Romaine Lettuce,

Cherry Tomatoes
[Grilled Green Onion Dip](#) (9+)
[Fermented Salsa](#) (5+)
[Plant Based Yogurt](#)

- Serve with a variety of [Baked Tortilla Chips](#) (3)
- [Spices and Herbs Crackers](#) in a bowl (15+)
- Protective [Beverage](#) (2+)
- Dessert: Watermelon, peach, kiwi

Plant Diversity Score = 48+

Fun Factor = incalculable

Refrigerator Tacos

Layer on individual plates:

[Fresh Corn Tortillas](#) (3)
[Probiotic Pickled Onions](#)
[Ruby Raw Kraut](#)
[Pickled Pepper Rings](#) (3+)
[Probiotic Pepper Sauce](#) (3+)

[Escabeche](#) (5+)
Tomatoes
Cilantro
Lettuce
[Plant Based Yogurt](#)

- Optional: [Julie's Beans](#) (9+)
- Protective [Beverage](#) (2+)
- Dessert: Mini [Yogi Bowl](#) with [cacao nibs](#)(5+)

Plant Diversity Score = 36+

Variations = endless

Cooking Tips

- If you are going to bake PD [Corn Tortillas](#) into chips don't wrap them. Cool before cutting into chips & baking.
- After the second chip rotation, turn off the oven, open the door and leave them there to crisp up.
- [Yogurt](#) builds and thickens as you use yogurt for your next starter instead of powdered [starter packets](#).
- [Spices and Herb Crackers](#) are better with air exposure and [Quarantine Crackers](#) are better capped.
- If you are having challenges with [ice cream maker](#) not working, make sure your bowl is frozen solid (at least 48 hours chill time).
- Tofu is a bean. It has a lot of fiber. When eating tofu-based [crumbles](#), [cutlets](#), dips & sauces, don't eat beans also.
- Ferment your peppers for [Probiotic Pepper Sauce](#) & put them in the fridge. Blend when your current bottle of sauce is gone.
- Brew [beverages](#) in the morning so they are nice and cold. Add Pellegrino to [Flower Water](#) or [African Red](#) for a red wine spritzer.
- Bake crackers in the morning so your starch component is ready for lunch or dinner.

Student Q&A

Q: Do beans count as starch?

Q: Is [Apple Pie](#) considered a starch?

Q: Would you keep green onions in a separate container from your other herbs?

Q: When [ferments](#) are in the fridge is it okay if vegetables rise above the brine line?

Encouragement

- I want this to be a place where you can come and play and eat dip. You have so much to look forward to on a PD.
- I encourage you to take all the positive action you can, so you are not living in fear and panic, and have fun.
- We are doing this because it's delicious. Not because you have to remember what angiogenesis inhibitors are.

"When I eat dip for dinner, I feel like it's a party."

Recommended Recipes

- | | | | |
|---|--|--|---|
| <input type="checkbox"/> Probiotic Pickled Onions | <input type="checkbox"/> Buffalo Potato Wedges | <input type="checkbox"/> Ground Crumbles | <input type="checkbox"/> Yogi Bowl |
| <input type="checkbox"/> Escabeche | <input type="checkbox"/> Grilled Green Onion Dip | <input type="checkbox"/> Greek Cutlets | <input type="checkbox"/> Fermented Salsa |
| <input type="checkbox"/> Ruby Raw Kraut | <input type="checkbox"/> Corn Tortillas | <input type="checkbox"/> French Onion Dip | <input type="checkbox"/> Plant Based Yogurt |
| <input type="checkbox"/> Oil Free Garlic Naan | <input type="checkbox"/> Spinach Dip | <input type="checkbox"/> Real Plant Based Mayo | <input type="checkbox"/> Spices and Herb Crackers |
| <input type="checkbox"/> Loaded Nachos | <input type="checkbox"/> Seasoned Flatbread | <input type="checkbox"/> Plant Based Etouffee | <input type="checkbox"/> Hoppin John |
| <input type="checkbox"/> Mock Tuna Salad | <input type="checkbox"/> Epic Eggless Salad | <input type="checkbox"/> Quarantine Crackers | <input type="checkbox"/> Fat Free Fredo |
| <input type="checkbox"/> Perfect Pesto Pasta | <input type="checkbox"/> Apple Crumble | <input type="checkbox"/> Probiotic Hot Sauce | <input type="checkbox"/> Stove Top Granola |
| <input type="checkbox"/> Toasted Grains | <input type="checkbox"/> Thin Mint Nice Cream | <input type="checkbox"/> African Red | <input type="checkbox"/> Flower Water |

Recommended Classes

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|---|--|--|
| <input type="checkbox"/> #266 Homemade Tortillas | <input type="checkbox"/> #035 Search Box Dinners | <input type="checkbox"/> #260 Day One on a Protective Diet |
| <input type="checkbox"/> #243 Health Benefits of Spicy Food | <input type="checkbox"/> #234 Know Your Fast Five | <input type="checkbox"/> #263 Bag of Questions |
| <input type="checkbox"/> #257 The Gut Microbiome | <input type="checkbox"/> #238 Protective Beverages | <input type="checkbox"/> #262 Rebuilding Our Immune System |
| <input type="checkbox"/> #265 What's Your Food Mood | <input type="checkbox"/> #164 Eliminate, Heal & Achieve | <input type="checkbox"/> #126 The Protective Diet Advantage |
| <input type="checkbox"/> #253 Benefits of Nutritional Yeast & Cheez-It Crackers | <input type="checkbox"/> #190 Cancer & Angiogenesis Inhibitors | <input type="checkbox"/> #072 PD Practice Check Up 50/50 Plate |