

## Protective Diet Class #072

### The PD Practice Check Up

*This class is your one-on-one coaching call; a check-up-from-the-neck-up to reassure Newbies and reboot PD Lifers. Let's be sure you are practicing a Protective Diet 100%. Not just eating PD foods, but plating them up right, eating your veggies and stopping when you are full. Let's get past any setbacks or holdups and review some basics that are critical to food freedom without struggle.*

### Announcements

- Join us in [Protective Diet Living \(PDL\)](#) and tune in to the [Saturday Morning Live Coaching Hour](#) to get energized and excited about staying on track. If you are enrolled in PD-Ed, you should be in this [Classroom](#) for the tools and support to reach your goals.
- Julie gives a shout-out to [Lisa Bird McConnell](#) for her successes.

### Vocabulary

30 Day Detox & Taste bud Reprogram	True Hunger	Conscious Eating
50/50 Plate	Emotional Eating	Full & Satisfied
Mindful Eating	Physical Food Addiction	Natural Calorie Tracker

### Action Steps for Your PD Practice Check Up

- **Get Through the First 30 Days**
  - Just get through the detox eating 100% PD. Don't worry about food amounts.
  - Work toward eating a 50/50 plate, but don't focus on it until you are through the detox.
  - Your taste buds are reprogrammed/hyper sensitive and will continue to evolve.
  - You are no longer physically addicted to food, but you may still be conditioned to prefer the feeling of eating past full.
  - If you are still consuming off-plan foods after your first 30 days, you are causing yourself stress.
- **Address Emotional Eating**
  - Eat to satisfy true hunger, not to emotionally soothe, to fill boredom, or procrastinate your next task.
  - Address what is bothering you, don't use food to cover up feelings. What is really eating you to keep you overeating?
  - Take action, "What change can I make to relieve the stress or loneliness or relationship struggles, etc. in my life?"
- **Recognize True Hunger**
  - Many people don't know the feeling of True Hunger, which is felt in the chest, throat & jaw.
  - Do not fear the feeling of hunger, appreciate and nurture it, "My next meal is going to taste great!"
  - Sit down to your meals hungry--snacking all day leads to overeating.
  - Be aware of the size of your stomach and plate up a nice portion.
  - Pack up the rest as tomorrow's lunch before you sit down to eat.
  - Get yourself some [oven-safe dishes](#) so you can store your leftovers conveniently ready to reheat the next day.
- **Eat a 50/50 Plate for Lunch and Dinner**
  - Plate your meals according to the PD guidance of half vegetables and half starch.
  - Sometimes we increase the starch and neglect the vegetables, but they are the protection on a Protective Diet.
  - Breakfast doesn't need to be 50/50 as long as you are paying attention to Full.
  - Julie shows plated examples of the following 50/50 PD meals:

Starch	<a href="#">Buffalo Potato Wedges</a> <a href="#">Creamy Ranch Dressing</a>	<a href="#">Tostadas No Fat Not-Yo Cheese Sauce</a>	Soup served over Brown Rice	<a href="#">Fat Free Fredo</a>	<a href="#">Baked Mac &amp; Cheese</a>
	Celery Red Bell Pepper & Carrot Sticks	Lettuce Cilantro/Onions Tomatoes/Jalapenos <a href="#">King Sauce</a>	Salad	<a href="#">Roasted Broccoli with Lemon</a>	Green beans Raw Veggie Sticks

## • Increase Awareness of Full

- If you are eating plates like these, you are full—think of the actual size of your stomach.
- The feeling of Full is in the gut and your body has a perfect built-in calorie meter.
- You may be used to the feeling of being overly full as normal. You will be okay if you are just full, not stuffed.
- Train yourself to appreciate what comfortably full & satisfied feels like.
- Consciously enjoy your meal at the table—turn off distractions (TV, computer, phones, books=mindlessly eating).
- Full goes unnoticed when we eat distracted, too quickly or if we take seconds without taking a moment to feel.
- Totally check into eating--chew, enjoy and taste your meal. No outside stimulation while you are eating.
- Have a **post meal ritual**--something to look forward to instead of seconds or desserts.
  - Take a walk, lie on your bed, make a phone call; let the food reach your stomach so your brain registers Full.
  - A hot cup of herbal tea —as you sip, take note of the comfortable full feeling in your stomach.
  - Notice your hunger has subsided and you feel good, satisfied and content—this is Full.
- It's not the pasta or the chips that are causing you to overeat, it's not checking in with Full.
- True Hunger and Full will become easy to recognize with this practice. These feelings will become your guide.
- If you have come to a standstill and weight loss is slow be sure you are practicing these guidelines.

## Cooking Tips

- Julie shows her after-meal tea buffet with [kettle](#) and variety of [favorite organic teas](#).
- Keep Woven Wheats, [Spices & Herb Crackers](#), [Quarantine Crackers](#), or [Cheez-It Crackers](#) in trunk as emergency food.
- If you are eating crackers at the dinner table, be sure to plate them up as a 50/50 meal with [French Onion Dip](#) and some salad.
- Takes 2 minutes to make a salad using the clam shell boxes of greens from your grocery store.
- Toss your [salad with dressing](#) in a bowl, and then plate it.
- Always keep a red cabbage in your refrigerator; lasts forever & adds color, crunch and antioxidants to your salad.

## Student Q&A

Q: Do you sweeten your tea/[beverages](#)?

Q: When can we eat fruit and how appropriate is it on a Protective Diet?

Q: Food addictions are not an issue on a Protective Diet?

## Encouragement

- You can cook whole plant based foods and make spectacular meals very simply and easily, so much better than any restaurant can accommodate you on a Protective Diet. It's more pleasurable to eat at home. Go to the restaurant to see your friends and have some veggies, but you are not going to go out to eat to have an exciting meal.
- This is a diet about eating. I love to eat. I could never make it if I had to leave a table not satisfied, or control myself to the point that I had to cut back on food volume to reach my ideal weight. I like the feeling of full and satisfied.

*"If you are losing weight really slowly on a Protective Diet,  
I want you to examine your plate and make sure it's half starch and half vegetables.  
Vegetables are a huge part of a Protective Diet."*

## Recommended Recipes

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| <input type="checkbox"/> <a href="#">Buffalo Potato Wedges</a>   | <input type="checkbox"/> <a href="#">Corn Tortillas</a>      | <input type="checkbox"/> <a href="#">Garlic Dill Pickles</a> | <input type="checkbox"/> <a href="#">Roasted Broccoli with Lemon</a> |
| <input type="checkbox"/> <a href="#">Creamy Ranch Dressing</a>   | <input type="checkbox"/> <a href="#">Not Yo Cheeze Sauce</a> | <input type="checkbox"/> <a href="#">Onion Rings</a>         | <input type="checkbox"/> <a href="#">Tostadas</a>                    |
| <input type="checkbox"/> <a href="#">Tzatziki Sauce</a>          | <input type="checkbox"/> <a href="#">King Sauce</a>          | <input type="checkbox"/> <a href="#">Zucchini Sticks</a>     | <input type="checkbox"/> <a href="#">Oat and Yogurt Parfaits</a>     |
| <input type="checkbox"/> <a href="#">Baked Mac and Cheeze</a>    | <input type="checkbox"/> <a href="#">Unfried Black Beans</a> | <input type="checkbox"/> <a href="#">Fat Free Fredo</a>      | <input type="checkbox"/> <a href="#">Spices &amp; Herbs Crackers</a> |
| <input type="checkbox"/> <a href="#">Grilled Green Onion Dip</a> | <input type="checkbox"/> <a href="#">French Onion Dip</a>    | <input type="checkbox"/> <a href="#">PD Latte</a>            | <input type="checkbox"/> <a href="#">Quarantine Crackers</a>         |

## Recommended Classes

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|--|---|--|
| <input type="checkbox"/> <a href="#">#002 Identify True Hunger</a>       | <input type="checkbox"/> <a href="#">#143 Mastering Mindful Eating Part 1</a> | <input type="checkbox"/> <a href="#">#024 Food Obsessions</a>          |
| <input type="checkbox"/> <a href="#">#045 Weight loss Average on PD</a>  | <input type="checkbox"/> <a href="#">#144 Mastering Mindful Eating Part 2</a> | <input type="checkbox"/> <a href="#">#163 Handicapping the Binge</a>   |
| <input type="checkbox"/> <a href="#">#012 Eliminate Emotional Eating</a> | <input type="checkbox"/> <a href="#">#248 Not Hungry But I'm Eating</a>       | <input type="checkbox"/> <a href="#">#078 Check Up Follow Up Visit</a> |