

Protective Diet Class #273

Mexican Sweet Corn Cakes, Red Lentil Chili & Apple Pie Filling

This class invites you into Julie's Workplace for Wellness, featuring a warm autumn meal in Protective Diet signature style with continuous conversation on cutting edge nutritional science, guidance in practical application, and the repeated encouragement that is so essential at every checkpoint on the PD journey. Come in to recharge, then go home and follow through.

Announcements

- Engage in our support group, [Protective Diet Living \(PDL\)](#). Communicate and let us help. Reach out and follow-through.
- Julie shares [Suzette's testimonial](#) and her success with Day Fasting.

Vocabulary

Stop the Snacks	Mindful Eating	Capsaicin	Plant Fiber	Short Chained Fatty Acids
Day Fasting	Inflammation	Anthocyanin	Microbiome	Angiogenesis Inhibitors
Chef's Treats	Dry Browning	Pathogens	Epithelium	Workplace for Wellness
Set-Up Day	Barrett's Esophagus	Low BMI	Probiotics	Mealtime Satisfaction

Action Steps for Following Through

- Prepare Deliciously Rewarding, Protective Meals
 - Always follow the digital recipe for the most updated guidance.
 - Clean as you go. Don't sit down until the sink is empty. Most things just need a good rinse. Give this gift to yourself.
 - Set up your kitchen for efficiency and make cooking easy with the right tools for the job.
 - to cook this meal, Julie uses a Dutch [dough whisk](#), a [food processor](#), an [Instant Pot](#), a [soufflé dish](#), and a [steam diverter](#).

Tonight's Menu	Tips
Baked Tortilla Chips	Make Corn Tortillas and bake chips following guidance in Class #266 .
<p>Stovetop Red Lentil Chili</p> <p>Layer it up Salad Style & Scoop it up with Chips:</p> <p>shredded iceberg lettuce cucumber sticks (like pickles) diced tomato sliced jalapeno Plant-based Yogurt drizzle Fermented Salsa Ruby Raw Kraut warm Stovetop Red Lentil Chili another yogurt drizzle more diced tomato freshly chopped onions chopped cilantro fresh scooped Mexican Sweet Corn Cake</p>	<p>Fastest PD Chili Recipe—making it on the stovetop frees up the Instant Pot.</p> <p>Onion</p> <ul style="list-style-type: none"> - chop on your Set-Up Day to make starting dinner quick and easy - use the right-sized burner for your pan to ensure even dry browning & prevent burning <p>Green Pepper</p> <ul style="list-style-type: none"> - dice small to complement the size of the red lentils - add serrano/jalapeno/Fresno/extra ground chipotle chili powder for more protective capsaicin - include seeds & pith for plant-fiber-loving gut microbes that produce short-chained fatty acids used to repair and strengthen the epithelium (gut lining), reducing inflammation and protecting you from viruses, bacteria, and disease <p>Red Lentils</p> <ul style="list-style-type: none"> - more digestible than most beans and add plant diversity to your diet <p>Spices</p> <ul style="list-style-type: none"> - post favorite recipes inside the door of your spice cupboard for easy measuring reference - mild chili powder—add an extra teaspoon if you are skipping the chipotle chili powder - serve with Protective Probiotic Pepper Sauce for optional spice addition tableside <p>Tomato Paste</p> <ul style="list-style-type: none"> - flash freeze in Tablespoon mounds, then store in a freezer bag for convenient use - a clean brand is available for purchase at www.protectivediet.com/bulk
<p>Mexican Sweet Corn Cakes</p> <p>Use an ice cream scoop to arrange scoops on a side dish platter.</p>	<p>Begin making when chili is simmering so cakes can be served hot.</p> <p>Masa and Medium Grind Cornmeal are available in bulk at www.protectivediet.com/bulk.</p> <p>Mix the batter thoroughly in a mixing bowl, not directly in the soufflé dish.</p> <p>Fresh Mexican Sweet Corn Cakes are HOT! Do not touch with your hands.</p>
<p>Apple Pie Filling Yogi Bowls</p> <p>Scoop pie filling, drizzle with yogurt & top with toasted oats.</p>	<p>The perfect short cut to an Apple Pie or Apple Crumble. Fun to eat with an Ice Cream Spoon.</p> <p>Make Apple Pie Filling ahead of time for quick meal time assembly.</p> <p>Toast oats fresh before meal for a fabulous aromatherapy treatment.</p>
<p>Snacks as Part of the Meal</p>	<p>1 slice Banana Bread Under Pressure + 1 scoop Cheeze Cake Nice Cream + Seasonal Fruit</p>

- Focus on **YOUR Practice & Celebrate Your Health Everyday**

- You do you. Don't get caught up on what anyone else is doing. Move forward when you are comfortable and ready.
- Responding to doubters and skeptics, "Don't tell me about your illness unless you want me to tell you the path to wellness."

PAPD (Playing Around PD)—Make a decision. Get ALL in. There are 2 months until 2021. In 2 months' time, you can do a whole lot of cellular repair, a whole lot of detoxing, and get a jump start on your New Year's resolution. Pick out some recipes you like and start cooking them. Eat only Protective Diet. You will produce amazing results in 2 months. You deserve total success, and all it takes is making a pot of [Kid's Spaghetti](#). Don't make it harder than it needs to be. Stop messing around. This is your life. You only get today. Apply this to give yourself the PD advantage. Start right now. Not next week. Not Monday. Tomorrow morning: [oats](#) or toast. Make the recipe for [Beans and Rice](#). Get frozen fruit. Who cares if it's not glamorous the first day? It's the first day. You get to make an "X" on your calendar. No more excuses. Do it now.

30-Day Detox—Follow through. Eat your way through the cravings. Your healthy gut microbes are populating. Soon fiber will be easier to digest, and bloat will not be an issue. We all start on [day 1](#). Do the work to get over the hump of detox. The work is to eat a bunch of delicious PD recipes and set up your Workplace for Wellness. You are the boss of your body, and you have a choice every day to make it a hard one to live in or one full of ease, excitement, and high energy.

The PD Groove—#1 Goal is to stay on plan, reverse disease, and slim down to a healthy BMI. Don't force yourself to jump ahead. Eliminate inflammatory disease and populate your beneficial microbes before you start putting more challenges on yourself. Document your progress and remind yourself how far you have come. Follow through with every bite, every meal. That's all that matters. Keep the cancer fertilizers/disease promoters out. Be the boss of your body. Protect your health.

Stop the Snacks—Do it to increase your food satisfaction at mealtime. Make your snacks part of your meal. Every recipe on a Protective Diet could be used as a meal. All of them are loaded with plant fiber and whole food nutrition. Portion and freeze favorite snacks. Pull a portion out in the morning to thaw in the refrigerator. Incorporate it into any meal of the day.

Day Fast and Feast—Pay attention to your appetite and gradually delay your meals until you are truly hungry. Next, combine breakfast and lunch into one meal. Eventually, eliminate breakfast and lunch and enjoy one feast at the end of the day. Making a gradual transition will train your stomach to be able to take in your whole feast comfortably. Your feast should include what a person would typically eat in one day if they were mindfully eating with no snacks in between. Feel incredibly satisfied and spoiled (TGIF—Thank Goodness, I Fasted!). Eat less of the main dish so you can fit more desserts and snacks if that is your wish. Day fasting is not essential. It's beneficial. Don't do it if you don't want to.

Cooking Tips

- **Poultry Seasoning**—time to stock up for seasoning Thanksgiving stuffing and gravy.
- Refrigerate pre-blended Fermented Salsa if you don't have fresh cilantro or time to blend. It will keep until you are ready.
- Put extra chopped cilantro in a jar with chopped onions; will preserve it for several days.

Student Q&A

Q: Is there a reason you don't mix the [Mexican Sweet Corn Cake](#) batter directly in the [soufflé dish](#)?

Q: Why did you update the [Whole Wheat Loaf Bread](#) recipe?

Q: Will a Protective Diet heal Barrett's Esophagus?

Encouragement

- I can't believe how we eat on a Protective Diet. It's so beautiful and so delicious.
- Don't give up on your loved ones. Share the science you learn in the [PD-Ed classroom](#) excitingly.
- The longer you are doing this, the more fat-free & sugar-free foods will taste phenomenal.

"I used my diet and lifestyle to heal myself. We know how to reverse disease. We know how to turn on and off cancer. This is scientifically proven, but it's not sold in the medical community because there is no money in teaching someone how to make a chili salad."

Recommended Recipes

- [Perfectly Cooked Brown Rice](#)
- [Mix & Mac](#)
- [Tamarind Chutney](#)
- [Country Wheat Stuffin Muffins](#)
- [Red Lentil Dahl](#)
- [Cornflakes](#)
- [Kid's Spaghetti](#)
- [Basic Brown Gravy](#)
- [Greek Soy Yogurt](#)
- [Taco Salad](#)
- [Beans and Rice](#)
- [Oil-Free Garlic Naan](#)

Recommended Classes

- [#207 The Need to Feed](#)
- [#119 Chili Cook-Off on Game Day](#)
- [#187 The PD Groove](#)
- [#200 Stop the Snacks Challenge](#)
- [#096 Kitchen Set Up for Efficiency](#)
- [#243 Health Benefits of Spicy Food](#)
- [#272 Allergies and the Microbiome](#)
- [#087 Pantry Par Stocking System](#)
- [#233 The Biology of Burning Body Fat](#)