

## Protective Diet Class #274

### Road Trip Travel

This class covers packing to keep meals easy, protective, and delicious for a weeklong getaway in the high desert of St George Utah, featuring four favorite fast meals and lots of PD Pro Tips to assist you at home and on vacation. A feast for the eyes, this class is full of bright travel fare that sacrifices nothing and cleverly combines the comforts of home with the adventure of local bounty.

### Announcements

- Our support group, [Protective Diet Living \(PDL\)](#) is only a click away. Engage for encouragement no matter where you go.
- Shop [www.protectivediet.com/bulk](http://www.protectivediet.com/bulk) for many [PD staples in bulk](#) at low prices.

### Vocabulary

(SUS) Set Up for Success	Fresh Staples	Fresh Restock	Day Fasting
Travel Meal Plan	Pantry Staples	Food Cost Savings	Anthocyanin
Meal Flexibility	50/50 Plate Practice	"Convenience" Food	Essential Kitchen Tools

### Action Steps for a Carefree PD Getaway

- Make a Travel Meal Plan Cheat Sheet

Plan to return home one day short of going back to work, so you have time for a fresh restock when you get back.

- SUS your return home meal. Leave behind:
  - a jar of [yogurt](#)
  - ferments
  - [herb box](#) w/fresh [towel](#)
  - hearty fresh vegetables

How many meals will you need on your trip?

- Plan an [arrival meal](#): Keep it simple & bring everything needed for this first meal so you don't have to go to the store right away.
- Plan [additional meals](#).
- Plan a [return home meal](#).
- Plan [PD Beverages](#).
- For each meal, list:
  - essential tools to pack
  - condiments to SUS
  - pantry items to pack
  - fresh items to pack
  - fresh items to buy
- Make grocery shopping part of the adventure.

### SUNDAY - FRIDAY ROAD TRIP MEAL PLANS ☺

PD FOR TWO PROTECTIVE DIET DAY FASTERS  
Life ★ PACKING 5 MEALS TO MAKE AT A VACA RENTAL

DAY	MEAL	PACK	Fresh	BUY
ARRIVE SUNDAY 8:00PM	• Quickie Cream of Veggie Soup w/ RAMEN • Apple Pie Filling Yogi BOWLS • GRAPES	INSTANT Pot Cutting BOARD Chef Knife Broth Mix SALT YOGURT	Broccoli Carrots Celery Onion Grapes Apple Pie Filling	
MONDAY (shopping DAY)	• BROWN RICE Pro BOWL w/ Dry STEAMED KALE • Ferments • Apple Pie Filling Yogi bowl • GRAPES	INSTANT Pot Cutting BOARD Broth Mix Souffle Dish & RACK Ferments Rice Vinegar - TAMARI	yogurt Apple Pie Filling	KALE Fruit GRAPES
TUESDAY	(50/50 Pro BOWL) KID'S SPAGHETTI SALAD BANANA BREAD UNDER PRESSURE Fruit	INSTANT POT SOY MILK 2x Zesty ITALIAN Dressing Measuring Cups/spoons BIG SALAD BOWL	CANNED BEANS BANANA BREAD JAR MIX	SALAD Veggies BANANAS Fruit GRAPES
WEDNESDAY	Repeat BROWN RICE Pro BOWL w/ SALAD Fruit - yogurt	Butter Milk Dressing Probiotic PEPPER SAUCE KRAUT, onions		
THURSDAY	Repeat (50/50 Pro Bowl) Kid's SPAGHETTI SALAD BOWLS Fruit - yogurt	"		
FRIDAY	ARRIVE Home by 5:00PM	MAKE STOVE TOP RED LENTIL CHILI SALADS KID'S SPAGHETTI - Fruit		
BEVERAGES:	Green tea - FLOWER WATER - BLUE CHAI -	tea strainer - jar		

## • Packing Tips

### FRESH ITEMS

- Plan meals that share the same fresh essentials. (i.e. [Plant based Yogurt](#) = “crema”, [yogi bowl](#), & a [banana bread](#) ingredient)
- Make needed [condiments](#) ahead of time and leave your [blender](#) behind. Quart [jars](#) are fridge-ready and easy to [label](#)/pack.
- Pack jarred condiments for the week, and fresh fruits & vegetables for your arrival meal in a [cooler](#) with ice packs.
- Beverages: fill [reusable water bottles](#) with prepared [teas](#) & water for travel. Pack your [water filter](#) to insure water quality.

### PANTRY ITEMS

- Bring what you need. Don’t expect the store to have it. [Soymilk](#), [clean broth](#) & [erythritol](#) may not be available locally.
- Pack loose dry ingredients in [jars](#) or [glass storage containers](#) that can double as reheat vessels in the [Instant Pot](#).
- Preassemble dry cake mixes in recycled applesauce jars. Write wet ingredient measurements on the lid with a sharpie.
- Pack: oats, essential spices, canned beans, loose teas, pasta, applesauce, brown rice, vanilla, rice vinegar & [tamari](#).
- “Convenience” foods include Ramen noodles and rice cakes for Lucky dog.

### ESSENTIAL KITCHEN TOOLS

- Plan meals that share minimal equipment. Pack what you need and love. Don’t expect the vacation rental to have it.
- The [Instant Pot](#) is used to make a variety of meals, including extra [yogurt](#), and all the needed accessories can be nested inside it to save space. Be sure to pack the seal, pressure valve, rack, [soufflé dish](#) & a glass measuring cup. Pad with kitchen towels, which are always limited in vacation rentals, to keep equipment from rattling during travel.
- Pack some Ziploc bags and a [storage container](#) to be use for leftovers, fresh market finds or to transport food on an outing.
- Pack a small pot with lid, [cutting board](#) and [knife](#), large salad [bowl](#), can opener, measuring cups & [spoons](#), [tea strainer](#), dish scrubber (to protect your microbes and your manicure), a Scotch Brite(in case something burns), and chopsticks just for fun.

## • Enjoy Meal Flexibility, Food Cost Savings & Fit Fun

- Using the 50/50 plate practice guidance, travel meals can be flexible with free-style probowls and salad bowls.
- Ramen Probowl: Start by dry steaming kale. Remove soufflé dish from the IP. Bring more water to pressure in the IP. Quick release. Add noodle bricks, [Broth Mix](#), and [Dry Steamed Kale](#). Stir. Add fermented toppings, [tamari](#) & rice vinegar.
- GOAL: Consistently eat a Protective Diet and LOVE your food. BONUS = massive food cost savings (Julie only spent \$67!).
- Plan getaways that help you maintain your active PD lifestyle and offer the space you need to care for yourself.
- Get outside. Explore. Experience a variety of activity that celebrates your healthy body. Soak up some vitamin D.
- Treat yourself to a piece of gear that supports your goals instead of traditional vacation indulgences that sabotage them.
- Check out ethnic markets as a fulfilling replacement for eating out. Treat yourself to beautiful, local fresh fruit “candy”.

## Cooking Tips

- Instant Pot travel cooking sequence: pressure cooked cake (in the morning), dry steamed veggies, followed by dinner starch.
- Steam corn on the cob, broccoli or fresh green beans on top of kale following the guidance in the [Dry Steamed Kale](#) recipe.
- Toss pomegranate arils into savory pasta and rice dishes for extra plant fiber, anthocyanin protection and fabulous flavor.
- Toss salad right in the storage container if you have a small prep space. Wash dishes in the bathtub if the sink is too small.
- Wear your dog out by taking a long walk before traveling extended hours in the car.

## Encouragement

- Everyone deserves the personal attention it takes to be healthy and feel fantastic.
- If you are starting a Protective Diet today, keep it up every day. You will be dancing around the kitchen celebrating your health and hiking mountains like a PD Pro sooner than never. I promise. It doesn’t matter where you start as long as you finish.

*“The best part of our trip was my healthy body. My same body that was inflamed, morbidly obese, and in pain (wearing orthopedic shoes in my 20s), now climbs mountains with ease. Getaways are fun and carefree when we are healthy, pain-free and in shape.”*

## Recommended Recipes

- |  |   |   |   |
|--|---|---|---|
| <input type="checkbox"/> <a href="#">Kid’s Spaghetti</a>         | <input type="checkbox"/> <a href="#">Probiotic Pepper Sauce</a> | <input type="checkbox"/> <a href="#">Flower Water</a>   | <input type="checkbox"/> <a href="#">Chili Salad</a>                  |
| <input type="checkbox"/> <a href="#">Dry Steamed Kale</a>        | <input type="checkbox"/> <a href="#">Zesty Italian Dressing</a> | <input type="checkbox"/> <a href="#">Blue Chai</a>      | <input type="checkbox"/> <a href="#">Quickie Cream of Veggie Soup</a> |
| <input type="checkbox"/> <a href="#">Apple Pie Filling</a>       | <input type="checkbox"/> <a href="#">Buttermilk Dressing</a>    | <input type="checkbox"/> <a href="#">Pro Bowl</a>       | <input type="checkbox"/> <a href="#">Thanksgiving Rice Pilaf</a>      |
| <input type="checkbox"/> <a href="#">Instant Vanilla Extract</a> | <input type="checkbox"/> <a href="#">Ruby Raw Kraut</a>         | <input type="checkbox"/> <a href="#">Corn Tortillas</a> | <input type="checkbox"/> <a href="#">Probiotic Pickled Onions</a>     |
| <input type="checkbox"/> <a href="#">No Bake Bacon Bits</a>      | <input type="checkbox"/> <a href="#">Plant based Yogurt</a>     | <input type="checkbox"/> <a href="#">Yogi Bowl</a>      | <input type="checkbox"/> <a href="#">Banana Bread Under Pressure</a>  |

## Recommended Classes

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|--|--|--|
| <input type="checkbox"/> <a href="#">Reviewing the 50/50 Plate Practice</a>    | <input type="checkbox"/> <a href="#">Cleaning Pomegranates</a>         | <input type="checkbox"/> <a href="#">#128 Vitamin D &amp; Sunscreen</a>        |
| <input type="checkbox"/> <a href="#">#072 PD Practice Checkup: 50/50 plate</a> | <input type="checkbox"/> <a href="#">#105 Commitment Class Kickoff</a> | <input type="checkbox"/> <a href="#">#214 In Flight Travel Made Easy</a>       |
| <input type="checkbox"/> <a href="#">#078 Check Up Follow Up Visit</a>         | <input type="checkbox"/> <a href="#">#142 Video Coaching Hour</a>      | <input type="checkbox"/> <a href="#">#085 Simplicity and Meal Satisfaction</a> |