

Protective Diet Class #275

Thanksgiving Preparation Tips & Eliminating Social Media Conflict

This class shows what to prep on Wednesday for an effortless celebration on Thursday enjoyed by one or twenty-one. With so many festive choices, the hardest part of planning a Protective Diet Thanksgiving feast is deciding what NOT to make. From the outside looking in people may think we are sacrificing...until we have them over for dinner. Your guests will think you are a kitchen wizard.

Announcements

- Engage in our support group, [Protective Diet Living \(PDL\)](#). Get inspired with guilt-free holiday meal ideas, love and support.
- Shop www.protectivediet.com/bulk for many [PD staples in bulk](#) at low prices.

Vocabulary

Fresh Restock
Stocked Pantry

Set Up For Success (SUS)
Herb Box Storage Technique

Oxidative Stress
Anti-oxidant

Anthocyanin
Deprivation vs Privilege

Action Steps For a PD Thanksgiving Feast

- Make a Plan & Set Up For Success

PLAN

1. List the items to serve

- Plan by cooking method:

Stovetop	1-2 items
Oven	1 item
Instant Pot	1-2 items
Slowcooker	1 item

- Go starter heavy to get veggies in & eliminate the need to double entrees

- Create a party feel with a self-serve beverage bar

- 1 to 2 Desserts

2. Designate each item as:

- Wednesday prep
- Thursday AM or PM
- When guests arrive

Fresh Restock w/seasonal:

- Navel Oranges
- Cranberries
- Pomegranates
- Persimmons
- Cinnamon sticks
- Poultry Seasoning

Set Up for Success (SUS):

- [Make yogurt](#)
- Strain yogurt 4-5 days
- [Blend Flours](#)
- Make [cracker mix](#)
- [Clean pomegranates](#)
- Clean & store kale

PD THANKSGIVING CHECK LIST for J&J		
ITEM	PREP WED	ON THANKSGIVING
• CRANBERRY SAUCE	STOVETOP WED - chill	
• FRENCH ONION DIP	BLEND WED - chill	
• FINGER SALAD (crudités) (Carrots, celery, Cucumber cut, wrap & chill) (Bell pepper)		
• CORN TORTILLA & CHIPS	MAKE tortillas & BAKE chips	X Morning
• QUARANTINE CRACKERS	BAKE WED - JAR	
• HOLIDAY CHEEZE BALL (strain yogurt) (chopped nutz) (Persimmon & Apple cut Pomegranate)	SATURDAY - STRAIN 4 DAYS WED BAKE - Refrigerate CLEAN & JAR - Refrigerate	X Afternoon
• COUNTRY WHEAT STUFFING MUFFINS	WED JAR or BOWL Dry ingredients WED Chop & wrap Celery onion Parsley	When guests arrive or before dinner
• MUSHROOM GRAVY	OPTIONAL Chop onion & mushrooms	Morning or Afternoon Stovetop
• NOT SO FAT SO MASHED POTATOES	OPTIONAL WASH potatoes Put in IPot w/ GARLIC	IP Cook & MASH before dinner
• CREAMED CORN	Stovetop - refrigerate	re HEAT - stovetop
• DRY STEAMED KALE OR ASPARAGUS OR GREEN BEANS		Morning or after IP Room temp
• SWEET POTATO PIE	WED - BAKE - chill	
• VANILLA NICE CREAM	BLEND BATTER to CHILL TUES	
• CREAM CHEESE FROSTING	MAKE NICE CREAM WED	
• BEVERAGE CHOICES	Scoop & Storage WED African RED, Flower Water Hot Chai or Mulled "WINE"	

TIMELINE

Tuesday

Blend Nice Cream batter
French Onion Dip
Cranberry Sauce

Wednesday

Quarantine Crackers
Chopped Nutz
Cream Cheeze Frosting
Sweet Potato Pie

Nice Cream scoop/store

[Finger Salad](#) veggies cut
Stuffin Muffin dry mix
Stuffin Muffin veggies cut
Onion for gravy cut
Beverages brewed

Thursday

AM:

- [Corn Tortillas](#) & Chips
- Chill water
- Pipe frosting onto pie

PM:

- Warm Mulled Wine
- [Holiday Cheeze Ball](#)
- Hot Mushroom Gravy
- Dry Steamed Greens

JUST BEFORE GUESTS ARRIVE:

- Strain cold beverages
- Slice fresh fruit
- Set out starters
- Move Nice Cream scoops to fridge

40 MIN BEFORE DINNER:

- Start potatoes in IP
- Bake Stuffin Muffins
- Creamed Corn

10 MIN BEFORE DINNER

- Mash potatoes

- **Feast on the Light Hearted Side of Social Media**

- Find your tribe--like-minded people that you engage with in real life, on the phone and on social media.
- When controversial comments cause stress, dissolve feelings of conflict--write your response, DO NOT HIT SEND.
- Do something to change your thoughts (take a shower or a walk, hula hoop, cook, or listen to a song), GO BACK AND DELETE IT.
- Lead with love. Nothing good ever came from anger. You are always in control of your reaction. Quit the stupid "job" (that you are uncompensated for) of trying to educate people to understand what you understand. It's not worth losing friends and family over social media posts.

Cooking Tips

- Thanksgiving Eve meal idea: [Red Lentil Dahl](#) as a [Pro Bowl](#) with [Classic Cranberry Sauce](#), [Ruby Raw Kraut](#) and [Probiotic Onions](#).
- Clean as you go with the goal of touching each item only once: use it, rinse it, and load it in the dishwasher or reuse.
- Given the choice between the free or premium version of a [recipe](#), go with the premium version for the most current content.
- Make cooking notes for yourself so you don't have to look up and read recipes while interacting with guests.
- Invest in a [Danish Dough Whisk](#). It works so great in a round bottom bowl and mixes everything from [Dahl](#) to dough.

BEVERAGES

- [Mulled Wine](#)—if simmering all day, cut the clove measurement in half. Serve with orange slices and cinnamon sticks.
- Cold Brewed Teas--[Label](#) cold beverage pitchers. [Strain](#) out the tea leaves to prevent mold. Serve with lemon wedges.
- Get a 2nd ladle: 1 for the beverage bar and 1 for hot gravy on the buffet. Look for pretty plastic pitchers & platters in summer.

STARTERS

- [Strain yogurt](#) Saturday or earlier. Double line [Greek Yogurt Strainer](#) to prevent losing yogurt. Blend dips as early as Tuesday.
- Add something different or unique to the finger salad platter for fun (persimmon, yellow beets, radishes).
- [Quarantine Crackers](#)—each time you make a batch, measure twice and [make a dry mix](#) for a fast future batch. [Label](#) salt/no salt.

MAIN

- [Stuffin Muffins](#)—make a dry mix. [Label](#) with wet ingredients and cooking time and temp. Pre-chop veggies finely.
- $\frac{1}{4}$ cup parsley packed = parsley sprigs with stems packed into a measuring cup. Measure before chopping.
- Measure flour by scooping the measuring cup directly into flour bag or canister. Never spoon the flour into the measuring cup.
- Put a towel under [plastic cutting boards](#) while chopping to preserve knife blade. Find a knife sharpener in your area.
- Bake Stuffin Muffins fresh as guests arrive to create a Thanksgiving "aroma therapy" you cannot buy anywhere.
- Plan enough time for muffins to cool so they retract from the muffin pan and come out easily. A [ceramic pan](#) is recommended.
- Instruct guests to break Stuffin Muffins up, like traditional stuffing, and pour hot gravy over them. Plan on 2 muffins per person.
- [Mashed Potatoes](#)—do not over mash, or potatoes will be gummy. Potatoes will stay warm in the IP until time to serve.
- [Gravy](#)—Serve hot in a slowcooker on the buffet or gravy boat on table. Guests can cover cooler potatoes, etc. with hot gravy.
- If you are hosting a larger gathering and you don't want to double everything, add [Thanksgiving Rice Pilaf](#) to the menu.

DESSERT

- Strain [yogurt](#) for frosting 5 days in advance. Strain in a [nut bag](#) over a 2 qt. jar (takes up less room in the fridge and dishwasher).
- Make [frosting](#) a day in advance so it can chill. Blend sweetener component first (on prep day) while [blender](#) is very dry.

Encouragement

- I can't even believe we are doing this and we are so slim, trim, energetic and healthy with no sugar crash, no upset stomach, no remorse, and no guilt.

"Thanksgiving is a high holiday for us. It's a time to give thanks for our education, our practice of a Protective Diet, our understanding that this is not a sacrifice, this is a privilege to know what we know and to make the choices that we make."

Recommended Recipes

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|-------------------------------------|---|---|---|
| Flower Water | Corn Tortillas | Pressure Cooking Vegetables | Apple Crumble |
| Mulled Wine | Quarantine Crackers | Not So Fatso Mashed Potatoes | Sweet Potato Pie |
| Blue Chai | Dill Pickle Dip | Country Wheat Stuffin Muffins | Cream Cheeze Frosting |
| African Red | French Onion Dip | Mushroom Gravy | French Vanilla Nice Cream |
| Holiday Cheeze Ball | Classic Cranberry Sauce | Basic Brown Gravy | Red Lentil Dahl |
| Ruby Raw Kraut | Creamed Corn | Dry Steamed Kale | Instant Pot Steam Reheat |

Recommended Classes

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|---|---|---|
| #236 Weeknight Set Up (SUS) | #195 Navigating Holiday Dinners | #193 Co-Cooking a Taste of Thanksgiving |
| #117 Fresh Restock | #056 Protective Diet & the Holidays | #266 Homemade Tortillas & Perfect Chips |