

Protective Diet Class #085

Simplicity and Meal Satisfaction

Learn to prepare deliciously designed 50/50 Bowls suitable for lunch or a day of rigorous travel. Leaving your comfort zone for a “whole foods desert” could be an excuse to eat off plan, or you can take your comfort zone along for the ride. With a fresh Protective Diet Travel Bowl, you will be the envy of the airport, and building a satisfying meal in your hotel room will be effortlessly empowering.

Announcements

- Join us in [Protective Diet Living \(PDL\)](#) to feel part of the PD community wherever you are.
- Read the [Newsletter](#) associated with this class.

Vocabulary

50/50 Bowl	Whole Foods Desert	Additive-Free	Set-Up Day
Meal Satisfaction	Prescribed Diet	High-Speed Blender	PD Cold Pack

Action Steps for Simple Satisfying Travel Bowls

- **Reduce Stress: Take Your Own Food**

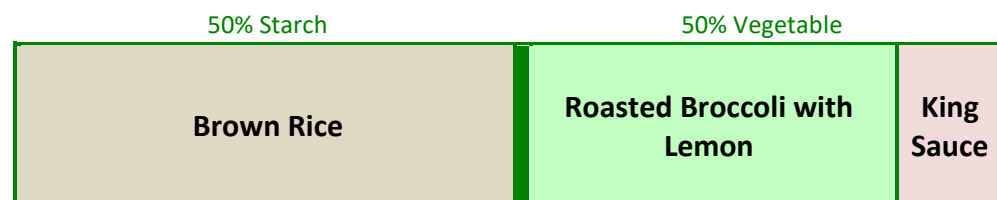
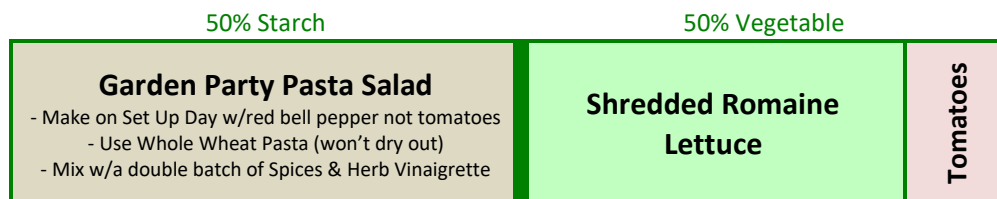
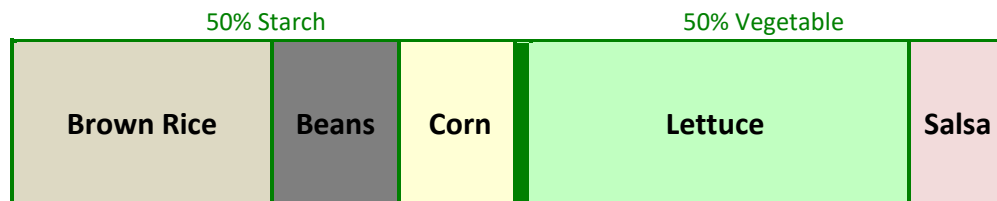
- An airport is a “whole foods desert”. You will be surrounded by off-plan foods.
- Don’t be limited to airport food offerings or an overpriced piece of fruit.

GET THE TOOLS TO MAKE IT EASY

- [Insulated lunch bag](#)
- [Meal container](#) with travel utensils
- Can opener without any sharp, protruding edges
- [Empty water bottle](#)
- PD Cold Pack = bag of frozen fruit or bag of frozen brown rice (don’t waste space on an inedible icepack)

PACK A PD 50/50 TRAVEL BOWL

- A PD 50/50 Travel Bowl = half starch + half vegetable + a sauce to make it exciting



The Protective Diet [Burrito Travel Bowl](#) 2-Ways

Unplanned Travel	Planned Travel
Pack your <i>empty</i> water bottle	Pack your <i>empty</i> water bottle & utensils
Pack your <i>empty</i> meal container/utensils/can opener	Add to Meal Container (+ Insulated Bag + PD Cold Pack):
When you arrive, purchase:	- Perfectly Cooked Brown Rice
- Steamed Rice	- Beans
- Canned Beans (or bring in checked baggage)	- Corn
- Frozen Corn	- Lettuce, shredded romaine or iceberg
- Lettuce	- PD Salsa (not TSA approved if in own container)
- Salsa (or bring in checked baggage)	- Pack Salad Chips in separate bag to keep crisp
In your Hotel Room:	PD Meals at your Destination:
- Using your meal container, rinse corn to thaw	- Think ahead about what you could eat.
- Drain beans and rinse in can	- Pack hard-to-find ingredients in checked baggage.
- Combine rice, beans & corn in meal container	- Watch the Recommended Classes for ideas.
- Add lettuce—hand tear into very small pieces	
- Add salsa	

Cooking Tips

- Organic romaine lettuce is clean and tight. Check the leaves and if they look fine, there is no need to wash it.
- Have 2 meal [containers](#) per person on hand so if one is forgotten or misplaced, you can still pack a lunch. No excuses.
- Go heavy with PD vinaigrettes. They are so low calorie. I use a ½ batch of salad dressing on my salad
- Your [BlendTec](#) is going to last you a lifetime. This is the first piece of equipment I recommend investing in.
- Do not put weight on top of the blender when blending, but holding the lid on is fine.
- Layer ingredients into the blender with liquid on the bottom and blend on high until smooth and creamy.
- To make rice more exciting, cook it in [vegetable broth](#) instead of water.
- Alternative starch for hotel room 50/50 bowl prep: Cracked Wheat or Bulgur Wheat. Pour boiling water over to cook soak.
- Julie demonstrates making [King Sauce](#).

Student Q&A

- Q: Can you take canned beans in your carry-on bag?
- Q: Do you every worry about Asian restaurants adding something to their rice?
- Q: What would you recommend for the King Sauce if you do not like spicy food?
- Q: Is the Ninja sufficient to blend PD Recipes?

Encouragement

- This is so easy to throw together and so affordable.
- You are not going to feel “forced” to eat off-plan because you were not prepared.
- You don’t have to be traveling to simplify your life. Make this at home, too. Pack up your lunch after dinner.

“These PD Bowls are going to make your life easier. Get to it!”

Recommended Recipes

Sweet Garlic Chili Sauce	Salsa Verde	Taco Slaw	BB and Corn Summer Salad	Sour Cream Dream
Plant-based Yogurt	Salsa Molcajete	Unfried Beans	Broccoli with Lemon	Jalapeno Corn Relish
Not Yo Cheeze Sauce	Apple Crumble	King Sauce	Garden Party Pasta Salad	Spicy Birdseed
Beefless Taco Filling	Taco Salad	Salad chips	Spices and Herbs Vinaigrette	Pizza Birdseed
Peanutless Peanut Sauce	Fishless Sticks	Beans and Rice	Perfectly Cooked Brown Rice	Mix n Mac

Recommended Classes

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| <input type="checkbox"/> Packing Plant-based Travel Meals | <input type="checkbox"/> #214 In Flight Travel Made Easy | <input type="checkbox"/> #072 PD Check Up 50/50 Plate |
| <input type="checkbox"/> #98 Set Up Sunday | <input type="checkbox"/> #055 Traveling PD Style | <input type="checkbox"/> #243 Health Benefits of Spicy Food |
| <input type="checkbox"/> #118 Set Up For Success (SUS) | <input type="checkbox"/> #017 How to Travel on PD | <input type="checkbox"/> Blend Tec Review |
| <input type="checkbox"/> #236 Weeknight Set Up (SUS) | <input type="checkbox"/> #152 Packing Travel Meals | <input type="checkbox"/> #125 Kitchen Tools-- Essentials |