

Protective Diet Class #280

Corn Crisps, PD Success & The 50/50 Plate Practice

This class identifies common restrictive dietary behaviors that are totally unnecessary for sustainable success on a Protective Diet. Increase plant diversity to boost immunity and protection with delicious, exciting, satisfying meals you don't even notice are salads.

Announcements

- Engage in our official support group, [Protective Diet Living \(PDL\)](#). Join [Live Chats & Coaching Hour](#) for personal assistance.
- Shop www.protectivediet.com/bulk, an independent source for low-cost, high-quality PD staples in bulk.
- Julie shares 3 encouraging 30-day Detox [Testimonials](#) from Elissa, Lisa (on [PDL](#)), and Tara (on [PDL](#)).

Vocabulary

30 Day Detox	Restrictive Behaviors	Active Meditation	Polyphenols	Plant Fiber	Microbes
50/50 Plate Practice	Sustainable	Angiogenesis Inhibitor	Phytochemical	Chef's Treats	PD Groove

Action Steps to Sustainable PD Success

- **Define Success**
 - Success is taking disease and obesity promoting foods out of the diet and keeping them out 100%.
 - Celebrate all signs of healing such as: cooking success, weight loss, food cost savings, improvements in taste bud sensitivity, food enjoyment, energy level, skin condition, allergies, asthma, acid reflux, sleep quality, digestive regularity, reduced inflammation and pain, feeling full and satisfied, feeling peaceful, guilt-free, hopeful, educated and so much more.
 - Success happens without gagging down salads, portion control, spending an entire day batch cooking, or exercise.
 - The goal is 100% every day. Just eat whatever looks good. Keep it simple. Don't worry about the 50/50 plate or exercise.
 - Submit a testimonial to remember early successes long after this becomes your satisfying, creative, sustainable, natural life.
- **Boost Protection: The 50/50 Plate Practice**
 - Continue the things that brought you through your 30-day Detox successfully. What gets you there, keeps you there.
 - It's what we remove that allows the body to heal and slim down, not what we add to our diet.
 - You never have to visit the 50/50 Plate Practice if you don't want to. Do not turn this into unsustainable eating.
 - Please don't overwhelm yourself with vegetables, veggie packing, veggie binging, veggie stuffing, veggie lame meals.
 - The 50/50 Plate Practice adds protection and boosts immunity with plant fiber. It is not for faster weight loss.
 - The more plant diversity we have in our diet, including a variety of whole grains, the better for our entire microbiome.
 - Our microbiome is the foundation of our immune system: protect it, build it, strengthen it, & expose it to a variety of foods.
 - Include fruit in your 50/50 plate—add citrus or apples to salads in winter or eat fruit with your dessert.

PD Recipes that Already Pair a Satisfying Starch with Protective Fruits and Vegetables

Fat-Free Nutty Noodle Salad	Egg Roll Bowl	Soups & Stews	Zesty Noodle Bowl
Sushi Roll Bowl	Pro Bowl	Chop Suey Salad	Yogi Bowl
Asian Style Kale	Ah-Ha Poke Bowl	Chili Salad	Dry Steamed Kale add-in

- **Make It Delicious & Sustainable**

- Do things that make it enjoyable and help you get into the groove. Add salt to your crackers. Eat Breakfast Brownies.
- Salt makes this sustainable. A [Protective Diet](#) is a low sodium diet. Include salt in recipes and top with a light sprinkle of salt if desired. If lower sodium is necessary, leave salt out of recipes that specify it as "optional" and top w/salt to taste only.
- Over time your taste buds will become more sensitive and you will no longer need to add as much salt.
- It's about lifelong sustainability, not losing weight faster. Focus on making it delicious, exciting, fun and sustainable.
- Do what it takes to keep you on plan. Include things that really satisfy you. Eventually you will not be as attached to those foods because they will not have an addictive hold on you like traditional sugar, salt and fat do.
- Do not toggle back and forth between a standard diet & a totally restrictive plant-based diet without flour, salt and sweet.
- Make this deliciously sustainable every day, every meal, and every bite. It's got to be delicious, exciting, fun, protective and effective. The effective part is doing it every single day for the rest of our life without feeling deprived, even on holidays.
- A [Protective Diet](#) includes [recipes](#) for every special occasion to make this consistently sustainable all the way to your goal.

A Meal Example with Optional Protective Layers

Total Success <small>Keep disease causing foods out</small>	50/50 Plate <small>Boost protection & immunity</small>	Green Action <small>Add more hydration & fiber</small>	Condiments, Beverages & Treats <small>Make it exciting, fun & sustainable</small>
A hot bowl of Cream of Chick'N Soup "a hug in a bowl"	Add a chopped salad like Slang Jang and scoop it up with Corn Crisps or Chips	Stir in a handful of finely chopped baby greens, add a layer underneath or pair with Dry Steamed Kale .	Add anti-oxidant polyphenols in the form of herbal beverages and protective sweet treats . Your microbes will thrive!

Cooking Tips

- Save money. Do not buy "gluten free" unless you have Celiac disease. You will pay more for products packaged as "gluten free".
- Whole wheat is the champion of all grains. Do not avoid gluten. Keeping it out of the diet can make you more hyper-sensitive.
- Measure [cornmeal](#) by scooping directly into the bag and pressing against the side for a level, packed cup.
- Use the same measuring cup for cornmeal and boiling water for a perfect wet:dry ratio in your [Corn Crisps](#).
- Treat yourself to this outstanding [onion powder](#) for cost savings and huge flavor impact in all your [PD recipes](#).
- Enjoy the active meditation of evenly spreading oil-free batters. Think joyful thoughts as you smooth the warm, soft dough.
- Cut [Corn Crisps](#) into any size variation, from small Frito-like rectangles to large flatbread-like squares, depending on their use.
- Clean as you go. Clean food residue off pans with a little baking soda and a scrub brush. Fat-free foods come off easily.
- Use [wide mouth jars](#) for food storage ease, and for [Plant-based Yogurt](#) containers that fit nicely in the [Instant Pot](#).
- Remove label and repurpose 20oz. [Tamar](#) bottles as personal protective [beverage](#) containers for sturdy, portable [hydration](#).
- Label bottled beverages using a sharpie marker; erases easily with vinegar or when washed in the dishwasher.
- Hydrate throughout the day to feel better: [Mint](#) + [Green Tea](#), [Tuber Tonic](#), [Hibiscus](#) + [Butterfly Pea](#) flowers brewed together.
- Improve food satisfaction by avoiding chef's treats as you prepare your meal, and by finishing your meal with something fun.

The Apple Pie Nutty Butter Yogi Bowl	Granola	Repeat ↑↑↑
From the Fridge: Plant-based Yogurt , Fat-Free Nutty Butter	Apple Pie Filling	
From the Pantry: Toasted Oats or Stovetop Granola	Yogurt	
Make Apple Pie Filling and let it cool. Layer across 6 jelly jars . Repeat layering. <i>Enjoy with an ice cream spoon as a delicious end to a satisfying meal.</i>	Nutty Butter	

Student Q&A

- Q: My oven rack doesn't have a center position. Do you recommend baking in the position just above or just below center? (13:30)
- Q: Where did you get the [plastic lids](#) for your jelly jars? (1:10:30)

Encouragement

- Don't run a marathon out of the gate and then quit. You've got the whole rest of your healthy life ahead of you.
- There is nothing I want more than everyone's success in this community. I want you to have it all. We all deserve to be the healthiest person in our friend circle. We all deserve to get the credit of being a walking billboard of health.
- Doctors treat our lifestyle and dietary choices with medication to preserve our life. I urge you to make these dietary and lifestyle changes and follow through fulltime, so you can be your own health advocate instead of being forced to do what someone else suggests. Be an example of health to be free to make any choice you want when faced with a freak diagnosis.

"Get the PD advantage. Make it delicious. Make it exciting. Make it fun. It will be effective every time for everyone. Results are typical!"

Recommended Recipes

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| <input type="checkbox"/> Quarantine Crackers | <input type="checkbox"/> Hushpuppies | <input type="checkbox"/> Favorite Fries | <input type="checkbox"/> Tuber Tonic |
| <input type="checkbox"/> Plant-based Cheeze-It Crackers | <input type="checkbox"/> Nice Cream Sandwiches | <input type="checkbox"/> Probiotic Pepper Sauce | <input type="checkbox"/> Blue Chai |
| <input type="checkbox"/> Spices & Herb Cracker Mix | <input type="checkbox"/> Breakfast Brownies | <input type="checkbox"/> Horsey Sauce | <input type="checkbox"/> Flower Water |

Recommended Classes

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| <input type="checkbox"/> #108 Whole Food Detox | <input type="checkbox"/> #211 Weighing the Risks of Cancer Screening | <input type="checkbox"/> Reviewing the 50/50 Plate |
| <input type="checkbox"/> #072 The PD Practice Check Up | <input type="checkbox"/> #272 Allergies and the Microbiome | <input type="checkbox"/> #238 Protective Beverages |
| <input type="checkbox"/> #187 The PD Groove | <input type="checkbox"/> #251 Nice Cream Sandwiches & Building a Strong Immune System | <input type="checkbox"/> #267 Finger Salad, Chips & Dip |