

## Protective Diet Class #284 House Hunting Travel Meals & a Personal Jump Start with Bill

*This class inspires imagination with a walk through the Christensen Cabin in the high-desert of southwestern Utah including tips on manifesting your dreams, spontaneous travel meals, engaging with neighbors, and helping a friend get started on a Protective Diet.*

### Announcements

- Reach out in [Protective Diet Living \(PDL\)](#) to get support from the PD community.
- Attend the Saturday Morning [Live Coaching Hour](#) and [Pre-Class Chats](#) to get personalized guidance.
- UPDATE: Protective Diet [Plant-Based Broth Mix](#) is back in production after COVID delays and available for purchase.

### Vocabulary

Fast Five

Food Additives

Travel Meals

Imagination

Dream Board

### Action Steps for Living Your Best Life

- **Visualize Your Ultimate Life**
  - The journey to optimal health can lead to achieving your ultimate life.
  - What does your desired life look like? What does it feel like to live your dreams?
  - Imagine your best life. Believe it will be. Write down as many details as you can imagine on a dream sheet.
  - Visualize it. Imagine being in it. Imagine living in it. The clearer your vision, the more ability you have to take action.
  - Generate excitement and gratitude for all that will soon manifest. It will come, or the opportunity to create it will come.
  - Expect to recognize opportunities each day to take action toward your goal--Moving boxes will arrive. Experts will appear.
  - Be willing to commit. Take risks. Dive in! Be ready to take spontaneous action when an opportunity presents itself.
  - Don't give up easily--What have you got to lose? Roll with it. Everything works out exactly as we expect it to.
  - Don't be disappointed if it unfolds a little different than you expected. It will likely be even better than you imagined.
  - Recognize the miracles. Express gratitude. Connect with people all along the way. Never stop dreaming/imagining.

#### Jerry & Julie's Dream Sheet mini

- ★ mild winter--ideal growing climate
- ★ beautiful scenery, hiking, trails, exploring
- ★ quiet--no thru traffic or noise pollution
- ★ see the stars--dark nights--no light pollution
- ★ chemical-free, pure water
- ★ garden space, mature fruit trees
- ★ grocery stores with PD "art supplies"
- ★ peaceful, cozy, opened floor plan
- ★ fireplace/wood burning stove
- ★ kitchen to showcase the next greatest recipe
- ★ window over the kitchen sink
- ★ big pantry for bulk food storage & platters
- ★ sewing and project room
- ★ "Hollywood" closet with manicure table
- ★ a place to put my Christmas tree
- ★ room for fun/indoor camping
- ★ guest room/RV hookups
- ★ land, mature trees, deck, outdoor pizza oven
- ★ animal friendly, great neighbors

#### Ready or Not Travel Meals

- Book a hotel room with a kitchenette
- Pack: [Instant Pot](#), [Berkey Water Filter](#), small pot w/lid

#### Last Minute Menu

Day 1	Day 2	BONUS DAY
<a href="#">Kids Spaghetti</a> topped w/ <a href="#">Black Bean &amp; Corn Summer Salad</a>	Shredded Lettuce topped w/ <a href="#">Brown Rice</a> and <a href="#">Black Bean &amp; Corn Summer Salad</a>	Market Rice Bowls: Bulk bin Brown Rice Frozen Corn Shredded Lettuce Pico de Gallo Pineapple Salsa Grapes Hot <a href="#">Tea</a>
<a href="#">Yogi Bowl</a> Hot <a href="#">Tea</a>	Grapes Hot <a href="#">Tea</a>	

- Bring a double batch of [Bean & Corn Summer Salad](#), rice, pasta, [broth mix](#), [yogurt](#), oats, [tea bags](#), fruit (Julie brought papaya and bananas)
- Go to the grocery store for celebration/convenience foods: grapes, lettuce, carrots, frozen corn, salsa, pico

- **Give Someone Else a Jumpstart**

- Receive non-PD baked goods from neighbors graciously. Establish a relationship, and then share your [plant-based journey](#).
- Start with a shareable PD [snack](#)—Julie shared [Sugar-Free Kettle Corn](#) with Bill for a quick snack between appointments.
- When you are living your best life with excitement and gratitude, others will want to know your “secret”.
- Recognize signs of guaranteed success:
  - they ask you questions and want to see how you do what you do.
  - they want it as much as you want it for them—they want to invest as much effort as you want to invest in helping them.
  - they have an outstanding willing attitude—all in and willing to cook. “All in” means fast results=excitement to continue.
  - they have high expectations of success, stay focused, and embrace their new life undaunted by surrounding temptations.
- Introduce them to your simple, early PD favorites—your first “Fast Five” recipes. [Free recipes](#) are often the simplest to make.

PD Jumpstart Menu Idea and Coaching Tips	
<a href="#">Roastless Pot Roast</a>	→ carrots, onions, potatoes—ask: “What kind of potatoes do you like?” → skip the parsley. Then they don’t have to learn the <a href="#">Storing Herbs Technique</a> on the first day.
<a href="#">Black Bean &amp; Corn Summer Salad</a>	→ invite them to make a big batch and use it to top brown rice, pasta or potatoes. → make it even simpler by using store bought pico de gallo.
<a href="#">Busy Day Chili</a> or <a href="#">Veggie Chili</a>	→ give a mini label-reading lesson about common food additives-- citric acid and natural flavor → make <a href="#">Veggie Chili</a> if you don’t find <a href="#">additive-free tomato paste</a> . Remember the spices.
<a href="#">Kids Spaghetti</a>	→ help them find additive-free pasta and learn how to <a href="#">pressure cook pasta</a> .
<a href="#">Southwestern Pasta Toss</a>	→ make this if you don’t have <a href="#">PD Plant Based Broth Mix</a>
<a href="#">Breakfast Bowl</a>	→ oats, frozen berries, bananas—make it a <a href="#">Yogi Bowl</a> when they learn to make yogurt.
<a href="#">Commuter Snacks</a>	→ bananas, grapes, veggie sticks, Ezekiel Bread in a <a href="#">cooler bag</a> —major food cost savings!!
<b>Shopping List:</b>	
<b>Fresh</b>	<b>Frozen</b>
<input type="checkbox"/> Carrots	<input type="checkbox"/> Frozen Corn
<input type="checkbox"/> Onions	<input type="checkbox"/> Frozen Blueberries
<input type="checkbox"/> Potatoes	<input type="checkbox"/> Frozen Mixed Berries
<input type="checkbox"/> Mixed Greens	<input type="checkbox"/> Ezekiel Bread
<input type="checkbox"/> Veggie Sticks	<input type="checkbox"/> Ezekiel English Muffins
<input type="checkbox"/> Bananas, Grapes	
<input type="checkbox"/> Oranges, Apples	
<b>Pantry</b>	<b>Bulk Bins</b>
<input type="checkbox"/> Additive-free Pasta	<input type="checkbox"/> Brown Rice
<input type="checkbox"/> Additive-free canned Beans	<input type="checkbox"/> Nutritional Yeast
<input type="checkbox"/> Additive-free Tomato Paste	<input type="checkbox"/> Rolled Oats
<input type="checkbox"/> Poultry Seasoning, Cumin	
<input type="checkbox"/> Chipotle Chili Powder	
<input type="checkbox"/> Smoked Paprika	
<input type="checkbox"/> <a href="#">WestSoy Soymilk</a>	
	<b>Prepared</b>
	<input type="checkbox"/> Pico de Gallo
	<b>From a PD Friend</b>
	<input type="checkbox"/> Jar of <a href="#">Yogurt</a>
	<input type="checkbox"/> <a href="#">PD Broth Mix</a>
<b>Week 1 FUN:</b> Take a “before” photo. Introduce yourself in PDL. Find a few recipes you love and make them again and again. Make <a href="#">Jerry’s Organic Plant Based Yogurt</a> in an Instant Pot.	
<b>Week 2 FUN:</b> Find <a href="#">Chia Seed</a> . Blend a <a href="#">salad dressing</a> , like <a href="#">Zesty Italian Dressing</a> . Find tofu. Blend a mayo, like <a href="#">House Mayo</a> . Make a sandwich, like Ezekiel Bread, mayo, tomatoes & sprouts.	
<b>Week 3 FUN:</b> Start an <a href="#">Herb Box</a> . Find more PD Pantry Staples— <a href="#">tapioca starch</a> , <a href="#">tamari</a> , <a href="#">erythritol</a> , <a href="#">cocoa nibs</a> , <a href="#">applesauce</a> . Try something new, like <a href="#">Cookie Dough Bites</a> , <a href="#">Chocolate Cream Pudding</a> , or <a href="#">Melt &amp; Bake Cheeze</a> . Add it to the rotation.	
<b>Week 4 FUN:</b> Celebrate the completion of your 30-day Detox and Tastebud Reprogramming together.	

### Cooking Tips

- DINNER GUEST MEAL IDEA: French Onion [Soup](#), Kimchi [Pizza](#), “Tuna” [Melt](#), and Mixed Green [salad](#).  
Dessert--[Chocolate Chili Mousse](#), [Sugar-Free Lemon Poppy Seed Loaf](#) with [Sugar-Free Royal Icing](#), and [Caraway Coffee](#)
- Adapt recipes--if [salad dressing](#) is too sweet to you, add more vinegar or dilute with a little water. Use less sweetener next time.

### Encouragement

- This feels so right. What have you got to lose? If someone says, “You can’t do that”, tell them, “I can’t NOT do it”.

“This is what I imagined on my dream sheet. Telling you about it makes me want to cry because it all came out in the end, just like I imagined.”

### Recommended Recipes

- [Sheet Pan Nachos](#)
- [Quesadillas](#)
- [Plant Based Carnitas](#)
- [Taco Melts](#)
- [Tostadas](#)

### Recommended Classes

- [#099 Visualize Optimal Health](#)
- [#234 Know Your Fast Five](#)
- [#122 Freedom to Succeed](#)
- [#260 Day One on a Protective Diet](#)
- [#274 Road Trip Travel](#)
- [#066 Checking Into Your Healthy Life](#)
- [#124 Pick a Positive Proactive Partner](#)
- [#214 In Flight Travel Made Easy](#)
- [#071 The Power of Imagination](#)
- [#116 Becoming a Plant-Based Chef](#)
- [#059 Encouraging and Coaching](#)
- [#067 The Practice of Gratitude](#)