

## Protective Diet Class #286

### Our New Workplace for Wellness

*This class supports you in maintaining your PD practice during the excitement and strain of major life changes or rewarding projects. Check out our garden irrigation project, "before" landscaping views, raised garden beds, new pantry, and tips for quick dinner prep while managing altitude sickness. The PD Test Kitchen is breaking ground for a plant-based homestead in the high desert.*

### Announcements

- Engage in our official support group, [Protective Diet Living \(PDL\)](#). Join [Live Chats & Coaching Hour](#) for personal assistance.
- Shop [www.protectivediet.com/bulk](http://www.protectivediet.com/bulk), an independent source for low-cost, high-quality PD staples in bulk.
- Order [Protective Diet Plant-Based Broth Mix](#) direct. Save w/free shipping and \$5 off a 3-pack (no longer sold on Amazon).

### Vocabulary

Altitude Sickness  
Ocular Migraine

PD Pantry  
50/50 Plate

Efficiency  
Hydration

Plant Diversity  
Garden Beds

Irrigation  
Compost

### Action Steps for Times of Transition & Transformation

- **Keep the PD Basics Fully Intact**
  - Prioritize maintaining PD Kitchen & Pantry systems to keep you feeling and performing at your best amidst change.
  - Set up your kitchen for efficiency to [make meal times smooth and effortless](#). PD Workplace for Wellness systems are your constant, and so familiar you could cook with your eyes closed (or even with vision impaired by an ocular migraine).
    - In a PD kitchen, everything is strategically placed—the spice cupboard with salt and measuring spoons at the ready, the prep station with instant access to your most frequently used tools, the [High Speed Blender](#) and [Instant Pot](#), favorite flours and grains are front and center for easy access, and any items not for daily-use are stored out of the way.
    - A PD Pantry is organized, inventoried at a glance, and stocked deep with staples for your fast five favorite recipes.
    - Stock your fridge and freezer with fresh & frozen staples, an [Herb Box](#), pre-washed chopped cooking and salad greens, and one or two protective [condiments](#)--your ready-to-go-meal starters. [Treats](#) in the freezer are a satisfying bonus.
    - Get some [ferments](#) going as soon as possible—start with Ruby Raw Kraut or Probiotic Pickled Onions. With these fast ferments on hand, you can add flavorful, protective crunch at mealtime without even getting out a knife.
    - Get familiar with your grocery shopping options. Find your new bulk foods resource or [coordinate your own drop](#).
  - With foundational practices sustained and supported, you are ready for the new adventures change brings.
  - This class offers a peek into new PD Homestead systems as they are being built from scratch including: the installation, care and keeping of compost from [countertop](#) to compost pile, garden beds with built-in pest control, grapevines, fruit trees, subterranean irrigation, and plans for canning & preserving the diverse harvest it will produce.
- **Keep Meals Simple & Protective**
  - Follow this quick protective meal formula (no meal-planning is necessary):
    - Start by making [Dry Steamed Kale](#) in the pressure cooker. Use a [steamer basket](#) & quick release [steam diverter](#).
    - Look in the fridge & find a condiment that needs to be used before going bad--This is your meal-starter.
    - Choose a complimentary pantry starch—pasta or rice is all you need.
    - Assemble the components into a 50/50 [Pro Bowl](#).
  - Make it a 50/50 plate. If all you have is pasta or rice, salsa & lettuce to give it some extra protection, that's perfect.
    - We add lettuce, kale or veg to the plate, not to reduce the starch energy, but to increase the protection.
    - Keep protection in mind, not restriction, and your practice will be more enjoyable and sustainable.
  - Julie demonstrates a [Mix & Mac Mexican Inspired Pro Bowl](#) assembled in her new Workplace for Wellness:
    - Start with a bowl of shredded lettuce for each person.
    - Add a generous serving of [Mix & Mac](#) (w/salsa, black beans, corn & fresh cilantro added after the Mac-making step).
    - Top with chopped tomatoes, green onion, [Probiotic Pickled Onions](#), [Ruby Raw Kraut](#), [Dry Steamed Kale](#) & [Greek Yogurt](#).
    - Offer [Probiotic Pepper Sauce](#) tableside as an optional spicy topping.
    - Dessert—defrost a few slices of pre-made [Banana Bread Under Pressure](#) or leftover [Nice Cream Sandwiches](#).
  - Plate Your Food & Clean As You Go

## • Make Time For Self-Care

- Be resilient--Handle the unexpected twists of life gracefully, knowing your body is receiving the best protection possible.
- Be patient as your body adapts to new natural surroundings such as thinner air, different microbes, or intense/dry heat.
- Manage ailments holistically. Julie & Jerry managed altitude sickness and ocular migraines with these tips:
  - Rest indoors—beware of over-exertion. Slow your pace and allow your body to acclimatize.
  - Soothe headaches and sore muscles with anti-inflammatory beverages such as [Tuber Tonic](#) and [Choco Tonic](#).
  - Increase fruit/carb consumption even if you are nauseous—your body needs adequate nutrition to oxygenate blood.
  - Intentionally hydrate—drink 2 or more quarts of [protective beverages](#) per day. Make a drinking game of it.
- A Daily Beverage System:
  - Order [loose teas in bulk](#) and store in refillable canisters conveniently located near your [electric tea kettle](#).
  - Each day, brew a [tea](#) concentrate in a 2qt. jar. Before bed, [strain](#) into a pitcher and add water to dilute. Refrigerate.
  - Use a funnel to fill repurposed [tamari](#) bottles, or [glass water bottles](#) for hydration to go.
  - Hydration is a vital part of your daily nourishment and worth taking a few extra moments to set up the night before.

## Cooking Tips

- Keep your Slowcooker—simmer [Busy Day Chili](#), while simultaneously steaming [Perfectly Cooked Brown Rice](#) in the [Instant Pot](#).
- Avoid chef's treats while preparing meals to create incredible satisfaction with your first and second bite at dinner.
- When making [Mix & Mac](#), combine sauce ingredients right away and set aside, so the starch can dissolve into velvety smoothness. Stir the sauce vigorously into fresh, hot pasta. The heat of the pasta and friction of stirring will thicken the sauce.
- Defrost PD [Nice Cream](#) treats in the refrigerator for 2 hours before serving for that familiar creaminess without the fat.
- Defrost frozen corn--cover with warm water in a bowl or glass. Let it sit while you meal prep. Drain and add to the meal.
- Include some or all of the liquid from canned beans in your meals. It contains a lot of nutrition from the beans soaking in it.
- Roast over-ripened tomatoes and make them into [salsa](#). Roasting adds another layer of sweetness and a wonderful smell.
- Save empty tamari, applesauce and spice jars. Repurpose as gift containers for [hot sauce](#), [vanilla](#), [spice blends](#) or [PD yogurt](#).
- Develop a taste for [Jerry's Organic Plant-based Yogurt](#) and enjoy supreme health benefits—[strain](#) into [Greek Yogurt](#) and use as a sour cream replacement in savory recipes, or layer with fruit and [toasted oats](#) in a [Yogi Bowl](#) to add a sweet component.

## Student Q&A

- Q: How long did your altitude sickness last? (6:51)
- Q: What kind of [knife](#) do you use to slice tomatoes? (39:30)
- Q: Are you still using filtered water from your [Berkey Water Filter](#)? (41:15)
- Q: Are beans considered a starch in a 50/50 meal? (44:48)

## Encouragement

- When you sit down to eat, pause for a moment, look at your meal and express gratitude for what you know, for what you are fueling your body with, and how you are protecting your body.

*"Rome wasn't built in a day...I'm showing you this so you can see the transformation and all the possibilities. We don't have any skills, as far as irrigation, but our neighbor told us how to do it and we got to work."*

## Recommended Recipes

- |  |  |   |  |
|--|--|---|--|
| <input type="checkbox"/> <a href="#">Pro Bowl</a>              | <input type="checkbox"/> <a href="#">Busy Day Chili</a>      | <input type="checkbox"/> <a href="#">Ruby Raw Kraut</a>           | <input type="checkbox"/> <a href="#">Choco Tonic</a>                 |
| <input type="checkbox"/> <a href="#">Pressure Cooked Pasta</a> | <input type="checkbox"/> <a href="#">Kids Spaghetti</a>      | <input type="checkbox"/> <a href="#">Probiotic Pickled Onions</a> | <input type="checkbox"/> <a href="#">African Red</a>                 |
| <input type="checkbox"/> <a href="#">Taco Salad</a>            | <input type="checkbox"/> <a href="#">Roasted Salsa Verde</a> | <input type="checkbox"/> <a href="#">Dry Steamed Kale</a>         | <input type="checkbox"/> <a href="#">Nice Cream Sandwiches</a>       |
| <input type="checkbox"/> <a href="#">Mix &amp; Mac</a>         | <input type="checkbox"/> <a href="#">Salsa Roja</a>          | <input type="checkbox"/> <a href="#">Greek Soy Yogurt</a>         | <input type="checkbox"/> <a href="#">Banana Bread Under Pressure</a> |

## Recommended Classes

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> <a href="#">#096 Kitchen Set Up For Efficiency</a> | <input type="checkbox"/> <a href="#">#234 Know Your Fast Five</a>  | <input type="checkbox"/> <a href="#">#279 Nutty Butter &amp; The Noodle Bowl</a>        |
| <input type="checkbox"/> <a href="#">#162 Emergency Hospital Prep</a>       | <input type="checkbox"/> <a href="#">#238 Protective Beverages</a> | <input type="checkbox"/> <a href="#">#231 Featuring the Pro Bowl</a>                    |
| <input type="checkbox"/> <a href="#">#029 Why Am I Sick?</a>                | <input type="checkbox"/> <a href="#">#154 Daily Application</a>    | <input type="checkbox"/> <a href="#">#280 PD Success &amp; The 50/50 Plate Practice</a> |
| <input type="checkbox"/> <a href="#">#161 Tips for Limiting Stress</a>      | <input type="checkbox"/> <a href="#">#281 Perfect Yogurt</a>       | <input type="checkbox"/> <a href="#">#284 House Hunting Travel Meals</a>                |