

Protective Diet Class #288

Socializing and PD Living—a “This is How We Do It” live broadcast

This class empowers you to think like a pro in social situations where food is a focus. Learn to enjoy the excitement of socializing and manage the stress of mandatory work events, while protecting your endothelium and epithelium with everything you've got.

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.

Vocabulary

Social Engagement	Epithelium	Microbes	Anthocyanin	Day Fasting
Optimal Health	Endothelium	Immune System	Autophagy	50/50 Plate

Action Steps for Managing Social Stress

- Adopt a Pro Mindset
 - Realize you no longer “get through” things you hate by soothing with food. For example, it is culturally acceptable to treat employees with fancy candies during work meetings. You do not need a treat for sitting through the meeting like a good little dog. Skip them. Do not medicate with food to get through an unpleasant task. Reward yourself later.
 - Know your purpose in going--be there to socialize with friends/family, or to get the information you need for work.
 - Stay focused on you. You deserve the very best—7 out of 10 Americans, including children, are on medication in order to be “okay”. On a Protective Diet, we have a different goal—we are going for optimal health & total protection.
 - We are in the top 1% of the 1% of healthy plant-based eaters.
 - We are eating [high quality foods](#) to reduce/eliminate medications, slim down, increase energy, and look our best.
 - Optimal health is not for everyone. It’s only for those willing to put forth effort. I show you how to do it w/ease.
 - Set your goals, put them front of mind and follow through no matter where you are or what the situation.
 - Note: If you have been in social isolation or experiencing mental stress for an extended period, your immune system is impaired. As you re-emerge, you may get a cold. Rest. Make a [Yogi Bowl](#) or all-fruit-meal. Keep it simple and on-plan.
- Field Comments with Confidence
 - What other people think about you is none of your business and it only affects your health. Our thought/worry around what other people think of us impacts our epithelium/microbes/total wellness, and wastes a lot of time.
 - Don’t expect respect if you decide to give in. Make an exception this once & they will expect you to give in every time.
 - Write and review your personal “why” for practicing a [Protective Diet](#), so the reasoning of others does not impact you.
 - Speak—talk about your goals. Tell your friends what you have achieved on a Protective Diet.
 - Follow Through for 3 solid months so you have visual results that cannot be questioned.

Disbelieving Comments

- “How long are you going to do that PD thing? Are you STILL doing that diet?!”
- “What do you mean you’re not going to eat anything? It’s fondue night!”

Confident Responses

- “I’m doing this for the rest of my life because I want to live my best life.”
- “Look what I’ve achieved. I’m not quitting now!”
- “No thanks. I have BIG plans for my stomach.”

- The Dinner Date: Eat Before You Go

- Eat before you go to take the edge off. Do not skip social engagements on account of your Protective Diet and lifestyle.
- Scan the menu for something to nibble on while you interact: dry salad (ask for a fresh lemon to squeeze on it), fresh hot corn tortillas w/pico de gallo, steamed broccoli & a baked potato. Mix and match. Ask and you shall receive.
- Make do. Show that you are not that high maintenance. It can be easy, effortless and fun.
- Reward yourself later, the [PD way](#).

- The Potluck: Anticipate a Delicious PD Meal

BEFORE A POTLUCK

- Set aside some food. Plan to eat your main meal when you get back from socializing. Prepare it ahead of time. If you are too tired to make something fresh, plan to reheat some leftovers using the [Instant Pot Steam Reheat Technique](#).
- Choose a PD treat as a reward for later—have some bananas in the freezer for a [Frosty](#) or make some [Chocolate Chili Mousse](#) and let it chill in the fridge while you are gone.
- Thoughtfully select food to share—Julie demonstrates taking [Fat Free Fruit Newtons](#) to a neighborhood potluck. Save the “ugly” Newtons for yourself. Take the show stoppers. Label it: “Fat-Free, Sugar-Free, Gluten Free”. If no one loves it, don’t worry about it. You loved what you brought, so don’t have a pity party, have a PD party when you get home.
- Bring an intriguing personal [beverage](#) such as [Flower Water](#) in a [clear glass bottle](#). When people ask what you are drinking, tell them it has anthocyanin, which is how we protect ourselves from the sun without chemical sunscreens.
- Consider your travel--Could your travel to the event double as fulfilling exercise? Julie and Jerry arrived at their summer kick-off potluck on a bicycle built for two. Joy, satisfaction and energy from your lifestyle choice cannot be questioned.

DURING A POTLUCK

- Focus on socializing. Enjoy a heaping plate of fresh fruits and vegetables or just walk around the tables and talk with people, knowing there is a delicious meal waiting for you at home and this is just the appetizer.

AFTER A POTLUCK

- Treat yourself to the biggest, most exciting [Frosty](#) as a reward for not eating or drinking off-plan.
- Add to your [Calendar of Achievements](#)—make entries on your social life. Write about the social engagements you have each week/month and learn from how you navigate them. Be patient with yourself.

Cooking Tips

- Cut [watermelon](#) after dinner the same day you buy it and get it in the fridge instead of leaving it on the counter to get mealy.
- A large crack spanning the center top of your [Fat-Free Fruit Newtons](#) is the result of too much filling.
- Make “cheater” [Salsa Molcajete](#) first thing in the morning to make the house smell amazing or let it cook itself while you are eating dinner. Roast tomatoes and jalapenos and follow recipe guidance to finish this gourmet salsa using a [high speed blender](#).
- To prepare [brown rice ramen noodles](#)--drop a brick into a pot of very hot water (boiled & removed from heat) for about 6 min.
- Noodles from the Asian market are typically too salty for Miso Healthy Soup, but great for [Vietnamese Spring Rolls](#).
- Brown rice pasta has the same/less nutritional value as white wheat pasta with mushy texture and a higher price tag.
- Pour soup broth back and forth between individual serving bowls to equally distribute all the flavorful bits among diners.
- Make it your motto to add a little something fresh and a little something fermented to every meal.
- MEAL IDEA: [Miso Healthy Soup](#) party or weeknight meal made complete with any veggies you have on hand.
 - Fill individual bowls with raw veggies, top with brown rice ramen noodles, hot broth and chopsticks.
 - Fermented toppings--[Ruby Raw Kraut](#) and [Plant-Based Kimchi](#)
 - Fresh toppings--a Persian cucumber tucked in the side of each serving and some fresh chopped cilantro
 - Serve with an optional side salad of mixed baby greens and [Asian Style Spice Nut Vinaigrette](#) & fresh summer fruit

Student Q&A

Q: Is it weird that I prefer social isolation and I have a home away from everybody? (8:48)

Encouragement

- We eat with our expectations and our eyes. Our taste buds get more sensitive with each passing day on a Protective Diet. Hang in there. Soon you are going to be going nuts over [cocoa nibs](#). What others find bitter will taste deliciously sweet to you.
- When you have decided you want something bad enough, there is nothing that can get in your way.

“It doesn’t matter what other people think. It’s what you think that matters. At the end of the day, I want you to be proud, I want you to feel successful and I want you to be able to say, ‘I followed through!’”

Recommended Recipes

- [Mango con Chile Paletas](#)
- [Mint Chocolate Chip Nice Cream](#)
- [Banana Bread Under Pressure](#)
- [Ice Pops](#)

Recommended Classes

- [#170 Slimming Down with Biscuits & Gravy](#)
- [#088 Summer Holidays Protective Diet Style](#)