

Protective Diet Class #254

Making Taquitos & Living in the Moment to Reduce Stress

This class offers tools to reduce stress and anxiety with a great recipe for superbowl parties or an easy weeknight meal. Lighten-up emotionally and physically--get a helper in the kitchen and live a playful moment rolling, dipping, baking and eating crispy Taquitos.

Announcements

- Engage in our official support group, [Protective Diet Living \(PDL\)](#). Join [Live Chats & Coaching Hour](#) for personal assistance.
- Add [#lookwhatimade](#) when you share photos or videos in PDL. Posts tagged together make a string of instant inspiration.
- Shop www.protectivediet.com/bulk, an independent source for low-cost, high-quality PD staples in bulk.

Vocabulary

Endothelium

Wonderful Why

Angiogenesis Inhibitor

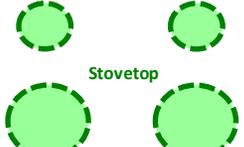
Productive Meditation

Action Steps for a Playful Stress-Free Moment

- **Have a Spontaneous Workplace for Wellness "Party"**
 - Set up an interactive or meditative kitchen moment. Simply "doing" reduces stress and makes us feel good.
 - Focus on the task at hand. With 1 kitchen helper in addition to yourself, tasks for a Taquito-making "party" are:
 1. Warm chilled tortillas to make them flexible and easy to roll
 2. Spread leftover filling on warm tortillas, tightly rolling, dip to evenly coat from end to end and arrange on pan
 - [Plant-Based Taquitos](#) assumes you have: leftover or canned beans, fresh or chilled tortillas, salsa, yogurt, ferments.

Taquito-Making Set-Up and Assembly

- Work right next to the stovetop. One person heats tortillas. One person fills and rolls.
- Spread the beans on. This is the glue. Spread thin at "glue edge" and a little heavier at opposite edge that will be inside.
- Roll tightly with fingers positioned on the edges rather than in the center to get the tightest roll and prevent flaring.

 <p>Stack of Tortillas</p>	 <p>Stovetop</p>	 <p>Filling</p>	 <p>Large Batter Bowl</p>	 <p>Lined Baking Sheet</p>	
 <p>Spread & Roll Area</p>					
<p>Tortilla Warmer working the Stovetop</p>		<p>Filling Spreader--Batter Dipper--Baker</p>			
<ul style="list-style-type: none"> → Fresh— BEST! Can tightly roll w/out cracking. → Refrigerated—rewarm on stovetop in a non-stick skillet or directly over flame of gas stove. → Frozen—separate by inserting a sharp knife between each tortilla and gently twist. Must be thawed to room temperature before heating on the stove top to prevent sticking. → Store-bought--too hard to roll successfully. 		<ul style="list-style-type: none"> - Canned beans blended into Unfried Beans - Canned refried beans are salty/flat/flavorless. - Chilled, firm, leftover Pintos & Cheeze. - Julie's Beans blended 		<ul style="list-style-type: none"> - Mix batter in a large bowl for plenty of room to dip taquitos. - Consistency of heavy cream, not thick paste. - Gives the taquitos "fried" eye appeal, texture & taste. 	<ul style="list-style-type: none"> Bake one pan at a time on center rack for best results: crisp outer coating, moist inside, soft enough to chew.

- **Focus on the Task At Hand, This Moment, Now and Today**
 - **Protect your endothelium**-- stress is one of the main components of endothelial breakdown. We protect our endothelium with every bite we take, the air we breathe, the cleaning products we use, etc. Addressing stress is just as important.
 - **Heed warning signs**--migraine headaches, rashes, vision or hearing loss, etc. are warning signs to get your attention.
 - **Stop unproductive thoughts**—mind spinning with anxiety-induced thoughts about things in our past/future that we don't have control over. Whether preparing for a vacation or surgery, anxiety can come from both excitement and worry. Write down what you are worried about. Let it go. You are going to be okay. Mulling it over in your head is a huge waste of time. Everything always works out perfectly and we are given the tools we need to get through things.

- **Make a “To Do” List** and take action with one item on the list. Add 1-2 really easy things to get done, such as: drink more or workout. Check it off at the end of the day and feel accomplished. We can feel more joy and feel successful every single day of our lives. Your [Protective Diet](#) should be on your list if you are just getting started.
- **Make Micro Goals**-- things that you can check off every day that are beneficial for you. They will add up to something big.
- **Write in your [Calendar of Achievements](#)**--very important to feel a sense of accomplishment over a year/month/week/day.
- **Focus on the Moment**--Doing and accomplishing feels good. Engage with all your senses.
- **Cross one Bridge at a Time**--We don’t know anything. We’ll find out more tomorrow. It always turns out better than you imagined. Our minds immediately jump to the worst case scenario and then we plan backwards from there. Forget about the plans. Take every moment the way it is and your stress will dramatically reduce.
- **Experience Each Moment**--and don’t judge it because it’s incomplete. It might seem like the worst thing that could ever happen, a hideous loss, but we don’t know how it ends. Each experience and every moment of our life adds value. With every experience—we become vintage. Our life is perfection.
- **Find a Wonderful Why**--a lesson we can take away from our stressful experience.
- **Make Cooking a Source of Productive Meditation**--cooking is part of healing and maintaining our body. A positive thing. Not a stress inducer. Not a chore. This doesn’t have to overwhelm your life. It will feel like a lot at first, but doing something totally different and not your norm is going to give you results that are totally different and not your norm.
 - Making [Ferments](#), [Crackers](#), & [Mojo](#) Mixes--becomes productive meditative rituals and relaxing aroma therapy.
 - You don’t have to eat variety to eliminate disease, but variety is going to give you superior health in the future.
 - Start out with making your favorite [fast five](#) recipes over and over again until you are ready to add more.

Cooking Tips

- Take your [B-12 supplement](#).
- Order spices in [bulk](#). You will use them. They won’t go bad.
- Add an ancho chili (pasilla chili) to [Chickenless Noodle Soup](#) to spice it up. Dice it and add during the dry browning step.
- Clean as you go so you are not stressed out in your workplace for wellness.
- Wash kiwi and eat with the peel on. Slice off the ends. Kiwi is in-season in winter.
- Store radishes by cutting off the greens, rinsing them, put them in a jar and cover with cold water, lid and refrigerate.
- New to sharp [knives](#)--Cut a flat edge to stabilize whatever you are cutting before chopping further.
- MENU IDEA: [Chickenless Noodle Soup](#) with diced ancho chili and fresh cilantro, [Plant Based Taquitos](#)
Toppings: [Guac Faux Mole](#), [Taco Sauce](#), [Yogurt](#) “crema”, [Greek Yogurt](#) sour cream, [Escabeche](#), raw radish, [Fermented Salsa](#)
Dessert: variety of protective winter fruit including papaya, orange, and kiwi

Student Q&A

Q: Do you blame yourself for the choices of others? (57:50)

Encouragement

- There is nothing that I find more meditative than being in this kitchen with all of these foods that healed me and saved my life. I love being in this room. I’ve set it up to be very comfortable & functional for me to work in. It’s my favorite room in the house.
- If you’ve set up your Workplace for Wellness you are always going to have simple things that can be put together by a helpful friend. You are not going to starve. Go for the easy convenience of fresh fruit.
- Make every bite count. Quit playing around. Just do it. It’s a choice. You are not a victim of disease. Choose health.

“Productive Meditation—when we are in our kitchen making something we make all the time for wellness. These routine rituals feel good when we feel the results of them.”

Recommended Recipes

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|---|---|--|---|
| <input type="checkbox"/> Plant Based Carnitas | <input type="checkbox"/> Sheet Pan Nachos | <input type="checkbox"/> Sheet Pan Quesadillas | <input type="checkbox"/> Plant based Cheeze It Crackers |
| <input type="checkbox"/> Loaded Nachos | <input type="checkbox"/> Taco Salad | <input type="checkbox"/> Fiesta Layer Dip | <input type="checkbox"/> Quarantine Crackers |
| <input type="checkbox"/> Corn Tortillas | <input type="checkbox"/> Egg Rolls | <input type="checkbox"/> Yogi Bowl | <input type="checkbox"/> Kids Spaghetti |
| <input type="checkbox"/> Mix n Mac | <input type="checkbox"/> Tostadas | <input type="checkbox"/> Get Well Soon Soup | <input type="checkbox"/> Quickie Cream of Veggie Soup |
| <input type="checkbox"/> Baba Ganoush | <input type="checkbox"/> Beans and Rice | <input type="checkbox"/> Nice Cream Sandwiches | <input type="checkbox"/> Buttermilk Ranch Dressing |

Recommended Classes

- | | | |
|--|--|--|
| <input type="checkbox"/> #116 Plant Based Chef No Experience Necessary | <input type="checkbox"/> #157 Preparing to Be Away | <input type="checkbox"/> #161 Tips for Limiting Stress |
| <input type="checkbox"/> #129 Daily Actions to Eliminate Stress | <input type="checkbox"/> #249 Paralyzed By Stress | <input type="checkbox"/> #162 Emergency Hospital Prep |