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presents

Low Carb Meal Prep in The Age of COVID-19

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How to Organize Your Meal Prep and What to Cook to Stay Healthy during The COVID-19 Pandemic

- Being calm is key to keeping the immune system healthy.
- For those with increased inflammation and autoimmune challenges, staying low carb is key.
- Eating under stress and with limited trips out, makes this a challenge.
- Let’s make it easier today…

Staying Calm

- You probably won’t do this perfectly.
- You might eat a cookie sometimes.
- You might run out of cauliflower rice and just eat rice.
- All of that is OK.
- You are resilient.
- You don’t need to be perfect.

Staying Calm

- Focus on ADDING nourishment to your digestive, nervous, and immune systems.
- Do a lot of other things to keep your systems healthy.
- Meditation.
- Prayer.
- Nature walks (far from others.)
- Plant a garden.
- Exercise outside.
- Sleep.
- Nourish and protect with supplements.
- Physically isolate and socially connect.

Shop…

- Thinking in batches that can be shared if you're home with a crowd, and/or split/ frozen if you're home alone or with just a few.
- Making soup/ stew/ chili, muffins, roasted and sautéed veggies, protein + veggies, smoothies.

Shop
Grocery List

- **Protein:** Amino acids (well digested) keep us calm and out of pain.
- Chicken thighs or whole chicken
- Ground or stew beef or similar (lamb, etc.)
- Pork tenderloin
- Turkey
- Eggs
- Breakfast sausage (frozen Applegate Farms)
- Uncooked sausage
- Chickens?

Shop
Grocery List

- **Vegetables:** Nutrients are KEY to supporting the immune system - the more the merrier!
- Get fresh every couple of weeks - things you can cook or wash in warm soapy water.
  - Dark, leafy greens (cook and for “wraps”)
  - Broccoli, cauliflower, zucchini, peppers, (sweet) potatoes, squash
  - GARLIC, ginger, onion, celery, carrot, parsnip, turnip
  - Mushrooms!!!
  - Instead of rice/ pasta/ bread: cauliflower rice (frozen), zucchini “noodles,” spaghetti squash, bed of cooked greens, almond flour muffins/ crackers
  - Less - fresh salad, need to disinfect the plastic it comes in.
  - **Could you start a garden now?**

Shop
Grocery List

- **Vegetables:**
- Stock up on frozen.

Shop
Grocery List

- **Fruits:** Vitamin C!!!
- Fresh - can you wash in warm soapy water, or has a peel?

- Bananas (can freeze when getting brown)
- Apples
- Orange, grapefruit, etc.

- Frozen for smoothies.
- Avocado (can freeze in chunks)

Shop
Grocery List

- **Pantry:**
- Broth
- Nut butter
- tuna/ salmon
- Coconut milk, mayo
- Beans/ GF grains as tolerated: oats, rice, quinoa, millet, etc.
- Spices - Oregano, sage, basil, rosemary, turmeric, curry powder, chili powder, ginger, pumpkin pie, cinnamon, salt, pepper, etc.
- Baking powder/ soda

Shop
Grocery List

- **Pantry:**
- Tomato sauce, tomatoes, peppers
- Pesto
- Curry sauce (or easy to make with sautéed garlic + onion + curry powder + turmeric + cayenne + coconut milk)
- Chipotle mayo (make with mayo + chipotle + lemon juice + cilantro or just mayo + hot sauce)
- Salsa

What to Cook?

- **Breakfast:**
- **Smoothie:** FAT (avocado or coconut oil or nut butter) + frozen berries/ cherries/ fruit + 1/2 banana + protein powder + cinnamon + “milk” or water
- **Almond flour muffins** (try Superhero muffins, switch coconut flour for GF oats if you can’t tolerate any grains) from Shalene Flanagan. Substitute 1.5 cups canned pumpkin or cooked sweet potato for apple and carrot as needed: **https://www.womensrunning.com/health/shalane-flanagans-superhero-muffin-recipe/**
- Fresh fruit
- Applegate farms sausage/ eggs - omelet, boiled, scrambled, quiche
- Cooked veggies/ leftover soup

What to Cook?

- **Lunch and Dinner:**
- **Soup:**
  - Sautee garlic, onion, carrots, celery (any other veg you like to 2-3 cups), add herbs/ spices (2-3 Tbsp), add raw meat or pre-cooked sausage, stir and cook mostly through, add canned tomatoes/ beans, cover with broth, bring to a boil then simmer for 20+ minutes on medium heat.
- **Stew/ Chili - same as above with less broth.**
- **“Pasta” + meat and veggie sauce**
- **Taco salad** with cleaned or cooked greens
- **Canned tuna or salmon salad** on almond flour crackers or GF bread

What to Cook?

- **Smoothie:**
- https://integrativewomenshealthinstitute.com/is-adding-maca-to-your-smoothies-and-recommending-it-to-your-clients-a-good-idea-or-all-hype/ (skip the mana if estrogen dominant or with endometriosis)
- **Muffins:** https://www.womensrunning.com/health/shalane-flanagans-superhero-muffin-recipe/
- **Scramble or Hash, Quiche:**
- https://www.paleorunningmomma.com/sweet-potato-hash-sausage-paleo-whole30/
- https://www.paleorunningmomma.com/paleo-broccoli-quiche-bacon/

Recipes

- **Soups/ Stews/ Chili**
- https://www.paleorunningmomma.com/zuppa-toscana-paleo-whole30-keto/
- https://www.healthyseasonalrecipes.com/chicken-vegetable-soup-paleo/
- https://www.ambitiouskitchen.com/seriously-the-best-healthy-turkey-chili/ (skip the corn/ corn chips)

Recipes

- **“Pasta” + veggie and meat sauce**
- https://mealsheelsandcocktails.com/2018/01/14/turkey-meat-sauce-spaghetti-squash/
- https://www.joyfulhealthyeats.com/zucchini-noodles-meat-mushroom-tomato-sauce/ (you can sub dried herbs and just a jar of tomato sauce)

Recipes

- **Taco Salad**
- https://youtu.be/Ocnlj8r-T1k

- **Tuna or Salmon Salad**
- https://therealfoodrds.com/5-minute-salmon-salad/

Recipes

- **More cooking support:**
- https://www.paleorunningmomma.com/
- https://therealfoodrds.com/
- https://heatherpierceinc.com/ (https://www.youtube.com/channel/UCkNBtY9zgYPqj2bUrRMGJJw)
- https://autoimmunewellness.com/recipes/
- http://www.nourishingmeals.com/p/recipe-index.html
- https://www.stephgaudreau.com/

Even more personalized support: Now offering ONE deep dive private session to get you a complete plan to stay healthy during these challenging weeks.

https://bit.ly/EndoStrategy ("FAMILY&FRIENDS" for $50 off)

Any Questions???

https://bit.ly/EndoStrategy

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