

Eating Well in Times of Quarantine

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What does eating well mean?

- Food > exercise
 - You truly are what you eat
- Eating 'healthy' - bio individuality
 - There is no 'one diet that fits it all' but there are some overall winners
 - 'Eat food. Not too much. Mostly plants' (Michael Pollan)
- When cortisol is high, we are looking for comfort, calorie dense and nutrient low foods
 - Create other comfort habits
 - Go for 'good for you' comfort food (homemade, minimally processed)

Why are plants the perfect fuel?

- Affordable
 - Beans and grains are super cheap!
 - Order in bulk from nuts.com or get discounts on thrive market
 - Sign up for a fruit and veggie box from misfits market
- Fiber rich
 - Gut health directly affects immune system and foreign invaders
 - Easy to digest (perfect for sedentary lifestyle)
- Packed with antioxidants, vitamins and minerals
 - Less stress on your body
 - Vitamin C rich; protects your immunity
- Prevent lifestyle disease
 - 14 of the 15 leading causes of death are lifestyle related and a whole foods plant based diet can prevent and partly reverse all of them

How to make it happen?

- Weekly or daily meal planning - structure is key!
 - You can use different variations of batch prep
 - Write down what you eat each day if you struggle with stress eating or constant snacking; take out the decision making in advance!
- Go for whole foods
 - Avoid added processed sugars, oils, preservatives and processed flours
 - Double down on some extra immune boosters like ginger + turmeric/black pepper powder in teas and on oatmeal for example
 - Limit alcohol (try kombucha or sparkling water with bitters instead)

How to make it happen?

- Opt for simple plant based recipes
 - Oatmeal or overnight oats with various toppings
 - Burritos
 - Buddha Bowls (grain, bean, green veggies, starchy veggie + fat based dressing)
 - Pasta (legume based for extra nutrition) with sauce variations
 - Coconut curry
 - Bean Chilis
 - Salads
 - Make your own staples like vegan yogurt, dairy free milk, healthy granola
- Favorite free recipe sites:

www.sweetpotatosoul.com

www.minimalistbaker.com

How to make it happen?

- Preserve your produce
 - Don't wash until you use
 - Stick herbs in a jar of water covered with a bag
 - Bring your greens back to life with an ice bath
 - Prep veggies and keep in fresh water jars
 - Store excess citrus in the fridge
 - Store ginger in the freezer
 - Don't store onions and potatoes together but find a cool, dry and dark place to avoid sprouting

How to make it happen?

- Stock up your fridge and freezer staples
 - Go with frozen veggies and fruit
 - Pick up simple plant based burgers (preferably bean and grain based)
 - Stock up on nuts and seeds
 - Get whole beans and grains
 - Keep spices around (ginger, cinnamon, salt)
 - Keep tempeh and tofu around
 - Go for simple snacks with a few ingredients

How to make it happen?

- Sign up for pre made options
 - Purple Carrot: plant based meal prep kits
 - Daily Harvest: frozen meals ready to eat
 - Plantable: plant based wellness program

Favorite resources

- How Not To Die + How Not To Die Cookbook (favorite reads)
- Peacefuldumpling.com (recipes and resources about sustainable eating)
- Thrive Market (healthy staples at a lower price)
- Misfits Foods ('ugly' produce subscription)
- Bubble.com (no refined sugars and oils)
- The Plantiful Podcast (plant based change makers interviewed)
- www.getlupii.com