

## Nutrition Staples

# Food Planning during your 3 week Stay-In



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## To Consider

- Aim for nutritional balance
- Shelf-stable vs all fresh
- Home-made basics vs premade
- Consider multi-use foods and staples
- We are planning for 3 weeks. You do NOT need to empty the shelves for this.

## Nutrients to Consider

1. **Immune-boosting foods** Ensure you have adequate fruits and vegetables to help keep your immune system thriving.
  - These can be simple canned or dried fruits, frozen or canned vegetables, and some long-shelf life fresh produce (think potatoes, sweet potatoes, carrots, squash, apples, oranges etc)
2. **Protein:** again, keep this simple.
  - Canned or dried beans and legumes go a long way for protein as well as high-fibre intake, and sources of iron. They are also super cheap and save space in your fridge and freezer.
  - Consider dried milk as a source of calcium and protein.
  - **Nuts** (almonds, walnuts), seeds (pumpkin, sunflower, flax, hemp hearts etc) and their butters are also great, long-lasting and nutrient-dense sources of protein
  - **Whole grains:** long-grain brown rice, quinoa, bulgur, barley are all great sources of B-Vitamins, protein and fibre.
3. **Household goods:** simplify your cleaning and disinfecting by using simple diluted bleach spray or vinegar spray vs high-priced wipes. See [here](#) for recipe and ideas
4. **Fluids:** This has NOT changed. Water. You just need water for hydration. You do NOT suddenly need to stock juice or gatorade or bottled water.

## Recipe: Easy Bean Crock-Pot Chili:

### Ingredients:

1-3 lbs ground meat\*  
1 large can mixed beans, drained  
1 lrg can diced tomatoes (500 ml)  
1 can tomato sauce (~500 ml)  
1 small call tomato paste  
2-4 cups mixed frozen (or fresh) vegetables, diced. Thawed and drained. (Frozen Mirepoix mix is great!)

2 tbs (+) chili powder  
2 tsp garlic powder (or 3-4 minced fresh garlic)  
1 tbs oregano, dried  
1-2 tsp salt (to taste)  
1 tsp pepper  
Optional: ½ tsp cayenne pepper

### Directions:

1. Place all ingredients in a crock pot. Stir well.
2. Set on low and cook for 7-8 hours (ensure meat is cooked through (165F) if using).
3. Serve with whole grain rolls, rice or quinoa and a side of vegetables (roasted, fresh or salad).
4. \*For a cheaper and vegetarian version, swap out the ground meat for either dehydrated Textured Vegetable Protein (TVP) or an additional 2 cans of pulses (lentils, black beans are great!)



Photo by Joe Lingeman