

Food prep during Coronavirus

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Nutritionist and
Herbalist

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LDN, Nutritionist and
Coach



Diet aka Diata (δίαιτα)

Diet according to Ancient Greek doctors took a much more expansive view...

“For ancient doctors, food was only one part of the lifestyle that had to be taken into consideration in order to maintain or re-establish good health.” p 140



FROM THE BOOK
**Greek Medicine from
Hippocrates to Galen:
Selected Papers**

Jacques Jouanna
Translated by Neil Allie
Edited with a Preface by Philip van der Eijk

Copyright: 2012

Food
Water
Meal timing
Outdoor time
Leisure activity
Clothing
Bathing
Exercise



Prayer offering

- For all who have contracted coronavirus,
We pray for care and healing.
- For those who are particularly vulnerable,
We pray for safety and protection.
- For all who experience fear or anxiety,
We pray for peace of mind and spirit.
- For affected families who are facing difficult decisions between food on the table or public safety,
We pray for policies that recognize their plight.
- For those who do not have adequate health insurance,
We pray that no family will face financial burdens alone.
- For those who are afraid to access care due to immigration status,
We pray for recognition of the God-given dignity of all.
- For our brothers and sisters around the world,
We pray for shared solidarity.
- For public officials and decisionmakers,
We pray for wisdom and guidance.
- God, Father, Mother, Yahweh, Allah, Great healer
- Grant peace.
Grant comfort.
Grant healing.
Be with us. Amen.



Food Sourcing

- **Produce Boxes**
 - Farmer's market - order in advance then pick-up or deliver
 - Check out your own local CSA - pick up or delivery
 - DC/VA/MD
 - Breezy Willow
 - Full Circle Farm
 - Territory foods has a produce box
<https://territorygrocery.com/>



2020 HOWARD COUNTY FARMERS' MARKET SCHEDULE

 **Howard County Library Charles E. Miller Branch**
9421 Frederick Road, Ellicott City
May 6 - November 4
Wednesdays | 2:00 - 6:00 PM
Drive Thru Only

 **Howard County Library East Columbia Branch**
6600 Cradlerock Way, Columbia
May 14 - November 4
Thursdays | 12:00 - 6:00 PM
Drive Thru Only

 **Clarksville Commons**
12264-12276 Clarksville Pike, Clarksville
May 9 - November 7
Saturdays | 10:00 AM - 2:00 PM
Drive Thru Only

 **Farmers' Market @ Maple Lawn**
7405 Maple Lawn Blvd., Fulton
May 16 - November 7
Saturdays | 9:00 AM - 1:00 PM
Drive Thru & Pick Up Booth

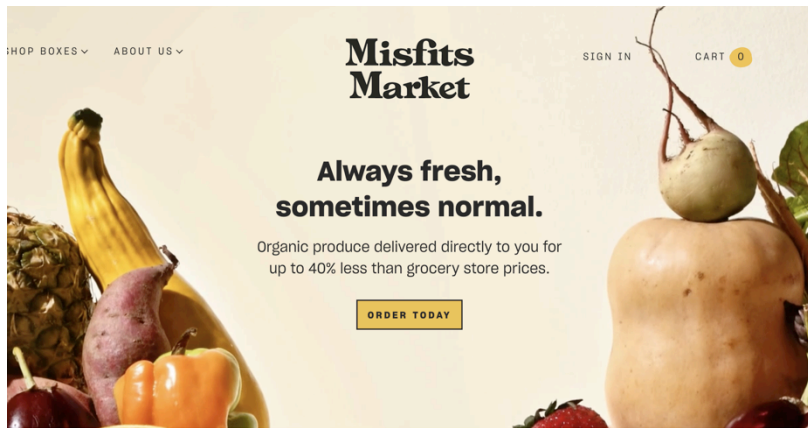
 **Oakland Mills Village Center**
5851 Robert Oliver Place, Columbia
May 10 - November 8
Sundays | 9:00 AM - 1:00 PM
Pick Up Booth Only

For updates, please visit:
bit.ly/HoCoFM_2020



*Note: Pick up booths will be stationed 12 ft apart; buyers are urged to continue physical distancing by maintaining 6 ft apart while waiting in line to retrieve their order. Please remember to wear a face covering or mask.





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GOT IT

Farmbox
DIRECT

About Us
How It All Began

How it Works
Get the scoop!

Why Choose Us
Because We're Awesome

In The News
We're Headlines

Delivery Area
Where We Deliver

Earn Free Produce
Tell your friends

Pricing
See Menu & Prices

Recipes
Learn more

How It Works

We make this EASY for you!

1. Enter your zip code to see if there is delivery to your area.
2. Create an account to set up your delivery.
3. Pick out what size of our 3 Farmbox's you would like. We have different Farmbox's for different needs!
4. Customize your Farmbox to your liking with up to 5 substitutions.

BAMI You're done on your way to healthy fresh, organic produce and

IMPERFECT
FOODS

[Shop Boxes](#) [Our Mission](#) [Our Story](#)
With Us

HUNGRY
HARVEST

[COVID-19 FAQ](#)

[Log In](#)



Not a problem. We have a full marketplace where you can add produce and other grocery staples to make your harvest the perfect size for you!



Mini Harvest

Standard **\$15-\$17**

Organic **\$24-\$28**



Full Harvest

Standard **\$23-\$27**

Organic **\$34-\$40**



Super Harvest

Standard **\$33-\$35**

Organic **\$42-\$50**

Misfit market <https://www.misfitsmarket.com/>
 Imperfect foods <https://www.imperfectfoods.com/>
 Hungry Harvest <https://www.hungryharvest.net/>
 Farmbox direct <https://www.farmboxdirect.com/>



Food Sourcing

- Specialty Items

Edison grainery <http://edisongrainery.com/store/content/7-products>

Gluten free food sourcing of grains, beans, flours, pastas, cereals

Nuts is another great source for nuts and dried fruit <https://nuts.com/>

Thrive Market- does require a membership but you can get a lot of allergen-free foods
www.thrivemarket.com

Vitacost - fast and good supply - items like nondairy milk, canned beans etc.
<https://www.vitacost.com/>

- Other local resources

- Liberty Delights - Meat and poultry, eggs delivered or for pick-up

<https://www.libertydelightfarms.com/>

- Family Brew Kombucha <https://www.facebook.com/pg/familybrewkombucha/about/>



TERRITORY



WE PREP, COOK, AND DELIVER.
YOU ENJOY.

WE MAKE IT EASY TO EAT HEALTHY WHILE STAYING HEALTHY.

SEE LOCAL MENU

FLEXIBLE PLANS FOR YOUR LIFESTYLE

Pick what works best for you and get great food delivered to your door.

BEST VALUE

MOST POPULAR

FRESHLY®

SIGN UP

Chef cooked, healthy meals delivered
to you.

Prepared Meals

DAILY HARVEST

LOGI

LET'S START WITH GOOD CLEAN FOOD

Built on fruits + vegetables. Delivered to your door, and ready in minutes.

GET STARTED



Wild foraging



Chickweed



Garlic mustard



Wild foraging



Stinging
nettles



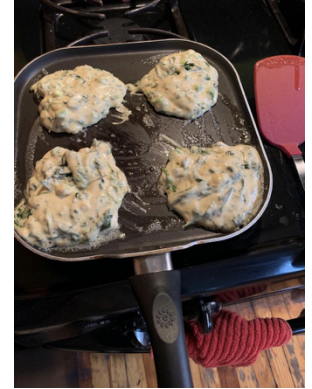
Dandelion leaves



What to do with your weeds?



- Add a handful to a smoothie
- Make your kale and spinach last longer by mixing with wild greens in sautees or other recipes
- Green cakes
<https://www.latimes.com/recipe/green-pancakes-with-lime-butter>
- Add to a quiche or frittata
- Add a handful to soups or stews before reheating



Yes



No



Herbs and spices

Stock up on herbs and spices.

- Major source of antioxidants
- Antiviral activity for many - garlic, sage, oregano, thyme, turmeric, ginger
- Keep for a year and maybe longer



<https://www.walmart.com/ip/McCormick-Gourmet-Three-Rack-27-6-oz/627825444>

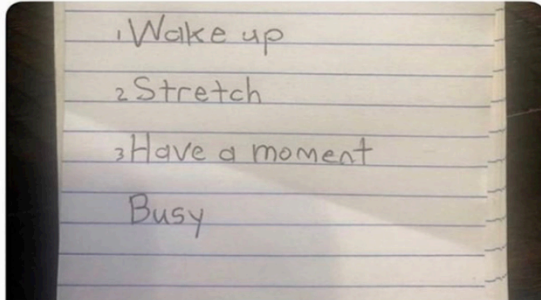


All of us right now



Shayne Topp ✓
@supershayne

My 5y/o niece was asked to write down her daily routine and I couldn't relate more.



@supershayne 2020



@mytherapistsays "Gonna have to call a friend for this one @justinestafford_" May 3rd, 2020

Me: This show is boring.

Boss: Again, this is a Zoom conference.

@mytherapistsays "Ugh how do I skip to the next episode @MyStyleSays" April 23, 2020



Eric Spiegelman
@ericspiegelman

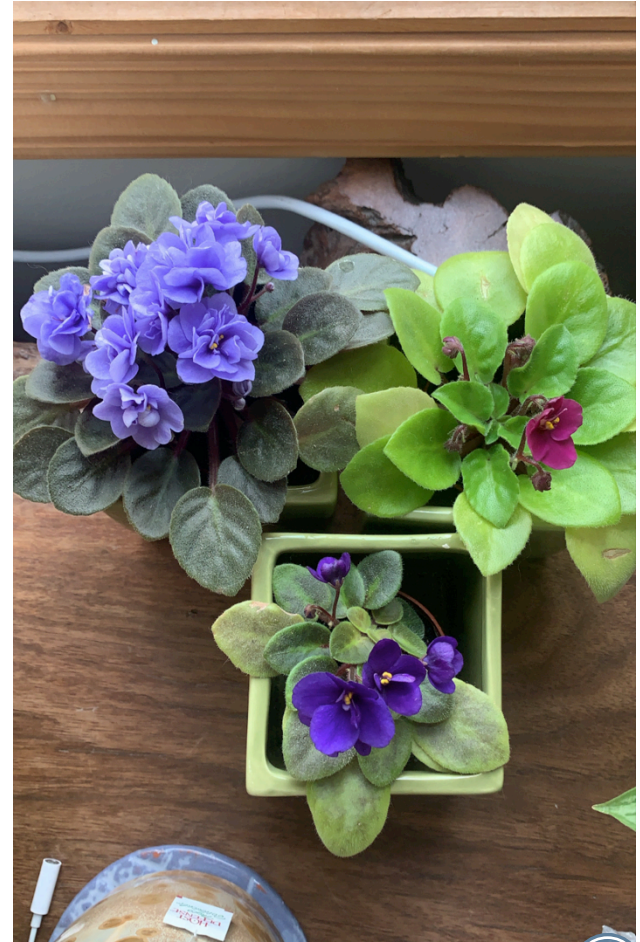
My wife and I play this fun game during quarantine, it's called "Why Are You Doing It That Way?" and there are no winners

@ericspiegelman 2020



Non-perishables

- Foods that have a long shelf-life, without refrigeration
 - Canned foods (beans, vegetables, coconut milk - aim for BPA-free lining, low or no salt)
 - Dried Seaweeds and mushrooms
 - Dried grains and pastas - black bean and chickpea pasta have more protein (great for kids)
 - Dried fruit (mindful of added sugars)
 - Nuts, nut butters, nut milks
 - Canned fish (SMASH fish)
 - Dried soups or soups in cans - if you have fresh ingredients you can add to your dried or canned soup
 - Flours - almond, cassava, coconut, etc.
 - Honey, maple syrup, other natural sweeteners





Some Favorite Companies
















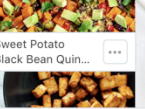



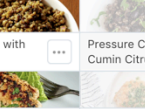
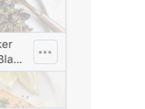









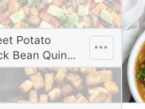

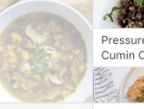
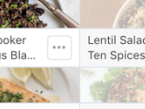
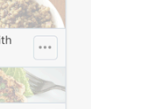
- Eden Foods
- Frontier
- Mountain Rose Herbs
- Sun Organic Farm
- Terrasoul
- Azure
- Starwest Botanicals
- Pacific Botanicals





More Quarantine Food Hacks

Non-perishable Meal Plan

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Berry Baked Oatmeal	 Blueberry Chia Parfait no almond	 Berry Baked Oatmeal	 Paleo Sweet Potato Porridge	 Blueberry Chia Parfait no almond	 Paleo Sweet Potato Porridge	 Paleo Egg-free Pancakes
Snack 1	 Sardine Stuffed Avocado	 Pumpkin White bean Hummus...	 Gluten Free Oatmeal Muffins	 Immune support balls	 Pumpkin White bean Hummus...	 Immune support balls	 Gluten Free Oatmeal Muffins
Lunch	 Spicy Coconut Lentil Soup	 How to Make Crispy Baked Tofu	 Cauliflower Rice, Beans & Sausage	 Slow Cooker Cod & Sea Veggie...	 White Bean Chicken Chili no...	 Ginger Cilantro Salmon Burgers	 Baked Lemon Cod
Snack 2	 Immune Booster Shot Recipe	 How to Make Fire Cider	 Golden Turmeric Latte - lower...	 How to Make Fire Cider	 Afternoon Chlorella Elixir	 How to Make Fire Cider	 Immune Booster Shot Recipe
Dinner	 Cauliflower Rice, Beans & Sausage	 Spicy Coconut Lentil Soup	 How to Make Crispy Baked Tofu	 White Bean Chicken Chili no...	 Slow Cooker Cod & Sea Veggie...	 Baked Lemon Cod	 Ginger Cilantro Salmon Burgers



REBECCASNOW

QUARANTINE GROCERY LIST

PROTEINS

- Beef Jerky
- Boxed or frozen broth
- Canned beans - black, garbanzo, kidney, pinto, red, white
- Canned lentils - black, French green lentil, red
- Canned fish - salmon, mackerel, anchovies, sardines, herring, tuna
- Cheese
- Dry beans - black, garbanzo, kidney, pinto, red, white
- Dry lentils - black, French green lentil, red
- Eggs - keep 5 weeks refrigerated
- Frozen fish
- Frozen meats - ground, breasts of chicken
- Nut and seed butters - almond, peanut, sunflower seed
- Raw nuts and seeds - almond, cashew, chia, hemp, macadamia, pecan, pumpkin, sunflower, walnut
- Tofu - keep 6-8 weeks refrigerated
- Turkey
- Yogurt

PROTEIN CONT.

- Collagen peptides - Great Lakes or Vital Proteins
- Rice protein powder - Nutribotics
- Whey Protein - Tera's Whey
- Boxed nondairy milks - hemp, oat, soy, etc.

FRUIT

- Dried fruit - apple, apricot, blueberries, coconut, currants, prunes, etc.
- Fresh that last - apples, banana, citrus, pomegranate
- Frozen fruit - berries, cherries, coconut, mango, peaches, pineapple
- Fruit jam - without sugar and high antioxidants
- Fruit juice - 100% juice blueberry, grape, pomegranate, aim for red/blue varieties for more antioxidants

****JOIN A CSA like FULL CIRCLE FAMRS****

CONDIMENTS

- ACV
- Avocado oil mayo
- Coconut aminos
- Honey
- Salsa
- Tamari

HEALTHY FATS

- Avocado
- Butter, grass-fed
- Coconut oil, butter, flakes
- EVOO

STARCH AND VEGETABLES

- Dried grains - buckwheat, brown rice, oats, quinoa, white rice
- Dried vegetables - beet chips, kale chips, seaweed strips
- Fermented vegetables - Bubbies pickles/sauerkraut, homemade!!
- Fresh vegetables fridge - beets, broccoli, Brussels sprouts, cabbage, carrots, celeriac, celery, rutabaga, turnips
- Fresh vegetables root cellar - garlic, onions, sweet potato, potato, winter squash - acorn, butternut, pumpkin, spaghetti
- Frozen vegetables -broccoli, cauliflower rice, collards/kale, lima beans, mixed veg, peas, spinach
- Vegetable powders - Dr Coawan's Garden, Healthforce
- Wild weeds - chickweed, garlic, dandelion, mustard, nettles, purslane

CULINARY HERBS AND SPICES (some immune favorites)

- Cayenne, Cinnamon, Cocoa powder, Coriander, Cumin
- Garlic, Ginger
- Lavender, Marjoram, Onion, Oregano
- Rosemary, Sage, Thyme, Turmeric

ELECTROLYTES

- EmergenC packets , Hi Lyte
- Keto K1000, Oxylyte
- 40,000 Volts

QUARANTINE GROCERY LIST





SPROUTING

■ A How to Guide:

- Choose a glass jar and lid (wide mouth ball jar)
- Thoroughly clean glass jar with boiling hot water
- Soak beans/lentils/peas overnight
- Rinse beans/lentils/peas thoroughly
- Add to a clean glass jar with a cheesecloth as a lid, rest on side of jar
- Rinse 2 times in the next 24 hours and watch the beans/lentils/peas come to life! RINSE REALLY WELL!
- Book - [Sprouts](#), The Miracle Food



SPROUTING

D
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SUPERFOODS



Immune Ball Recipe

 1 1/2 cup dry ingredients Puffed rice, puffed quinoa, rolled oats, coconut flakes	 5 tbsp herb powder Lion's mane, turkey tail, reishi, cordyceps, chaga* Milk thistle, slippery elm, marshmallow root, astragalus	 1/2 cup ground seeds Pumpkin, sunflower, hemp, chia, flax	 Up to 3 tbsp blend of flavor Blend of spices - cocoa, cardamom, nutmeg, ginger, cardamom, pumpkin pie spice Vanilla extract
 1 cup nut or seed butter Tahini, sunflower seed butter, peanut butter, almond butter, cashew butter, Nuttzo or other nut & seed butter	 1/8-1/2 tsp salt	 1-2 tsp probiotics	 1/2 cup sweetener Raw honey**, brown rice syrup, maple syrup, agave nectar

(1) Measure dry ingredients and powders and whisk to mix in a larger bowl.
(2) Measure and mix-in wet ingredients. Mix with hands or food-processor.
(3) Roll into 1 inch balls. Layer balls in a glass container, separated by parchment paper. Put balls in the refrigerator or freezer. Can be eaten directly from the fridge or freezer.

*Use mushroom extract powders (not just powdered mushrooms)
**Raw honey is best for probiotics

REBECCA SNOW

- Nutrient packed foods that provide valuable nutrients like polysaccharides, antioxidants, minerals, probiotics, anti-inflammatory omega-3 fatty acids
- Algae, cacao or unprocessed cocoa, chia/flax/hemp, EGCG (green tea and matcha), ginger, goji berries, maca powder, reishi mushrooms, seaweeds, turmeric, fermented foods
- Superfruits like acai, acerola, amla, camu camu, golden berries, mangosteen, noni, schizandra berries, sea buckthorn berries, etc
- Superfood Evolution website [here](#)
- Slip superfoods into your daily recipes to ensure you are getting nutrient diversity, antioxidants, immune supportive compounds, etc. ... promise, most will not even taste! ... but some will ;)



EGCG and SARS-CoV-2

- Computer methods comparing dietary molecules like EGCG, curcumin, beta-glucans, quercetin (and others) to drug medications Remdesvir and Chloroquine
- EGCG found as a potent inhibitor of SARS-CoV-2
- VERY preliminary information and this was only just computer methods to look at docking proteins
- Research paper [here](#)

RESEARCH ARTICLE Computational Chemistry

Identification of Dietary Molecules as Therapeutic Agents to Combat COVID-19 Using Molecular Docking Studies

> Mohammad Faheem Khan, Mohsin Ali Khan, Zaw Ali Khan, Tanveer Ahamad, Waseem Ahmad Ansari

DOI: [10.21203/rs.3.rs-19560/v1](https://doi.org/10.21203/rs.3.rs-19560/v1)

Abstract

Recently, a new and fatal strain of coronavirus named as SARS-CoV-2 (Disease: COVID-19) appeared in Wuhan, China in December of 2019. Due to its fast growing human to human transmission and confirmed cases in nearly every country, it has been declared as pandemic by World Health Organisation (WHO) on 11 March 2020. Till now, there is no therapy such as vaccines and specific therapeutic agents available globally. In spite of this, some protease inhibitors and antiviral agents namely lopinavir, ritonavir, remdesivir and chloroquine are under investigation and also implemented in several countries as therapeutic agents for the treatment of COVID-19. Seeing the health crisis across the world, it was our aim to find out a suitable drug candidate which could target SARS-CoV-2. For this purpose, molecular docking of 7 proteins of SARS-CoV-2 was done with 18 active constituents that have previously been reported to be antiviral or anti-SARS-CoV agents. The docking results of these 18 compounds were compared with 2 FDA approved drugs that have currently been used in COVID 19, namely Remdesivir and Chloroquine. Our result revealed that among all, epigallocatechin gallate (EGCG), a major constituent of green tea, is the lead compound that could fit well into the binding sites of docked proteins of SARS-CoV-2. EGCG showed very strong molecular interactions with binding energies -9.30, -8.66, -8.38, -7.57, -7.26, -6.99 and -4.90 kcal/mole for 6y2e, 6vw1, 6vww, 6lxt, 6vsb, 6lu7 and 6lvp proteins of SARS-CoV-2, respectively. Therefore, EGCG as per our results, should be explored as a drug candidate for the treatment of COVID-19.





Matcha Pancakes

- 1 cup almond flour
 - 2-4 tsp matcha powder
 - 1/2 tsp baking powder
 - 1/2 tsp salt
 - 2 eggs
 - 1/4 cup of almond milk
 - 1/2 tsp vanilla extract
 - Avocado oil for cooking
- Mix ingredients together and add 1/4 cup size dollops of batter to the pan. Cook evenly on both sides. Enjoy with your favorite toppings like fresh fruit, butter, or real maple syrup.



Superfood Resources



Don't ever let a recipe tell you how many chocolate chips to put in. You measure that shit with your heart.

@foodie_rooneys

@foodie_rooneys "Trust yourself!" December 19 2019

It's called quarantine coffee. It's just like normal coffee but it has margarita in it and also no coffee.



@mytherapistsays

@mytherapistsays "Gotta love my 9am caffeine fix."
April 20, 2020





FERMENTED FOODS

- Many approaches to fermentation: wild-fermentation (aka spontaneous fermentation), lacto-fermentation, and culturing, used for specific outcomes and dependent on what you have at home
- Nourish the gut microbiome by adding and feed bacteria!
- Start with something SIMPLE! Sauerkraut is cabbage, salt, and a glass jar
- Books by Sandor Ellix Katz - The Art of [Fermentation](#) and [Wild-fermentation](#).



FERMENTED FOODS





WINDOWSILL GARDENING

- Start growing your own food!
- Even if your space is small, there is room for a few small windowsill pots
- Try herbs and arugula (continues to come back when just cutting the leaves off)
- [Book](#) - Don't Throw It, GROW IT!" by Deborah Peterson and Millicent Selsam
- [Book](#) - No Waste Kitchen Gardening by Katie Elzer-Peters
- [Book](#) - Companion Planting for the Kitchen Fardener by Allison Greer





Bonus - foods you can grow in WATER!!

Carrot greens

Green onion

Bok choy

Celery

Fennel

Lettuce

Lemongrass

Garlic sprout

Beet greens



FOOD DURING CORONAVIRUS

Food Sourcing

Wild Foraging

Herbs & Spices

Non-perishables

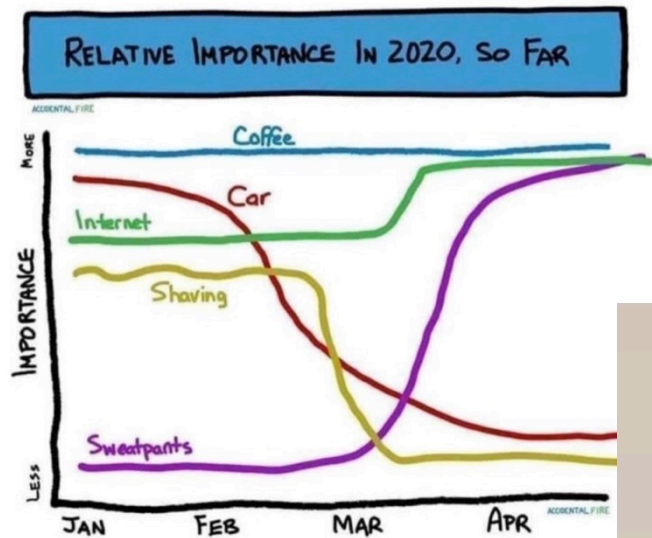
Sprouting

Superfoods

Fermented Foods

Windowsill Gardening





@accontal_fire

RULES FOR LIVING

by Dr. Pratima Raichur

- i. simplify your day.
- ii. prioritize proper nutrition.
- iii. sleep well.
- iv. notice your thoughts.

@french_toasts

@fresnch_toasts. "Follow the rules" May 1, 2020

Sometimes you just have to pick yourself up and carry on.



@mindset.therapy

@mindset.therapy. "Take care of Yourself" April 20, 2020



Next steps

- Please use this code: **Sprouting** to get **\$25 off** your next BOOKED clinical service with Rebecca or Kate in the next week. Feel free to pass this onto anyone who needs help with food, coaching, lifestyle or herbs. Use by May 11th also good towards 1 week Non-perishable Meal Plan.
- We will send out the power point, food shopping list and recording link in the next the next 1-2 days along with a link to the recording.
- Interested in learning more about our services and becoming a patient. Schedule a free strategy session with Kate or Rebecca
[https://secure.gethealthie.com/appointments/embed_appt?
dietitian_id=101754&require_offering=true&offering_id=35077&org_level=true](https://secure.gethealthie.com/appointments/embed_appt?dietitian_id=101754&require_offering=true&offering_id=35077&org_level=true)
- Follow us on Facebook - <https://www.facebook.com/rebeccasnownutrition/>
- Join Kate's coaching program.
[https://secure.gethealthie.com/appointments/embed_appt?
dietitian_id=361210&require_offering=true&offering_id=33479](https://secure.gethealthie.com/appointments/embed_appt?dietitian_id=361210&require_offering=true&offering_id=33479)



RESOURCES

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