

COVID Meal Planning for More Serious Illness

Healthy diets are important for supporting a strong immune system. When newly diagnosed with COVID, you may wonder what foods to eat.

As well all know, when we are sick we may not feel good enough to cook healthy meals. The below suggestions were developed by a registered dietician, in consultation with members of the general public who had suffered moderate to severe illness with a COVID-19 infection. Meal prep has taken into account the lower energy levels of a person with this degree of COVID severity, assuming they do not have anyone to do meal prep for them.

Foods and diets vary based off the nutritional status of an individual, their health conditions (e.g. whether or not they are diabetic), daily activity levels, personal preferences, and their religious and cultural dietary restrictions. Bearing this in mind, the below meal plan, is meant to serve as only a *sample meal plan* for individuals ill with COVID. It has a healthy balance of calories and nutrient intake, for the average person.

Meal	Option 1	Option 2	Option 3	Option 4	Option 5	Option 6	Option 7
Breakfast Options	2 Slices Whole Wheat Toast; 2-3 eggs	2 Slices Whole Wheat Toast with Peanut Butter	High Fiber, Healthy Cereals with Fruit	Greek Yogurt, Whole Toast & Fruit	<u>Frozen Breakfast Bowl</u>	Insta-Rice Pack	<u>High Fiber Instant Oatmeal Packets</u> /Overnight Oats; 2-3 Eggs
Lunch & Dinner Options	Sandwich of choice, sticking to Whole Wheat bread and healthy options	<u>Rotisserie Chicken</u> , <u>Instant Mashed Potatoes</u> , <u>Steamed Frozen Vegetables</u>	<u>Bird's Eye Steamfresh Veggie Pasta</u> ***	Casseroles / slow cooked meals based on vegetables with meat / beans	Low-Sodium Canned Soups	<u>Healthy Choice Café Steamers & Power Bowls</u> ***	<u>Instant Ramen</u> (only use ½ the seasoning packet) with Rotisserie Chicken
Snack Options	6 Saltine Crackers with Peanut Butter	Dried Cherries & Peanuts	Mandarin Oranges in Water	<u>Ginger-Lime Hummus</u> with Carrots	Canned Peaches	Frozen Berries	1 Slice Whole Wheat Toast; 2 Tablespoons of Peanut Butter
Recommended Vitamins	Vitamin D (1000 IU per day)	Vitamin C (1000 mg per day)					
Hydration Recommendations	Unsweetened Teas	Gatorade Zero	Water	<u>Ginger Tea</u>	Green Tea	Turmeric Tea	<u>Chamomile Tea</u>

*** Or Similar Equivalent.

Note: Underlined food entries have an accompanying recipe posted on our website *or* an image below. Note these are example images and the AACIHC does *not* endorse these products. They are provided as examples only.

COVID Meal Planning for More Severe Illness Images

***Example images only, we do not endorse these products

		
<p>High Fiber Instant Oatmeal</p>	<p>Frozen Breakfast Bowl</p>	<p>Low Sodium Canned Soup</p>
		
<p>Instant Ramen</p>	<p>Rotisserie Chicken</p>	<p>Instant Mashed Potatoes</p>
		
<p>Frozen Vegetables</p>	<p>Veggie Pasta</p>	<p>Healthy Choice Power Bowls</p>
		
<p>Healthy Choice Steamers</p>	<p>Ginger Tea</p>	<p>Chamomile Tea</p>