

COVID Meal Planning for Mild Illness

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

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, developed by a Registered Dietitian, 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 prep has taken into account the lower energy levels of a person with COVID.

Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	1 Oatmeal Packet with added Cinnamon; 2-3 Eggs	2 Slices Whole Wheat Toast, Sausage Patty, 2-3 Eggs with Mushrooms	<u>Roasted Sweet Potatoes with Honey & Cinnamon</u> ; 2-3 Eggs	<u>3-Ingredient Banana Pancakes</u>	<u>Roasted Sweet Potatoes with Honey & Cinnamon</u> ; 2-3 Eggs	<u>Butternut Squash And Coconut Muffins</u> ; 2-3 Eggs	<u>Ricotta Pancakes</u>
Morning Snack	6 Saltine Crackers with Peanut Butter	Dried Cherries & Peanuts	Mandarin Oranges in Water	Canned Peaches	<u>Ginger-Lime Hummus</u> with Carrots	Frozen Berries	1 Slice Whole Wheat Toast; 2 Tablespoons of Peanut Butter
Lunch	<u>Easy Seven Can Soup</u>	<u>Super Easy Chicken Noodle Soup</u>	Tuna Salad On Whole Wheat Bread	<u>Crock Pot Chicken & Rice</u>	<u>Healing Chicken & Rice Soup</u>	<u>15-Minute Lentil Soup</u>	<u>Gingered Chicken Salad Sandwich</u>
Afternoon Snack	Frozen Berries	Peanut Butter Banana Toast	6 Saltine Crackers With Peanut Butter	<u>Ginger-Lime Hummus</u> With Carrots	Dried Cherries And Peanuts	Apple	Canned Peaches
Dinner	<u>Sheet Pan Chicken Thighs with Sweet Potatoes & Brussels Sprouts</u>	<u>Curried Squash and Chicken Soup</u>	<u>Chicken Broccoli Stir Fry</u>	<u>Bean And Cheese Tostadas</u> With Side Salad	<u>Carrot Ginger Soup</u>	<u>Quick Pasta and Chickpeas</u>	<u>Veggie Fried Rice with Eggs</u>
Evening Snack	<u>Chamomile Tea, Microwave Cinnamon Apples</u>	Chamomile Tea & Honey, <u>Peanut Butter Banana Quesadilla</u>	<u>Peach Cobbler in a Mug</u> ; Ginger Tea	Ginger Tea with <u>Microwave Cinnamon Apples</u>	<u>Turmeric Latte</u>	Chamomile Tea with Honey, <u>Microwave Cinnamon Apples</u>	Chamomile Tea with Honey, <u>Peanut Butter Banana Quesadilla</u>

** Underlined food entries have an accompanying recipe posted on our website.