

# TWP QUARANTINE

a guide for wellbeing during COVID-19 by THE WELLNESS PROJECT NYC



a guide to thrive :  
**NOURISHMENT**

## EAT WELL

During this time we're being forced to turn inward and rely more on ourselves and the resources at hand than the outside community. This has become increasingly evident as it pertains to the food we eat. If you're struggling with nourishing yourself during this time, this is the guide for you.

## SHOPPING BASICS :

- Don't hoard, but **BUY MORE** than usual to reduce trips to the store
- **STOCK UP** on basics (olive/coconut oil, mustard, salt/pepper, hot sauce, crushed tomatoes, Italian seasoning, chili powder, honey, nut butter...)
- Buy a mix of **FROZEN**, **CANNED**, and **FRESH** foods (to last until your next grocery run)
- Buy **PACKAGED FRESH FOOD** (like bagged lettuce or wrapped cauliflower if it makes you less anxious about exposure)
- Go with **LOW-YUCK** processed foods (organic chicken nuggets, cauliflower pizza crust, bean pasta...)
- **WIPE** groceries down with a disinfectant wipe (may not be necessary, but if it makes you less anxious)
- Utilize **GROCERY DELIVERY SERVICES** if it's imperative you shouldn't have contact outside
- Have a plan for **BOREDOM + STRESS EATING** - buy healthy snack alternatives + fruit (with a peel if worried about contamination). Then, notice if it's true hunger, drink water, or change activities before you snack yourself silly

## MAXIMIZE NUTRITION.

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**EAT THE RAINBOW :**  
get at least 1 veggie with EVERY meal

**BOOST VITAMIN C +  
ANTIOXIDANTS :**  
add citrus + leafy greens + herbs

**ADD PROBIOTICS :**  
with fermented foods / kombucha /  
supplements

## GET CREATIVE.

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**BUY A NEW ITEM,  
TRY A NEW RECIPE.**

+ if you're out of a specific ingredient, sub an alternative in. stumped? Don't overthink, Check [HERE](#) or just Google...

## MEAL IDEAS



- **CAULI-CRUST PIZZA** : frozen cauliflower crust, topped with your favorite veggies, chicken sausage or cooked ground turkey + parmesan
- **BROWN RICE or BEAN PASTA** : (higher fiber + protein alternative to white pasta) toss in a pan with olive oil or tomato sauce, garlic, veggies (frozen work well!) + your favorite spices for a simple meal in a hurry
- **BURRITO BOWLS** : brown rice, beans, sautéed veggies, avocado, salsa + protein (chicken / shrimp / tempeh)
- **CREAMY SOUPS + CURRIES** : use coconut milk instead of dairy for an anti-inflammatory dairy-free kick

## RESOURCES

### RECIPE INSPO...

- **MINIMALIST BAKER + HALF BAKED HARVEST + COOKIE AND KATE** : easy, tasty, plant-based
- **VEGGIES DON'T BITE + REAL MOM NUTRITION** : simple fam-friendly
- **HEALTHY APERTURE** : search for recipe by photo
- **YUMMLY** : search for recipe by ingredient
- **SUPER COOK** : recipes with ingredients you own

### ORDER FROM...

- **FRESH DIRECT + FOOD-KICK + PEAPOD + INSTACART + OX VERTE** : no-contact grocery delivery services (only use this service if you must - save the slots for those truly in need)
- **MISFITS MARKET + BUTCHER BOX + FARMFOODS + THRIVE MARKET + DAILY HARVEST** : specialty subscription delivery



### A NOTE FROM RACHEL + SARAH OF THE WELLNESS PROJECT NYC :

No doubt we're in the midst of a crazy moment in time and it's easy to forget that what we eat impacts us in so many ways, including how we feel and how our immune system functions. If you're feeling the quarantine-cooking fatigue, support a local restaurant or heat up a pre-made meal -- don't sweat it. And when in the kitchen, *try* and have FUN with it -- now is a great time to try new things, maybe get the family involved. Most importantly, do what you can to eat well, and don't stress the rest.

We hope this helps you to find some safe grocery options, simple recipes to add to your repertoire, and some inspo to experiment in the kitchen. Feel free to reach out with any questions - [hello@twpnyc.com](mailto:hello@twpnyc.com). Till next time, take care!

