

AT HOME CARE FOR COVID-19

FOR INFECTED INDIVIDUAL

Clean Menu

ROTATING MEAL IDEAS

BREAKFAST	LUNCH	DINNER	SNACK
1.) Oatmeal w/Berries	1.) Chicken Soup w/ Whole Grain Crackers	1.) Sesame Asian Salmon with Wild Rice or Quinoa/Vegetable medley	1.) V8
2.) Cereal w/Banana	2.) Tomato Soup w/Grilled Cheese	2.) Shredded Seasoned Chicken	2.) Strawberry & Banana Smoothie
3.) Plain Toast with grass-fed butter, honey, or organic jelly	3.) Taco Chili w/Multi- Grain Bread	Breast, Roasted Sweet Potato, over Spinach Bowl	3.) Tropical Fruit Smoothie
4.) Yogurt Parfait	4.) Ramen Noodles in Beef Broth & Fresh Herbs	3.) Braised Beef Tips Over Roasted Cauliflower	4.) Fresh Lime Coconut Mocktini
5.) Rice Porridge with Egg on Top	5.) Lemon Tortellini Spinach Soup	4.) Spicy Sausage and Kale Soup	5.) Apple Slices and Nut Butter
6.) Protein Pancakes		5.) Ground Turkey and sliced Bell Pepper Sautéed over Rainbow Bowtie Pasta	6.) Fruit Popsicles
7.) Breakfast Bowls		6.) Beef or Chicken Pho	7.) Protein Muffins
			8.) Fresh Juices
			9.) Sparkling water with Cucumber slices and Mint

Notes:

- By necessity you will have to increase your carb intake to fend off infection, please take note of that!