

## 14 days inside? But what will I eat?

With coronavirus spreading globally you may have heard of people stocking up on groceries, or you may be self-isolating or practicing social distancing. One of the big questions I get asked in this situation is – what am I supposed to eat for 14 days if I can't go out of my house? So I've compiled a sample 14 day menu of recipes that can be made with basics from your pantry or freezer. I have included a list of ingredients that are assumed to be in your pantry, fridge, or freezer to follow this plan. If you look at this list and notice there are a few things you don't have it may be prudent to make a trip to the grocery store to stock up on a few things. If in the end you don't need to self-quarantine these foods can still come in handy should you ever be unable to get to the store for other reasons (illness, weather, etc). You will notice the menu relies on fresh ingredients more heavily at the beginning and slowly transitions to shelf-stable foods as the days progress. This will accommodate the slow reduction in your fresh products available over the 14 day period. Some fresh produce lasts longer than others and is handy to keep stocked in your fridge for that reason. When you're eating out of your pantry and freezer for an extended period of time you run the risk of having high sodium intake. To prevent this I've suggested selecting 'no salt added' or lower sodium options when stocking your pantry. Many of these recipes can be made ahead of time and frozen in individual portions. You will notice that many of the meals rely on beans or lentils for protein. Beans and lentils are shelf-stable (can be purchased either dried or canned) and are super handy when trying to make meals with pantry and freezer items. This recipe selection is only a guideline – you can play around with it to make it fit your preferences and resources available. You could look at cooking out of your pantry and freezer for a few weeks as a good opportunity to flex your culinary muscles! Remember, stay calm and food prep on! ~ Your friendly neighborhood dietitian.

### Pantry Items:

All-purpose flour

Oats

1-2 jars Unsweetened applesauce

Various canned fruit

Skim milk powder (for when/if the fluid milk runs out)

Dried fruit

3 cans fish (tuna or salmon)

Canned beans (black beans, kidney beans, navy beans, chickpeas)

Red split lentils

No salt added tomato sauce

1 can tomato paste

2-3 cans/jars low sodium pasta sauce

1 jar salsa

White or yellow potatoes

Your preferred types of nuts and seeds

Your preferred nut or seed butter (peanut, almond, pumpkin seed, etc)

Canned pure pumpkin

1 tin water chestnuts

5 14 ounce Cans whole or diced low sodium tomatoes

Rice

Quinoa

Low sodium beef broth

Low sodium chicken broth

Dried egg noodles

Crackers

Skim milk powder or shelf-stable milk alternative (such as non-refrigerated almond milk etc, check labels for this)

A variety of spices and condiments

Refrigerator Items:

18 Eggs

3 L Milk

2-3 bricks cheese

Small container sour cream or plain Greek yogurt

1 container cottage cheese (or you can replace in menu with yogurt)

1 large bag apples

2 medium sweet potatoes

1 bunch celery

1 head broccoli

4 bell peppers

1 yellow zucchini

1 green zucchini

1 acorn squash

1 pear

2 navel oranges

8 ounce package cremini mushrooms

Bag of onions

Bag of carrots

Lime or lemon juice

Hummus or other dip

Container of spinach or other greens

2 lbs stewing beef

Freezer Items:

Frozen peppers (or you could use fresh if available)

Frozen spinach

Frozen stir fry mix vegetables

Frozen corn

Frozen avocado cubes

Frozen Fruit

Bread

Tortillas

Chicken Breasts (could also be fresh, could also substitute chicken thighs or drumsticks if those are more readily available )

Ground Beef

Frozen Shrimp

Prepared muffins and pumpkin loaf

14 day Quarantine Menu for 1:

Week 1

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>	Overnight oats	Savory Cottage Cheese Bowl	French Toast with Banana Slices	Smoothie	Breakfast Egg Muffin(s) with Toast	Apple Cinnamon Cottage Cheese Bowl	Smoothie
<b>Snack</b>	Pear with sliced cheese	Banana lentil muffin	Slice Lentil Pumpkin Loaf	Applesauce sprinkled with cinnamon and seeds or nuts	Banana Lentil Muffin	navel orange sliced with cottage cheese	Slice Lentil Pumpkin Loaf
<b>Lunch</b>	Grain based Salad	Salad: Leftover Sheet pan dish tossed with greens	Crunchy Tuna Salad in Pepper Cup	Chicken and rice soup	Wild rice and lentil stuffed acorn squash	Open face Tuna Melt	Grain based salad
<b>Snack</b>	Cheese and crackers	Celery Sticks with nut butter	Zucchini and carrot sticks with hummus	navel orange sliced with nuts or seeds	Banana with nut butter	Cheese and crackers	Hard-boiled egg(s) and an apple
<b>Dinner</b>	Sheet Pan Chicken and Rainbow Vegetables	Roast chicken with roasted sweet potato and steamed broccoli	Slow Cooker Beef Stroganoff	Easy Vegetarian Chili	Au Gratin Peas and Potatoes	Chicken Stir Fry Bake	Easy Veggie Quesadillas

Week 2

Meal	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
<b>Breakfast</b>	Oatmeal Breakfast Bar	Poached eggs with toast and canned or dried fruit	Smoothie	Oatmeal Breakfast Bar	Breakfast Egg Muffin(s) with Toast	Toast with peanut butter and apple slices	Smoothie
<b>Snack</b>	Cheese and Crackers	Roasted chickpeas	Canned fruit slices with cheese	Banana lentil muffin	Dried fruit with nuts or seeds	Canned fruit with nuts or seeds	Slice Lentil Pumpkin Loaf
<b>Lunch</b>	Peanut butter sandwich with carrot sticks	Leftover Spaghetti	Chicken and Rice Soup (from freezer)	Open Face Tuna Melt	Leftover Vegetable Beef and Rice Skillet	Chicken and Rice Soup (from freezer)	Easy Veggie Quesadillas
<b>Snack</b>	Canned fruit punch sprinkled with nuts or seeds	Apple sauce sprinkled with cinnamon and nuts/seeds	Slice Lentil Pumpkin Loaf	Celery Sticks with nut butter	Carrot sticks with dip	Roasted Chickpeas	Apple sauce sprinkled with cinnamon and nuts/seeds
<b>Dinner</b>	Spaghetti with Lentil Spaghetti Sauce	Vegetable and Beef Rice Skillet	Black Bean Stuffed Sweet Potato	Easy Vegetarian Chili (from freezer)	Vegetable Pasta Bake	Slow Cooker Beef Stroganoff (from freezer)	Shrimp fried Quinoa

Recipes:

Breakfast

Cottage cheese bowls: <https://www.budgetbytes.com/cottage-cheese-breakfast-bowls-6-ways/#wprm-recipe-container-47151>

Overnight Oats: <https://www.budgetbytes.com/no-sugar-added-blueberry-almond-overnight-oats/#wprm-recipe-container-32000>

Oatmeal Breakfast Bar: <https://www.wellplated.com/oatmeal-breakfast-bars/>

Poached Eggs: <https://www.cookspiration.com/recipe.aspx?perma=jvZK6dipwU9&g=4>

Breakfast Egg Muffins: <https://cafedelites.com/breakfast-egg-muffins-3-ways/>

French Toast: <https://www.mccormick.com/recipes/breakfast-brunch/quick-and-easy-french-toast>

Smoothies: <https://www.goodhousekeeping.com/food-recipes/healthy/g4060/healthy-smoothie-recipes/?slide=4>

Lunch:

Crunchy Tuna Salad in Pepper Cups:

<https://www.cookspiration.com/recipe.aspx?perma=pvPUBgnmTqk&g=11> (If making for one use the leftover half red pepper from sheet pan meal to make one serving).

Grain based salad: <https://www.thekitchn.com/recipe-the-why-you-dont-need-a-recipe-for-a-salad-recipe-recipes-from-the-kitchn-201188>

Wild rice and lentil stuffed acorn squash: <https://www.lentils.org/recipe/wild-rice-lentil-stuffed-acorn-squash-with-cranberries-pecans/>

Chicken Soup: (this will make a large batch, freeze in single serving portions and use on later dates or even after the 14 days is up)

<https://www.goodhousekeeping.com/food-recipes/cooking/g2028/homemade-chicken-broth/>

<https://www.twopeasandtheirpod.com/easy-chicken-and-rice-soup-recipe/#wprm-recipe-container-39486>

Tuna Melt: <https://www.foodnetwork.com/recipes/food-network-kitchen/tuna-melt-recipe-2125452>

Dinner:

Sheet Pan Chicken and Rainbow Vegetables: <https://www.wellplated.com/sheet-pan-chicken-rainbow-vegetables/#wprm-recipe-container-37793> (for one person make a half batch of the recipe, the remainder of the ingredients will be used to make the other recipes over the next few days)

Roasted Chicken: <https://www.epicurious.com/recipes/food/views/my-favorite-simple-roast-chicken-231348>

Roasted Sweet Potato: <https://www.thekitchn.com/roasted-sweet-potatoes-263158>

Slow Cooker Beef Stroganoff: <https://www.thekitchn.com/slow-cooker-beef-stroganoff-265025#post-recipe-13654> (this will make enough to freeze a few extra single portions, can be used at a later date)

Easy Vegetarian Chili: <https://www.theendlessmeal.com/easy-vegetarian-chili-recipe/> (this will make enough to freeze a few extra single portions, can be used at a later date)

Easy Veggie Quesadillas: <https://www.gimmesomeoven.com/easy-veggie-quesadillas-recipe/>

Lentil Spaghetti Sauce: <https://www.cookspiration.com/recipe.aspx?perma=04C11866BD4&g=10>

Chicken Stir Fry Bake: <https://www.tasteofhome.com/recipes/chicken-stir-fry-bake/> (This recipe will make enough you can freeze some in single portions. If you do not have chicken available you could substitute canned beans for protein)

Au Gratin Peas and Potatoes: <https://www.tasteofhome.com/recipes/au-gratin-peas-and-potatoes/>

Vegetable Pasta Bake: <http://www.kraftcanada.com/recipes/vegetable-pasta-bake-85847>

Vegetable and Beef Rice Skillet: <https://www.myfoodandfamily.com/recipe/051135/20-minute-vegetable-beef-rice-skillet>

Shrimp Fried Quinoa: <https://www.chatelaine.com/recipe/dinner/shrimp-fried-quinoa/> (if you prefer you could substitute cooked chicken or other meat/poultry for the shrimp)

Black Bean Stuffed Sweet Potato: <https://foodwithfeeling.com/black-bean-stuffed-sweet-potatoes/> (This recipe makes enough for 4, you can cut back if needed, can use frozen avocado)

Snacks:

Roasted Chickpeas: <https://www.thekitchn.com/how-to-make-crispy-roasted-chickpeas-in-the-oven-cooking-lessons-from-the-kitchn-219753>

Pumpkin Lentil Loaf: <https://www.cookspiration.com/recipe.aspx?perma=lv2SDCQyPDz&g=4>

Banana Lentil Muffins: <https://www.cookspiration.com/recipe.aspx?perma=DlvSDCzxINe&g=3>