

Eating healthily during the covid-19 lockdown

If there is a basic rule to face this situation, from an effective point of view, it would be necessary to take into account basic aspects that should help us to improve our physical, psychological and immunological condition such as:

- ◇ It is essential to plan your shopping with the food we need, and avoid any processed foods or those products lacking in the nutrients that this confinement situation requires.
- ◇ It is important to follow a schedule and keep systematic eating habits.
- ◇ Drink water, at least two litres a day. Drink herbal teas such as green tea and chamomile...
- ◇ Chew slowly, consciously tasting every bite we eat.
- ◇ Healthy and natural foods such as vegetables, fruit, eggs, fish, seafood, white meat, nuts, seeds, pulses, yoghurts, dark chocolate ... They are our great allies.
- ◇ Supplement the diet with micro nutritional supplements to improve our immune system: Omega 3, vitamin D, polyphenols, probiotics, turmeric and some specific vitamins and minerals, always under medical supervision.
- ◇ Avoid consuming processed products (snacks, pastries, pre-cooked food ...), sugar, sauces, soft drinks and sugary or light drinks.
- ◇ Exercise moderately for 20 to 30 minutes twice a day to increase endorphins that improve your state of mind and immunity. In addition, exercise activates metabolism and maintains muscle mass that makes us burn more calories even while resting.
- ◇ Avoid continuous and systematic excess of information, it would only lead to a state of permanent anxiety.
- ◇ The fridge should not be our obsession: everything must be scheduled and part of a meal plan.
- ◇ Create a personal routine of activities to do at home.
- ◇ Assume that this situation has an end.
- ◇ Keep in touch with friends and family.
- ◇ Whenever possible, keep in contact with your doctor for advice.

Monday



lunch

Macaroni with tomato sauce

Roast codfish

side

Potatoes Gratin

dinner

Omelette

Fruit / Yoghurt



Macaroni in tomato sauce



Tips

The strips in the pasta help to get a better incorporation of the sauce, making it juicier.

The traditional Italian tomato sauce is more concentrated through hours of oven drying. There are really good options in the market like "Hida" fried tomato sauce.

A special tip

Add a few drops of the water you used to boil the pasta, it will make your macaroni juicier.

Roast codfish

Tips

Place the cod in a pan, pan fry to get a crusty layer and then place in the oven 20 minutes at 180°

In the market...

I recommend using fresh cod. The season of Norwegian Skrei codfish is about to end and it is very popular.



Tuesday



lunch

Stewed lentils

veal fillets

side

Glazed onions

dinner

Fishfingers

Fruit / Yoghurt

inspired



Veal fillets



In the market...

Rump is the softest cut for this recipe. We normally use the beef chuck to make fillets, but they are not as tender as rump.

Tips

Take the meat out of the fridge one hour before cooking. It really helps to have the meat at room

temperature when cooking even if it is not too thick.

Glazed onions

How to cook

Cut the onion into julienne thick strips before putting them in the pan on a high heat without oil, stirring them until they obtain a nice brown colour. Add a few drops of water if they stick to the pan, and put the lid on for five minutes. Add salt and pepper and leave them to dry removing the lid. Finally add a few drops of lemon juice before serving.



Wednesday



lunch

Noodle soup

Grilled hake

side

Roast sweet potato

dinner

Ham and cheese quesadillas

Fruit / Yoghurt

inspired



Grilled hake



In the market...

"Pescadilla" is a smaller type of fish but it is as good as hake and easier to handle. The frozen products of Brands like "Findus" and "Pescanova" are really good quality. If you choose the frozen option, let it defrost properly to let the water drain before cooking it.

Tips

Pan-seal the hake before putting it into the oven to get a nice brown and crusty layer on top.

Roast sweet potato

How to cook it

Cut the unpeeled sweet potato in sticks and put them in a roasting pan with some olive oil, pepper and some herbs or sweet paprika. Roast for 15-20 minutes at 180°



Thursday



lunch

Rice with vegetables

Indian style diced chicken

side

aubergine sticks

dinner

Caesar's salad

Fruit / Yoghurt

inspired



Indian style diced chicken



How to cook

Put some olive oil in a deep pan, and fry some thinly chopped garlic, onion and fresh tomato. Add the curry powder, or Tikka Masala and some food coloring powder. Stir it well, then add the chicken dices. Add salt and pepper and let it cook for 5 minutes and add the coconut milk. Cook for another 10 minutes and add some cream to make the sauce more consistent.

Aubergine sticks

How to cook

Cut the unpeeled aubergine in sticks and put them in a roasting dish with some olive oil, pepper and some herbs or sweet paprika. Roast for 15-20 minutes at 180°. Serve with some soy sauce on the side.



Friday



lunch

Cream of vegetable soup

Grilled salmon

side

Vegetable Julienne

dinner

Assorted paninis

Fruit / Yoghurt

inspired



Cream of vegetable soup



How to cook

Put some olive oil in a deep pan and add all the chopped ingredients: Onions, courgettes, carrots, red and green peppers, tomatoes. Season well and add some vinegar. Cover with water and cook for 30 minutes. Use the mixer to make a thick purée and add some cream to soften it. The peppers and vinegar are essential to give a touch of acidity.

Assorted paninis

How to cook

Fabulous for dinner, using the leftovers from your fridge. You can use frozen bread as a pizza dough and top it with your favourite ingredients. Put some tomato sauce and shredded cheese on the base with the rest of the ingredients and put in the oven for 15 minutes at 150°. Some oregano leaves will give it a great touch.



Saturday



lunch

Spaghetti with shrimps

Pork tenderloin with soy

side

Sautéed broccoli

dinner

Tuna and egg pies

Fruit / Yoghurt

inspired



Spaghetti with shrimps



How to cook

Simply add some sautéed shrimps with garlic and olive oil to the previously boiled pasta.

In the market...

Frozen shrimps are a very good option. Remember to defrost them with enough time to eliminate the excess of water.

Pork tenderloin with soy

How to cook

Cut the meat in 3-4 cm dices and pan-seal them with some olive oil. Remove the pork and add some soy sauce in the pan. Cook until you get a thicker and more concentrated sauce, then add the meat again. You can add some sesame seeds.



Sunday



lunch

Red cabbage with curry

Chicken breasts stuffed with bacon and cheese

side

Chips

dinner

Spanish omelette

Fruit / Yoghurt

inspired



Red cabbage with curry



How to cook

Put some olive oil in a pan and add some thinly chopped garlic and onion with the curry powder. Then add the shredded red cabbage and cook for 10 minutes. Put the lid on the pan and cook for another 10 minutes. The final result is a perfect combination of sweetness and spices. You can add some Apple dices or cocktail sausages.

Gingebre
Hay Cocinas Tu

Stuffed chicken breast

How to cook

Open the chicken breast in thin fillet and stuff it with the cheese slices. I recommend a creamy and consistent cheese like "LARSA nata". Make a roll with the stuffed fillet and wrap it with thin bacon slices. Poke it with a cocktail stick and fry it until the bacon is crusty, finish it in the oven for 20 minutes.

