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Tips For Low-Carb COVID-19 Preparedness

With the COVID-19 pandemic sweeping the globe and regions imposing travel bans and even quarantines, it helps to be prepared for anything that might unfold in the days and weeks ahead. Some people are self-isolating for two weeks to try to help break the chain of coronavirus transmission.

TV coverage shows people stocking up on pasta, rice, and beans, and other high-carb, shelf-stable supplies. (And, yes panicked purchases of toilet paper.)

But if you are eating low-carb or keto, what do you need to do to keep you and your family safe? What food should you have on hand in your pantry, fridge and freezer? Please remember that planning and being prepared will make in much easier and less stressful to remain true to your Personal Wellness Journey.

Here are some recommendations for COVID-19 preparedness:

Stock your fridge with low-carb options

Since the pandemic is unlikely to cause disruption to power, you can stock your fridge and freezer to get your family through a few weeks of voluntary self-isolation or an imposed quarantine.

Some reports show people stocking up on products like Spam and canned meat products, but remember, there is no need to buy food you don't like and would never eat in normal situations just because the coronavirus is circulating.

Shop as normal for your fridge. Considering using shopping lists for two weeks of recipes as your guide.

In general, it helps to pick up these low-carb staples:

- **eggs** — eggs can last in the fridge for at least five weeks (click through for [egg recipe ideas](#))
- **longer-life vegetables** — pick up lettuces and leafy greens to use first, but hardier low-carb vegetables like kale, rutabaga, zucchini, celery root, celery, fennel, broccoli, cauliflower can actually last a few weeks if stored properly in the crisper drawer.
- **meat and/or fish** — ground beef, chicken breasts and thighs, chops and steaks, fish filets

If any of the items in your fridge are near their expiration dates, considering portioning them into smaller sizes and storing them in the freezer.

Broccoli and cauliflower florets can be blanched and frozen. Zucchini can be spiralized or grated and stored for months in the freezer for use as a base for pasta sauce, or as an ingredient in [soups](#) or [casseroles](#).

Stock your freezer with low-carb options:

Consider buying any of the following:

- **Pre-made frozen low-carb vegetables** — frozen cauliflower, broccoli, spinach, zucchini noodles, mushrooms — even cauliflower rice is now available as a freezer product in many stores.

- **Meats** — any fresh lean meat, fish or seafood can be stored in the freezer for up to 3 months. Pick up chicken breasts/thighs, hamburger meat, steaks, chops, stewing meat etc. In the freezer aisle, a number of ready-prepared but unbreaded products with no additives are convenient: hamburger patties, individually wrapped fish filets, chicken breasts, shrimp or prawns.
- **Eggs** — yes, you can [freeze eggs](#) (though there's hopefully no need to do this). If you want to freeze eggs, either crack each egg into the wells of a muffin tin, or an ice cube tray, or separate into yolks and whites into the same muffin tin or ice cube tray containers. Wrap well in plastic and store in an airtight freezer bag. They will last frozen for up to a year.

For ease of use, portion anything you want to freeze into common recipe or serving sizes so you can thaw and use as needed.

As well, every time you make a recipe, consider freezing some extra servings to thaw for later use.

Stock your pantry with low-carb options

A number of shelf-stable items are handy to have in good supply. You don't need them all, but think of the ones you might like to use based on your personal preferences.

- **canned and glass goods** — salmon, tuna, flaked chicken, shrimp meat, crabmeat, clams, whole tomatoes, olives, and roasted peppers
- **jerky** — beef, pork, bison, venison, even salmon, are all now being dried and sold as jerky products with long shelf lives; look for the brands with no sugar
- **miscellaneous dry goods** — don't forget olive oil or other cooking oils, salt and pepper, dry spices, green onions, and garlic

Track and manage food expiry dates.

It is frustrating and wasteful to have to throw out good food, especially if it becomes difficult to shop for more.

A simple trick is to make a list of all food items in your pantry, fridge and freezer and note their expiry dates. Tack it to your fridge. Then as you are planning your meals, aim to incorporate items before they expire.

As you cross off the list of items, you then easily know what you need to replenish when you can shop again.

As noted above, you can also plan to freeze items as they approach their expiry dates, but do remember to note new freezer items on your expiry date list so you eventually use them, too.

Stay safe and healthy during this unprecedented health crisis. The protocol is a great way to focus on personal health and keep your immune system running high. Make it a priority to embrace this time with your loved ones and we look forward to seeing you soon.