



Eastern Bay
Primary Health Alliance

Healthy Whānau, Healthy Lives

COVID-19 Self-Isolation Food and Meal Plan Guide



This information is to be used as a guide for people in self isolation or for people who have COVID-19 symptoms

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Being sick can disrupt your appetite and eating. It is important the food you do eat is nutritious as it can impact your recovery time and how you feel while being at home.

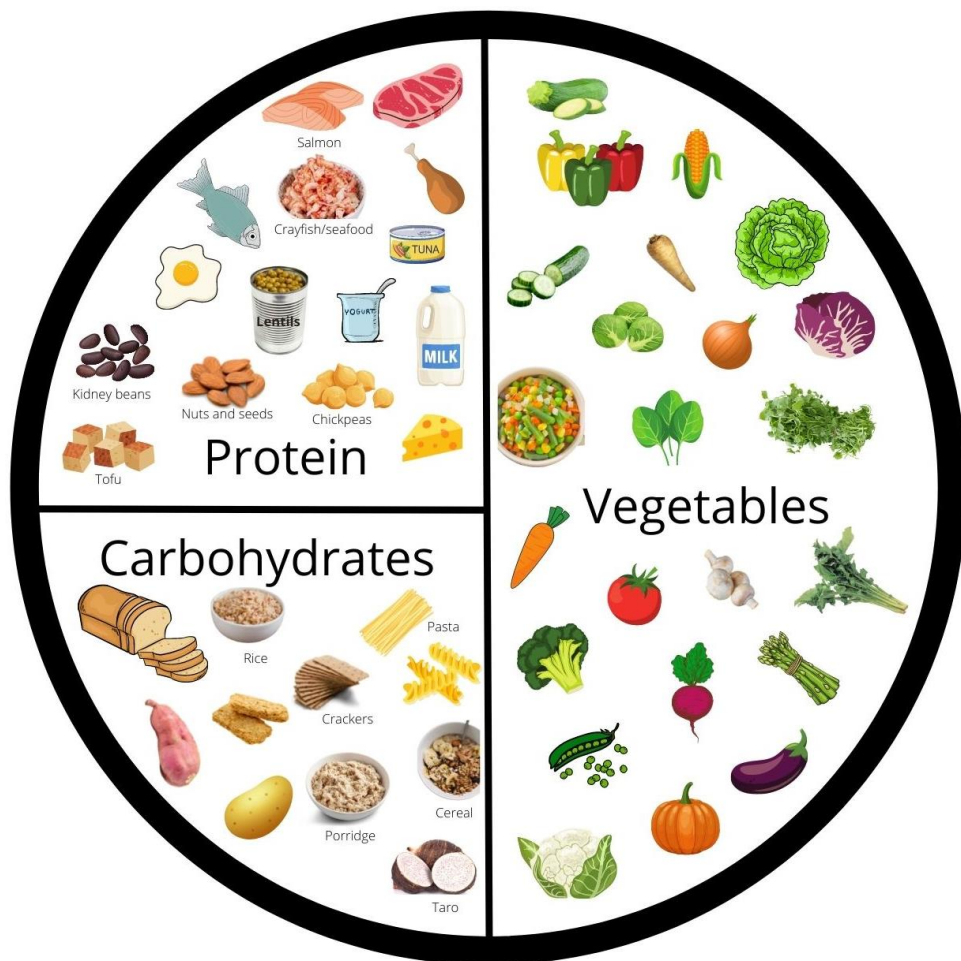
The Healthy Plate Model

It is recommended that you follow “The Plate Model” when making meals.

One quarter of your meal should be **protein** foods

One quarter of your meal should be **carbohydrate** foods

Half of your meal should be **vegetables**



Protein Foods

- Important for our immune system, keeping us full and fuelling our muscles
- ✓ Eat a variety of protein foods, they contain different nutrients for our body to function e.g. meat contains zinc which helps with our immune function, oily fish such as salmon and tuna contain omega-3 fatty acids which are good for our brain health, and dairy products contain calcium which is important for our bones.

Carbohydrate Foods

- Break down to sugar/glucose to provide our body and brain with energy
- Can contain fibre, vitamins, and minerals important for health
- ✓ Aim to choose carbohydrate foods like wholemeal bread or pasta, brown rice, grain and seed-based crackers, fruit, dairy products, beans and legumes and using wholemeal flour in cooking
- ✗ Foods like lollies, chocolates, white based breads, pastas or rice, takeaways, sugar, baked foods (cakes, muffins) should be eaten in moderation

Vegetables or Fruit

- Contain Vitamin C (which is important for immune function), fibre (to help feed our gut bacteria and help keep us full) and antioxidants (which help reduce damage to our insides).
- A variety of colours is important to provide our bodies with a variety of nutrients
- Frozen and tinned fruit and vegetables are nutritious affordable options
- ✓ Fruit servings 2-3/day e.g. handful of frozen berries on porridge, sliced apple with yogurt as a snack, or an orange with your lunch meal
- ✓ Vegetable servings at least 3 servings a day e.g. salad ingredients in your sandwich, snacking on carrot sticks with hummus or frozen vegetables added to a stir-fry for dinner



Fat Foods

- Source of fuel and nutrients. There are heart healthy fat foods and fat foods that are not good for our heart health (saturated fat foods).
- Aim to have a source of a heart healthy fat in each meal e.g. pumpkin seeds on cereal, cooking in canola or rice bran oil, or nut butter on toast
- ✓ Aim to choose foods like nuts and seeds, avocado, oily fish e.g. tuna, salmon, sardines, olive, canola or rice bran oil as these contain 'heart healthy fats'
- ✗ Limit other foods such as deep-fried foods, skin on meat and chicken, coconut products, butter, chocolate, potato chips, lard, dripping as these contain saturated fats that increase our risk of heart attacks and strokes.

Occasional Foods

High fat, sugar and salt foods can be included in a healthy, balanced diet however, **moderation** is key. This means trying to limit these foods e.g. potato chips, chocolate, baked goods, takeaways to once a week and when you are eating these foods choose items you will really enjoy and take time to eat these foods.

Takeaways

We understand that everyone wants a night off cooking every now and then, especially if you are unwell. Takeaways can still be part of a healthy lifestyle in moderation.

- Try to limit takeaway meals to once a week
- Monitor portion sizes
- Try to choose a meal with some vegetables e.g. Turkish Kebab, Chinese stir-fry, Subway sandwich, filled roll from a bakery or add a side salad or coleslaw to your meal

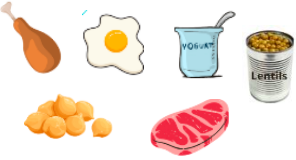
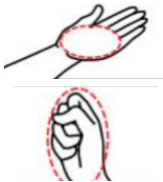








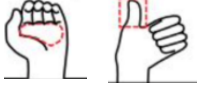
More information on **servicing sizes** for the different food groups are listed on the next pages.



Serving Sizes for Meals

The amount of food needed at each meal will be different for each person, an All-Black prop needs more food than a child.

The examples provided are for an average sized hand. Use your own hand as a guide for how much to have of the different food groups.

<p>Protein Foods</p> 		<ul style="list-style-type: none"> 1 palm size serve of steak or pork chop 2 chicken drumsticks 1 pottle of yoghurt 1 big glass of milk 2-3 eggs 1 tin of tuna 1 fillet of fish 1 closed fist of lentils or chickpeas
<p>Carbohydrate Foods</p> 		<ul style="list-style-type: none"> 2 slices of bread 1 burger bun 1 handful of oven fries 1 fist of cooked porridge 2-3 Weetbix 1 fist of cooked taro 1 fist of roast potato or kūmara
<p>Vegetables</p> 	<p><u>Cooked:</u></p>  <p><u>Uncooked:</u></p> 	<ul style="list-style-type: none"> 2 fists of lettuce 1 fist of frozen vegetables 1 fist of tinned corn (drain fluid) 2 fists of watercress
<p>Fruit</p> 		<ul style="list-style-type: none"> Half a tin of peaches (juice drained) 1 handful or fresh or frozen vegetables 1 banana 1 orange
<p>Healthy Fat Foods</p> 		<ul style="list-style-type: none"> 1 thumb size amount of peanut butter 1 thumb size drizzle of oil (in cooking or on salads) 1 cupped palm size serve of nuts or seeds (unsalted)

Meal Plan

To get as much nutrition as possible during your isolation period we suggest trying to start stocking up on cupboard and freezer items and plan out a menu using the meal ideas in this guide. These are ideas, you do not have to stick to this guide. It is important to consider your own food preferences and budget.

A family member or friend will need to get supplies for you while you are in isolation. Supermarkets can deliver. If you need more support, contact Healthline 0800 358 5453.

You will need to have enough food for a minimum of 7 days, ideally two weeks.

Cupboard and Freezer Items	Fresh Food Items
<p>Protein Foods Tinned Lentils, Chickpeas, Kidney Beans Tinned Tuna/Salmon Milk powder Wattie's Plant Protein Soup (In soup section of supermarket) Frozen fish</p> <p>Carbohydrate Foods Rice Pasta/Noodles Rolled Oats Weetbix Frozen oven chips</p> <p>Vegetables and Fruit Tinned Tomatoes Frozen Vegetables or fruit Tinned Vegetables or fruit</p> <p>Heart Healthy Fats Oils – rice bran/olive/canola</p> <p>Extras Dried Herbs/Spices Salt/Pepper Soy Sauce (preferably salt reduced)</p>	<p>Protein Foods Fresh meat – chicken drumsticks, mince, steak, chops, bacon, mutton-bird, beef brisket Eggs Dairy products - Cheese, yoghurt, cottage cheese, milk, paneer Fresh fish and seafood Tofu</p> <p>Carbohydrate Foods Potatoes Kūmara Taro Bread</p> <p>Vegetables and Fruit Fresh fruit and vegetables</p> <p>Heart Healthy Fats Avocado Nuts and seeds (preferably unsalted)</p> <p>Occasional Foods Any other foods you enjoy</p>

Healthy Meal and Snack Ideas:

Breakfast:

- Overnight oats (see recipe 1)
- Porridge made with milk and fruit
- Eggs on toast with vegetables e.g. spinach, tomato or mushroom
- Omelette (see recipe 2) with toast
- Weetbix with milk and served with fruit

Lunch:

- Sandwich or wrap with meat or egg and salad ingredients
- Baked beans on toast
- Tinned tuna on rice with vegetables
- Scrambled eggs with onion and tomato on toast
- Platter meal - crackers, carrot sticks, hummus, leftover meat, tomato, slice of cheese
- Wattie's Plant Protein Soup with toast
- Mussel fritters with roast potato and side salad (see recipe 3)

Dinner:

- Roast chicken or lamb or pork with potato/kūmara and mixed vegetables (see recipe 4)
- Nachos (see versatile mince mixture recipe 5)
- Boil up
- Beef stew with vegetables and rice
- Baked potato (see versatile mince mixture recipe 5)
- Homemade burgers (see recipe 6)
- Steak with homemade potato chips and salad vegetables
- Fish with homemade fries and salad vegetables
- Chicken drumsticks with roast potato/kūmara and side salad (or frozen vegetables)
- Homemade pizza with meat and vegetables (see recipe 7)
- Quiche (see recipe 8) with potato/kūmara and side vegetables
- Chicken stir fry with rice and vegetables
- Butter chicken with side salad (or frozen vegetables)

Snacks:

- Wholemeal based crackers with cottage cheese
- Piece of fruit with yoghurt
- Handful nuts with carrot
- Yoghurt with some nuts or seeds
- Carrot and capsicum sticks with hummus
- Piece of toast with peanut butter



Recipes

1. Overnight Oats

Serves 1

Ingredients

½ cup oats
2 Tbsp seeds of your choice e.g. pumpkin, flaxseeds, sunflower, chia
1 cup milk
1 small pottle or 3 Tbsp yoghurt

Method

1. In a bowl add all ingredients and mix together.
2. Place bowl in fridge and leave overnight
3. In the morning, take the bowl out of the fridge and add a serve of fruit of your choice (e.g. few Tbsp tinned fruit (drain the juice) or handful of berries or diced apple) and enjoy



2. Omelette

Serves 1

Ingredients:

Spray oil
2 eggs
2 tablespoons skim milk or water
dash salt and pepper
Filling of your choice e.g. capsicums, tomato, spinach, cheese, onion, mushrooms

Method

1. Spray a frying pan with oil and set over a medium-high heat. In a bowl lightly beat eggs, milk, salt and pepper together, then pour mixture into pan. Pull mixture away from edges of pan using a spatula and let uncooked egg flow into the space. Do this until egg is just cooked through.
2. Add filling of your choice to one half of the omelette. Fold over the other half using the spatula. Cook for a few more minutes, until filling is warmed through. Gently slide omelette onto plate to serve.



Recipe from: <https://www.healthyfood.com/healthy-recipes/basic-omelette/>

3. Mussel Fritters

Serves 4

Ingredients

- 24 fresh mussels
- 2 egg
- 2 Tbsp flour
- ½ tsp baking soda
- Salt and pepper
- 4 Tbsp chopped parsley or coriander (optional)
- Oil for shallow frying

Method

1. Open the mussels by pouring hot water over them in a bowl or steaming them slightly in an open pan with a little water. Remove from the shells and clean, then chop finely or whiz in a food processor, leaving the mixture a little chunky.
2. With a fork, whisk together the egg, flour, baking soda, salt, and pepper to taste and the herbs. Add the chopped mussels and chill the mixture for 1 hour if you have the time.
3. Heat the oil gently in a heavy-based frying pan and fry large tablespoons of the mixture until golden brown on both sides.
4. Drain on paper towels.



Recipe from <https://edmondscooking.co.nz/recipes/fritters/mussel-fritters/>

4. Roast Chicken and Vegetables

Serves 4

Ingredients

- Chicken drumsticks (2 per person)
- Root vegetables of your choice: potato, kūmara, pumpkin, carrots, beetroot
- Other vegetables: broccoli, silver beet, corn, puha, watercress
- Oil - drizzle for vegetables and drizzle for tray to prevent chicken sticking
- Herbs and spices of your choice

Method

1. Preheat the oven for at least 10 minutes at 180 degrees Celsius
2. Take chicken drumsticks out of the packet and place on the oven tray. Add herbs and spices as desired
3. Dice potato, kūmara, pumpkin, parsnip or any other root-based vegetables and sprinkle with a light drizzle of oil and herbs and spices of choice
4. Place vegetables on a tray and bake for 30-45minutes. Check chicken is cooked through, no pink spots and juices run clear. Cook vegetables to your liking.
5. Approximately 5-10minutes before the chicken is cooked, add either fresh or frozen vegetables to a pot of boiling water and cook to your liking.
6. Serve chicken, roasted vegetables and boiled vegetables on a plate. Aim to follow plate model.



Recipe from the Heart Foundation Cheap Eats Cookbook

5. Versatile Mince Mixture

Serves 4

Ingredients

2 Tbsp oil
1 brown onion
500g mince
2 carrots, grated
2x 400g chopped tomatoes
Herbs and spices as desired



Method

1. Heat oil in large saucepan
2. Dice onion and add to pan. Cook until soft
3. Add mince and cook until brown, stirring occasionally. Drain off any extra fat
4. Add grated carrot, herbs and chopped tomatoes and stir
5. Cook gently until mixture is combined, roughly ~10mins
6. Use this mixture as the protein portion of a meal. Ideas for balanced meals are listed below

Note: you can add a can of lentils or kidney beans (drain and rinse before adding) to make mixture go further.

Balanced meal ideas using this mince mixture:

- Cook pasta and add mince mixture for a Spaghetti Bolognese
- Bake potato and use mince mixture as the protein portion of the meal
- Put on two slices of wholemeal toast for a quick meal
- Add mashed potato to the top for a Shepherd's pie, serve with vegetables or side salad frozen mixed vegetables, cooked rice, and a splash of soy sauce to make a stir-fry

Recipe from the Heart Foundation Cheap Eats Cookbook

6. Beef and Lentil Burgers

Serves 4

Ingredients

250g lean beef mince
400g can lentils, drained and rinsed
2 Tbsp tomato sauce
1 egg / cup parsley, chopped
½ medium onion, finely chopped
1 cup dried breadcrumbs
1 carrot, grated
Pinch ground pepper

Method

1. Combine all ingredients
2. Knead mixture until well combined and sticking together
3. Divide mixture into six portions, then roll into a ball and flatten
4. Heat the grill in your oven
5. Place the burger patties on a baking tray and grill until well browned on each side
6. Serve with salad vegetables and a wholegrain burger bun



Recipe from the Heart Foundation Cheap Eats Cookbook

7. Pizza

Ingredients

Homemade Pizza Base or store brought pizza base

170g tin Tomato paste

Meat of your choice; or a can of drained kidney beans or chilli beans

Vegetables of choice e.g. spinach, onion, capsicum, tomato, mushroom

Grated Cheese

Method

1. Preheat oven to 180 degrees Celsius
2. Spread pizza base with tomato base
3. Dice vegetables to your desired liking
4. Cook meat if raw otherwise dice meat e.g. shaved ham
5. Grate cheese
6. Add all toppings to the pizza
7. Cook pizzas for ~15-20 minutes until golden and crispy



To make pizza base you will need

Ingredients

2 ½ cups flour

2 tsp yeast

¼ tsp salt

¼ tsp sugar

2 Tbsp olive oil

1 cup lukewarm water

Method

1. Place flour, yeast, salt and sugar in a large bowl and stir to mix. Pour in the oil and water. Mix to form a soft dough.
2. Turn out onto a floured surface and knead until smooth, this will take about 5 minutes. Place in oiled bowl. Cover with plastic wrap and set aside in a warm place to rise.
3. When the dough has doubled in size, place on a greased baking sheet and press out to form a circle. alternatively roll the dough on a floured surface into a circle and place on the greased baking sheet.

Recipe from:

<https://www.foodinaminute.co.nz/recipe/pizza-dough-436114>

8. Self-Crusting Quiche

Ingredients

4 eggs

1 ½ cup milk

½ cup self-raising flour

3 cups Frozen Vegetables

1 cup grated cheese

½ cup diced ham (optional)

1 spring onion, finely sliced

Method

1. Preheat oven to 160°C. Lightly grease a 26cm dish.
2. In a bowl, beat together the eggs, milk, and flour.
3. Spread the frozen vegetables into the prepared pie dish and scatter over the cheese, ham (if using) and spring onion. Pour the egg mixture over evenly.
4. Bake in the preheated oven for 45-55 minutes or until firm to the touch.



Recipe from:

<https://www.foodinaminute.co.nz/recipe/selfcrusting-quiche-with-tomato-chutney-513365>



Eastern Bay
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Healthy Whānau, Healthy Lives

Dietitian Service, 2021

9. 'Ota ika - Raw Fish Salad

Serves 6

Ingredients

1 kg of fresh fish fillets
5 lemons, juice only
3 spring onions, chopped finally
1 small cucumber, seeds removed,
chopped into bites sized pieces
2 tomatoes, chopped
½ green or yellow capsicum,
chopped
1 ½ can lite coconut cream
1 cup water
Pepper to taste



Method

1. Rinse the fish and cut into cubes
2. Place in a shallow dish and cover with the lemon juice
3. Leave to marinate for at least 1 hour in the fridge
4. Drain off the lemon juice
5. Add the rest of the ingredients and mix well
7. Transfer to a serving bowl. Cover and chill before serving

Tip: The longer the fish is left to marinate, the more the fish will cook

Recipe from:
Heart Foundation Pasifika Tastes Cookbook

10. Chickpea and Red Lentil Coconut Curry

Serves 4

Ingredients

2 tsps. oil
1 tsp cumin seeds
½ onion, finely chopped
2-3 tsps. or cloves of garlic,
minced
½ tsp dried coriander
1 ½ tsps. Garam masala
½ tsp turmeric
Cracks of fresh pepper
¼ tsp salt
1 cup canned, crushed tomatoes
1 x 400g can chickpeas, drained
and rinsed
½ cup dried red lentils
1 can lite coconut milk
1 cup of liquid vegetable stock or 1
cube of dried vegetable stock
dissolved in 1 cup of hot water

Method

1. Warm oil on medium heat in pan and add cumin seeds. Move cumin seeds around while toasting for 1-2 minutes
2. Add in onions and continue to cook for 2 minutes until soft, stirring occasionally
3. Add in garlic, coriander, garam masala, turmeric, pepper and salt. Cook for 1-2 minutes until it smells delicious
4. Add in crushed tomatoes, chickpeas and red lentils and stir
5. Pour in coconut milk and vegetables stock and bring to a boil
6. Reduce temperature to low to simmer and cook for 15 minutes
7. Stir well and serve with rice or chapati and side salad

Tip: One quarter of a cup of dried rice is equivalent to one serve e.g., 1 cup dried rice would serve 4 people



Other places to go for recipe ideas:

Food in a Minute <https://www.foodinaminute.co.nz/>

Healthy Food <https://www.healthyfood.com/>

Countdown <https://shop.countdown.co.nz/recipes>

New World <https://www.newworld.co.nz/recipes>

Pak'n'Save <https://www.paknsave.co.nz/recipes>

Heart Foundation Cheap Eats Cookbook

<https://assets.heartfoundation.org.nz/documents/shop/food-industry/pdfs/cheap-eats-cookbook.pdf>

Heart Foundation Pasifika Tastes Cookbook

<https://assets.heartfoundation.org.nz/documents/shop/food-industry/pdfs/pasifika-tastes.pdf?mtime=1618956754>

Heart Foundation Full O'Beans Cookbook

<https://assets.heartfoundation.org.nz/documents/shop/food-industry/pdfs/full-o-beans-cookbook.pdf>



Planning your own menu and meals

Use the guide below to plan your meals while you are at home isolating. Use the healthy plate model as a guide and aim for meals to have a carbohydrate source, protein source, healthy fat, and vegetables or a serve of fruit.

For example:

Protein	Carbohydrate	Vegetables or Fruit	Healthy Fat
Milk	Oats	Diced apple	Small dollop peanut butter
Eggs	Toast	Spinach, tomato	Avocado
Chicken	Rice	Frozen mixed vegetables	Rice bran oil to cook chicken in pan
Cheese and ham	Crackers	Tomato	Avocado
Hummus	Crackers	Carrot sticks	
Mince	Pasta	Carrots, silver beet	Canola oil used to cook mince in

Now you can try your own and fill in the two-week meal plan for at home.

Below is a one-week example. When you plan your menu you can add your own meals from the ideas above, websites or your own family favourites. You will find a two-week template at the back of this document.

Once you have a meal plan you can write a grocery list from the planned meals.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Breakfast	Egg on toast with avocado	Weetbix with milk, yoghurt, and fruit	Smoothie	Omelette on toast	Weetbix with milk, yoghurt, and fruit	Omelette on toast	Overnight oats
Lunch	Chicken salad wraps	Cold meat and salad sandwich	Tuna and rice with salad	Leftover dinner	Chicken and salad sandwich and fruit	Mince with baked potato	Mussel fritters with side salad
Dinner	Mince Bolognese	Home-made pizza	Home-made fish and chips with side salad	Boil up	Pork chop with kūmara, puha and carrots	Seafood with potato salad and vegetables	Roast chicken drumsticks with roast vegetable
Snacks	Cheese and crackers	Unsalted popcorn and nuts	Fruit salad	Yoghurt and carrot sticks	Fruit and nuts	Carrot sticks with cottage cheese	Crackers with hummus and fruit and yoghurt

Fluid

It is very important to stay hydrated while you are unwell. Fluids may include water, juices, cordials, soup, milky drinks, juice, tea, or coffee. Alcohol is not recommended while you're unwell.

- ✓ Have a water bottle near you and regularly drink throughout the day.
- ✓ Flavour water with fruit flavoured tea bags, fruit or water drops.

The recommendation for fluid intake is 6-8 glasses a day however, this can vary between people. We suggest the best way to monitor your own hydration is to look at the colour of your pee/mimi.

Check the scale:

1-3 means you are well hydrated

4-8 means you need to drink more fluid

Note: if you have a vitamin tablet your pee/mimi may be bright yellow following the tablet, red if you have eaten a lot of beetroot or if you have consumed a lot of asparagus, you may notice a foul smell. Any other concerns please contact your GP or Healthline on 0800 358 5453.

1

2

3

4

5

6

7

8

If you have been vomiting and had lots of diarrhoea for a few days, you may need to replace what you have lost. You can try this recipe below to replenish yourself. Talk to Healthline if you have questions about this 0800 358 5453.

Oral Rehydration Solution

Ingredients

6 teaspoons of sugar

½ teaspoon of salt

1 litre of drinking water

<https://bpac.org.nz/bpj/2014/april/correspondence.aspx#:~:text=The%20currently%20recommended%20formula%20for,1%20litre%20of%20drinking%20water>

It may be difficult for you to eat food, making a smoothie can get a lot of nutrients into you and be easy to sip on throughout the day. A soup is also a source of fluid.

Smoothie

Serves 1

Ingredients

1-2 handfuls of fruit e.g. berries and banana
1 cup milk
2-3 Tbsps. or 1 small pottle of yoghurt
Handful of spinach

Method

1. Add all ingredients to a blender and blitz
2. You can add ice to make it thicker, avocado to make it creamier, peanut butter for flavour; the possibilities are endless



Bacon Hock Soup

Ingredients

1 large smoked bacon hock
4 cups chicken or vegetable stock
4 cups water
1 Tbsp canola oil
2 medium onions, diced
8 medium waxy potatoes, diced
2 carrots, peeled and diced
1 400g can chickpeas in brine, drained (optional)
1 cup frozen green peas
Fresh parsley leaves, chopped

Method

1. Place the hock in a large saucepan and cover with stock and water. (Add extra water to cover hock if needed)
2. Bring to the boil, lower heat, cover and let simmer for 1.5 hours.
3. Remove the hock and set aside. Save the stock.
4. In a second large saucepan, heat the oil and brown the onions.
5. Stir in the potatoes and carrot. Strain in the saved stock.
6. Peel the bacon hock, remove all meat, dice and add to pot.
7. Bring to the boil, add lid and simmer until potatoes just cooked.
8. Stir in the chickpeas and green peas and when heated through add the chopped parsley.



Recipe from:
<https://www.paknsave.co.nz/recipes/bacon-hock-soup>

Note: packaged and tinned soups can be options however, they are high in salt and lack protein. If you do have one of these try to add a protein source.

Loss of Appetite, Taste and Smell

A common side effect of COVID-19 is loss of taste and smell and you may not feel like eating.

We don't want this happening if you are sick for a week or more. We want you to eat a variety of foods and nutrients to fuel your body to help you recover.

Here are some tips to help you:

- ✓ Eat little amounts often, while still aiming to follow the healthy plate model.
- ✓ If you have a burst of energy, make a big portion of food and freeze portions to easily heat later on e.g. chicken and rice stir fry
- ✓ Make smoothies to sip on during the day e.g. 1-2 serves fruit, milk and yoghurt; (you can add a couple of Tbsps of milk powder to add a boost of nutrition) and either 1-2 Weetbix or handful oats as a carb source. This will make a meal.
- ✓ If you are struggling with smell changes, try to have foods that are cold and don't have very strong smells
- ✓ For taste, add extra spices and herbs to increase the flavour of foods

COVID-19 Symptoms

Please continue monitoring symptoms, if you are getting more unwell and have any concerns, please contact your GP or call Healthline on **0800 358 5453**

14 Day Menu Plan Template

Sun				
Sat				
Fri				
Thurs				
Wed				
Tues				
Mon				
Week 1	Breakfast	Lunch	Dinner	Snacks



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