

## Picking Plants During a Pandemic

Filling your body with healthy, nutrient filled foods is a great way to provide your immune system with the fuel it needs. Below are tips for continuing with your plant-based efforts with fewer trips to the grocery store.

**Root Vegetables:** Stick to root vegetables, including carrots, beets and sweet potatoes. These items will hold in your refrigerator longer than leafy greens.

**Fruit with Thick Skin:** Pair apples, pears, and bananas with almond butter for a quick breakfast. Oranges and grapefruits make a great afternoon snack. Avocados are a great topping for soup or sprouted toast.

**Beans and Lentils:** These are all-stars when it comes to plant-based protein. They are pantry staples and are a good highlight in meals for the end of the week.

### Curried Lentil, Tomato, and Coconut Soup by Bon Appétit

- 2 tablespoons extra virgin olive oil
- 1 medium onion, finely chopped
- 2 garlic cloves, finely chopped
- 1, 2 ½-inch piece of ginger, peeled, finely grated
- 1 tablespoon curry powder
- ¼ teaspoon crushed red pepper flakes
- ¾ cup red lentils
- 1, 14.5-ounce can crushed red tomatoes
- ½ cup finely chopped cilantro
- Kosher salt, freshly ground pepper
- 1, 13.5-ounce can unsweetened coconut milk (shaken well)

**Pro Tip:** Use half the amount of coconut milk if you have high cholesterol

1. Sauté onion, garlic, ginger, curry powder, and red pepper flakes in olive oil at medium heat for 8-10 minutes
2. Add lentils and cook, stirring, 1 minute
3. Add tomatoes, ½ cup cilantro, a generous pinch of salt, and 2½ cups water; season with pepper
4. Add coconut milk to saucepan
5. Bring mixture to a boil; reduce heat and simmer gently, stirring occasionally, until lentils are soft but not mushy, 20–25 minutes
6. Season soup with more salt and pepper if needed

## Movement Matters



### Home Circuit Workout

Regular physical activity is important for staying healthy. Now, more than ever, it is important to know that when compared to sedentary behavior, moderate-intensity physical activity is associated with better immune function and can help reduce your feelings of stress and anxiety.

This week's workout is a quick body weight circuit routine that is divided into 3 mini circuits. Circuit training is a great way to maximize your workout efficiency and is a great boredom buster! No equipment necessary and you decide how much you want to push it. Have fun, get your body moving, and don't forget to cool down with some gentle stretching.

#### Access to this workout:

Patient Portal:

[northwestern.medbridgego.com](https://northwestern.medbridgego.com)

Access Code: RAHDZTVE