

You may want to take notes.

By nutrition, I mean foods that are nutrient dense, that have the basic building blocks of health including the macronutrients protein, fat and carbohydrate. It also needs to include micronutrients such as vitamins, minerals, phytonutrients, enzymes and fibre.

Your immune system depends on a healthy microbiome and ample natural nutrients that are bioavailable (easily absorbed).

Do not buy junk food. It depresses your immune system.

What to buy:

1. Buy food that you and your household would normally eat.
2. Fresh meat, fish, poultry, dairy, vegetarian proteins, vegetables, fruits and herbs. This includes antimicrobial herbs such as basil, oregano, thyme, rosemary and marjoram. These herbs fresh or dried support the beneficial bacteria and do not kill them, however, they do kill the bad bacteria. Only buy fresh what you can use safely while fresh or freeze.
3. Also stock up on a 2 week supply of extra dried and canned items.
 - a. Dried beans, lentils, quinoa, millet, rice, whole grain pasta, herbs, powdered milk, flax seed, chia seed, unsalted nuts, coffee, tea, vegetables, etc.
 - b. Canned meat, fish, poultry, vegetables, fruits, soup stock, milk alternatives, condiments, healthy oils like EVOO, coconut or avocado.
 - c. Choose no added salt, no added sugar, no artificial sweeteners and no preservatives when possible.
4. If you have a freezer, stock extra frozen proteins, vegetables and fruits. You can freeze butter which is still healthier than a hydrogenated fat.

What not to buy:

Food that you and your household would not eat or do not like.

What to do with tired fresh fruit and vegetables:

Chop into a soup.

Add to a smoothie.

What else to do:

Plant some vegetables or herbs, even in a pot if you do not have a yard.