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**classienue** Eating While “#Sheltered-in-Place”: Eating a nutritious/healthy #soup, while “sheltered,” is a good idea, and not just for your immediate meal. Your favorite soup can also be easily made in quantities that can be frozen and stored, afterwards, for an #economical future breakfast, lunch or dinner. Like the delicious goulash shown above, soups work for those who prefer #vegetarian/vegan ingredients (beans, peas, chickpeas, greens, lentils, seeds, avocados, nuts, etc.) or for those who are #lovers of proteins, such as fish, meats or meat alternatives. Eating While “#Sheltered-in-Place”: Even when you step out of your “shelter,” remember that home-made soups can be creative



8 likes

APRIL 7

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