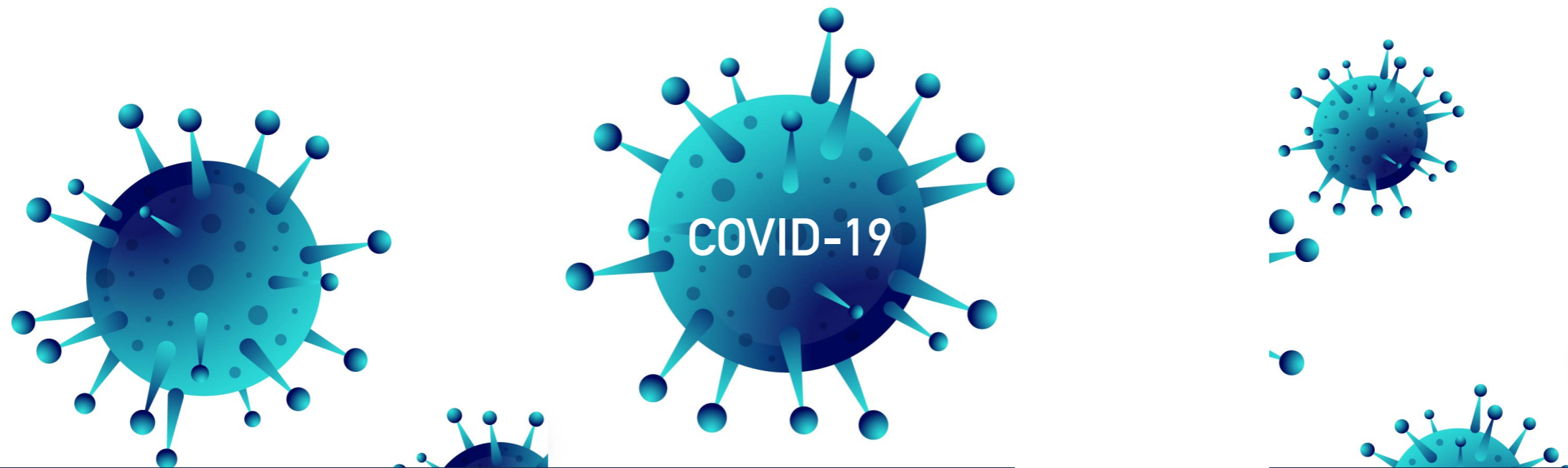
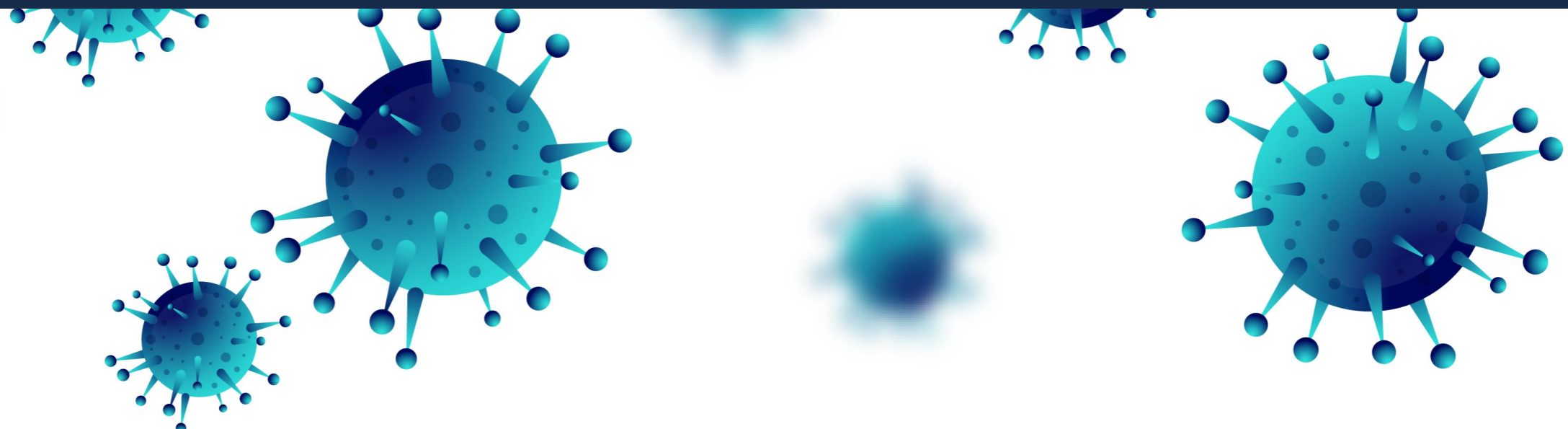


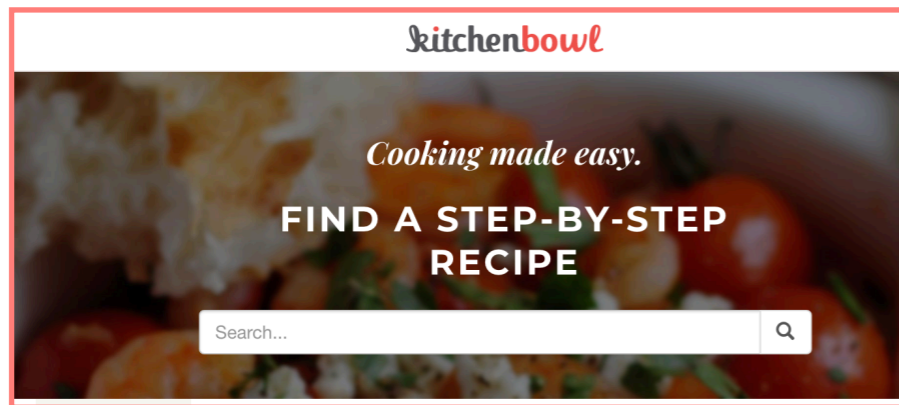
# INTEGRATIVE AND FUNCTIONAL COVID-19 NUTRITION CORE COURSE



## SECOND LINE DEFENSE: ADDITIONAL RESOURCES

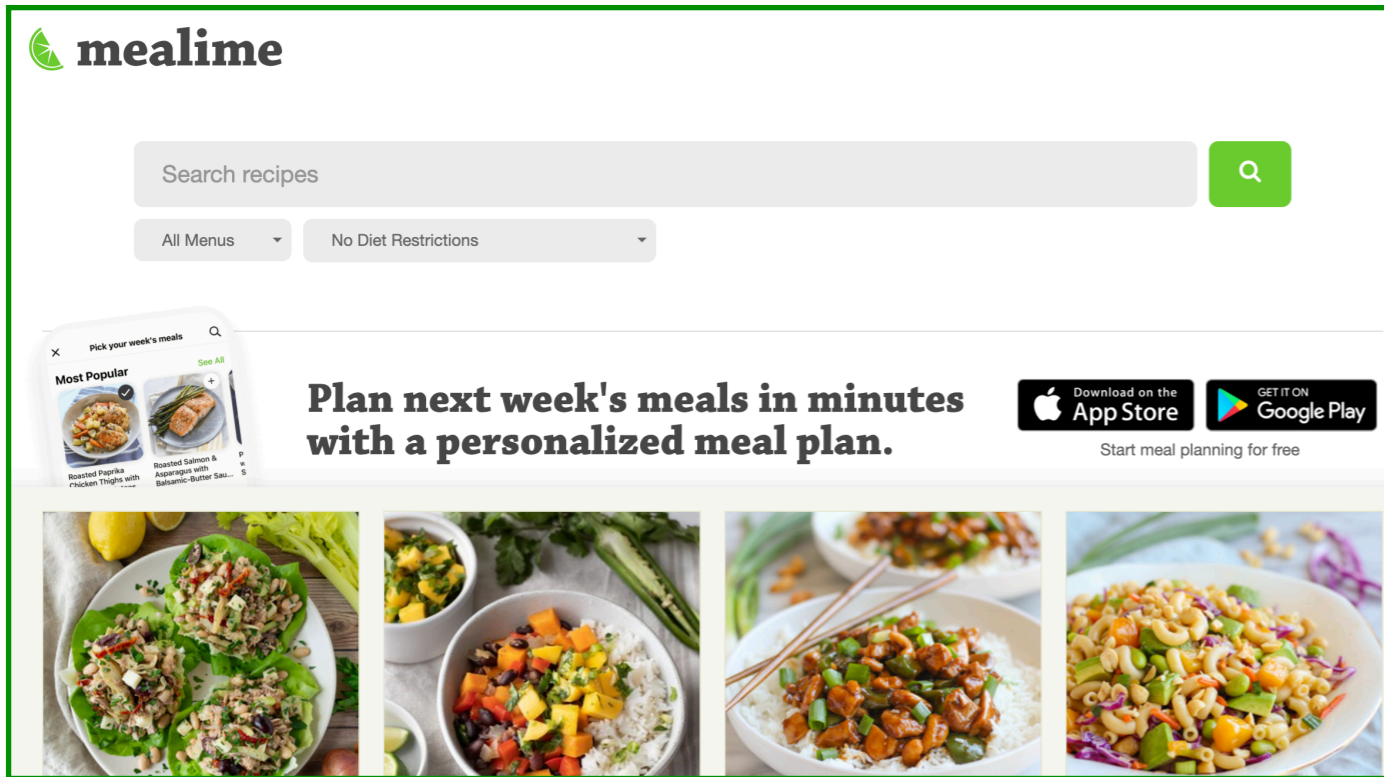


Fiona McKiernan, MS, RDN, IFMNT  
Integrative and Functional Medicine Nutritionist  
Genomic Medicine Clinician



Check out free recipes online for ways to use more frozen veggies if you are low on fresh.

Also check out my colleagues pantry power plan on living plate for some more ideas to stock up a nutrient dense pantry.



Or consider a meal plan subscription like Mealime or 5 dinners, 1 hour.

**\*\* Mealime also has lots of great free recipes too and helps you reduce waste by suggesting recipes for leftover ingredients. Also creates a 'done for you' grocery list. \*\***

5 dinners 1 hour is great if you want to do all of your meal prep on one dinner and be ready for the week.

SUN BASKET

# EAT CLEAN, FEEL GREAT

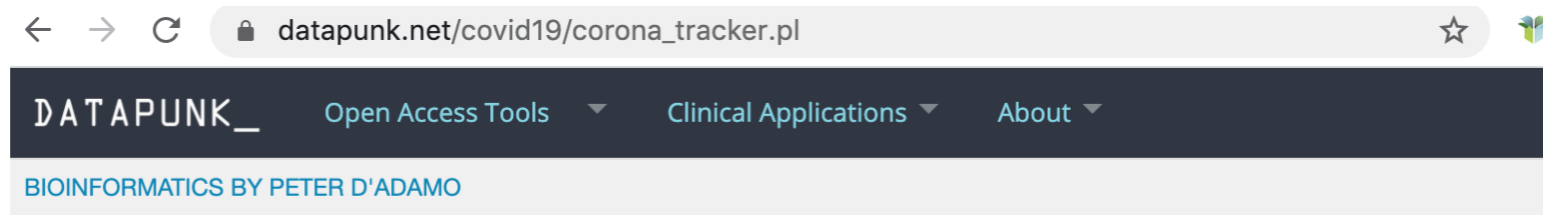
Eat well and shine with easy, delicious dinners—now ready in as little as 5 minutes.

Build Your Basket

Or consider a meal delivery service if you can afford it and it helps reduce your stress.

There are many on the market so search for one with availability and delivery in your area.

# DATAPUNK DATABASE CORONA TRACKER WITH RECOMMENDATIONS BASED ON MULTIPLE FACTORS



## CoronaTracker

User Name <i>(required)</i>	<input type="text"/>
Gender <i>(required)</i>	<input type="text" value="Select"/>
Age Bracket in Years <i>(required)</i>	<input type="text" value="Select"/>
Date of First Symptom Onset <i>(required)</i>	<input type="text"/>
Positive Test for SARS-CoV-2	<input type="checkbox"/> Yes <input type="text"/> Date of Positive Result
Add Location	<input type="button" value="Get Location"/> <a href="#">What's This?</a> <input type="text"/> ZIP Code (US only)
ABO Blood Group	<input type="text" value="Select"/>

# TIPS FOR STARTING SUPPLEMENTS – WORK WITH YOUR PROVIDER

- **Always check for drug–nutrient interactions with your medications.**
- **The safest way to add supplements to your daily routine is one at a time, to better assess the effects (and side effects) of each new addition.**
- **Start at half the regular dose for a few days, then slowly increase to the regular dose. Stop if you feel any undesirable side effects.**
- **Remember more is not always better.**
- **Do not exceed the recommended dose, unless recommended by your healthcare provider.**
- **Monitor blood levels regularly.**