

RISE & SHINE

A QUARANTINE THRIVE GUIDE

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MAKE EXTRA PORTIONS AT DINNER

I love making two extra portions for dinner. The next day, I know exactly what lunch will be.

ORGANIZE YOUR FRIDGE AND FREEZER

Take inventory of what you have and date them so you'll know what needs to be cooked next.

MAKE A SLOW-COOKED MEAL

Take advantage of being home! I love slow cooking a pork roast, pot roast, or meatloaf. If you can, double it and freeze the extra.

EMBRACE FROZEN VEGETABLES

With some TLC, you can make your frozen veggies absolutely delicious. Use a bit of chicken stock when heating them up. Remember: Garlic powder, salt, pepper and a bit of butter or olive oil is a revelation.

COOK SOMETHING THAT SMELLS DELICIOUS

Wonderful smells wafting from the kitchen will raise everyone's spirits, like my [Heroine Chicken](#), [The Only Pasta You'll Ever Need](#), and the [Strawberry Rhubarb Crumble](#).

KEEP MEALS SIMPLE

If you're feeling overwhelmed by all the cooking, keep it simple! There's no pressure to create something elaborate unless you feel inspired.

USE CHICKEN STOCK TO REHEAT MEALS

Chicken stock is one of my favorite Magic Elixirs™. When heating up leftovers, pour in a little bit of chicken stock. It's a game changer.

USE PANTRY STAPLES TO RIFF ON EVERYDAY COOKING

Recipes are great, but as a home cook, I use what I have in the house and let my intuition lead me, and you can too. What can you make with what you have?

SUPPORT LOCAL FARMERS

Check in with your local farmers markets and see if they've established a drop-off program. I've called many of my local farmers to purchase directly from them, and they are delivering!

Fridge Shelves

[Spindrift](#)

Eggs

[Icelandic Provisions Skyr](#)

Mayo

Butter (I use Grass-fed)

Greens

Fresh herbs

Fruit

Vegetables

[Tessemae's](#) dressings

Water

Long-lasting Fruits & Veggies

Cabbage

Brussels sprouts

Carrots

Onions

Kale

Romaine

Root vegetables

Squash

Potatoes

Cauliflower

Broccoli

Apples

Pears

Citrus

Fridge Drawers

Feta cheese

Bacon

Salami

Olives

Cornichons

Sliced Protein

Freezer

Gluten-free bread

Frozen fruit (*I love cherries*)

Whole chicken

Sausage

Frozen veggies

Pork chops

Pork tenderloin

Chicken stock

Ground beef

Steak

Bacon



Jarred & Canned Goods

[Further Food](#) Protein Powder
[Tutorosso](#) Canned Tomatoes
Hearts of palm
Artichoke hearts
Bone broth
Pepperoncini
Shelf stable dressings

Cooking Essentials

[Redmond Real Salt](#)
Redmond Real Salt Organic
Garlic Pepper
Garlic powder
Oregano
Sumac
Aleppo pepper
Olive oil
Coconut oil
Toasted sesame oil
Red wine vinegar
Tessemae's Dressings
Coconut milk
Curry paste
Hot sauce
Coconut aminos

Pantry Staples

Tessemae's sauces and dressings
Gluten-free pasta
Rice
Quinoa
Rolled oats
Chickpeas
Polenta
Paleo baking flour
Gluten-free flour
Almond flour
Arrowroot powder
Baking powder
Baking soda
Monk fruit (or coconut sugar)





PHOTOGRAPH BY TIM TURNER

No-Fuss Chicken Stock

INGREDIENTS

6 quarts water
2 tablespoons high quality salt
20-25 peppercorns
1 whole chicken, cut into pieces
5 chicken backs or wings, if possible
5 celery stalks, cut in half
5 carrots, cut in half
½ celery root, cut in half
2 parsnips, cut in half
1 onion
5 sprigs of parsley

DIRECTIONS

Bring 6 quarts of water to a boil in a large stock pot.

Place all ingredients into the boiling water and return to a boil. Reduce heat to a constantly moving simmer. Simmer for 45 minutes.

Strain, and it's ready to go!

Note: This produces some lovely leftover vegetables, which are delicious blended with chicken stock, tomatoes or tomato paste, and seasonings for a great soup.

You can also use the chicken meat for chicken salad, or to make a soup: use the broth, chopped vegetables, and some rice, then add the chicken at the end.



Glazed Meatballs WITH TESSEMAE'S KETCHUP

INGREDIENTS

2 cups [Tessemæ's ketchup](#), or any ketchup of your choice
4 tablespoons balsamic vinegar
2 tablespoons hot sauce
2 pounds ground meat (beef, pork, or mixture)
1 cup finely chopped yellow onion
½ cup almond flour
¾ cup chopped fresh parsley
¼ cup chopped fresh chives
2 tablespoons chopped basil
2 large eggs, beaten
1½ teaspoons high quality salt
½ teaspoon black pepper
2 tablespoons extra virgin olive oil, for frying

DIRECTIONS

Preheat oven to 350°F.

Make the Glaze: Place the ketchup, balsamic vinegar, and hot sauce in a medium bowl and mix to combine well. Set aside.

In a large bowl, combine the ground meat, yellow onion, almond flour, parsley, chives, basil, eggs, salt and pepper and mix well. Form into 2-ounce meatballs.

In a large 12" oven-safe sauté pan over high heat, heat the olive oil. Place the meatballs in the pan and lower the heat to medium. Sear the meatballs 3 minutes on the first side.

Reduce the heat to medium low, flip meatballs, and sear for 3 minutes. **Note:** Make sure to only sear the meatballs. You are not cooking them all the way through.

Brush the meatballs generously with half of the glaze and place the sauté pan in the oven, cooking until done, about 15 minutes. Remove from the oven and serve with the remaining glaze.



Heroine Chicken

INGREDIENTS

1 butterflied chicken
2 tablespoons [Redmond Real Salt](#)
Juice of 1 lemon
2 tablespoons peppercorns
crushed into good-sized pieces
1/3 cup extra virgin olive oil
6 garlic cloves, finely chopped
2 handfuls chopped flat-leaf
parsley, divided

DIRECTIONS

Butterfly the chicken or have the butcher do it for you.

Place the chicken in a 24-40 cup container with a lid.
Note: It's important that the entire chicken fits into the container, or you will lose marinade.

Season the chicken thoroughly with the salt, making sure every crevice is covered.

In a medium bowl, combine the lemon, peppercorns, olive oil and garlic. Stir to combine. Pour half of the marinade evenly over the chicken and sprinkle with half of the parsley. Flip the chicken over and evenly cover with the remaining marinade and the remaining parsley. Cover and marinate in the refrigerator 48 hours.

When the chicken is done marinating, wipe off the excess marinade and parsley.

Preheat the oven to 375°F. With the chicken skin side up, roast in the oven for about 45 minutes.

Moving with speed, quickly baste with the chicken fat, close the oven, and cook for another 15 minutes.

If the chicken is not brown enough, baste again, increase the heat to 425°, and cook 5 more minutes. If the wing tips are getting too brown, cover them up with foil.



Red Pepper Soup

INGREDIENTS

Cashew Crema Magic Elixirs™
 Oven Bacon (can use beef bacon)
 2 tablespoons extra virgin olive oil
 2 large yellow onions, finely sliced
 4 red peppers, cut in half, seeds and
 veins removed, and finely sliced
 2 teaspoons high quality salt
 4 garlic cloves, peeled and chopped
 4 cups chicken stock, or more
 1 teaspoon red wine vinegar
 ¼ teaspoon red pepper flakes

DIRECTIONS

Make the Cashew Crema Magic Elixirs™: Soak the cashews in water (enough water that the cashews are covered by an inch) for 2 hours. Rinse well. Blend the cashews with ¼ cup of water and some high-quality salt. Add more water as needed for consistency. I usually add about ¾ cup water.

Make the Oven Bacon: Preheat oven to 350°F. Line a sheet pan with parchment paper. Place bacon flat on the sheet pan and cook in the oven until crispy, about 10-15 minutes.

In a large Dutch oven over medium to medium high heat, warm the olive oil. Add the onion, red peppers, and salt, and stirring continually, cook until the onions are soft, but not brown, about 8 minutes.

Add the garlic, stirring and cooking 4 minutes.

Add the chicken stock, red wine vinegar, and red pepper flakes, stirring to combine. Bring to a boil.

Once boiling, turn off heat and cool slightly. Transfer to a blender, and blend until smooth. Add more chicken stock, if needed for desired consistency.

Serve topped with Cashew Crema Magic Elixirs™ and top with crumbled Oven Bacon.



Beef Stir Fry

INGREDIENTS

1½ tablespoons shredded ginger, squeezed
6 tablespoons orange juice
4 tablespoons coconut aminos
1 tablespoon dark sesame oil
1 teaspoon arrowroot
1 tablespoon cold water
1 teaspoon high quality salt, plus extra to taste
One 10-ounce sirloin, sliced into strips
1 tablespoon ghee
3 tablespoons coconut oil, divided
4 tablespoons chopped shallots
4 garlic cloves, sliced
1 cup brown mushrooms
½ cup chopped red peppers
½ cup chopped yellow peppers
1 cup pea pods

DIRECTIONS

In a medium bowl, mix the ginger juice, orange juice, coconut aminos, and dark sesame oil together.

In a separate bowl, combine the arrowroot powder and cold water, stirring to make a slurry. Add the slurry to the sauce in the other bowl and stir to combine well. Set aside.

Evenly salt the sirloin.

In a large stainless-steel sauté pan over high heat, melt 1 tablespoon ghee. Add the sirloin strips to the pan and sauté for a total of 1.5 minutes, flipping halfway through. Remove and set aside. Repeat until all batches are cooked.

In the same pan, add 1 tablespoon coconut oil, the shallots, garlic, and a sprinkle of salt, stirring and sautéing until translucent. Remove and set aside.

Add the remaining 2 tablespoons of coconut oil and a sprinkle of salt to the pan with the mushrooms. Stir and cook for 1 minute.

Add the red and yellow peppers. Stir and cook for 1 minute. Add the pea pods and another sprinkle of salt, and stirring to combine, cook for 30 seconds.

Return the sirloin, shallots, and garlic to the pan. Stir the sauce to combine and add it to the pan. Stir to combine well and serve.



Pistachio Pesto Magic Elixirs™

INGREDIENTS

- 1 cup shelled raw pistachios
- 1 cup fresh basil leaves
- 1 cup fresh flat-leaf parsley leaves
- 3 garlic cloves, pressed
- ½ cup extra virgin olive oil
- 3 tablespoons fresh lemon juice
- 1 teaspoon high-quality salt
- ½ teaspoon freshly ground black pepper

DIRECTIONS

In a food processor, pulse the raw pistachios until coarsely chopped. Add the basil, parsley, and garlic and pulse until mixed well.

With the motor running, slowly add the olive oil, about one-third at a time, and process until combined well. Add the lemon juice, salt and pepper and pulse until combined well.

Serve immediately or store in an airtight container in the refrigerator for up to 2 weeks.



Pistachio Pesto Stuffed Chicken Burgers

INGREDIENTS

2 pounds ground chicken
(1 pound dark meat and 1 pound light meat)
2 tablespoons chopped Fresno pepper, optional
½ cup chopped red pepper
1 cup baby spinach, chopped
¾ teaspoon high quality salt
1 cup chopped onions
2 tablespoons chopped garlic
¼ teaspoon cayenne pepper
¾ cup Pistachio Magic Elixirs™, divided
½ cup sliced green olives
4 tablespoons extra virgin olive oil, divided

DIRECTIONS

In a large bowl, combine the chicken, Fresno peppers, red pepper, spinach, salt, onion, garlic, cayenne and ¼ cup of the Pistachio Pesto Magic Elixirs™ and mix well. Add in 2 tablespoons of the olive oil and green olives, gently stirring to combine.

Assemble the burgers: Start by forming the meat into 6-ounce patties. Make a well in the center of the burger using your thumbs. Place 1 tablespoon of room temperature Pistachio Pesto Magic Elixirs™ in the well. Gently close the meat up around the pesto.
Yields 7-8 patties.

In a large sauté pan over medium heat, add the remaining 2 tablespoons olive oil. Sauté the burger patties until done, about 5 minutes a side, 10 minutes total. Cover the pan for the last 3 minutes of cook time.

Note: Be sure to watch the burgers closely. If they are browning too quickly, turn the heat down to medium low. Cook one "test burger" first before cooking the whole batch, to get your timing down.



Sizzling Roasted Chicken Breasts

INGREDIENTS

2 bone-in, skin-on chicken breasts
2 teaspoons extra virgin olive oil
1½ teaspoons Redmond's Salt
1 teaspoon freshly ground black pepper

NOTE: You can change this recipe up so many different ways by using your choice of spices. I like Sumac, Aleppo Pepper, oregano, garlic powder, basil, Redmond's Real Salt Organic Seasoned Salt and Redmond's Real Salt Organic Garlic Pepper.

DIRECTIONS

Preheat oven to 375°F.

Rub every crevice of the chicken with olive oil. Thoroughly season with plenty of salt and black pepper.

Place on a baking sheet and cook in the oven for 35 minutes. Then brush the top of the chicken with the juices and cook for 5 minutes to brown the top.

If the chicken isn't brown enough, baste again, increase the oven temperature, and cook for another 10 minutes.



Stuffed Baked Potato

WITH TESSEMAE'S CILANTRO LIME RANCH

INGREDIENTS

4 large russet potatoes
 3 tablespoons extra virgin olive oil, divided
 1½ pounds ground chicken, 1 pound dark meat and ½ pound breast (or half of each)
 1 cup coarsely chopped spinach
 1 finely chopped red pepper
 ½ medium yellow onion, finely chopped
 ¼ cup chopped fresh flat-leaf parsley
 4 cloves garlic, finely chopped
 1 tablespoon smoked paprika
 2¾ teaspoons high quality salt, divided
 1 teaspoon pepper
 1 tablespoon clarified butter
[Marinated Red Onions Magic Elixirs™](#) (optional)
[Tessemæ's Cilantro Lime Ranch](#)

DIRECTIONS

Preheat oven to 375°F.

Wash and dry the potatoes. Rub with 1 tablespoon olive oil. Season with salt and pepper. Poke potatoes with a skewer several times.

Place potatoes on a baking sheet and bake in the oven until done, about 60 to 80 minutes.

Meanwhile, in a large bowl combine the ground chicken, spinach, pepper, onion, parsley, garlic, paprika, 2 teaspoons of salt and black pepper and mix well.

In a large sauté pan over medium high heat, heat the remaining 2 tablespoons olive oil. Add the chicken mixture to the pan and breaking into small pieces with a wooden spoon, sauté until done, about 7-8 minutes. Set aside.

When the potatoes are done, cut off the top 1/3 of each potato. Scrape the contents out of the larger portion of the potato and place in a bowl. Add the clarified butter and the remaining ¾ teaspoon salt and mix until combined.

Fill each potato "shell" with ½ cup of the potato mixture and ½ cup chicken mixture. Serve topped with Marinated Red Onions Magic Elixirs™ and Tessemæ's Cilantro Lime Ranch Dressing.



Sizzling Spicy Butter Chicken

INGREDIENTS

1½ pounds boneless, skinless chicken thighs
2 teaspoons high quality salt
1 teaspoon freshly ground black pepper
¼ cup plus 2 tablespoons extra virgin olive oil
2 tablespoons fresh lemon juice
1 tablespoon chopped garlic
2 teaspoons paprika
1 teaspoon red pepper flakes
¼ cup plus 1 tablespoon clarified butter, or
vegan butter if kosher
3 tablespoons hot sauce

DIRECTIONS

Spread the chicken out in a shallow container. Season with 1 teaspoon of the salt and ½ teaspoon of the black pepper. Set aside.

In a small bowl, combine the remaining 1 teaspoon salt, remaining ½ teaspoon black pepper, ¼ cup of the olive oil, the lemon juice, garlic, paprika, and red pepper flakes and stir until combined well. Pour the mixture over the chicken, tossing to thoroughly coat. Cover and refrigerate for at least 2 hours or up to overnight.

When ready to cook, remove the chicken from the refrigerator and let it come to room temperature.

Heat a large, dry, cast-iron skillet over high heat. Once hot, reduce the heat to medium and heat the remaining 2 tablespoons olive oil. Add the chicken thighs to the skillet and cook until browned and crispy, about 4 minutes, then flip and cook for 5 to 7 minutes more, depending on the thickness. Set the pan aside.

In a small pan over low heat, melt the clarified butter. Transfer the butter to a blender, add the hot sauce, and blend until emulsified. Spoon the sauce over the chicken in the pan, coating the chicken thoroughly. Serve immediately.



The Only Pasta You'll Ever Need

WITH TUTTOROSO TOMATOES

INGREDIENTS

2 large 28 ounce cans [Tuttorosso](#) whole tomatoes
 ½ cup butter (1 stick), cut into pieces
 1 whole onion, cut in half
 2 teaspoon high-quality salt, divided
 1 pound spicy pork or beef sausage
 1-2 tablespoons extra virgin olive oil,
 or more if needed
 8 cups mixed mushrooms, sliced
 ½ teaspoon freshly ground black pepper
 3 garlic cloves, pressed or chopped
 1 pound gluten-free spaghetti or bucatini,
 cooked according to the directions on the box
 Parmesan, to taste

DIRECTIONS

In a large Dutch oven over medium high heat, combine the canned tomatoes, butter, onion and 1 teaspoon salt.

Stirring occasionally, simmer for an hour, breaking up the tomatoes into pieces with a wooden spoon as they cook and break down. After an hour, remove from heat and let cool.

Remove the onion halves and store for future use. Transfer the tomato mixture to a blender or food processor and blend until smooth. Add salt to taste. Return the blended tomatoes to the Dutch oven and set aside. (This can also be done a day ahead.)

In a large sauté pan over medium high heat, warm 1 tablespoon olive oil.

Break the sausage into nice sized chunks and add to the pan. Cook until browned on all sides, juicy and beginning to caramelize, about 5 minutes total.

Reserving the fat and oil in the pan, use a slotted spoon to remove the sausage, place in a bowl and set aside.

If needed, add more olive oil to the pan. Add 4 cups of the sliced mushrooms and 1 teaspoon salt, cooking and stirring until brown, about 12 minutes. Add the garlic to the pan and cook 2 more minutes. Remove and set aside. Add more oil if needed and repeat with the remaining 4 cups of mushrooms.

Add the sausage and mushrooms to the tomato sauce in the Dutch oven and stir to combine. Serve on top of the pasta. Sprinkle with parmesan.



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Spiced Chicken Broccolini Stir Fry

INGREDIENTS

1 teaspoon turmeric powder
1 tablespoon smoked paprika
2 teaspoons granulated garlic
1½ teaspoons high-quality salt, divided
1½ pounds boneless, skinless chicken breasts
(about 3 breasts)
4 tablespoons extra virgin olive oil, divided
12 ounces Broccolini (2 packages)
5 garlic cloves, chopped
2 tablespoons coconut aminos

DIRECTIONS

Cut the chicken breasts on a diagonal into thin strips, about 1/4" in width. You should end up with about 7 pieces per breast. Set aside in a large bowl.

In a medium bowl, stir the turmeric powder, smoked paprika, granulated garlic, and salt together to make a spice mixture. Add the cut chicken to the bowl with 2 tablespoons of the olive oil, mixing to coat well.

Heat 1 tablespoon of the olive oil in a large sauté pan over medium high heat and sauté the Broccolini for 2 minutes. Add the chopped garlic and sauté for 1 minute. Remove and set aside.

In the same pan over medium high heat, warm the remaining 1 tablespoon of olive oil. Sauté the chicken 1 minute a side, or longer if needed. Remove and set aside.

Add 2 teaspoons coconut aminos to the pan and deglaze. Return the chicken and Broccolini to the pan and stir to combine and warm. Serve.



Strawberry Rhubarb Crumble

WITH ICELANDIC PROVISIONS SKYR

INGREDIENTS

½ cup (one stick) plus 2 teaspoons butter
 ½ cup pecans
 3 cups rhubarb, cut into 1" chunks
 2 cups strawberries, quartered
 ¼ cup plus 2 tablespoons sugar,
 plus more if needed
 2 tablespoons grated lemon zest
 2 tablespoons cornstarch
 1 tablespoon lemon juice
 1 cup old-fashioned rolled oats
 ¾ cup brown sugar, packed
 ½ cup oat flour
 ½ teaspoon high quality salt
 2 containers [Icelandic Provisions Vanilla Skyr](#)

NOTE: Change your fruit up based on the season. Use apples for fall, or peach and blueberries in summer.

DIRECTIONS

Preheat oven to 350°F. Grease 9x11 (or 8x11) inch baking pan well with 2 teaspoons butter.

In a small, dry skillet, cook pecans over low heat, stirring occasionally so they don't burn, until they are fragrant and lightly toasted, about 8 minutes. Remove from pan, coarsely chop and set aside.

In a small saucepan, melt the rest of the butter over low heat and set aside.

In a medium bowl, mix together the fruit, sugar, lemon zest and cornstarch. Add the lemon juice and stir gently to combine. Pour into the baking dish.

In another bowl, stir together the oats, brown sugar, oat flour, chopped nuts, and salt. Pour in the melted butter and stir to combine. Spoon this mixture evenly over the fruit in the baking dish.

Bake in the oven until bubbling, about 25-30 minutes, depending on how crisp you want the topping.

Remove from oven and let cool for about 10 minutes before serving. Store unrefrigerated. This tastes great at room temperature.



Teri's Favorite Breakfast Smoothie

WITH FURTHER FOOD CHOCOLATE COLLAGEN PEPTIDES

INGREDIENTS

2 heaping scoops [Further Food](#) Chocolate Collagen Peptides Plus Reishi Mushroom
1 cup of water
1 cup of frozen cherries
1 handful of ice

DIRECTIONS

Add 2 scoops of Further Food Chocolate Collagen Peptides to 1 cup of water in a blender. Add a cup of frozen cherries, a handful of ice, blend until smooth. If you want it thicker, add more cherries and enjoy.

Note: Further Food Chocolate Collagen Peptides is a delicious treat sweetened with monk fruit. It also happens to contain dried reishi—the immunity mushroom!

I love what this recipe does for my skin, my hair and most importantly—my gut health and joints.

Tips and tricks to help you think about what you can make with the items you already have!

ROAST VEGETABLES

Drizzle vegetables like carrots, onions, cauliflower, and celery with olive oil, then salt and pepper and roast at 400° until crispy, about 30-40 minutes. Experiment with spice blends!

CREATE A SOUP

Blend chicken stock, a can of tomatoes, your choice of leftover roasted vegetables, and some garlic for a simple, delicious soup!

MAKE BASES FOR MEALS

Make big batches of staples like rice, quinoa, and pasta. Refrigerate to use as a base for quick and easy meals all week.

KEEP SAUCES ON HAND

Magic Elixirs™ easily elevate your everyday cooking. For instance, I might prepare Hoisin Sauce, Pistachio Pesto, Cashew Crema and Marinated Red Onions on the weekend to use throughout the week.

USE YOUR LEFTOVERS

Add them to a frittata or quiche. Or combine leftovers with cooked rice and a bit of chicken stock, and heat. To take it up a notch, add sliced or grated cheese and melt it in the oven. Create a hash with potatoes and top with leftover protein and an egg. Serve it with a Magic Elixirs™ or Tessemae's dressing.

MAKE SOME TACOS

I made tacos every Tuesday when my kids were growing up. There are so many variations. Use lettuce, rice paper wrappers, or tortillas with any cooked protein, and make your own Magic Elixir using half salsa and half mayo. To take it up a notch, use half salsa and half sour cream or Icelandic Provisions Skyr.

MAKE EASY COMBINATIONS

Ground beef and sautéed diced vegetables (carrots, onions, mushrooms, red peppers) can be served on anything from lettuce to a bed of root vegetables to a stuffed pepper!

CREATE YOUR OWN LOVELY SAUCE

One of my go-to sauces is a combination of hot sauce, coconut aminos, ginger, and rice vinegar. Create your own concoction to make simple dishes even more exciting, or use Tessemae's pre-made sauces and dressings.

START WITH A POTATO

Start a meal with a baked or sweet potato and top it with your favorite toppings, such as chili, taco meat, or sautéed ground beef and mushrooms.

FAVORITE DRINK

If I'm enjoying a cocktail, there is nothing better than any flavor Spindrift with an ounce of vodka. For a mocktail, my favorite beverage is Spindrift with Spindrift ice cubes. Pour [Spindrift](#) directly into ice cube trays—and remember, it's going to expand, so leave room!

Recipe No.

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DIRECTIONS

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DIRECTIONS

Tips for taking care of your mind & body during this time

**EMBRACE THE REST,
WITHIN REASON**

I am really valuing this extra time to rest and take naps while balancing it with productivity.

HYDRATE

Even with this change in routine, prioritize drinking water!

TAKE 10,000 STEPS A DAY

If it's an option to get outside while maintaining safe distances from others, do it. Going on walks to get my 10,000 steps a day has become a part of my regular routine. There are so many great apps and classes available to help you get moving.

SET SMALL GOALS

Even amid all of this uncertainty, set some achievable goals for yourself. Take a free college class, clean out a closet, try something new each day... whatever excites you the most!

ENJOY TIME FOR YOURSELF

Embrace any newfound time you have for yourself and make the most of it.

**MAKE A ZOOM DATE WITH
FAMILY OR FRIENDS**

We are fortunate to have so many great ways to connect through video chats with family and friends. Set a up a time to cook together virtually! Or cook separately and enjoy virtual dinner together.

**IF YOU HAVE EVER WANTED TO
MEDITATE, NOW IS THE TIME**

Use five minutes in the morning to start meditating. There's literally nothing you need to do except set a timer for five minutes and sit.

WE ALL HAVE THAT ONE DRAWER

Take a couple of hours and commit to cleaning it out. You'll be amazed how much better you feel.

WHAT'S YOUR SUPERPOWER?

How can you use it in this unexpected situation we are all in? At a minimum, let's harness ways to make a difference and strive to be as kind as we can to others.

MAKE YOUR HOME LIFE FUN

How can you make the most of this time at home? Schedule movie nights or game nights with the people in your household. Have each family member write their movie choice on a piece of paper, then pull one out of a hat.

Books

This list is a collection of some of my favorite reads:

The Dutch House
The Book of Polly
The Sound of Glass
Nothing to See Here
A Gentleman in Moscow
Kitchens of the Great Midwest
The Seven Husbands of Evelyn Hugo
Becoming
From Scratch
Year of Yes
Big Magic
The Time Traveler's Wife
The Map of Love
Home Cooking

TV Shows

This list is a collection of my daughter's @nocrumbslefts_kid and my favorite shows.

GLOW
Love is Blind
Breakfast Lunch & Dinner
My Next Guest Needs No Introduction
Sex Education
The Politician
Living with Yourself
Dear White People
Chef's Table
Queer Eye
Abstract: The Art of Design
Ugly Betty
Broad City

Movies

If you're looking for some fun, feel-good movies, this is your list!

The Devil Wears Prada
As Good as it Gets
The Parent Trap
Love Actually
Crazy, Stupid, Love
Notting Hill
Julie & Julia
It's Complicated
Juno
Crazy Rich Asians
About Time
Won't You Be My Neighbor?
Hidden Figures
Lady Bird
Soul Food

Songs

This list includes a group of songs that randomly played in shuffle recently, and I had to make a playlist of them.

"Intro: Loving," India Arie
"Sail On, Sailor," The Beach Boys
"Three Little Birds," Bob Marley
"You Are Not Alone," Mavis Staples & Jeff Tweedy
"Smile," Tony Bennett
"Symphony No. 9," Beethoven
"Cello Suite No. 1, prelude," Yo-Yo Ma, Bach
"The Joke," Brandi Carlisle
"Can You Feel the Love Tonight," Elton John
"Love's in Need of Love Today," Stevie Wonder
"Here Comes the Sun," Nina Simone

“

Because sometimes not knowing what comes next, but living in hope for good, is what we have. ”

— LAURIE BELL, MY DEAR FRIEND

LET'S STAY FOR A WHILE.

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