

<https://www.choosemyplate.gov/myplatekitchen>

Healthy Recipes and Eating on a Budget

<https://blog.myfitnesspal.com/40-easy-single-serving-meal-combinations/>

40 Easy, Single Serve Meals

<https://www.foodnetwork.com/healthy/photos/10-healthy-dinners-for-about-10>

10 Healthy Dinners for About \$10

<http://www.eatingwell.com/gallery/7561540/cheap-healthy-dinner-ideas-20-minutes/>

20 Cheap Healthy Dinner Ideas You Can Make in 20 Minutes

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7415215/>

Immune-boosting role of vitamins D, C, E, zinc, selenium and omega-3 fatty acids: Could they help against COVID-19?

https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html?utm_campaign=AC_CRNA

Symptoms of Coronavirus

<https://www.youtube.com/channel/UCBINFWq52ShSgUFEoynfSwg>

PopSugar Fitness Channel