

Day 60 | Monday, 18 May 2020

Another translation of the 23rd Psalm for you

[Psalm 23 – The Message Translation \(MSG\)](#)

God, my shepherd! I don't need a thing. You have bedded me down in lush meadows, you find me quiet pools to drink from. True to your word, you let me catch my breath and send me in the right direction. Even when the way goes through Death Valley, I'm not afraid when you walk at my side. Your trusty shepherd's crook makes me feel secure. You serve me a six-course dinner right in front of my enemies. You revive my drooping head; my cup brims with blessing. Your beauty and love chase after me every day of my life. I'm back home in the house of God for the rest of my life.

From the Church Mouse: **Being prepared ahead of time:**

If this fall and winter is as problematic as science seems to indicate, then the time to prepare is now. Being prepared ahead of time will give you the confidence and the skills you need to survive.

Challenge #1: Disruption of our supply chain

*Protein: our supply chains are already showing signs of disruption with many necessary items. This fall and winter may make supplies difficult to obtain and/or more expensive. Today let's consider essential protein scarcity and protein rich alternatives for a balanced plant-based diet.

The top 10 alternatives to meat:

- 1) Quinoa: contains all 8 essential amino acids making it more nutritious than rice or couscous.
- 2) Tofu: also known as bean curd and is made from soybean milk, contains high amounts of protein, calcium and vitamin E.
- 3) Mushrooms: have twice the amount of protein than most vegetables. Larger portobello mushrooms make a satisfying replacement for burgers.
- 4) Cottage cheese: provides the most protein per calorie and the least amount of fat.

5) Fish: seafood such as lobster, shrimp, octopus, tuna, salmon and halibut are higher in protein and lower in fat than most meats. Shellfish such as mussels also have high levels of iron.

6) Lentils: have one of the highest levels of protein by weight of all the pulses (beans, peas, and lentils) and only 1% fat, making them an excellent ingredient to bulk up meat free curries and soups.

7) Quorn: as a leading brand of imitation meat, Quorn has a very similar taste and consistency, especially when mixed with your usual spaghetti sauce, curries, and chili. It has all the essential amino acids found in beef or chicken but has 75% less fat than even lean beef.

8) Edamame beans: these are actually baby soya beans one of the only vegetables to contain all the health benefits of meat.

9) Nuts: these are a fantastic everyday source of protein. One cup of almonds provides more protein than an egg.

10) Chickpeas: a nutritious source of protein and are the main ingredient in hummus.

I will compile a cookbook with recipes using these ingredients.

Gracious God, you provide for us the resources we need to prepare ourselves for our future. We confess that we do not like the present circumstances where we are having to think about how we will to be prepared for possible changes. Guide our thinking and continues to be our shepherd. Hear our prayers. Amen

Today: Patience and wisdom