I've always thought like oh my gosh when you go to space like you don't have to grocery shop for like six months I think it's gonna actually put me on a schedule for eating I am horrible at you at all hours of the night I'm miss Lorna we're also talking about like beverages like we can probably only drink powdered beverages or water so nothing no sodas nothing carbonated yeah I think it'll be a little bit more healthy than what I normally eat plus I get to eat
everything with tortillas and I'm from San Antonio so I will say we are doing this over a holiday weekend you have to do the barbecues they have lots of great food so I think I'm gonna want to eat some really good ribs and it's always swear to eat all of the astronaut food and not she never wear a list together so if we filled a little bit of a little tax each other maybe we chose seven days out of the standard menu you're gonna have a protein some carb some fruit the other large category of products that we have are therm stabilized products as
which is sort of like a military ration

that we don't have to refrigerate to keep fresh can't do them in a microwave

because they are like something they can't go to microwave oven ask because I didn't want to find that although we also have rehydratable food which is this type in a vacuum pack where we have to add water either hot or cold we're going to give you a syringe needles it comes with a needle

okay I don't think you don't want to have that laying down Dario can I take that the airport to you
it is the day before we start the food challenge and I just want to go to pick up all the materials from our wonderful food lab so they're all packaged and in my trunk I asked them what I should eat as my last real meal and they said something fresh maybe a salad the problem is I was thinking nachos so as I suspected I wouldn't have time to eat in the airport I'm probably going to grab something to eat on the fly hopefully there's some tacos so like I said I was debating healthy or you know not healthy of course such as nachos
I did end up picking up some tacos some shrimp tacos actually with some rice and some beans told you I love tacos it's important to always choose not just so I'm gonna cultic hashtag Cheetos nachos she chose nachos he chose tacos so I have beef and mushrooms rice pilaf tomato and artichokes and a week flat I have grilled chicken mac and cheese vegetarian to eat we're in Texas come on cranapple desserts oh man I already remember she told us to tear it so there's no extra pieces of charge oh so like if we were in space we could all be
floating around yeah once we open those packages the food is what we considered me liberated and it can just float anywhere and sometimes you find yourself using your spoon or your mouth to chase around the food make sure you get it all in your mouth instead of stuck against the wall or somebody's face let's heat up a bowl of water and set these people under there yeah and it looks like it's getting to be the right symmetry yeah we might have not
done hot enough water - that might be

why some sort of being likes all the way

good it's not bad yeah the artist hopes

the tomatoes are good deal should I try

and eat it like this yeah you got straw

like everyone right this is making my
day like this is a treat I have

cranapple dessert this would remind me

of home

YUM so it's been a long day but I did

not get hungry at all I had my

butterscotch pudding as part one of my

snacks wondering if the workouts will be

hard they're pretty much the same
I feel really high-energy and I didn't
even have coffee this morning I'm
actually really excited about this
chicken corn and bean this potato medley
actually looks like some potatoes with
spices and melted cheese on it I'm very
excited to get some melted cheese
texture up in here little butter cookies
of really delicious and super bougie so
you'll see I have some Caribbean chicken
pesto pasta with some corn tortillas
vanilla pudding and some pears I got a
little bit better at actually making the
space food today but I punctured the
actual corn I cut through it so I had to
115
00:05:05,930 --> 00:05:11,900
rehydrate it through the side so lesson

116
00:05:08,538 --> 00:05:14,300
learned this smells absolutely delicious

117
00:05:11,899 --> 00:05:16,549
it's my boyfriend's last day at his old

118
00:05:14,300 --> 00:05:20,030
job so one of his favorite clients from

119
00:05:16,550 --> 00:05:22,629
these delicious huge looking cupcakes so

120
00:05:20,029 --> 00:05:24,939
none for me

121
00:05:22,629 --> 00:05:27,569
[Music]

122
00:05:24,939 --> 00:05:32,319
do you see that this is science ya'll

123
00:05:27,569 --> 00:05:34,089
say nice now I guess my mom would be

124
00:05:32,319 --> 00:05:42,790
proud like mom I'm doing nurse things

125
00:05:34,089 --> 00:05:47,229
today okay this looks like finance and

126
00:05:42,790 --> 00:05:49,180
they said it'd be fun p.m. for lunch

127
00:05:47,230 --> 00:05:52,660
what you're you're mean I have citrus

128
00:05:49,180 --> 00:05:54,670
salad and then my main thing is fiesta
chicken I love yes

yeah and rice yeah yeah rice with

butters so I'm really excited because I

think our foods gonna be warmer today

yeah I agree we did this right it with

some practice yesterday this is some

smoked turkey and then some cauliflower

I'm not a fan of this today were eating

in the LBJ room so president LBJ is Hugh

Johnson Space Center it's named after we

should do a toast oh we should go LBJ

and so here we go this is the the

chicken noodle let's try some of this

green bean oh that could use some hot
sauce the lentil soup hot Oh see these

are actually my tortillas astronauts on

board the International Space Station

can actually eat tortillas and it's one of the things that they like to do

because you can pretty much grab anything that's floating in space with

them few quick miscellaneous notes I've been living a really scheduled life and waking up early and going to bed early because I've been having to wake up with

enough time to make breakfast and then I go to bed shortly after dinner just so I don't get hungry again I think Dan has a
I went for Pete okay so

Howl's fresh wish very naughty organic

lemon cream cake kinda like you're right

let's just at the mall and whoo that was

a weak time cuz all of my friends and I

got some really good advertisers and

when you're just all sitting around the

table together it's I had to really stop

myself a couple times to not mindlessly

reach for some of their chips or
pretzels what are you eating

and what is a Cedro eating face

chocolate can you tell which one's the space food and which one is our regular Easter meal here

hey guys are you making possible burgers if you like a delicious grilled food and I can eat a kind of brisket it's space brisket and baked barbecue beans so we'll see how that in 78 see this it's Monday so we're done at Wednesday morning we're really ready to be done the weekend was hard I was not able to eat any of the food that
I was at the festival there were some jalapeno corn dogs and I'm like what is life right now we have great chicken green beans and potatoes the potatoes have been iffy but these look better than some of the ones cream of mushroom soup a little bit of India a little bit of Texas with this country news it's all ready for this - yeah I need my social life ya know having milk today I'm more nervous about the milk I'm not gonna lie it but something that I noticed while we've been eating this food is you have to
have it really hot on the space station

we put it in a kind of a it's always

like an easy-bake oven okay or just and

that does make a really big difference

so when I was making lettuce my I'm

thinking this is the V on camera

leftover rice some turkey but it's home

cooked it's definitely yeah house a big

fan of the garlic paste garlic paste I

can fix anything a question can eat

you've gone in space yes okay cuz garlic

no bad breath

we would use what we call it fugu

something spray some olive oil in there
to try to get everything to stick

00:10:14,230 --> 00:10:19,149
together but or like I said the garlic

00:10:15,879 --> 00:10:23,710
paste look well for me what people in

00:10:19,149 --> 00:10:25,240
their eyes you know it's a lot easier in

00:10:23,710 --> 00:10:26,680
space because we don't have to load a

00:10:25,240 --> 00:10:28,180
syringe like if you are trying to

00:10:26,679 --> 00:10:29,859
measure out 2 or 50 milliliters and

00:10:28,179 --> 00:10:32,169
waters are 100 milliliters in water we

00:10:29,860 --> 00:10:34,019
literally just dial that number and then

00:10:32,169 --> 00:10:37,269
press the button for hot or cold water

00:10:34,019 --> 00:10:40,090
talk to me about soft ocean space

00:10:37,269 --> 00:10:46,840
tortillas are they great to have up

00:10:40,090 --> 00:10:48,250
there because also we do have salsa

00:10:46,840 --> 00:10:50,050
sometimes you can put that on there the

00:10:48,250 --> 00:10:51,730
sauce will stick to the bread you use
the salsa or other things to stick to

the salsa I'm from San Antonio and I love tacos so I told everyone that would

make yeah so this is the Mexican scrambled eggs Food Lab they know what

they're doing we have some scientists back there so is there anything way

better than the LBJ toast

favorite meal I actually really liked a lot of the breakfast food and the shrimp cocktail was in fact very good oh sure

cocktail but the scrambled eggs in a taco

[Music]
sorry that and maybe if I had a machine

to kind of heat everything up if I was

sealed away from the outside world and I

didn't have all those temptations maybe

maybe if the food was floating around me

but I don't think I would otherwise so I

was debating this is the same debate I

started with nachos or a salad it's

gonna boat I'll get both yeah I think we

need to treat ourselves okay but I can

tell you I really want some coffee

well I gotta get some coffee

Allister not easy y'all I'm telling you