



# Eat Like an Astronaut

1  
00:00:18,390 --> 00:00:09,920

[Music]

2  
00:00:19,670 --> 00:00:18,400

i've always thought like oh my gosh when

3  
00:00:22,630 --> 00:00:19,680

you go to space like you don't have to

4  
00:00:24,310 --> 00:00:22,640

grocery shop for like six months i think

5  
00:00:26,710 --> 00:00:24,320

it's gonna actually put me on a schedule

6  
00:00:28,630 --> 00:00:26,720

for eating i am horrible at eating at

7  
00:00:30,630 --> 00:00:28,640

all hours of the night i miss lunch

8  
00:00:32,630 --> 00:00:30,640

we're also talking about like beverages

9  
00:00:35,750 --> 00:00:32,640

like we can probably only drink powdered

10  
00:00:39,590 --> 00:00:35,760

beverages or water so nothing no sodas

11  
00:00:40,869 --> 00:00:39,600

no sodas nothing carbonated yeah

12  
00:00:43,190 --> 00:00:40,879

i think it'll be a little bit more

13  
00:00:44,869 --> 00:00:43,200

healthy than what i normally eat plus i

14

00:00:46,790 --> 00:00:44,879

get to eat everything with tortillas and

15

00:00:48,950 --> 00:00:46,800

i'm from san antonio so

16

00:00:51,270 --> 00:00:48,960

i will say we are doing this over a

17

00:00:53,750 --> 00:00:51,280

holiday weekend you have huge barbecues

18

00:00:54,950 --> 00:00:53,760

and lots of great food so i think i'm

19

00:00:57,029 --> 00:00:54,960

going to want to eat some really good

20

00:00:59,750 --> 00:00:57,039

ribs and you know

21

00:01:03,029 --> 00:00:59,760

solemnly swear to eat all of the

22

00:01:04,390 --> 00:01:03,039

astronaut food and not cheat never never

23

00:01:06,230 --> 00:01:04,400

we're in this together so if we feel

24

00:01:07,030 --> 00:01:06,240

like ever ever we'll text each other

25

00:01:09,350 --> 00:01:07,040

maybe

26  
00:01:12,310 --> 00:01:09,360  
we chose seven days out of the standard

27  
00:01:15,749 --> 00:01:12,320  
menu you're going to have a protein some

28  
00:01:17,429 --> 00:01:15,759  
carb some fruit the other large category

29  
00:01:19,590 --> 00:01:17,439  
of products that we have are

30  
00:01:21,270 --> 00:01:19,600  
thermostabilized products as which is a

31  
00:01:22,469 --> 00:01:21,280  
sort of like a military ration that we

32  
00:01:25,429 --> 00:01:22,479  
don't have to

33  
00:01:27,190 --> 00:01:25,439  
refrigerate to keep fresh can't do them

34  
00:01:28,390 --> 00:01:27,200  
in the microwave

35  
00:01:29,910 --> 00:01:28,400  
like something that can't go in the

36  
00:01:30,870 --> 00:01:29,920  
microwave i was going to ask because i

37  
00:01:33,270 --> 00:01:30,880  
didn't want to find that out the

38  
00:01:35,190 --> 00:01:33,280

hardware yeah we also have rehydratable

39

00:01:37,429 --> 00:01:35,200

food which is this type in a vacuum pack

40

00:01:38,390 --> 00:01:37,439

where we have to add water either hot or

41

00:01:41,830 --> 00:01:38,400

cold

42

00:01:43,990 --> 00:01:41,840

we're going to give you a syringe oh i

43

00:01:47,109 --> 00:01:44,000

don't like needles

44

00:01:49,590 --> 00:01:47,119

and it comes with a needle

45

00:01:51,190 --> 00:01:49,600

this is going to be okay

46

00:01:54,870 --> 00:01:51,200

okay i don't think we would want to have

47

00:01:58,950 --> 00:01:56,789

it is the day before we start the food

48

00:02:00,870 --> 00:01:58,960

challenge and i just went to go pick up

49

00:02:03,109 --> 00:02:00,880

all the materials from our wonderful

50

00:02:05,030 --> 00:02:03,119

food lab so they're all packaged and in

51  
00:02:08,229 --> 00:02:05,040  
my trunk i asked them what i should eat

52  
00:02:10,710 --> 00:02:08,239  
as my last uh real meal and they said

53  
00:02:14,630 --> 00:02:10,720  
something fresh maybe a salad

54  
00:02:16,470 --> 00:02:14,640  
the problem is i was thinking nachos so

55  
00:02:18,550 --> 00:02:16,480  
as i suspected i wouldn't have time to

56  
00:02:21,030 --> 00:02:18,560  
eat in the airport i'm probably going to

57  
00:02:23,670 --> 00:02:21,040  
grab something to eat

58  
00:02:26,550 --> 00:02:23,680  
on the fly hopefully there's some tacos

59  
00:02:27,510 --> 00:02:26,560  
so like i said i was debating healthy or

60  
00:02:30,470 --> 00:02:27,520  
you know

61  
00:02:32,309 --> 00:02:30,480  
not healthy of course uh i chose nachos

62  
00:02:34,550 --> 00:02:32,319  
i did end up picking up some tacos some

63  
00:02:36,390 --> 00:02:34,560

shrimp tacos actually with some rice and

64

00:02:38,470 --> 00:02:36,400

some beans

65

00:02:40,550 --> 00:02:38,480

i told you i love tacos it's important

66

00:02:41,509 --> 00:02:40,560

to always choose nachos so i'm going to

67

00:02:44,949 --> 00:02:41,519

call this

68

00:02:46,309 --> 00:02:44,959

hashtag she chose nachos she chose

69

00:02:48,550 --> 00:02:46,319

nachos

70

00:02:52,869 --> 00:02:48,560

he chose tacos

71

00:02:55,030 --> 00:02:52,879

so i have beef and mushrooms rice pilaf

72

00:02:57,430 --> 00:02:55,040

tomato and artichokes and a wheat flat

73

00:02:59,710 --> 00:02:57,440

bread well i don't know about that

74

00:03:03,110 --> 00:02:59,720

i have grilled chicken mac and cheese

75

00:03:04,710 --> 00:03:03,120

vegetarian chewy we're in texas come on

76

00:03:06,869 --> 00:03:04,720

crane apple dessert

77

00:03:08,390 --> 00:03:06,879

oh man i already remember she told us to

78

00:03:10,869 --> 00:03:08,400

tear it so there's no extra pieces of

79

00:03:12,630 --> 00:03:10,879

trash oh so like if we were in space

80

00:03:15,110 --> 00:03:12,640

this would all be floating around yeah

81

00:03:17,030 --> 00:03:15,120

once we open those packages the food is

82

00:03:18,550 --> 00:03:17,040

what we consider to be liberated and it

83

00:03:20,390 --> 00:03:18,560

can just float anywhere and sometimes

84

00:03:22,710 --> 00:03:20,400

you find yourself using your spoon or

85

00:03:23,830 --> 00:03:22,720

your mouth to chase around the food make

86

00:03:25,270 --> 00:03:23,840

sure you get it all in your mouth

87

00:03:27,350 --> 00:03:25,280

instead of stuck against the wall or

88

00:03:28,949 --> 00:03:27,360

somebody's face let's heat up a bowl of

89

00:03:31,460 --> 00:03:28,959

water and set these green ones in there

90

00:03:42,000 --> 00:03:31,470

yeah

91

00:03:45,589 --> 00:03:42,010

[Music]

92

00:03:47,110 --> 00:03:45,599

[Laughter]

93

00:03:49,990 --> 00:03:47,120

and it looks like it's getting to be the

94

00:03:51,509 --> 00:03:50,000

right consistency yeah

95

00:03:53,030 --> 00:03:51,519

we might have not done hot enough water

96

00:03:56,149 --> 00:03:53,040

too that might be why it's not absorbing

97

00:03:58,229 --> 00:03:56,159

like all the way okay this is good this

98

00:04:02,630 --> 00:03:58,239

is interesting

99

00:04:05,670 --> 00:04:04,309

oh this is good yeah the artichokes and

100

00:04:07,429 --> 00:04:05,680

tomatoes are good too

101  
00:04:12,309 --> 00:04:07,439  
should i try and eat it like this

102  
00:04:14,789 --> 00:04:13,589  
you should just got straws i could have

103  
00:04:16,629 --> 00:04:14,799  
went right

104  
00:04:19,270 --> 00:04:16,639  
this is making my day like

105  
00:04:21,830 --> 00:04:19,280  
this is a treat i have cran apple

106  
00:04:23,830 --> 00:04:21,840  
dessert this would remind me of home

107  
00:04:25,430 --> 00:04:23,840  
yum

108  
00:04:27,510 --> 00:04:25,440  
so it's been a long day but i did not

109  
00:04:29,270 --> 00:04:27,520  
get hungry at all i had my butterscotch

110  
00:04:30,790 --> 00:04:29,280  
pudding as part one of my snacks

111  
00:04:32,710 --> 00:04:30,800  
wondering if the workouts would be hard

112  
00:04:33,990 --> 00:04:32,720  
they're pretty much the same i feel

113  
00:04:35,590 --> 00:04:34,000

really high energy and i didn't even

114

00:04:37,670 --> 00:04:35,600

have coffee this morning i'm actually

115

00:04:39,670 --> 00:04:37,680

really excited about this chicken corn

116

00:04:41,350 --> 00:04:39,680

and bean this potato medley actually

117

00:04:43,350 --> 00:04:41,360

looks like some potatoes with spices and

118

00:04:45,110 --> 00:04:43,360

melted cheese on it i'm very excited to

119

00:04:47,189 --> 00:04:45,120

get some melted cheese texture up in

120

00:04:50,390 --> 00:04:47,199

here little butter cookies look really

121

00:04:51,830 --> 00:04:50,400

delicious and super bougie so you'll see

122

00:04:53,909 --> 00:04:51,840

i have

123

00:04:57,030 --> 00:04:53,919

some caribbean chicken pesto pasta with

124

00:04:59,430 --> 00:04:57,040

some corn tortillas vanilla pudding and

125

00:05:01,590 --> 00:04:59,440

some pears i got a little bit better at

126  
00:05:03,350 --> 00:05:01,600  
actually making the space food today but

127  
00:05:05,990 --> 00:05:03,360  
i punctured the

128  
00:05:08,070 --> 00:05:06,000  
actual corn i cut through it so i had to

129  
00:05:11,590 --> 00:05:08,080  
rehydrate it through the side um so

130  
00:05:13,830 --> 00:05:11,600  
lesson learned this smells absolutely

131  
00:05:15,749 --> 00:05:13,840  
delicious it's my boyfriend's last day

132  
00:05:18,629 --> 00:05:15,759  
at his old job so one of his favorite

133  
00:05:21,270 --> 00:05:18,639  
clients brought him these delicious huge

134  
00:05:22,620 --> 00:05:21,280  
looking cupcakes so none for me

135  
00:05:25,110 --> 00:05:22,630  
oh

136  
00:05:28,230 --> 00:05:25,120  
[Music]

137  
00:05:31,510 --> 00:05:28,240  
you see that this is science y'all

138  
00:05:34,820 --> 00:05:33,430

my mom would be proud like mom i'm doing

139

00:05:37,270 --> 00:05:34,830

nurse things

140

00:05:39,029 --> 00:05:37,280

[Music]

141

00:05:46,150 --> 00:05:41,430

oh okay this looks like oatmeal

142

00:05:49,990 --> 00:05:47,350

what are you having for lunch what's

143

00:05:53,590 --> 00:05:50,000

your main i have citrus salad and then

144

00:05:55,990 --> 00:05:53,600

my main thing is fiesta chicken

145

00:05:58,150 --> 00:05:56,000

i love fiesta yeah and rice yeah yeah

146

00:05:59,270 --> 00:05:58,160

rice with butter so

147

00:06:01,670 --> 00:05:59,280

i'm really excited because i think our

148

00:06:02,950 --> 00:06:01,680

food's gonna be warmer today i agree i

149

00:06:04,430 --> 00:06:02,960

think we did this right with some

150

00:06:08,870 --> 00:06:04,440

practice yesterday

151  
00:06:11,340 --> 00:06:08,880  
[Music]

152  
00:06:20,230 --> 00:06:11,350  
this is some smoked turkey

153  
00:06:23,990 --> 00:06:22,070  
cornbread dressing

154  
00:06:25,189 --> 00:06:24,000  
and then some cauliflower i'm not a fan

155  
00:06:28,309 --> 00:06:25,199  
of this

156  
00:06:30,950 --> 00:06:28,319  
um today we're eating in the lbj room so

157  
00:06:32,790 --> 00:06:30,960  
president lbj is who johnson space

158  
00:06:38,150 --> 00:06:32,800  
center is named after we should do a

159  
00:06:38,160 --> 00:06:41,110  
oh mine's closed

160  
00:06:46,070 --> 00:06:43,909  
and so here we go

161  
00:06:47,909 --> 00:06:46,080  
this is really good this is the the

162  
00:06:49,270 --> 00:06:47,919  
chicken noodles let's try some of this

163  
00:06:51,110 --> 00:06:49,280

green bean

164

00:06:52,550 --> 00:06:51,120

oh that could use some hot sauce the

165

00:06:54,629 --> 00:06:52,560

lentil soup

166

00:06:58,390 --> 00:06:54,639

hot

167

00:06:59,830 --> 00:06:58,400

these are actually my tortillas

168

00:07:02,790 --> 00:06:59,840

astronauts onboard the international

169

00:07:04,309 --> 00:07:02,800

space station can actually eat tortillas

170

00:07:05,909 --> 00:07:04,319

and it's one of the things that they

171

00:07:07,670 --> 00:07:05,919

like to do because you can pretty much

172

00:07:09,749 --> 00:07:07,680

grab anything that's floating in space

173

00:07:11,350 --> 00:07:09,759

with them two quick miscellaneous notes

174

00:07:13,189 --> 00:07:11,360

i've been living a really scheduled life

175

00:07:14,629 --> 00:07:13,199

and waking up early and going to bed

176  
00:07:16,710 --> 00:07:14,639  
early because i've been having to wake

177  
00:07:17,990 --> 00:07:16,720  
up with enough time to make breakfast

178  
00:07:20,550 --> 00:07:18,000  
and then i go to bed shortly after

179  
00:07:23,510 --> 00:07:20,560  
dinner just so i don't get hungry again

180  
00:07:25,390 --> 00:07:23,520  
i think dan has a burrito oh my god

181  
00:07:27,580 --> 00:07:25,400  
i went for

182  
00:07:31,270 --> 00:07:27,590  
peeps in queso

183  
00:07:33,670 --> 00:07:31,280  
[Music]

184  
00:07:34,770 --> 00:07:33,680  
apples fresh which may or may not be

185  
00:07:40,930 --> 00:07:34,780  
organic

186  
00:07:46,469 --> 00:07:45,189  
[Music]

187  
00:07:48,230 --> 00:07:46,479  
there you go

188  
00:07:53,900 --> 00:07:48,240

lemon curd cake

189

00:07:53,910 --> 00:07:57,270

[Music]

190

00:08:01,189 --> 00:07:59,749

i was just at the mall and

191

00:08:03,430 --> 00:08:01,199

that was a

192

00:08:05,270 --> 00:08:03,440

week time because all of my friends i

193

00:08:06,550 --> 00:08:05,280

got some really good appetizers and when

194

00:08:07,909 --> 00:08:06,560

you're just all sitting around the table

195

00:08:10,309 --> 00:08:07,919

together it's i had to really stop

196

00:08:12,390 --> 00:08:10,319

myself a couple times to not mindlessly

197

00:08:14,950 --> 00:08:12,400

uh reach for some of their chips or

198

00:08:19,189 --> 00:08:14,960

pretzels what are you eating um a

199

00:08:23,430 --> 00:08:21,270

space chocolate

200

00:08:25,970 --> 00:08:23,440

chocolate yeah

201  
00:08:27,510 --> 00:08:25,980  
how do you feel about the astronaut

202  
00:08:29,510 --> 00:08:27,520  
[Music]

203  
00:08:32,149 --> 00:08:29,520  
can you tell which one's the space food

204  
00:08:33,350 --> 00:08:32,159  
and which one is our regular easter meal

205  
00:08:35,909 --> 00:08:33,360  
here

206  
00:08:38,230 --> 00:08:35,919  
hey guys what are y'all making

207  
00:08:41,269 --> 00:08:38,240  
astronaut burgers my family gets this

208  
00:08:44,070 --> 00:08:41,279  
delicious grilled food and i get to eat

209  
00:08:45,910 --> 00:08:44,080  
a kind of brisket it's space brisket and

210  
00:08:47,269 --> 00:08:45,920  
baked barbecue beans so we'll see how

211  
00:08:51,910 --> 00:08:47,279  
that is

212  
00:08:55,670 --> 00:08:53,750  
it's monday so we're done wednesday

213  
00:08:57,990 --> 00:08:55,680

morning we're really ready to be done

214

00:09:00,150 --> 00:08:58,000

the weekend was hard i was

215

00:09:02,230 --> 00:09:00,160

not able to eat any of the food that was

216

00:09:04,230 --> 00:09:02,240

at the festival

217

00:09:05,910 --> 00:09:04,240

there were some jalapeno corn dogs and

218

00:09:08,230 --> 00:09:05,920

i'm like sounds so good what is life

219

00:09:10,150 --> 00:09:08,240

right now i can't even and we have curry

220

00:09:11,590 --> 00:09:10,160

chicken green beans and potatoes the

221

00:09:13,590 --> 00:09:11,600

potatoes have been iffy but these look

222

00:09:16,070 --> 00:09:13,600

better than some of the ones cream of

223

00:09:18,070 --> 00:09:16,080

mushroom soup

224

00:09:19,750 --> 00:09:18,080

a little bit of india a little bit of

225

00:09:21,670 --> 00:09:19,760

texas with this countriness so we're

226

00:09:24,310 --> 00:09:21,680

ready for this to be yeah we're ready i

227

00:09:27,910 --> 00:09:24,320

need my social life yeah no i'm just

228

00:09:30,150 --> 00:09:27,920

having milk today powdered milk

229

00:09:31,509 --> 00:09:30,160

you were nervous about the gaster i'm

230

00:09:36,070 --> 00:09:31,519

more nervous about the milk i'm not

231

00:09:39,430 --> 00:09:37,829

um but something that i noticed while

232

00:09:40,870 --> 00:09:39,440

we've been eating this food is you have

233

00:09:42,710 --> 00:09:40,880

to have it really hot on the space

234

00:09:44,389 --> 00:09:42,720

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

235

00:09:46,230 --> 00:09:44,399

almost like an easy bake oven okay where

236

00:09:47,910 --> 00:09:46,240

you just and that does make a really big

237

00:09:49,110 --> 00:09:47,920

difference so i gotta admit when i was

238

00:09:50,710 --> 00:09:49,120

making lunches when i wasn't thinking

239

00:09:52,389 --> 00:09:50,720

this is going to be on camera leftover

240

00:09:54,150 --> 00:09:52,399

rice some turkey

241

00:09:54,949 --> 00:09:54,160

but it's home cooked it's definitely

242

00:09:56,790 --> 00:09:54,959

home

243

00:09:58,550 --> 00:09:56,800

yeah i was a big fan of the garlic paste

244

00:10:00,949 --> 00:09:58,560

garlic paste that could fix anything

245

00:10:09,350 --> 00:10:00,959

question can you chew gum in space yes

246

00:10:13,430 --> 00:10:11,670

[Music]

247

00:10:14,389 --> 00:10:13,440

spray some olive oil in there and try to

248

00:10:15,750 --> 00:10:14,399

get everything to stick together a

249

00:10:18,069 --> 00:10:15,760

little bit or like i said the garlic

250

00:10:19,509 --> 00:10:18,079

paste worked well for me when you get a

251  
00:10:22,470 --> 00:10:19,519  
few people with rice in their eye and

252  
00:10:23,990 --> 00:10:22,480  
then after that you figure something out

253  
00:10:25,269 --> 00:10:24,000  
you know it's a lot easier in space

254  
00:10:26,550 --> 00:10:25,279  
because we don't have to load the

255  
00:10:28,710 --> 00:10:26,560  
syringe like if you were trying to

256  
00:10:30,069 --> 00:10:28,720  
measure out 250 milliliters of water or

257  
00:10:32,389 --> 00:10:30,079  
100 milliliters of water we literally

258  
00:10:34,389 --> 00:10:32,399  
just dial that number and then press the

259  
00:10:36,150 --> 00:10:34,399  
button for hot or cold water

260  
00:10:39,030 --> 00:10:36,160  
so talk to me

261  
00:10:40,949 --> 00:10:39,040  
about tacos and space tortillas are they

262  
00:10:42,630 --> 00:10:40,959  
great to have up there

263  
00:10:44,870 --> 00:10:42,640

yeah sorry

264

00:10:46,870 --> 00:10:44,880

it just floated on his plate

265

00:10:48,150 --> 00:10:46,880

gosh we had salsa we did have salsa

266

00:10:49,829 --> 00:10:48,160

sometimes you put that on there the

267

00:10:51,590 --> 00:10:49,839

sauce will stick to the bread you can

268

00:10:53,910 --> 00:10:51,600

use the salsa for other things to stick

269

00:10:56,470 --> 00:10:53,920

to the salsa i'm from san antonio

270

00:10:57,990 --> 00:10:56,480

and i love tacos so i told everyone i

271

00:10:59,269 --> 00:10:58,000

would make it

272

00:11:00,710 --> 00:10:59,279

space

273

00:11:02,470 --> 00:11:00,720

yeah

274

00:11:04,389 --> 00:11:02,480

so it's a little bit leaky extra

275

00:11:05,829 --> 00:11:04,399

moisture in space yeah

276

00:11:07,829 --> 00:11:05,839

doesn't rip off the edges it just makes

277

00:11:12,630 --> 00:11:07,839

a bubble gotta do the taco tilt because

278

00:11:15,920 --> 00:11:14,389

that's awesome this was the mexican

279

00:11:17,190 --> 00:11:15,930

scrambled eggs food lab

280

00:11:18,870 --> 00:11:17,200

[Music]

281

00:11:20,630 --> 00:11:18,880

they know what they're doing we have

282

00:11:22,389 --> 00:11:20,640

some scientists back there

283

00:11:24,389 --> 00:11:22,399

so is there anything that

284

00:11:27,509 --> 00:11:24,399

we did

285

00:11:29,750 --> 00:11:27,519

way better than the lbj toast yeah

286

00:11:31,509 --> 00:11:29,760

favorite meal i actually really liked a

287

00:11:33,590 --> 00:11:31,519

lot of the breakfast food um and the

288

00:11:35,750 --> 00:11:33,600

shrimp cocktail was in fact very good

289

00:11:38,760 --> 00:11:35,760

ooh shrimp cocktail but

290

00:11:44,630 --> 00:11:38,770

the scrambled eggs in a taco

291

00:11:48,150 --> 00:11:46,389

and maybe if i had a machine to kind of

292

00:11:49,670 --> 00:11:48,160

heat everything up if i was sealed away

293

00:11:51,269 --> 00:11:49,680

from the outside world and i didn't have

294

00:11:53,269 --> 00:11:51,279

all those temptations

295

00:11:54,870 --> 00:11:53,279

maybe maybe if the food was floating

296

00:11:57,829 --> 00:11:54,880

around me but i don't think i would

297

00:11:59,750 --> 00:11:57,839

otherwise if i were an astronaut

298

00:12:01,590 --> 00:11:59,760

so i was debating

299

00:12:04,389 --> 00:12:01,600

this is the same debate i started with

300

00:12:06,310 --> 00:12:04,399

nachos or a salad get them both yeah

301

00:12:08,150 --> 00:12:06,320

i'll get both

302

00:12:10,550 --> 00:12:08,160

yeah i think we need to treat ourselves

303

00:12:12,389 --> 00:12:10,560

oh for sure but i can tell you i really

304

00:12:14,150 --> 00:12:12,399

want some coffee yeah

305

00:12:16,550 --> 00:12:14,160

that's some nice regular coffee hot

306

00:12:27,269 --> 00:12:16,560

coffee

307

00:12:34,630 --> 00:12:31,990

this is not easy y'all i'm telling you

308

00:12:40,790 --> 00:12:34,640

subscribe for more space