



Eat Like an Astronaut

1
00:00:18,560 --> 00:00:09,920

[Music]

2
00:00:19,790 --> 00:00:18,570

I've always thought like oh my gosh when

3
00:00:22,190 --> 00:00:19,800

you go to space like you don't have to

4
00:00:24,409 --> 00:00:22,200

grocery shop for like six months I think

5
00:00:26,929 --> 00:00:24,419

it's gonna actually put me on a schedule

6
00:00:28,880 --> 00:00:26,939

for eating I am horrible at you at all

7
00:00:30,920 --> 00:00:28,890

hours of the night I'm miss Lorna we're

8
00:00:32,690 --> 00:00:30,930

also talking about like beverages like

9
00:00:35,710 --> 00:00:32,700

we can probably only drink powdered

10
00:00:40,280 --> 00:00:35,720

beverages or water so nothing no sodas

11
00:00:41,780 --> 00:00:40,290

nothing carbonated yeah I think it'll be

12
00:00:43,610 --> 00:00:41,790

a little bit more healthy than what I

13
00:00:45,260 --> 00:00:43,620

normally eat plus I get to eat

14

00:00:48,050 --> 00:00:45,270

everything with tortillas and I'm from

15

00:00:50,270 --> 00:00:48,060

San Antonio so I will say we are doing

16

00:00:52,460 --> 00:00:50,280

this over a holiday weekend you have to

17

00:00:54,500 --> 00:00:52,470

do the barbecues they have lots of great

18

00:00:57,410 --> 00:00:54,510

food so I think I'm gonna want to eat

19

00:01:00,680 --> 00:00:57,420

some really good ribs and it's always

20

00:01:03,710 --> 00:01:00,690

swear to eat all of the astronaut food

21

00:01:05,509 --> 00:01:03,720

and not she never wear a list together

22

00:01:08,330 --> 00:01:05,519

so if we filled a little bit of a little

23

00:01:10,430 --> 00:01:08,340

tax each other maybe we chose seven days

24

00:01:14,240 --> 00:01:10,440

out of the standard menu you're gonna

25

00:01:16,610 --> 00:01:14,250

have a protein some carb some fruit the

26
00:01:19,100 --> 00:01:16,620
other large category of products that we

27
00:01:21,110 --> 00:01:19,110
have are therm stabilized products as

28
00:01:23,719 --> 00:01:21,120
which is sort of like a military ration

29
00:01:26,120 --> 00:01:23,729
that we don't have to refrigerate to

30
00:01:28,010 --> 00:01:26,130
keep fresh can't do them in a microwave

31
00:01:30,050 --> 00:01:28,020
because they are like something they

32
00:01:31,969 --> 00:01:30,060
can't go to microwave oven ask because I

33
00:01:34,039 --> 00:01:31,979
didn't want to find that although we

34
00:01:35,660 --> 00:01:34,049
also have rehydratable food which is

35
00:01:38,660 --> 00:01:35,670
this type in a vacuum pack where we have

36
00:01:44,300 --> 00:01:38,670
to add water either hot or cold we're

37
00:01:48,990 --> 00:01:44,310
going to give you a syringe needles it

38
00:01:52,750 --> 00:01:51,100

okay I don't think you don't want to

39

00:01:54,430 --> 00:01:52,760

have that laying down Dario can I take

40

00:01:56,740 --> 00:01:54,440

that the airport to you

41

00:01:58,840 --> 00:01:56,750

it is the day before we start the food

42

00:02:00,940 --> 00:01:58,850

challenge and I just want to go to pick

43

00:02:03,190 --> 00:02:00,950

up all the materials from our wonderful

44

00:02:05,050 --> 00:02:03,200

food lab so they're all packaged and in

45

00:02:07,750 --> 00:02:05,060

my trunk I asked them what I should eat

46

00:02:10,930 --> 00:02:07,760

as my last real meal and they said

47

00:02:15,070 --> 00:02:10,940

something fresh maybe a salad the

48

00:02:16,900 --> 00:02:15,080

problem is I was thinking nachos so as I

49

00:02:18,850 --> 00:02:16,910

suspected I wouldn't have time to eat in

50

00:02:22,510 --> 00:02:18,860

the airport I'm probably going to grab

51
00:02:23,590 --> 00:02:22,520
something to eat on the fly hopefully

52
00:02:25,830 --> 00:02:23,600
there's some tacos

53
00:02:29,560 --> 00:02:25,840
so like I said I was debating healthy or

54
00:02:30,310 --> 00:02:29,570
you know not healthy of course such as

55
00:02:32,470 --> 00:02:30,320
nachos

56
00:02:34,210 --> 00:02:32,480
I did end up picking up some tacos some

57
00:02:38,050 --> 00:02:34,220
shrimp tacos actually with some rice and

58
00:02:40,270 --> 00:02:38,060
some beans told you I love tacos it's

59
00:02:43,420 --> 00:02:40,280
important to always choose not just so

60
00:02:49,000 --> 00:02:43,430
I'm gonna cultic hashtag Cheetos nachos

61
00:02:52,449 --> 00:02:49,010
she chose nachos he chose tacos so I

62
00:02:57,009 --> 00:02:52,459
have beef and mushrooms rice pilaf

63
00:02:59,699 --> 00:02:57,019

tomato and artichokes and a week flat I

64

00:03:02,650 --> 00:02:59,709

have grilled chicken mac and cheese

65

00:03:05,560 --> 00:03:02,660

vegetarian to eat we're in Texas come on

66

00:03:07,449 --> 00:03:05,570

cranapple desserts oh man I already

67

00:03:09,910 --> 00:03:07,459

remember she told us to tear it so

68

00:03:11,620 --> 00:03:09,920

there's no extra pieces of charge oh so

69

00:03:13,570 --> 00:03:11,630

like if we were in space we could all be

70

00:03:16,180 --> 00:03:13,580

floating around yeah once we open those

71

00:03:17,710 --> 00:03:16,190

packages the food is what we considered

72

00:03:19,060 --> 00:03:17,720

me liberated and it can just float

73

00:03:21,670 --> 00:03:19,070

anywhere and sometimes you find yourself

74

00:03:23,470 --> 00:03:21,680

using your spoon or your mouth to chase

75

00:03:24,910 --> 00:03:23,480

around the food make sure you get it all

76

00:03:27,039 --> 00:03:24,920

in your mouth instead of stuck against

77

00:03:28,479 --> 00:03:27,049

the wall or somebody's face let's heat

78

00:03:29,490 --> 00:03:28,489

up a bowl of water and set these people

79

00:03:42,000 --> 00:03:29,500

under there yeah

80

00:03:44,820 --> 00:03:42,010

[Music]

81

00:03:47,140 --> 00:03:44,830

[Laughter]

82

00:03:50,649 --> 00:03:47,150

and it looks like it's getting to be the

83

00:03:52,180 --> 00:03:50,659

right symmetry yeah we might have not

84

00:03:54,539 --> 00:03:52,190

done hot enough water - that might be

85

00:04:04,330 --> 00:03:54,549

why some sort of being likes all the way

86

00:04:06,250 --> 00:04:04,340

good it's not bad yeah the artist hopes

87

00:04:13,300 --> 00:04:06,260

the tomatoes are good deal should I try

88

00:04:15,729 --> 00:04:13,310

and eat it like this yeah you got straw

89

00:04:18,189 --> 00:04:15,739

like everyone right this is making my

90

00:04:20,860 --> 00:04:18,199

day like this is a treat I have

91

00:04:21,430 --> 00:04:20,870

cranapple dessert this would remind me

92

00:04:25,360 --> 00:04:21,440

of home

93

00:04:26,980 --> 00:04:25,370

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

94

00:04:29,050 --> 00:04:26,990

not get hungry at all I had my

95

00:04:30,400 --> 00:04:29,060

butterscotch pudding as part one of my

96

00:04:32,110 --> 00:04:30,410

snacks wondering if the workouts will be

97

00:04:33,939 --> 00:04:32,120

hard they're pretty much the same

98

00:04:35,260 --> 00:04:33,949

I feel really high-energy and I didn't

99

00:04:36,939 --> 00:04:35,270

even have coffee this morning I'm

100

00:04:39,430 --> 00:04:36,949

actually really excited about this

101
00:04:40,870 --> 00:04:39,440
chicken corn and bean this potato medley

102
00:04:42,850 --> 00:04:40,880
actually looks like some potatoes with

103
00:04:44,350 --> 00:04:42,860
spices and melted cheese on it I'm very

104
00:04:46,690 --> 00:04:44,360
excited to get some melted cheese

105
00:04:49,180 --> 00:04:46,700
texture up in here little butter cookies

106
00:04:52,930 --> 00:04:49,190
of really delicious and super bougie so

107
00:04:55,270 --> 00:04:52,940
you'll see I have some Caribbean chicken

108
00:04:58,540 --> 00:04:55,280
pesto pasta with some corn tortillas

109
00:05:00,190 --> 00:04:58,550
vanilla pudding and some pears I got a

110
00:05:02,850 --> 00:05:00,200
little bit better at actually making the

111
00:05:05,920 --> 00:05:02,860
space food today but I punctured the

112
00:05:08,529 --> 00:05:05,930
actual corn I cut through it so I had to

113
00:05:11,890 --> 00:05:08,539

rehydrate it through the side so lesson

114

00:05:14,290 --> 00:05:11,900

learned this smells absolutely delicious

115

00:05:16,540 --> 00:05:14,300

it's my boyfriend's last day at his old

116

00:05:20,020 --> 00:05:16,550

job so one of his favorite clients from

117

00:05:22,620 --> 00:05:20,030

these delicious huge looking cupcakes so

118

00:05:24,930 --> 00:05:22,630

none for me

119

00:05:27,560 --> 00:05:24,940

[Music]

120

00:05:32,310 --> 00:05:27,570

do you see that this is science ya'll

121

00:05:34,080 --> 00:05:32,320

say nice now I guess my mom would be

122

00:05:42,780 --> 00:05:34,090

proud like mom I'm doing nurse things

123

00:05:47,220 --> 00:05:42,790

today okay this looks like finance and

124

00:05:49,170 --> 00:05:47,230

they said it'd be fun p.m. for lunch

125

00:05:52,650 --> 00:05:49,180

what you're you're mean I have citrus

126

00:05:54,660 --> 00:05:52,660

salad and then my main thing is fiesta

127

00:05:56,550 --> 00:05:54,670

chicken I love yes

128

00:05:59,160 --> 00:05:56,560

yeah and rice yeah yeah rice with

129

00:06:00,450 --> 00:05:59,170

butters so I'm really excited because I

130

00:06:02,820 --> 00:06:00,460

think our foods gonna be warmer today

131

00:06:09,480 --> 00:06:02,830

yeah I agree we did this right it with

132

00:06:22,980 --> 00:06:09,490

some practice yesterday this is some

133

00:06:26,610 --> 00:06:22,990

smoked turkey and then some cauliflower

134

00:06:30,390 --> 00:06:26,620

I'm not a fan of this today were eating

135

00:06:32,520 --> 00:06:30,400

in the LBJ room so president LBJ is Hugh

136

00:06:38,150 --> 00:06:32,530

Johnson Space Center it's named after we

137

00:06:47,940 --> 00:06:46,170

and so here we go this is the the

138

00:06:50,310 --> 00:06:47,950

chicken noodle let's try some of this

139

00:06:57,030 --> 00:06:50,320

green bean oh that could use some hot

140

00:06:59,100 --> 00:06:57,040

sauce the lentil soup hot Oh see these

141

00:07:00,180 --> 00:06:59,110

are actually my tortillas astronauts on

142

00:07:03,600 --> 00:07:00,190

board the International Space Station

143

00:07:04,920 --> 00:07:03,610

can actually eat tortillas and it's one

144

00:07:06,270 --> 00:07:04,930

of the things that they like to do

145

00:07:07,920 --> 00:07:06,280

because you can pretty much grab

146

00:07:09,960 --> 00:07:07,930

anything that's floating in space with

147

00:07:11,640 --> 00:07:09,970

them few quick miscellaneous notes I've

148

00:07:13,409 --> 00:07:11,650

been living a really scheduled life and

149

00:07:15,480 --> 00:07:13,419

waking up early and going to bed early

150

00:07:17,100 --> 00:07:15,490

because I've been having to wake up with

151
00:07:18,720 --> 00:07:17,110
enough time to make breakfast and then I

152
00:07:21,420 --> 00:07:18,730
go to bed shortly after dinner just so I

153
00:07:23,060 --> 00:07:21,430
don't get hungry again I think Dan has a

154
00:07:27,580 --> 00:07:23,070
burrito

155
00:07:31,030 --> 00:07:27,590
I went for Pete okay so

156
00:07:34,770 --> 00:07:31,040
[Music]

157
00:07:40,930 --> 00:07:34,780
Howl's fresh wish very naughty organic

158
00:08:00,220 --> 00:07:45,880
[Music]

159
00:08:03,490 --> 00:08:00,230
let's just at the mall and whoo that was

160
00:08:05,290 --> 00:08:03,500
a weak time cuz all of my friends and I

161
00:08:06,370 --> 00:08:05,300
got some really good advertisers and

162
00:08:07,930 --> 00:08:06,380
when you're just all sitting around the

163
00:08:09,930 --> 00:08:07,940

table together it's I had to really stop

164

00:08:12,460 --> 00:08:09,940

myself a couple times to not mindlessly

165

00:08:14,610 --> 00:08:12,470

reach for some of their chips or

166

00:08:19,540 --> 00:08:14,620

pretzels what are you eating

167

00:08:28,720 --> 00:08:19,550

and what is a Cedro eating face

168

00:08:31,630 --> 00:08:28,730

chocolate can you tell which one's the

169

00:08:32,890 --> 00:08:31,640

space food and which one is our regular

170

00:08:36,850 --> 00:08:32,900

Easter meal here

171

00:08:39,880 --> 00:08:36,860

hey guys are you making possible burgers

172

00:08:40,879 --> 00:08:39,890

if you like a delicious grilled food and

173

00:08:43,759 --> 00:08:40,889

I can eat

174

00:08:46,009 --> 00:08:43,769

a kind of brisket it's space brisket and

175

00:08:53,059 --> 00:08:46,019

baked barbecue beans so we'll see how

176

00:08:54,919 --> 00:08:53,069

that in 78 see this it's Monday so we're

177

00:08:57,019 --> 00:08:54,929

done at Wednesday morning we're really

178

00:08:59,809 --> 00:08:57,029

ready to be done the weekend was hard I

179

00:09:02,869 --> 00:08:59,819

was not able to eat any of the food that

180

00:09:05,599 --> 00:09:02,879

I was at the festival there were some

181

00:09:08,479 --> 00:09:05,609

jalapeno corn dogs and I'm like what is

182

00:09:10,309 --> 00:09:08,489

life right now we have great chicken

183

00:09:11,809 --> 00:09:10,319

green beans and potatoes the potatoes

184

00:09:13,789 --> 00:09:11,819

have been iffy but these look better

185

00:09:17,960 --> 00:09:13,799

than some of the ones cream of mushroom

186

00:09:19,849 --> 00:09:17,970

soup a little bit of India a little bit

187

00:09:22,369 --> 00:09:19,859

of Texas with this country news it's all

188

00:09:24,139 --> 00:09:22,379

ready for this - yeah I need my social

189

00:09:30,859 --> 00:09:24,149

life ya know

190

00:09:36,619 --> 00:09:30,869

having milk today I'm more nervous about

191

00:09:38,059 --> 00:09:36,629

the milk I'm not gonna lie it but

192

00:09:39,650 --> 00:09:38,069

something that I noticed while we've

193

00:09:41,030 --> 00:09:39,660

been eating this food is you have to

194

00:09:42,979 --> 00:09:41,040

have it really hot on the space station

195

00:09:45,019 --> 00:09:42,989

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

196

00:09:46,369 --> 00:09:45,029

like an easy-bake oven okay or just and

197

00:09:48,769 --> 00:09:46,379

that does make a really big difference

198

00:09:49,999 --> 00:09:48,779

so when I was making lettuce my I'm

199

00:09:53,059 --> 00:09:50,009

thinking this is the V on camera

200

00:09:55,699 --> 00:09:53,069

leftover rice some turkey but it's home

201
00:09:57,710 --> 00:09:55,709
cooked it's definitely yeah house a big

202
00:09:59,329 --> 00:09:57,720
fan of the garlic paste garlic paste I

203
00:10:01,970 --> 00:09:59,339
can fix anything a question can eat

204
00:10:06,680 --> 00:10:01,980
you've gone in space yes okay cuz garlic

205
00:10:12,960 --> 00:10:09,080
we would use what we call it fugu

206
00:10:14,220 --> 00:10:12,970
something spray some olive oil in there

207
00:10:15,870 --> 00:10:14,230
to try to get everything to stick

208
00:10:19,140 --> 00:10:15,880
together but or like I said the garlic

209
00:10:23,700 --> 00:10:19,150
paste look well for me what people in

210
00:10:25,230 --> 00:10:23,710
their eyes you know it's a lot easier in

211
00:10:26,670 --> 00:10:25,240
space because we don't have to load a

212
00:10:28,170 --> 00:10:26,680
syringe like if you are trying to

213
00:10:29,850 --> 00:10:28,180

measure out 2 or 50 milliliters and

214

00:10:32,160 --> 00:10:29,860

waters are 100 milliliters in water we

215

00:10:34,010 --> 00:10:32,170

literally just dial that number and then

216

00:10:37,260 --> 00:10:34,020

press the button for hot or cold water

217

00:10:40,080 --> 00:10:37,270

talk to me about soft ocean space

218

00:10:46,830 --> 00:10:40,090

tortillas are they great to have up

219

00:10:48,240 --> 00:10:46,840

there because also we do have salsa

220

00:10:50,040 --> 00:10:48,250

sometimes you can put that on there the

221

00:10:51,720 --> 00:10:50,050

sauce will stick to the bread you use

222

00:10:54,270 --> 00:10:51,730

the salsa or other things to stick to

223

00:10:56,700 --> 00:10:54,280

the salsa I'm from San Antonio and I

224

00:11:14,250 --> 00:10:56,710

love tacos so I told everyone that would

225

00:11:17,760 --> 00:11:14,260

make yeah so this is the Mexican

226

00:11:19,680 --> 00:11:17,770

scrambled eggs Food Lab they know what

227

00:11:24,690 --> 00:11:19,690

they're doing we have some scientists

228

00:11:27,030 --> 00:11:24,700

back there so is there anything way

229

00:11:29,850 --> 00:11:27,040

better than the LBJ toast

230

00:11:31,890 --> 00:11:29,860

favorite meal I actually really liked a

231

00:11:34,380 --> 00:11:31,900

lot of the breakfast food and the shrimp

232

00:11:37,410 --> 00:11:34,390

cocktail was in fact very good oh sure

233

00:11:38,760 --> 00:11:37,420

cocktail but the scrambled eggs in a

234

00:11:42,110 --> 00:11:38,770

taco

235

00:11:45,990 --> 00:11:42,120

[Music]

236

00:11:47,760 --> 00:11:46,000

sorry that and maybe if I had a machine

237

00:11:49,410 --> 00:11:47,770

to kind of heat everything up if I was

238

00:11:51,600 --> 00:11:49,420

sealed away from the outside world and I

239

00:11:53,790 --> 00:11:51,610

didn't have all those temptations maybe

240

00:11:58,170 --> 00:11:53,800

maybe if the food was floating around me

241

00:12:00,810 --> 00:11:58,180

but I don't think I would otherwise so I

242

00:12:03,690 --> 00:12:00,820

was debating this is the same debate I

243

00:12:07,080 --> 00:12:03,700

started with nachos or a salad it's

244

00:12:09,930 --> 00:12:07,090

gonna boat I'll get both yeah I think we

245

00:12:14,700 --> 00:12:09,940

need to treat ourselves okay but I can

246

00:12:18,060 --> 00:12:14,710

tell you I really want some coffee