

## Menu Ideas: Eating Healthfully Through Cancer

Eating healthy is important during and after cancer treatment. The following menus help to:

- Maximize immune function, which may help your body fight infection
- Reduce inflammation, which may help you feel better
- Increase your energy, which may help you have less fatigue



Green tea has many health benefits. It may lower your risk of some cancers.

### Daily Menus

Each day's menu gives a different amount of calories, protein, fiber, vitamins and other nutrients. Use the menus as a guide to help you eat better. Based on your personal needs or the availability of food items, you may choose to change the menus. If you have any special dietary concerns, please talk with a dietitian in your clinic.

Also, as your budget allows, you may choose to buy organic produce, meat and dairy products. Please ask for a copy of "Organic Foods: What are They?" for more information.

	Breakfast	Lunch	Dinner	Snacks	Nutrition Analysis
<b>Day 1</b>	<ul style="list-style-type: none"> <li>• 1 cup mixed grains cereal with unsulfured dried fruit and nuts (cooked barley, quinoa, raw oats, cranberries, toasted pecans)</li> <li>• Green tea</li> </ul>	<ul style="list-style-type: none"> <li>• Large salad of roasted red and yellow peppers on a bed of baby spinach with olive oil and lemon juice dressing, topped with 1/3 cup beans of choice and 2 tablespoons goat cheese</li> <li>• 1 piece fresh fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Small salad of sliced cucumber, shredded cabbage and cherry tomato halves, with salt, pepper and small amount canola oil and lemon juice dressing</li> <li>• 1 cup chicken (or tofu) curry with brown rice (See Recipe section.)</li> </ul>	<ul style="list-style-type: none"> <li>• 1 glass tomato juice</li> </ul>	1,315 calories; 39 gm protein; 52 gm fat (14 gm saturated, 0 gm trans, 0.9 gm omega-3 fatty acids); 187 gm carbs (79 gm sugar, 30 gm fiber); 1,200 mg sodium

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snacks</b>	<b>Nutrition Analysis</b>
			<ul style="list-style-type: none"> <li>• 1 cup citrus salad (Mix fresh pineapple, clementines and strawberries or other berries together. Top with shaved coconut.)</li> </ul>		

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snacks</b>	<b>Nutrition Analysis</b>
<b>Day 2</b>	<ul style="list-style-type: none"> <li>• Fruit smoothie made with 1 cup assorted berries, 6 ounces nonfat yogurt/soy yogurt, 2 tablespoons freshly ground flaxseed</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup lentil soup (See Recipe section)</li> <li>• 1 piece fresh fruit</li> <li>• Green tea</li> </ul>	<ul style="list-style-type: none"> <li>• Small salad (dark, leafy greens, tomato, celery, red bell pepper and carrot) with 1 tablespoon pomegranate basil dressing (See Recipes section.)</li> <li>• 4-ounce poached wild salmon over 1 cup sautéed greens (kale or mustard greens) and onions with slivered almonds</li> <li>• 1 cup herbed whole wheat couscous (Add fresh thyme, rosemary or other herb to pot during cooking.)</li> </ul>	<ul style="list-style-type: none"> <li>• 3 Brazil nuts</li> <li>• Fresh juice: Place 2 kale leaves, 1/4 cup fresh broccoli, 1/4 head cabbage, 2 medium carrots and 1 small apple, sliced, in juicer.</li> </ul>	<p>1,475 calories:  77 gm protein;  60 gm fat (8 gm saturated, 0 gm trans, 7.7 gm omega-3 fatty acids);  172 gm carbs (75.5 gm sugar, 30 gm fiber);  1,880 mg sodium</p>

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snacks</b>	<b>Nutrition Analysis</b>
<b>Day 3</b>	<ul style="list-style-type: none"> <li>• Fruit smoothie made with 6 ounces low-fat yogurt or soy yogurt, 2 tablespoons freshly ground flaxseed, 1 serving fresh fruit, fresh mint leaves (optional) and ice</li> </ul>	<ul style="list-style-type: none"> <li>• Large salad with green leaf lettuce, shredded raw cabbage tomatoes, purple onion, 2 tablespoons chopped avocado, 1/3 cup kidney beans, 1/3 cup corn and 1/2 cup salsa</li> <li>• 3-ounce wild Alaskan halibut filet, seared with scallion and garlic, and topped with cilantro</li> <li>• 3 fresh pineapple slices</li> <li>• Green tea</li> </ul>	<ul style="list-style-type: none"> <li>• Small field greens salad with fresh oregano and light oil and citrus dressing (Mix 3 parts citrus juice with 1 part olive oil.)</li> <li>• Bulgur pilaf (1/3 cup bulgur wheat, 2 tablespoons chopped pecans, orange rind) with 2/3 cup lentils</li> <li>• 12 spears steamed asparagus</li> <li>• Green tea</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh juice: Place 4 large leaves spinach/kale, 1/2 red pepper, 5-6 carrots and 1/2 apple in juicer.</li> </ul>	<p>1,700 calories: 93 gm protein; 42 gm fat (6 gm saturated, 0 gm trans, 4.9 gm omega-3 fatty acids); 270 gm carbs (63 gm sugar; 64 gm fiber); 1,580 mg sodium</p>

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snacks</b>	<b>Nutrition Analysis</b>
<b>Day 4</b>	<ul style="list-style-type: none"> <li>• 1 slice whole grain bread, toasted with 1 tablespoon natural peanut butter</li> <li>• 2/3 cup fresh berries</li> <li>• Green tea</li> </ul>	<ul style="list-style-type: none"> <li>• Large spinach salad with fresh basil leaves, tomatoes, red onion, fresh pear slices, 2 tablespoons crumbled blue cheese and 2 tablespoons oil and citrus juice dressing</li> <li>• Canned wild salmon or sardines may be added to salad (optional)</li> </ul>	<ul style="list-style-type: none"> <li>• Small mixed greens salad, celery, onion, tomato, 1/3 cup chickpeas, 1 tablespoon olive oil and lemon juice dressing</li> <li>• 1 1/2 cups whole wheat pasta with marinara sauce (See Recipe section.)</li> <li>• 2 cups steamed broccoli and cauliflower</li> </ul>	<ul style="list-style-type: none"> <li>• 6 ounces low-fat yogurt or soy yogurt with 2 tablespoons freshly ground flaxseed and 1 small orange</li> <li>• 1 piece fresh fruit with green tea</li> </ul>	<p>1,900 calories (includes 3-ounce salmon at lunch): 81 gm protein; 64 gm fat (15 gm saturated, 0 gm trans, 6.4 gm omega-3 fatty acids); 270 gm carbs (114 gm sugar, 57 gm fiber); 3,100 mg sodium</p>

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snacks</b>	<b>Nutrition Analysis</b>
<b>Day 5</b>	<ul style="list-style-type: none"> <li>• Oatmeal (from raw oats, or plain or flavored instant oatmeal) with 2 tablespoons freshly ground flaxseed and cinnamon</li> <li>• 14 walnut halves</li> <li>• 1 date (or other unsulfured, unsweetened dried fruit)</li> <li>• Green tea</li> </ul>	<ul style="list-style-type: none"> <li>• 4-ounce tuna steak, cooked in small amount canola oil – season with blend of lemon pepper, cumin and turmeric, or other seasoning as desired</li> <li>• 1 1/2 cup brown rice (cooked with olive oil), garnished with turmeric and black pepper</li> <li>• Tomato, cucumber and chickpea salad (2 tomatoes and 1 cucumber, washed and chopped; 1 cup canned chickpeas, drained and rinsed; season with small amount of balsamic vinaigrette dressing); serve on Boston or Bibb lettuce</li> </ul>	<ul style="list-style-type: none"> <li>• 3-ounce chicken breast, cooked with small amount canola oil, served over wilted greens, sautéed with garlic and onions</li> <li>• Baked sweet potato, lightly seasoned with herbs of choice, salt and pepper or cinnamon</li> <li>• 1 cup berry salad</li> <li>• Green tea</li> </ul>	<ul style="list-style-type: none"> <li>• 1 piece fresh fruit</li> <li>• Fresh juice: Place 1 medium carrot, 2 large stalks celery, 1 beet with greens and 1 small apple, sliced, in juicer.</li> </ul>	<p>2,275 calories; 91 gm protein; 84 gm fat (8 gm saturated, 0 gm trans, 10 gm omega-3 fatty acids); 315 gm carbs (101 gm sugar, 56 gm fiber); 1,503 mg sodium</p>

## Recipes

<b>Tofu Curry (Day 1)</b>	
<p>1 pound firm tofu, cubed                  2 tablespoons light soy sauce                  1 ounce creamed coconut                  2/3 cup boiling water                  1 onion, chopped                  2 green chilies, chopped                  2 garlic cloves, chopped                  1 tablespoon grated fresh ginger                  1 tablespoon grated lime rind                  2 teaspoons coriander seeds, crushed                  2 teaspoons cumin seeds, crushed                  3 tablespoons fresh coriander, chopped                  1 tablespoon soy sauce                  Juice of 1 small lemon                  1 teaspoon sugar                  2 tablespoons peanut oil                  Thin slices fresh red chili peppers or red peppers</p>	<p>Press tofu slabs between paper towels to remove excess liquid. Cut into 1/2 inch cubes. Toss the tofu cubes in light soy sauce to marinate for 15 minutes.</p> <p>Dissolve the creamed coconut in the boiling water. In food processor or blender, combine coconut mixture, onion, green chilies, garlic, ginger, lime rind, coriander, cumin, soy sauce, lemon juice and sugar. Mix until smooth to make a curry paste.</p> <p>In wok, heat oil until hot. Drain the tofu cubes and stir fry at a high temperature until just firm and well browned on all sides. Drain on kitchen paper towel. Wipe out wok and stir in the curry paste. Return the tofu to the wok and mix it into the paste, reheating the ingredients as you stir. Serve over brown rice. Garnish with red chili peppers or red peppers. (Serves 4)                  Recipe from <a href="http://www.recipezaar.com">www.recipezaar.com</a></p>
<b>Lentil Soup (Day 2)</b>	
<p>1 teaspoon canola oil                  1 small onion, peeled and chopped                  1 medium carrot, peeled and chopped                  4 tablespoons red lentils                  2 cups water                  Chopped parsley to garnish (optional)                  Pepper to season</p>	 <p>Heat oil in saucepan. Add onion and carrot and cook until softened (about 3 minutes). Add other ingredients. Cover and increase heat until soup is boiling. Reduce heat and simmer gently for about 35 minutes or until lentils are soft, stirring occasionally. Add additional water if required. Use sieve or blender to create smoother soup if desired. Garnish with chopped parsley. (Serves 2)                  Recipe from <a href="http://www.healthyliving.gov.uk">www.healthyliving.gov.uk</a></p>

**Pomegranate Basil Salad Dressing (Day 2)**

1/2 cup extra virgin olive oil  
1/4 cup unsweetened pomegranate juice  
1 teaspoon lemon juice  
6–8 fresh basil leaves, minced  
1/4 – 1/2 teaspoons dry mustard powder  
1 clove garlic, crushed  
Pinch of sea salt, optional

Process all ingredients in a blender until smooth.  
Store in a tightly-covered glass jar in the refrigerator.  
Recipe from  
[www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)

**Marinara Sauce (Day 4)**

1 tablespoon extra virgin olive oil  
10 large fresh tomatoes, peeled and diced  
1 teaspoon salt  
1/2 teaspoon fresh minced garlic  
2 tablespoons chopped onion  
1 tablespoon chopped fresh basil  
1 teaspoon sugar  
1/2 teaspoon dried oregano (or use 1/2 tablespoons fresh oregano)  
1/2 teaspoon freshly ground black pepper

In a heavy skillet, heat oil over medium-high heat.  
Add remaining ingredients and simmer uncovered until sauce thickens, about 30 minutes. (serves 4)  
Recipe from [www.mayoclinic.com](http://www.mayoclinic.com)

**Resources**

For more information, contact the Integrative Medicine Clinic at 713-792-6072.