

*Daily  
Dietitian*

## **Cancer Support Program**

Created by Daily Dietitian



# Cancer Support Program

Daily Dietitian

An immune-supportive diet plan designed to minimize nutrition-related side effects during cancer treatment.

Cancer treatments often come with side effects that make cooking and eating a challenge.

\*Disclaimer: Before starting any new meal plan or making significant changes to your diet, please consult with your doctor or healthcare professional.

While our meal plans are thoughtfully crafted to promote overall health and well-being, individual dietary needs may vary.

It is crucial to ensure that the proposed meal plan aligns with your specific health conditions, medications, and personal health goals.

Consulting with a healthcare professional will help determine the suitability of the plan for your unique circumstances and ensure a safe and effective approach to achieving your nutritional objectives.

This approachable plan contains simple meals and snacks to help clients increase calorie and protein intake. It provides the proper nutrients and foods to mitigate nutrition-related side effects, help the body rebuild tissue, and boost energy and strength.

# Cancer Support Program

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Blackberry Kefir Chia Pudding	Blackberry Kefir Chia Pudding	Sausage & Egg Breakfast Pitats	Sausage & Egg Breakfast Pitats	Sheet Pan Ricotta Blueberry Pancake	Sheet Pan Ricotta Blueberry Pancake	Sheet Pan Ricotta Blueberry Pancake
Snack 1	Crackers & Hummus	Crackers & Hummus	Blackberry Kefir Smoothie	Crackers, Apple & Kefir	Cucumber, Blackberries & Hummus Snack Box	Apple with Peanut Butter	
Lunch	Air Fryer Turkey Breast Sandwich	Vegetable & Barley Soup	Grilled Cajun Chicken Salad	Air Fryer Turkey Breast Sandwich	Vegetable & Barley Soup	Grilled Cajun Chicken Salad	
Snack 2	Peanut Butter Toast & Fruit Snack Box	Crackers, Apple & Kefir	Apple with Peanut Butter	Blackberry Kefir Smoothie	Eggs, Hummus & Crackers		
Dinner	Slow Cooker Beef Ramen Noodles	Lasagna Soup	One Pan Beef, Broccoli & Sweet Potato	Salmon, Spinach & Sauerkraut with Brown Rice	One Pan Chicken & Broccoli		
Snack 3	Cinnamon Mint Tea	Lemon Ginger Tea	Fresh Mint Tea	Chamomile Tea	Ginger Mint Tea	Chamomile Tea	Cinnamon Mint Tea

# Cancer Support Program

62 items

## Fruits

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- 5 Apple
- 3 1/8 cups Blackberries
- 1/2 cup Blueberries
- 1/4 Lemon

## Breakfast

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- 1/3 cup All Natural Peanut Butter
- 2 cups Chamomile Tea

## Seeds, Nuts & Spices

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- 2/3 cup Chia Seeds
- 1 tsp Cinnamon
- 2 servings Cinnamon Stick
- 2 tbsps Hemp Seeds
- 3 tbsps Italian Seasoning
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 2/3 tbsps Sesame Seeds

## Frozen

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- 3 cups Frozen Vegetable Mix

## Vegetables

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- 4 cups Baby Spinach
- 10 cups Broccoli
- 1/4 Cucumber
- 11 Garlic
- 1/3 cup Ginger
- 8 stalks Green Onion
- 1 cup Matchstick Carrots
- 1/2 cup Mint Leaves
- 1/4 cup Parsley
- 2 Red Bell Pepper
- 1/4 cup Red Onion
- 1 Sweet Potato
- 1/2 Yellow Onion

## Boxed & Canned

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- 1/2 cup Bamboo Shoots
- 6 cups Beef Broth
- 1/2 cup Brown Rice
- 1 cup Chicken Broth
- 2 2/3 cups Crushed Tomatoes
- 7 ozs Gluten-Free Ramen Noodles
- 7 Lasagna Sheets
- 1/3 cup Pearl Barley
- 3 1/2 cups Vegetable Broth
- 4 ozs Whole Grain Crackers

## Baking

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- 2 tbsps Arrowroot Powder
- 2 tbsps Cane Sugar

## Bread, Fish, Meat & Cheese

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- 1 1/2 lbs Chicken Breast
- 8 ozs Chicken Sausage
- 12 ozs Extra Lean Ground Beef
- 2 lbs Lean Ground Beef
- 4 ozs Mini Whole Wheat Pita
- 3 ozs Mozzarella Cheese
- 12 ozs Salmon Fillet
- 1 slice Whole Grain Bread

## Condiments & Oils

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- 1 1/3 tbsps Apple Cider Vinegar
- 1 tbsp Avocado Oil
- 1/4 cup Coconut Aminos
- 2 tbsps Extra Virgin Olive Oil
- 1/2 cup Sauerkraut
- 1 tbsp Sesame Oil
- 1/3 cup Soy Sauce, Low Sodium
- 2 tbsps Tamari
- 1 cup Tomato Sauce

## Cold

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- 6 Egg
- 1/2 cup Hummus
- 6 1/3 cups Plain Kefir

## Other

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- 1/2 cup Vanilla Protein Powder
- 6 1/4 cups Water

# Blackberry Kefir Chia Pudding

4 ingredients · 35 minutes · 2 servings



## Directions

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1. In a small bowl, add all of the ingredients except for the blackberries. Mix well and transfer to a small container. Refrigerate for at least 30 minutes.
2. Garnish with the blackberries. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is approximately one cup.

### Make it Vegan

Use coconut yogurt or coconut kefir.

### More Flavor

Add maple syrup.

### Additional Toppings

Pumpkin seeds and/or hemp seeds.

## Ingredients

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- 2/3 cup** Chia Seeds
- 1 1/3 cups** Plain Kefir
- 1 tsp** Cinnamon
- 2/3 cup** Blackberries

# Sausage & Egg Breakfast Pitas

5 ingredients · 15 minutes · 2 servings



## Directions

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1. Heat a pan over medium-high heat. Once hot, add the sausage and cook, stirring often until cooked through, about eight minutes.
2. Add the eggs, parsley, salt and pepper. Stir and cook for two to three minutes or until the eggs have cooked.
3. Cut the pitas in half. Stuff the pitas with the egg and sausage mixture and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to one stuffed mini pita.

### More Flavor

Add spinach, feta, and chili flakes.

### Gluten-Free

Use a gluten-free pita.

### Mini Whole Wheat Pita

One mini whole wheat pita is 30 grams or one ounce.

## Ingredients

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**4 ozs** Chicken Sausage (casing removed)

**2** Egg (whisked)

**2 tbsps** Parsley (chopped)

Sea Salt & Black Pepper (to taste)

**2 ozs** Mini Whole Wheat Pita

# Blackberry Kefir Smoothie

4 ingredients · 5 minutes · 1 serving



## Directions

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1. Add all of the ingredients to a blender and blend until smooth. Enjoy!

## Notes

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### Leftovers

Best enjoyed immediately.

### Serving Size

One serving is approximately 1 1/2 cups.

### More Fiber

Add a handful of baby spinach or kale.

### Dairy-Free

Use coconut milk kefir.

## Ingredients

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- 1 1/2 cups Plain Kefir
- 1 cup Blackberries (fresh or frozen)
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Hemp Seeds

# Crackers, Apple & Kefir

3 ingredients · 5 minutes · 1 serving



## Directions

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1. Add the apple slices and crackers to a plate or sealable container and pour the kefir into a glass. Enjoy!

## Notes

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### Leftovers

Best enjoyed fresh.

### More Flavor

Use flavored kefir.

## Ingredients

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- 1 Apple (sliced)
- 1 oz Whole Grain Crackers
- 1 cup Plain Kefir



# Cucumber, Blackberries & Hummus Snack Box

3 ingredients · 5 minutes · 1 serving



## Directions

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1. Arrange the cucumber, blackberries and hummus into a container. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### No Blackberries

Use other berries like strawberries, raspberries, or blueberries.

## Ingredients

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1/4 Cucumber (medium, sliced)

1/2 cup Blackberries

1/4 cup Hummus

# Apple with Peanut Butter

2 ingredients · 3 minutes · 1 serving



## Directions

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1. Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

## Notes

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### Keep it Fresh

To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.

## Ingredients

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- 1 Apple
- 2 tbsps All Natural Peanut Butter

# Vegetable & Barley Soup

8 ingredients · 35 minutes · 2 servings



## Directions

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1. Heat a large pot over medium heat. Add a splash of broth along with the onion and garlic. Cook for three to five minutes or until softened. Season with salt and pepper.
2. Add the tomatoes, remaining broth, Italian seasoning, and barley. Bring to a boil, then reduce the heat to low and simmer covered for 20 to 25 minutes, stirring occasionally, until the barley is just cooked.
3. Add the frozen vegetable mix and cook for another five to seven minutes or until the veggies are tender.
4. Remove from the heat. Divide into bowls and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

### Serving Size

One serving is approximately two cups.

### Frozen Vegetable Mix

The frozen vegetable mix contains carrots, mushrooms, broccoli, bell peppers, and onions. Use any frozen vegetable mix for this recipe.

## Ingredients

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- 3 1/2 cups** Vegetable Broth (divided)
- 1/4 cup** Red Onion (diced)
- 2** Garlic (clove, minced)
- Sea Salt & Black Pepper (to taste)
- 1 cup** Crushed Tomatoes
- 1 tbsp** Italian Seasoning
- 1/3 cup** Pearl Barley (uncooked)
- 3 cups** Frozen Vegetable Mix

# Peanut Butter Toast & Fruit Snack Box

4 ingredients · 5 minutes · 1 serving



## Directions

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1. Spread the peanut butter on top of the toasted bread and cut it in half.
2. Arrange the peanut butter toast, blueberries, and apple in a container and enjoy!

## Notes

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### Leftovers

Best enjoyed immediately.

### No Blueberries

Use another berry or fresh fruit instead.

### Gluten-Free

Use gluten-free bread.

### No Peanut Butter

Use another nut or seed butter.

## Ingredients

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- 1 **tbsp** All Natural Peanut Butter
- 1 **slice** Whole Grain Bread (toasted)
- 1/2 **cup** Blueberries
- 1 **Apple** (sliced)

# Eggs, Hummus & Crackers

3 ingredients · 15 minutes · 1 serving



## Directions

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1. Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
2. Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and cut the eggs in half.
3. Arrange the eggs, hummus, and crackers into a container, and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to two days.

### More Flavor

Season the eggs with salt, pepper and/or chili flakes.

## Ingredients

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- 2 Egg
- 1/4 cup Hummus
- 2 ozs Whole Grain Crackers

# Slow Cooker Beef Ramen Noodles

10 ingredients · 4 hours 10 minutes · 4 servings



## Directions

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1. Heat a large pan over medium heat. Add the ground beef and cook until it's no longer pink, for three to five minutes. Drain any excess grease if needed. Transfer to the slow cooker.
2. Add the carrots, bell pepper, and green onions. Stir in the garlic, soy sauce, sugar, and broth.
3. Cover and cook for four hours on high or six hours on low. About 30 minutes before serving, add the ramen noodles to the slow cooker. Stir frequently to ensure the noodles are evenly coated and cooked.
4. Divide into bowls and top with sesame seeds and green onions. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately two cups.

### Additional Toppings

Nori chips, sriracha and/or cilantro.

## Ingredients

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- 1 lb Lean Ground Beef
- 1 cup Matchstick Carrots
- 1 Red Bell Pepper (large, sliced)
- 4 stalks Green Onion (chopped, plus more for garnish)
- 3 Garlic (clove, minced)
- 1/3 cup Soy Sauce, Low Sodium
- 2 tbsps Cane Sugar
- 2 cups Beef Broth
- 7 ozs Gluten-Free Ramen Noodles (dry)
- 2 tsps Sesame Seeds (toasted)

# Lasagna Soup

11 ingredients · 40 minutes · 6 servings



## Directions

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1. In a large pot or dutch oven, heat the oil over medium heat. Add the onion and sauté for four to five minutes or until they have softened. Add the garlic and sauté for 30 seconds. Add a splash of broth or water if needed so the onions and garlic don't burn.
2. Add the ground beef, breaking it up as it cooks. Add half of the Italian seasoning and continue to break up the beef. Cook for seven to eight minutes or until it is cooked through.
3. Add the crushed tomatoes, tomato sauce, beef broth, and the remaining Italian seasoning. Stir to combine. Bring to a boil then simmer partially covered for ten minutes.
4. Break up the lasagna sheets into approximately two inch pieces and add them to the pot. Cook for another ten minutes or until the pasta is al dente.
5. Divide into bowls, season with salt and pepper and top with mozzarella. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to approximately 1 1/2 cups.

### Gluten-Free

Use gluten-free pasta.

### Dairy-Free

Use dairy-free cheese.

### More Flavor

Add fresh parsley and basil.

### No Ground Beef

Use ground turkey, chicken, or pork.

## Ingredients

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- 2 **tbps** Extra Virgin Olive Oil
- 1/2 Yellow Onion (diced)
- 2 Garlic (cloves, minced)
- 1 **lb** Lean Ground Beef
- 2 **tbps** Italian Seasoning (divided)
- 1 **2/3 cups** Crushed Tomatoes (from the can)
- 1 **cup** Tomato Sauce
- 4 **cups** Beef Broth
- 7 Lasagna Sheets (no boil)
- Sea Salt & Black Pepper (to taste)
- 3 **ozs** Mozzarella Cheese (shredded)

# Salmon, Spinach & Sauerkraut with Brown Rice

6 ingredients · 25 minutes · 2 servings



## Directions

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1. Cook the rice according to the package directions.
2. Meanwhile, heat the oil in a cast-iron pan over medium heat. Pat the salmon dry with a paper towel and season both sides with salt and pepper. Add the salmon to the pan and cook for four to six minutes per side until cooked through. Remove from the pan leaving the oil behind.
3. Turn the heat down to low and add the spinach. Cook until wilted, stirring often for about one to two minutes.
4. Divide the rice, salmon, spinach, and sauerkraut onto plates. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to two days.

### Serving Size

One serving is 1/2 cup of cooked rice 1/2 cup spinach, 1/4 cup of sauerkraut with salmon.

### More Flavor

Add red chilli flakes, shallots and/or garlic to the spinach. Squeeze fresh lemon on the salmon once it has cooked.

### Additional Toppings

Sesame seeds, hemp seeds, chopped green onions, and/or hot sauce.

## Ingredients

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- 1/2 cup Brown Rice (dry, rinsed)
- 1 tbs Avocado Oil
- 12 ozs Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 4 cups Baby Spinach
- 1/2 cup Sauerkraut



# One Pan Chicken & Broccoli

10 ingredients · 20 minutes · 4 servings



## Directions

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1. Make the sauce by mixing the coconut aminos, arrowroot powder, vinegar, salt, and 3/4 of the broth in a bowl.
2. In a large pan, heat the remaining broth over medium-high heat. Add the chicken and broccoli to the pan. Cook for three to four minutes or until the chicken is cooked through.
3. Add the bamboo shoots, garlic, and ginger. Cook for one more minute.
4. Add the sauce and stir. Cook for two to three minutes or until everything is warmed through and the sauce has thickened.
5. Divide evenly between plates and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

### Serving Size

One serving is approximately two cups.

### More Flavor

Use your choice of meat.

### Additional Toppings

Green onions, cilantro, chili flakes, and/or Thai basil.

## Ingredients

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- 1/4 cup Coconut Aminos
- 2 tbsps Arrowroot Powder
- 1 1/3 tbsps Apple Cider Vinegar
- 1 tsp Sea Salt
- 1 cup Chicken Broth (divided)
- 1 1/2 lbs Chicken Breast (thinly sliced)
- 8 cups Broccoli (chopped into florets)
- 1/2 cup Bamboo Shoots (sliced, optional)
- 2 Garlic (clove, minced)
- 2 tbsps Ginger (fresh, minced)

# Cinnamon Mint Tea

3 ingredients · 10 minutes · 1 serving



## Directions

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1. Bring water to a boil and pour into a glass. Add the mint leaves and cinnamon. Steep for four to five minutes before drinking. Remove the mint and cinnamon stick if preferred. Enjoy!

## Notes

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### Leftovers

Best enjoyed right away.

### Serving Size

One serving is 1 1/4 cups.

### No Mint Leaves

Use a peppermint or spearmint tea bag.

## Ingredients

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- 1 1/4 cups Water
- 2 tbsps Mint Leaves
- 1 serving Cinnamon Stick

# Lemon Ginger Tea

3 ingredients · 10 minutes · 1 serving



## Directions

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1. Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let it simmer for about 5 minutes, or longer if you prefer a spicier drink.
2. Squeeze the lemon juice into the ginger tea and garnish with any the slices or rind (optional). Divide into mugs and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

### Serving Size

One serving equals approximately 2 cups.

### More Flavor

Add mint leaves, honey or your sweetener of choice.

### Enjoy it Cold

Add ice cubes.

## Ingredients

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**1 1/4 cups** Water

**1 1/2 tbsps** Ginger (peeled, sliced)

**1/4** Lemon

# Fresh Mint Tea

2 ingredients · 10 minutes · 1 serving



## Directions

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1. Bring the water to a boil in a pot. Add the mint leaves and let them steep for 3 to 5 minutes, or to your desired strength. Remove the leaves if preferred and divide into mugs. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

### Serving Size

One serving equals approximately 1 3/4 cup.

### More Flavor

Add ginger, green tea, lemon, chocolate extract, honey or your sweetener of choice.

### No Mint Leaves

Use peppermint or spearmint leaves instead.

### Enjoy it Cold

Add ice cubes.

## Ingredients

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**1 1/4 cups** Water

**2 tbsps** Mint Leaves (stems removed)

# Chamomile Tea

1 ingredient · 5 minutes · 1 serving



## Directions

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1. Pour tea into a mug and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Like it Sweet

Add sweetener of choice to taste.

### More Flavor

Add milk of choice to taste.

## Ingredients

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**1 cup** Chamomile Tea (brewed)

# Ginger Mint Tea

3 ingredients · 10 minutes · 1 serving



## Directions

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1. Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let simmer for about 5 to 10 minutes, or to your desired strength.
2. Remove from heat and add mint leaves, steeping for 3 to 5 minutes. Divide into mugs and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

### Serving Size

One serving equals approximately 2 cups.

### More Flavor

Add lemon, green tea, chocolate extract, honey or your sweetener of choice.

### Enjoy it Cold

Add ice cubes.

### No Mint Leaves

Use spearmint leaves instead.

## Ingredients

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**1 1/4 cups** Water

**1 1/2 tbsps** Ginger (peeled, sliced)

**2 tbsps** Mint Leaves (stems removed)