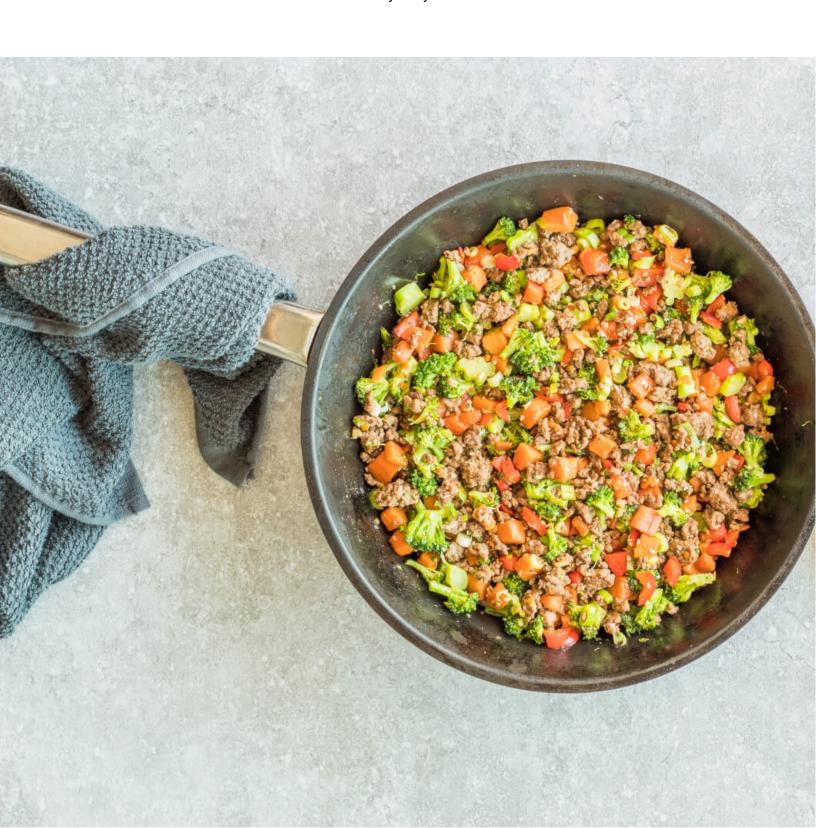


Created by Daily Dietitian



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.



7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Blackberry Kefir Chia Pudding	Blackberry Kefir Chia Pudding	Sausage & Egg Breakfast Pitas	Sausage & Egg Breakfast Pitas	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		
	Slow Cooker Beef	Lasagna Soup	One Pan Beef,	Salmon, Spinach &	One Pan Chicken &		
Dinner	Ramen Noodles		Broccoli & Sweet Potato	Sauerkraut with Brown Rice	Broccoli		
Snack 3	Cinnamon Mint Tea	Lemon Ginger Tea	Fresh Mint Tea	Chamomile Tea	Ginger Mint Tea	Chamomile Tea	Cinnamon Mint Tea



62 items

Fruits	Vegetables	Bread, Fish, Meat & Cheese	
5 Apple	4 cups Baby Spinach	1 1/2 lbs Chicken Breast	
3 1/8 cups Blackberries	10 cups Broccoli	8 ozs Chicken Sausage	
1/2 cup Blueberries	1/4 Cucumber	12 ozs Extra Lean Ground Beef	
1/4 Lemon	11 Garlic	2 lbs Lean Ground Beef	
	1/3 cup Ginger	4 ozs Mini Whole Wheat Pita	
Breakfast	8 stalks Green Onion	3 ozs Mozzarella Cheese	
1/3 cup All Natural Peanut Butter	1 cup Matchstick Carrots	12 ozs Salmon Fillet	
2 cups Chamomile Tea	1/2 cup Mint Leaves	1 slice Whole Grain Bread	
2 cups Chamonine lea	1/4 cup Parsley		
Seeds, Nuts & Spices	2 Red Bell Pepper	Condiments & Oils	
, <u>'</u>	1/4 cup Red Onion	1 1/3 tbsps Apple Cider Vinegar 1 tbsp Avocado Oil 1/4 cup Coconut Aminos	
2/3 cup Chia Seeds	1 Sweet Potato		
1 tsp Cinnamon	1/2 Yellow Onion		
2 servings Cinnamon Stick		2 tbsps Extra Virgin Olive Oil	
2 tbsps Hemp Seeds	Boxed & Canned	1/2 cup Sauerkraut	
3 tbsps Italian Seasoning	1/2 cup Bamboo Shoots	·	
1 tsp Sea Salt	•	1 tbsp Sesame Oil 1/3 cup Soy Sauce, Low Sodium 2 tbsps Tamari	
Sea Salt & Black Pepper	6 cups Beef Broth		
1 2/3 tbsps Sesame Seeds	1/2 cup Brown Rice		
_	1 cup Chicken Broth	1 cup Tomato Sauce	
rozen	2 2/3 cups Crushed Tomatoes	Cold	
3 cups Frozen Vegetable Mix	7 ozs Gluten-Free Ramen Noodles		
	7 Lasagna Sheets	6 Egg	
	1/3 cup Pearl Barley	1/2 cup Hummus	
	3 1/2 cups Vegetable Broth	6 1/3 cups Plain Kefir	
	4 ozs Whole Grain Crackers		
	Baking	Other	
	2 tbsps Arrowroot Powder	1/2 cup Vanilla Protein Powder	
	2 tbsps Cane Sugar	6 1/4 cups Water	

Blackberry Kefir Chia Pudding

4 ingredients · 35 minutes · 2 servings



Directions

- 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

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

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

- 1. Heat a pan over medium-high heat. Once hot, add the sausage and cook, stirring often until cooked through, about eight minutes.
- 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

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

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

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

Notes

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

1 1/2 cups Plain Kefir

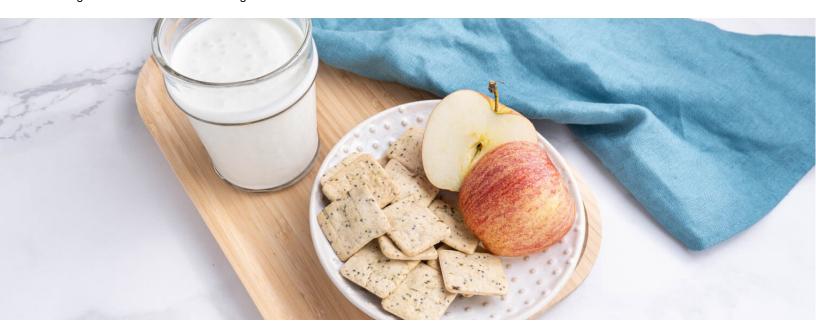
1 cup Blackberries (fresh or frozen)

1/4 cup Vanilla Protein Powder

1 tbsp Hemp Seeds

Crackers, Apple & Kefir

3 ingredients · 5 minutes · 1 serving



Directions

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

Notes

Leftovers

Best enjoyed fresh.

More Flavor

Use flavored kefir.

Ingredients

1 Apple (sliced)

1 oz Whole Grain Crackers

1 cup Plain Kefir

Cucumber, Blackberries & Hummus Snack Box

3 ingredients · 5 minutes · 1 serving



Directions

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

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Blackberries

Use other berries like strawberries, raspberries, or blueberries.

Ingredients

1/4 Cucumber (medium, sliced)

1/2 cup Blackberries

1/4 cup Hummus

Apple with Peanut Butter

2 ingredients · 3 minutes · 1 serving



Directions

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

Notes

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

1 Apple

2 tbsps All Natural Peanut Butter

Vegetable & Barley Soup

8 ingredients · 35 minutes · 2 servings



Directions

- 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.
- 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

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

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

- 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

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

- 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

- 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

Leftovers

Refrigerate in an airtight container for up to two days.

More Flavor

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

Ingredients

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

- 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.
- 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

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

- 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

- 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.
- 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.
- 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 all dente.
- 5. Divide into bowls, season with salt and pepper and top with mozzarella. Enjoy!

Notes

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

2 tbsps Extra Virgin Olive Oil

1/2 Yellow Onion (diced)

2 Garlic (cloves, minced)

1 lb Lean Ground Beef

2 tbsps 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)

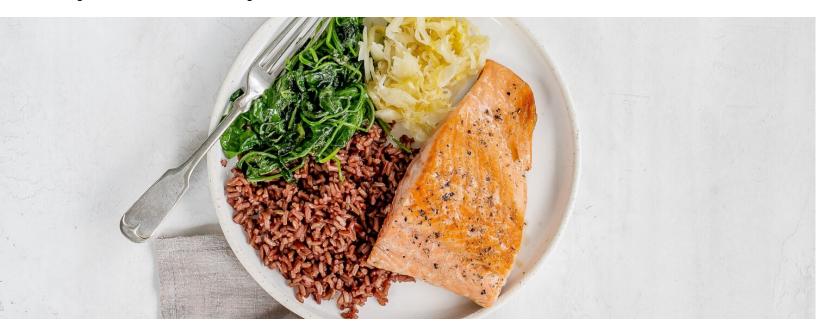
Sea Salt & Black Pepper (to taste)

3 ozs Mozzarella Cheese (shredded)



Salmon, Spinach & Sauerkraut with Brown Rice

6 ingredients · 25 minutes · 2 servings



Directions

- 1. Cook the rice according to the package directions.
- 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

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 Flavo

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

1/2 cup Brown Rice (dry, rinsed)

1 tbsp Avocado Oil

12 ozs Salmon Fillet

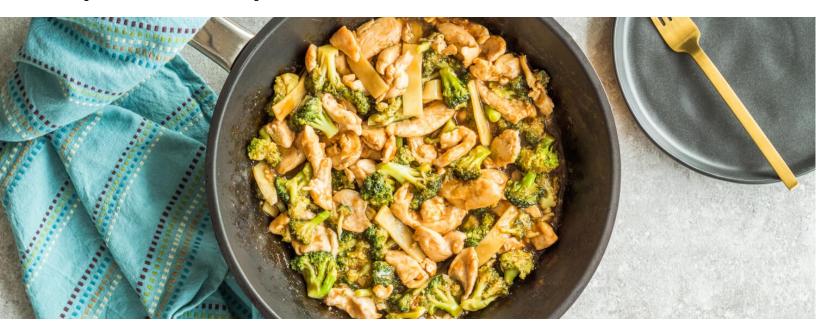
Sea Salt & Black Pepper (to taste)

4 cups Baby Spinach

1/2 cup Sauerkraut

One Pan Chicken & Broccoli

10 ingredients · 20 minutes · 4 servings



Directions

- 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.
- 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

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

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

 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

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

1 1/4 cups Water

2 tbsps Mint Leaves

1 serving Cinnamon Stick

Lemon Ginger Tea

3 ingredients · 10 minutes · 1 serving



Directions

- 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

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

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

 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

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

1 1/4 cups Water

2 tbsps Mint Leaves (stems removed)

Chamomile Tea

1 ingredient · 5 minutes · 1 serving



Directions

1. Pour tea into a mug and enjoy!

Notes

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

1 cup Chamomile Tea (brewed)

Ginger Mint Tea

3 ingredients · 10 minutes · 1 serving



Directions

- 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

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

1 1/4 cups Water

1 1/2 tbsps Ginger (peeled, sliced)

2 tbsps Mint Leaves (stems removed)