



*A Community Guide to*

# **CANCER NUTRITION COMPANION COOKBOOK**

**Plant-based Cooking for Side Effects  
of Cancer and its Treatment**

**AMY SYMINGTON  
CHRISTINE HOTZ**



A Community Guide to

# Cancer Nutrition Companion Cookbook

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of Cancer and its Treatment

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*This cookbook* is one part of a series of resources produced under a grant from the Social Sciences and Humanities Research Council (SSHRC) to provide diet and nutrition related support to those dealing with cancer, caring for those with cancer, and those wishing to prevent cancer. *A Community Guide to Nutrition and Cancer* provides detailed information on dietary and lifestyle recommendations for the prevention of cancer, specific foods and nutritional components that are demonstrated to have anti-cancer activities, and the management of side effects of cancer through diet and nutrition. *The Long Table Cookbook* (published by Douglas & MacIntyre) was created to support families and communities in adopting healthy, delicious, plant-based diets using evidence-based food and nutrition recommendations as the basis for the recipes.

This book was compiled as a companion to the *Community Guide to Cancer Nutrition* to support the recommendations given for *Eating for Symptoms and Side Effects*. Each recipe was carefully designed to address common symptoms and side effects by incorporating the evidence-based foods and nutrients with properties that can help manage them. The recipes were also designed to support practice-based recommendations for eating patterns (e.g., suited for small, frequent, and nutrient dense meals and snacks) or food preparation methods (e.g., liquid, soft, or cold foods) that are also key to managing certain side effects. The goal was to provide practical recipes that will help users put all those recommendations into action.

The first section of this book contains summaries of each common side effect and the eating and diet related guidance for them. Each side effect is accompanied by a list of suggested recipes that incorporate the guidance. The second section contains the recipes themselves.

The guidance in this book is not intended to replace the advice of doctors and other medical and health professionals, who should always be consulted to address health concerns. Notwithstanding, good, evidence-based nutrition is an important cornerstone of health and wellbeing, particularly when our bodies are enduring the stresses of illness and treatment. Making well-informed healthy food choices is one way that patients and their caregivers can feel empowered to participate in their health and recovery.

The recipes in this book are entirely plant-based. Plants offer the greatest variety and concentration of anti-cancer components and healthy, well-balanced, plant-focused diets are associated with protection from chronic diseases, including cancer. As plant-based cooking may be relatively new to many users, this focus will help expand the home cook's repertoire of these delicious and health-promoting meals.

It is our hope that the recommendations and recipes included in this book assist users in improving their quality of life and health with these enjoyable and memorable dishes, throughout the treatment process and beyond.



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EATING-RELATED SIDE EFFECTS:

# Diet and Eating Recommendations

*There* are several ways in which cancer and cancer treatments affect what we eat, how much we eat, and how we eat it.

Cancer and cancer treatments, particularly surgery, can increase the body's requirements for energy and protein. Extra calories, certain vitamins and minerals, and protein are needed to support the immune system in fighting off infections, and to heal and rebuild organs and muscle tissue. However, getting enough energy and nutrients, even just to meet our usual daily needs, can be challenging as cancer and cancer treatments often diminish appetites and cause other side effects that challenge our desire or ability to eat.

If the inability to consume a nutritionally adequate diet is prolonged, it can lead to a malnourished state. This is when our bodies can no longer maintain a

healthy weight or perform important functions because not enough nutrients are available. This is problematic for cancer patients whose health is already compromised and require all the nourishment they can get to help recover and regain health. For these reasons, it is important to learn how to manage eating-related side effects, to the extent possible.

Here, we outline some of the common eating-related side effects of cancer and cancer treatments that can potentially lead to an inadequate diet if unaddressed. We provide eating and dietary recommendations that can help to address each common side effect, along with examples of beverages, snacks, meals, and desserts that incorporate these recommendations. All of these dishes are appropriate to address multiple side effects.

The full recipes are provided in the last section of this book.



## POOR APPETITE AND AVOIDING MALNUTRITION AND WEIGHT LOSS

While unintended weight loss is a symptom of some types of cancers, poor appetite can occur with cancer treatments including chemotherapy, radiation, and surgery. Poor appetite can also result from some of the other potential side effects of cancer treatment such as nausea, vomiting, constipation, bloating, and changes in taste or smell. Other side effects, such as dry mouth, sore mouth, sore throat, and problems swallowing, also make it more challenging to eat a sufficient amount of appropriate foods. In addition to managing these eating-related side effects, the main recommendations to counter poor appetite aim to help maximize the amount of energy, protein, and nutrients getting into your body on each occasion that you eat.

## DIET AND EATING RECOMMENDATION HIGHLIGHTS

- Eat smaller meals more frequently (5-6 times per day)
- Consume calorie- and nutrient-dense snacks (e.g., nuts, crackers, smoothies)
  - › Add calorie- and nutrient-dense ingredients to your meals: (e.g., nuts, seeds, dried fruits, nut or seed butters)
  - › Try liquid meal replacements (homemade)
- When hydrating, choose nutritious beverages instead of plain water at least some of the time (e.g., fruit or vegetable juices)
- Consume protein-rich foods with snacks and meals to help maintain muscle mass (e.g., plant-based proteins including soy products like edamame (green soybeans), tofu, and tempeh, and other legumes, nuts, and seeds)
- Make dishes colorful and appealing, and include a variety of foods to stimulate the appetite
- Include your favourite comfort foods

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### CHANGES IN TASTE OR SMELL

Changes in taste or smell can be very disorienting, affecting appetite, the appeal of certain types of food or food in general, and the enjoyment of eating. They can result from chemotherapy, and from radiation, particularly in the head and neck area. Changes to taste and smell can manifest in different ways, such as increased sensitivity to food odours/tastes, the development of unappealing tastes such as bitter or metallic tastes, or a loss of taste and smell. Below are some tips and tricks to help counter each one of these problems.

#### DIET AND EATING RECOMMENDATION HIGHLIGHTS

##### For taste or smell sensitivities:

- Consume foods that are chilled and cold or iced beverages to minimize off odours and tastes

**Avoid foods with strong odours,** like cruciferous vegetables (i.e., broccoli, Brussels sprouts, cabbage, cauliflower, etc.)

##### To help mask a metallic taste in the mouth:

- Consume sour foods. For example, incorporate citrus, cranberry, rhubarb, or sour cherry into beverages, sauces, dressings, or sweet snacks

##### To help mask a bitter taste in the mouth:

- Consume sweet foods. For example, use sweet condiments, add maple syrup or honey to sauces and dressings, serve meals with fruit sauces, eat sweet fruits for snacks

##### For loss of taste:

- Use plenty of herbs and spices in your dishes and use marinades for added flavour

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## DRY MOUTH

Dry mouth (also known as xerostomia) occurs when not enough saliva is produced to keep your mouth moistened. This condition can result from either chemotherapy or radiation treatment in the head and neck area. Radiation may also cause the saliva to be very thick. These side effects can be countered by consuming foods that are moist or that help stimulate saliva production.

## DIET AND EATING RECOMMENDATION HIGHLIGHTS

- Moisten foods with sauces, dressings, and dips
- Consume foods that are blended or pureed
- Eat popsicles or frozen fruit to stimulate saliva
- Eat tart foods to stimulate saliva (e.g., incorporate cranberry, green apple, hibiscus, or lemon)

**Avoid foods that are too** crunchy, dry, salty, sour, or spicy

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Sweet Bite	Fresh Fruit Popsicles	82
Sweet Bite	Nice Cream – 3 Ways	85

## SORE MOUTH

Mouth and gum sores can occur as a result of chemotherapy, or radiation treatment in the head and neck area. They may also occur following chemotherapy, radiation, or medications that accompany stem cell treatment of cancer. These sores can make eating an uncomfortable experience. Altering the way foods are prepared or processed can help to minimize the discomfort during this painful period.

## SORE THROAT & TROUBLE SWALLOWING

Sores in the throat and difficult or painful swallowing can occur as a result of chemotherapy, radiation therapy in the head and neck area, or surgery. This can also be a side effect of the chemotherapy, radiation, or medications that accompany stem cell treatment of cancer. Similar to managing a sore mouth, the discomfort associated with a sore throat and trouble swallowing can be minimized by preparing and processing food in helpful ways.

## DIET AND EATING

### RECOMMENDATION HIGHLIGHTS

#### For smoother passage through the mouth and throat:

- Eat soft and tender foods
- Consume foods in a blended or pureed form
- Use sauces, gravies, or dressings to moisten and soften foods
- Drink beverages through a straw to avoid contact with sore spots in the mouth

#### To soothe or numb the mouth:

- Consume foods and beverages at room temperature, cold, or frozen

#### To prevent irritation:

**Avoid foods that are** acidic, crunchy, salty, and spicy foods and drinks

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## CONSTIPATION

Constipation can be a side effect of chemotherapy. It may also be caused secondarily to cancer treatments if cancer fatigue leaves you inactive or if other side effects cause you to not drink enough fluids. Relief from constipation can generally be aided by eating the right types of foods, hydration, and physical activity.

## DIET AND EATING RECOMMENDATION HIGHLIGHTS

- Eat fibre-rich foods daily (this includes soluble and insoluble fibre) (caution: patients with certain types of cancer may need to limit fiber, so speak with your doctor)
- Eat prebiotic-rich foods such as: apples, asparagus, bananas, beans, chickpeas, dandelion greens, garlic, Jerusalem artichokes (sunchokes), jicama, leeks, mushrooms, oats, onions, soybeans, and whole grains
- Eat probiotic-rich foods such as: dairy-free cultured yogurt and kefir, kimchi, miso, sauerkraut, and tempeh
- Incorporate warm liquids into your routine (e.g., tea, broths)
- Stay active, to the best of your abilities
- Stay hydrated by drinking plenty of fluids throughout the day – at least 8 cups (2 liters)

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Plate	Roasted Asparagus & Tomato with Pesto over Fusilli	73
Plate	Tempeh Bolognese with Almond Parmesan	76
Sweet Bite	Gingerbread Energy Bites	81



## DIARRHEA

Most forms of cancer treatments can lead to diarrhea - chemotherapy, radiation in the abdominal, pelvic, or rectal areas, immunotherapy, as well as the treatments and medications associated with stem cell therapy can all be causes. Diarrhea prevents nutrients from being adequately absorbed, can lead to dehydration, and can throw off electrolyte balance. Dietary changes focus on eating in a way to minimize diarrhea, avoiding foods and beverages that irritate diarrhea, and maintaining good water and electrolyte balance.

### DIET AND EATING RECOMMENDATION HIGHLIGHTS

- Drink plenty of fluids to replace what is lost and avoid dehydration. Include water, broths, and sports drinks; for carbonated drinks, stir to remove the bubbles first.
- Include liquids or foods that contain sodium or potassium to maintain electrolyte balance, including bouillon or soup broths, coconut water, bananas, butternut squash, dried apricots, soy milk, spinach, and sweet potatoes
- Eat more frequent smaller meals (5-6) instead of 3 large meals per day

### Avoid the following foods and beverages:

- › alcohol
- › apple juice as it is naturally high in sorbitol
- › artificially sweetened drinks, gums, and candies, especially those containing xylitol or sorbitol
- › caffeinated drinks
- › milk products, unless they are low-lactose or lactose-free
- › raw vegetables
- › spicy foods such as hot peppers, hot sauce, chili, and salsa
- › very greasy, fatty, or fried foods
- › very high fibre foods, particularly those containing insoluble fibre like legumes and whole grains
- › very hot or cold foods or drinks
- › very sugary drinks (sodas, pure fruit juices)

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## BLOATING

Bloating and gassiness are not uncommon side effects of cancer treatments like chemotherapy, radiation, and surgery, particularly when the upper and lower abdominal areas are affected, and some medications. The production of excess gas that causes bloating may accompany other gastrointestinal side effects like constipation, diarrhea, or nausea and leave you with feelings of discomfort, tightness, fullness, or pain, causing burping, flatulence, or stomach rumbling. Some treatments can also cause temporary lactose intolerance, which may be a cause of bloating. Altering food choices and the way you eat or drink can help.

## DIET AND EATING

### RECOMMENDATION HIGHLIGHTS

- Choose a lower fibre diet and omit gas-producing foods such as cabbage, cauliflower, and beans (temporarily omit, as these foods are health promoting)
- Adding in herbs to your meal may help, such as fennel, ginger, and peppermint (if you don't have gastroesophageal reflux disorder)
- Choose plant-based milks and cheeses, or low-lactose or lactose-free dairy products if you are experiencing temporary lactose intolerance as a result of treatment
- Try walking between meals to help release gas and increase flow through the gastrointestinal tract

### Avoid the following:

- › Swallowing excess air while eating and drinking, by not talking while you eat, or using a straw
- › Carbonated beverages

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Sweet Bite	Fresh Fruit Popsicles	82

## NAUSEA

Nausea is a common side effect of chemotherapy drugs, radiation at any site, and immunotherapy. Nausea is an uncomfortable feeling in the back of the throat or stomach that makes you feel like you may vomit. It can reduce appetite and the appeal of food. While doctors can often prescribe anti-nausea medications, there are recommendations on the choice of foods and how and when to eat or drink that can also help manage this side effect.

### DIET AND EATING RECOMMENDATION HIGHLIGHTS

#### Choice of foods:

- Choose foods that are easy on your stomach. These might include avocado, banana, dairy products (e.g., custards, hard and soft cheeses), hot cooked or ready-to-eat breakfast cereals from refined grains (e.g., cream of wheat, popped rice or corn flakes), peanut butter, potatoes, well-cooked vegetables, and white bread, rice, or pasta
- Choose foods that appeal to you – however, you may not wish to consume your favourite foods during nausea as you may form negative associations with them

- Incorporate foods, snacks, and ingredients that can help to soothe nausea (see Pg. 18: *Foods that may help with nausea and vomiting*)
- Sour foods can sometimes relieve nausea, such as lemon or lime water, pickles, or sour candies
- Try snacking on dry, bland foods like crackers, toast, cereal, or breadsticks, especially in the morning
- If nausea is affecting your appetite, choose foods with a higher healthy fat content to ensure you get enough calories each day (e.g., avocado, nuts, seeds), unless they upset your stomach or cause other problems

**Avoid greasy or fried foods** as they may cause stomach upset

#### How and when to consume foods:

- Eat 5–6 smaller meals throughout the day; try to eat meals and snacks even if you don't have much appetite due to nausea
- Drink liquids throughout the day, but only sip small amounts during a meal to avoid bloating
- Consume foods and beverages at room temperature or cold

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Sweet Bite	Nice Cream – 3 Ways	85



### **Foods that may help with nausea & vomiting**

- Apples, bananas, grapes, watermelon, or BPA-free canned peaches or pears
- Cold clear liquids such as apple or cranberry juice, broth, or caffeine-free sodas with the fizz stirred out, flavoured gelatin, lemonade, or sports drinks
- Fennel and fennel seeds
- Food served cold or at room temperature, rather than hot, to decrease odors and taste
- Fruit smoothies
- Homemade fruit popsicles
- Lemon, ginger, or peppermint herbal teas (caffeine-free) served lukewarm or cold, not hot
- Ginger in other forms such as crystallized ginger, ginger candies, or ginger ale
- Mint leaves
- Oatmeal, chia puddings, and/or brown rice
- Plain crackers or toast; add nut butter or avocado if tolerated
- Plain unsalted nuts

## VOMITING

As for nausea, vomiting is a potential side effect of chemotherapy drugs, radiation at any site, and immunotherapy. Needless to say, this side effect can seriously affect your appetite and ability to assimilate foods and nutrients. Doctors can prescribe anti-vomiting (antiemetic) medications. However, there are some important recommendations for eating and drinking during and after vomiting episodes.

## DIET AND EATING

### RECOMMENDATION HIGHLIGHTS

- Do not eat or drink until vomiting stops
- Once vomiting has stopped, drink small amounts of clear liquids (water and broth). Sip slowly and take little sips
- Once you are able to tolerate clear liquids well, try full liquids such as smoothies, pureed soups, and vegetable juice. Then slowly reintroduce solid foods
- Once you can start eating solid foods again, start with 5–6 small meals per day choosing foods that are easy on your stomach
  - › Incorporate foods, snacks, and ingredients that may help with vomiting (see Pg. 18)
- Ensure that you stay hydrated and replenish your electrolytes (sodium, calcium, potassium, chloride, phosphate, and magnesium)

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Sweet Bite	Nice Cream – 3 Ways	85



## HEADACHES

Different types of headaches may result from cancer treatments, including tension headaches, sinus headaches, or migraines. Chemotherapy and other targeted drugs, hormone therapy, and immunotherapy can all result in headaches. Headaches may affect appetite, particularly migraines if they cause nausea or vomiting. Maintaining a diary of headaches, the time of day, activities, and foods or beverages consumed, may help to pinpoint specific triggers. Apart from pain medications recommended by your doctor, some diet and eating recommendations may also help to manage headaches.

## DIET AND EATING

### RECOMMENDATION HIGHLIGHTS

- Eat electrolyte-rich foods (e.g., bouillon or soup broths, coconut water, bananas, butternut squash, dried apricots, soy milk, spinach, and sweet potato)
- Increase water intake and ensure that you are always properly hydrated
- Eat regular, healthy meals rather than waiting until you feel hungry as hunger may trigger headaches

### Avoid the following:

- › Decrease caffeine intake if necessary
- › Avoid alcohol
- › Avoid any foods that may be triggering for you (e.g., artificial sweeteners, chocolate, cold foods or drinks, fried foods)
- › Minimize or eliminate the consumption of highly-processed sugary foods

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HEALTH & WELLBEING SIDE EFFECTS:

# Dietary Support

*Cancer* and cancer treatments can have profound effects on various aspects of general health that affect our wellbeing and quality of life. These include brain health, mood and mental health, energy levels, immunity, and the status of the many microbes in our guts that in turn play a role in our health and wellbeing. In this section, concern for adequate nutrition goes far beyond getting enough calories and protein to maintain body weight and muscle mass. Particular nutrients and nutritional components in foods play key roles in different biological functions and systems that are commonly affected by cancer and cancer treatments.

The dietary supports recommended here are drawn from two main

types of information: 1) research on healthy dietary patterns or food types that have been shown to reduce the risk of relevant health concerns in healthy populations, or; 2) nutritional components, or foods that are rich sources of those components, that have been shown to be necessary for proper functioning of the relevant biological systems. Detailed sources of information are given in *A Community Guide to Cancer Nutrition*.

For each of the health and wellbeing side effects, the dietary recommendations, functional foods, and functional nutritional components that support those side effects are summarized. A list of the recipes in this book that incorporate these foods and nutritional components is then given.





## SUPPORTING BRAIN HEALTH

Many cancer patients suffer from “chemo brain” or “brain fog” following chemotherapy, radiation therapy, or hormonal therapy.

This can often lead to unwanted behavioural and cognitive changes that might include difficulty thinking, concentrating, communicating, multi-tasking or completing tasks, learning new skills or tasks, as well as experiencing memory loss, and feeling confused, mentally foggy, or disorganized. Dietary support recommendations focus on healthy dietary patterns that have been shown to support cognition in adults and foods that contain nutrients required for various aspects of brain functioning.

### DIETARY SUPPORT RECOMMENDATIONS

- A Mediterranean diet, characterized by a high intake of whole grains, legumes, fruits and vegetables, plant proteins, and healthy fats (e.g., monounsaturated fat / extra virgin olive oil), is associated with less cognitive decline
- Dark coloured fruits, such as blackberries, blueberries, and raspberries, have antioxidant and anti-inflammatory properties and may help with communication between brain cells
- Turmeric may help with brain health, reduce depression, and help with new brain cell growth

### Foods rich in:

- B vitamins like B6, folate, and B12, including plant foods such as whole grains, fruits, nuts, seeds, herbs, and nutritional yeast
- carotenoids like lutein and zeaxanthin, including kale, green peas, parsley, pistachios, spinach, and Swiss chard
- iron, including beans, dried fruits, leafy greens, lentils, nuts, seeds, tofu, tempeh, and whole grains

- magnesium, including cacao, cocoa powder, or dark chocolate, nuts like almonds, cashews, and peanuts, as well as pumpkin seeds, and spinach
- omega-3 fatty acids, including plant foods like algae, chia seeds, flaxseeds, hemp seeds, walnuts, and animal foods like salmon or trout
- probiotics, like kimchi, miso, sauerkraut, and tempeh
- prebiotics, like apples, asparagus, bananas, beans, chickpeas, dandelion greens, garlic, Jerusalem artichokes (sunchokes), jicama, leeks, mushrooms, oats, onions, soybeans, and whole grains
- vitamin C, including fruits like cantaloupe, citrus fruits, kiwi, and strawberries and vegetables like broccoli, Brussels sprouts, green hot chili peppers, red cabbage, red or green sweet peppers, potatoes, and tomatoes
- vitamin D, including fortified beverages like some plant-based milks and orange juices, mushrooms after slicing or chopping and exposing them to daylight, or low-contaminant fish like sardines or salmon
- vitamin K, including broccoli, Brussels sprouts, cabbage, collard greens, kale, lettuce, spinach, turnip greens, and canola and soybean oil
- water and electrolytes, including bouillon or soup broths, coconut water, dried apricots, bananas, butternut squash, soy milk, spinach, and sweet potato

### Avoid the following foods and beverages:

- > alcohol
- > foods rich in simple carbohydrates like sugars, syrups, and refined flours
- > highly caffeinated drinks
- > salty foods

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### **MOOD ALTERING EDIBLES**

Many cancer patients suffer from unwanted mood changes during and after treatment including anxiety, depression, and mood swings. This can often lead to increased stress and inflammation in the body. Science is learning how mood and mental health can be modulated by diet. Food can affect mental health through its effects on inflammation in the body, the immune system, and the gut microbiome and its by-products. Dietary support recommendations cover beneficial dietary patterns and specific foods containing nutrients associated with improved mood, and reduced anxiety or depression.

### **DIET AND EATING RECOMMENDATION HIGHLIGHTS**

- Plant-based foods in general and a Mediterranean diet, especially whole grains, beans, legumes, nuts, seeds, fruits, and vegetables

#### **Foods rich in:**

- B vitamins, particularly B6, folate, and B12, including fruits, herbs, nuts, nutritional yeast, and whole grains
- fibre, or complex carbohydrates, including whole grains, legumes, fruits, and vegetables
- iron, including beans, dried fruits, leafy greens, lentils, nuts, seeds, tofu, tempeh, and whole grains
- omega-3 fatty acids, including plant foods like algae, chia seeds, flaxseeds, hemp seeds, walnuts, and animal foods like salmon or trout
- selenium, including beans and other legumes, nuts (particularly Brazil nuts), seeds, and whole grains
- vitamin D, including fortified beverages like some plant-based milks and orange juices, mushrooms after chopping and exposing them to daylight, or low-contaminant fish like sardines or salmon
- probiotics, like kimchi, miso, sauerkraut, and tempeh
- prebiotics, like apples, asparagus, bananas, beans, chickpeas, dandelion greens, garlic, Jerusalem artichokes (sunchokes), jicama, leeks, mushrooms, oats, onions, soybeans, and whole grains

#### **Avoid the following foods and beverages:**

- > alcohol
- > foods rich in simple carbohydrates like sugars, syrups, and refined flours
- > highly caffeinated drinks
- > trans fatty acids, from commercial baked goods and fried foods, microwave popcorn, frozen pizzas, shortening, and stick margarine

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### **BEATING FATIGUE: EATING FOR EVERYDAY ENERGY**

Cancer-related fatigue is one of the most common side effects of both cancer and cancer treatments and affects most patients to a greater or lesser extent. Fatigue is described as physical, mental, and emotional exhaustion that makes it hard to carry out your daily activities and does not improve with rest or sleep. It can occur with chemotherapy, radiation, surgery, and immunotherapy and may also be a consequence of post-treatment pain, anxiety, or anemia. Fatigue can persist throughout the process of cancer development, treatment, and post-treatment. Dietary support recommendations include dietary patterns and foods rich in specific nutrients that support energy metabolism and prevent anemia.

### **DIETARY SUPPORT RECOMMENDATIONS**

- A Mediterranean diet, characterized by a high intake of whole grains, legumes, fruits and vegetables, plant proteins, and healthy fats (e.g., monounsaturated fat / extra virgin olive oil), is associated with reduced levels of fatigue

#### **Consume foods rich in:**

- B vitamins, including whole grains, fruits, nuts, herbs, and nutritional yeast
- electrolytes, including bouillon or soup broths, coconut water, dried apricots, bananas, butternut squash, soy milk, spinach, and sweet potato
- iron, including beans, dried fruits, leafy greens, lentils, nuts, seeds, tofu, tempeh, and whole grains
- vitamin C, including fruits like cantaloupe, citrus fruits, kiwi, and strawberries and vegetables like broccoli, Brussels sprouts, green hot chili peppers, red cabbage, red or green sweet peppers, potatoes, and tomatoes

#### **Avoid the following foods and beverages:**

- > alcohol
- > foods rich in simple carbohydrates like sugars, syrups, and refined flours
- > highly caffeinated drinks
- > salty foods

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## **SUPPORTING YOUR IMMUNE SYSTEM WITH DIET**

The immune system is affected by cancer and cancer nutrition in several ways. Cancer itself can affect organs and tissues that are part of the immune system (e.g., bone marrow, lymph, spleen) or that offer protection from infections (e.g., lungs and skin). Tumours can also impede blood circulation to organs and make them more prone to infection. Cancer treatments, including chemotherapy, radiation, immunotherapy, and stem cell therapy cause short term damage to immune cells, while surgery can also temporarily impair the immune system and increase the risk of infection around wounds. Poor nutrition, which could result from the various eating-related side effects included in this book, will also lead to a weakened immune system. Dietary support recommendations cover dietary patterns, specific foods, and foods rich in certain nutrients or nutritional factors that support the immune system.

## **DIETARY SUPPORT RECOMMENDATIONS**

- A diet rich in fruits, vegetables, whole grains, nuts, seeds, legumes, and good quality protein
- Citrus fruits, including oranges, limes, lemons, and grapefruit, ensuring they do not interfere with medications

### **Foods rich in:**

- the amino acid arginine, including nuts, seaweed, seeds, and soy
- the amino acid glutamine, including beans, beets, cabbage, carrots, parsley, spinach, vegetable juices, as well as Brussels sprouts, celery, kale, papaya, wheat, and fermented foods like miso
- probiotics, like kimchi, miso, sauerkraut, and tempeh
- prebiotics, like apples, asparagus, bananas, beans, chickpeas, dandelion greens, garlic, Jerusalem artichokes (sunchokes), jicama, leeks, mushrooms, oats, onions, soybeans, and whole grains
- Garlic
- Ginger
- Green tea
- Hot peppers
- Leafy greens
- Orange fruits and vegetables, including mango, papaya, carrots, squash, and sweet potato
- Turmeric



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## **GUT HEALTH: A CRITICAL LINK TO OVERALL HEALTH**

The discovery that the billions of microbes that inhabit our gastrointestinal system affect our health is still relatively new and continues to be studied. However, our gut microbiome has been linked to biological functions including digestion, immunity, inflammation, metabolism, and nutrition. The make-up of our gut microbiome, or the number, variety, and types of beneficial and harmful microbes, plays an important role in health, from cardiovascular disease and cancer to autoimmune diseases and mental health. Some cancer treatments, particularly chemotherapy and other drugs such as antibiotics, can alter the make-up of the gut microbiome and this may play a role in many of the side effects associated with cancer treatment. Dietary support recommendations cover food types, and specific foods rich in nutrients or nutritional factors that help support a healthy gut microbiome.

## **DIETARY SUPPORT RECOMMENDATIONS**

- A wide variety of fruits and vegetables
- Citrus fruits, including oranges, limes, lemons, and grapefruit, ensuring they do not interfere with medications
- Leafy greens
- Polyphenol-rich foods, including cocoa, dark berries, and green tea
- Prebiotic-rich foods such as apples, asparagus, bananas, beans, chickpeas, dandelion greens, garlic, Jerusalem artichokes (sunchoke), jicama, leeks, mushrooms, oats, onions, soybeans, and whole grains
- Probiotic-rich (fermented) foods such as kimchi, miso, sauerkraut, tempeh, cultured yogurts including plant-based ones
- Turmeric and other anti-inflammatory foods
- Vitamin-E rich foods, including almonds, walnuts, avocado, and seeds
- Whole grains

### **Avoid the following:**

- > alcohol
- > processed foods
- > sugar-sweetened beverages
- > red and processed meats

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# Recipes



## Golden Citrus Ginger Tea

Prep time: **3 minutes** Cook time: **10 minutes** Total time: **13 minutes**

Like a cup of golden nectar, this tea is delightful served hot or cold. It offers the benefits of citrus, turmeric, and ginger and is easily adapted to add sweetness or tartness.

Imperial	Metric	Ingredients
<b>3 cups</b>	750 mL	Water
<b>1/3 cup</b>	85 mL	Ginger, fresh, coarsely chopped
<b>2</b>	each	Oranges, medium size, juice (about 1 cup), and zest (optional)
<b>1/4 cup</b>	60 mL	Lemon juice, fresh (about 1 large lemon)
<b>1/4 cup</b>	60 mL	Honey or maple syrup
<b>2 tsp</b>	10 mL	Turmeric, ground
<b>2-3 pinches</b>		Black pepper, ground

### PREPARATION:

1. In a small saucepan, over high heat, bring water and ginger to a simmer. Reduce to medium heat, cover, and leave to simmer for about 5 minutes.
2. Stir in the remaining ingredients and gently simmer, uncovered, for 2 minutes.
3. Adjust flavour to taste. For a tarter tea, add more lemon juice. For a sweeter tea, add more honey/maple syrup.
4. Pour through a strainer into a teapot or directly into a mug to serve.

### TIPS

- When zesting citrus, grate very lightly into a bowl or onto a plate. Avoid including the white pith underneath as it imparts a bitter taste. Zest can be omitted for sensitive palates.
- Black pepper is not a typical ingredient in tea, however here it is used to amplify the benefits of turmeric without imparting its sharp flavour.

### BENEFICIAL COMPONENTS:

#### SIDE EFFECTS

Poor appetite/avoiding malnutrition & weight loss; changes in taste or smell (bitter/metallic), dry mouth, constipation, diarrhea, bloating, nausea/vomiting, brain health, fatigue, immune system, gut health

#### FUNCTIONAL PROPERTIES

Nutritious hydration, warm or cold liquid, sour/tart or sweet

#### FOOD GROUPS

Fruits, herbs

#### FUNCTIONAL FOODS

Citrus, ginger, herbal tea, turmeric

#### NUTRIENTS/PHYTONUTRIENTS

Vitamin C

## Fresh Fruit Coconut Water – 3 Ways

Prep time: **6 minutes**

These refreshing coconut waters are a wonderful way to enjoy fresh fruit and boost your electrolytes. Best of all, they don't require a fancy juicing machine! Enjoy one of these stunning cocktail ideas, or experiment with your own combinations. If you're hesitant about combining fennel and cantaloupe, we urge you to try it – this might just become your favourite.

Imperial	Metric	Ingredients
<b>Cucumber Mint</b>		
6 cups	1.5 L	Cucumber (unpeeled), coarsely chopped
3 cups	750 mL	Coconut water
½ cup	125 mL	Lime juice (about 4 limes)
¼ cup	60 mL	Maple or agave syrup
1 cup	250 mL	Fresh mint leaves, loosely packed
<b>Watermelon Ginger</b>		
8 cups	2 L	Seedless watermelon flesh, coarsely chopped
3 cups	750 mL	Coconut water
¼ cup	60 mL	Lime juice (about 2 limes)
2-3 tbsp	30-45 mL	Maple or agave syrup *
2 tbsp	30 mL	Grated fresh ginger
<b>Cantaloupe Fennel</b>		
6 cups	1.5 L	Cantaloupe, coarsely chopped
3 cups	750 mL	Coconut water
¼ cup	60 mL	Lime juice (about 2 limes)
2-3 tbsp	30-45 mL	Maple or agave syrup *
2 tbsp	30 mL	Fennel seed

### **BENEFICIAL COMPONENTS:**

#### **SIDE EFFECTS**

Poor appetite/avoiding malnutrition and weight loss, changes in taste or smell (bitter), constipation, diarrhea, bloating, nausea/vomiting, headaches, brain health, mood, fatigue

#### **FUNCTIONAL PROPERTIES**

Cold clear liquid, nutritious hydration

#### **FOOD GROUPS**

Fruits, Herbs

#### **FUNCTIONAL FOODS**

Fennel seed, ginger, mint

#### **NUTRIENTS/**

#### **PHYTONUTRIENTS**

B vitamins, electrolytes, vitamin C

### **PREPARATION:**

1. In a blender, add fruit, coconut water, lime juice, syrup, and herbs or spice, according to each recipe. Blend on high speed until fruit is completely broken down, about 2 minutes.
2. Adjust flavour to taste by adding more lime juice or syrup.
3. Pass through a mesh strainer into a pitcher, stirring and pressing the pulp to extract as much juice as possible.

4. Pour into a glass, with or without ice, and garnish with fresh herbs or a slice of lime.

*\*The addition of maple or agave syrup is optional, depending on preference and the natural sweetness of the fruit used. Adjust to taste.*

### **MODIFICATION**

- For a soothing icy version, pour these juices into a popsicle mold and freeze overnight (see recipe Pg 82).





## Berry & Walnut Streusel Muffins

Prep time: **20 minutes** Cook time: **25 minutes** Total time: **45 minutes**

Freshly baked muffins are a quintessential comfort food, and even more so when they are guilt-free! Popping with juicy berries and full of fibre, these warmly nourishing muffins really hit the spot.

Imperial	Metric	Ingredients
<b>BATTER</b>		
2 cups	500 mL	Whole wheat or spelt flour
3 tbsp	45 mL	Ground flaxseed
½ tbsp	7.5 mL	Baking powder
½ tbsp	7.5 mL	Cinnamon
1 tsp	5 mL	Baking soda
1 tsp	5 mL	Salt
½ cup	125 mL	Grapeseed or sunflower oil
⅔ cup	165 mL	Mashed ripe banana (about 2 medium bananas)
½ cup	125 mL	Unsweetened soy milk
⅓ cup	85 mL	Maple syrup
1 tsp	5 mL	Vanilla extract
<b>STREUSEL TOPPING</b>		
⅓ cup	85 mL	Whole wheat or spelt flour
3 tbsp	45 mL	Maple syrup
3 tbsp	45 mL	Grapeseed or sunflower oil
1 tsp	5 mL	Cinnamon
½ tsp	2.5 mL	Vanilla extract
<b>INCLUSIONS</b>		
2 cups	500 mL	Frozen or fresh mixed berries
½ cup	125 mL	Chopped dates
½ cup	125 mL	Walnut pieces

recipe continued on pg. 42



### PREPARATION:

1. Preheat oven to 350°F (175°C) and lightly grease or line a 12 standard muffin tin with paper cups. If the dates are very dry, place them in a small dish and soak in hot water until ready to use, about 10 minutes, then drain.
2. In a large mixing bowl, combine flour, ground flaxseed, baking powder, cinnamon, baking soda, and salt.
3. In a medium mixing bowl, combine oil, mashed banana, soy milk, maple syrup, and vanilla.

### TIPS

- Substitute mixed berries for your favourite individual berry (blueberry, raspberry, blackberry, or cranberries for a tarter version), cherries, or sliced plums.
- Walnuts can be substituted for almonds, or pecans, or use pumpkin seeds for a nut-free version.
- These muffins store well in the freezer in a resealable container or freezer bag.

4. Add the wet mixture to the dry mixture and stir until the dry ingredients have been moistened. Set aside.
5. Meanwhile, in a small mixing bowl, combine all the streusel ingredients. Set aside.
6. Next, fold the berries, dates, and walnuts into the muffin batter. Divide the batter evenly among the prepared muffin tin cups, and top with streusel topping.
7. Bake for 25 minutes, or until an inserted toothpick comes out free of batter.

### BENEFICIAL COMPONENTS:

#### SIDE EFFECTS

Poor appetite/avoiding malnutrition & weight loss, changes in taste or smell (bitter), constipation, brain health, mood, fatigue, immune system, gut health

#### FUNCTIONAL PROPERTIES

Energy/nutrient dense, protein-rich ingredients

#### FOOD GROUPS

Fruit, healthy fats/oils, legumes, nuts/seeds, whole grains

#### FUNCTIONAL FOODS

Banana, dark-colored fruit, flaxseed, soymilk (fortified), vegetable oil, walnuts, wholewheat or wholegrain spelt

#### NUTRIENTS/PHYTONUTRIENTS

Arginine, B-vitamins, electrolytes, fibre, iron, magnesium, omega-3 fatty acids, polyphenols, prebiotics, selenium, vitamin D, vitamin E

## Avocado Toast – 3 ways

### SIMPLE AVOCADO TOAST

Prep time: **7 minutes**

### EASY AVOCADO BRUSCHETTA

Prep time: **13 minutes**

### TEMPEH BACON & AVOCADO BREAKFAST SANDWICH

Prep time: **13 minutes** Cook time: **10 minutes** Total time: **23 minutes**

Avocado toast is a new classic comfort food, and perfect for a light bite. Keep it simple, jazz it up with bruschetta topping, or make it into a full breakfast meal – your choice!

Imperial	Metric	Ingredients
<b>Basic Avocado Spread</b>		
2		Avocados (medium), halved, peeled, pit removed
1 tbsp	15 mL	Lemon juice
1/8 tsp	0.5 mL	Salt
<b>Simple Avocado Toast</b>		
1 recipe		Basic avocado spread
3 slices		Multigrain bread
1 tsp	5 mL	Extra virgin olive oil
Pinch		Sea salt or flaky salt
<b>Easy Avocado Bruschetta</b>		
2		Roma or plum tomatoes, seeds removed, chopped
2 tbsp	30 mL	Red onion, minced
1		Garlic clove, minced
1 tbsp	15 mL	Extra virgin olive oil
1/2 tbsp	7.5 mL	Balsamic vinegar
1/4 tsp	1 mL	Salt
Pinch		Black pepper, ground
12 slices		Whole grain baguette, sliced diagonally
1 recipe		Basic avocado spread
3 tbsp	45 mL	Chopped basil leaves

<b>Tempeh Bacon &amp; Avocado Breakfast Sandwich</b>		
<b>TEMPEH BACON</b>		
4 oz	113 g	Tempeh
1 tbsp	15 mL	Tamari
1/2 tbsp	7.5 mL	Maple syrup
1 tsp	5 mL	Extra virgin olive oil
1 tsp	5 mL	Smoked paprika
<b>SANDWICH</b>		
7 oz	200 g	Extra firm tofu
1/2 tsp	2.5 mL	Extra virgin olive oil
1/2 tsp	2.5 mL	Black salt (kala namak)*
Pinch		Ground black pepper
3 slices		Whole wheat sour-dough bread
1 recipe		Basic avocado spread
3 tbsp	45 mL	Cilantro

**PREPARATION:**

1. Basic Avocado Spread: In a medium bowl, coarsely mash avocado with a fork. Add lemon juice and salt and combine.

**SIMPLE AVOCADO TOAST**

1. Toast the bread slices. Spread about ¼ cup (60 mL) avocado mixture over toast. Drizzle with olive oil and sprinkle with sea salt.

**EASY AVOCADO BRUSCHETTA**

1. In a small bowl, add chopped tomato, red onion, garlic, olive oil, balsamic vinegar, salt, and pepper. Toss to combine.

2. Toast baguette slices. Spread avocado mixture, about 1 tablespoon (15 mL), over each slice. Top with tomato mixture and chopped basil.

**TEMPEH BACON & AVOCADO BREAKFAST SANDWICH**

1. Slice tempeh slab horizontally into 2 thin slabs, about ¼-inch (6 mm) thick. Cut each slab into 3 rectangular pieces. In a flat-bottom dish, combine tamari, maple syrup, olive oil, and smoked paprika. Coat the tempeh slices in the mixture.

2. Cut tofu into ¼-inch (6 mm) slices.

3. Heat a grill pan over medium heat. Grill tempeh slices 5 minutes each side, basting with remaining marinade.

4. Meanwhile, on the same grill pan, heat olive oil. Season tofu with half the salt, grill until golden, about 3 minutes. Flip, season with remaining salt, and grill another 3 minutes.

5. Toast bread slices. Spread with about ¼ cup (60 mL) avocado mixture, then top with 2 tempeh slices, 2 tofu slices, and garnish with cilantro.

\* *Kala namak is a particular type of black salt that imparts a sulfur flavour, like that of eggs.*

**MODIFICATION**

- For a more easily digestible, lower fibre version (e.g., in the case of bloating, diarrhea, or nausea), substitute the wholegrain/wholewheat bread with white bread.

**TIPS**

To add a source of plant protein to the Simple or Bruschetta Avocado Toasts, sprinkle them with hemp hearts (hulled hemp seeds)

**BENEFICIAL COMPONENTS:****SIDE EFFECTS**

Poor appetite/avoiding malnutrition & weight loss, sore mouth, sore throat & trouble swallowing, bloating, nausea/vomiting, brain health, mood, fatigue, immune system, gut health

**FUNCTIONAL PROPERTIES**

Easily digestible, protein-rich ingredients (tempeh/tofu), soft (With Modification: lower fibre content)

**FOOD GROUPS**

Legumes, vegetables, whole grains

**FUNCTIONAL FOODS**

Avocado, tempeh, tofu, tomato, whole grains

**NUTRIENTS/PHYTONUTRIENTS**

Fibre, healthy fats, iron, omega-3 fatty acids, prebiotics, probiotics (tempeh), selenium, vitamin C (tomato), vitamin E



## Overnight Chia Pudding Parfaits – 2 Ways

Prep time: **18 minutes**, plus 20 minute and overnight soak time

These chia puddings offer a light but densely nutritious breakfast or midday snack. Chia pudding on its own is lightly sweet, soothing, and satisfying. For an extra punch of flavour and nutrition, we like to spruce it up with some fruit and nuts. Try cranberry citrus for a tart option or blueberries for a sweeter experience.

Imperial	Metric	Ingredients
<b>Chia pudding (base)</b>		
½ cup	125 mL	Chia seeds
2 cups	500 mL	Soy milk, unsweetened
2 tbsp	30 mL	Maple syrup
1 tsp	5 mL	Vanilla
3 slices		Multigrain bread
1 tsp	5 mL	Extra virgin olive oil
⅛ tsp	0.5 mL	Salt
<b>Cranberry Citrus</b>		
1 ½ cups	375 mL	Cranberry Citrus Sauce (see recipe pg. 49)
½ tsp	12.5 mL	Cinnamon
½ cup	125 mL	Toasted pecans
<b>Blueberry Lemon Cardamom</b>		
2 cups	500 mL	Blueberries, fresh or frozen and thawed
2 tbsp	30 mL	Lemon juice
1 tsp	5 mL	Cardamom, ground
½ cup	125 mL	Toasted almonds

recipe continued on pg. 48





**PREPARATION:**

1. In a medium sized resealable container, add chia seed, soy milk, maple syrup, and vanilla. Stir to combine. Let soak about 20 minutes, then stir again to break up any lumps. Seal the container and refrigerate overnight.

2. For Blueberry Lemon Cardamom: In a small mixing bowl, toss blueberries, lemon juice, and cardamom. Set aside.

3. In the bottom of 4 × 8 oz (250 mL) mason jars or parfait cups, place ⅓ cup (85 mL) of the chia pudding. Then place 3 tbsp cranberry sauce or ¼ cup blueberry mixture on top, then another layer of chia pudding, and another layer of the remaining cranberry sauce or blueberries. Top with nuts just before serving.

**MODIFICATION**

- Chia pudding can be blended after hydrating overnight to achieve a smoother texture.

**BENEFICIAL COMPONENTS:****SIDE EFFECTS**

Poor appetite/avoiding malnutrition & weight loss, changes in taste or smell (bitter/metallic), dry mouth (cranberry), sore mouth (blueberry), sore throat & trouble swallowing, constipation, nausea/vomiting, headaches, brain health, mood, fatigue, immune system, gut health

**FUNCTIONAL PROPERTIES**

Cold, easily digestible, energy/nutrient dense, fibre-rich ingredients, protein-rich ingredients, soft, sour/tart (With Modification: puree)

**FOOD GROUPS**

Fruit, nuts/seeds, legume

**FUNCTIONAL FOODS**

Citrus, dark-colored fruit/berry, nuts, seeds, soy milk (fortified)

**NUTRIENTS/PHYTONUTRIENTS**

Arginine, B-vitamins, electrolytes, fibre, iron, magnesium, omega-3 fatty acids, polyphenols, prebiotics, selenium, vitamin C, vitamin D, vitamin E

## Cranberry Citrus Sauce

Prep time: **10 minutes** Cook time: **10 minutes** Total time: **20 minutes**

Typically enjoyed as a seasonal accompaniment to holiday dinners, we think cranberries deserve more frequent use. Complemented by the sweetness of orange and warm spices, if you're seeking to add tartness, moisture or extra flavour to meals, this sauce is a great way to do it.

Imperial	Metric	Ingredients
<b>1 ½ cups</b>	375 mL	Cranberries, fresh or frozen and thawed
<b>1-2 tbsp</b>	30-60 mL	Honey or maple syrup
<b>1</b>		Large orange, juice, and zest (optional)*
<b>1 tsp</b>	5 mL	Minced ginger
<b>¼ tsp</b>	1 mL	Cinnamon

### PREPARATION:

1. In a medium saucepan, over medium heat, place the fresh or thawed cranberries, 1 tablespoon of honey or maple syrup, orange juice and zest, ginger, and cinnamon.
2. Bring to a simmer and cook until liquid has reduced by about one-third and cranberries have popped, about 8-10 minutes.
3. Adjust to desired sweetness with additional honey or maple syrup.

Pictured on Pg. 47

### TIPS

- Use to make Overnight Chia Pudding with Cranberry Citrus (see recipe Pg. 46). Try using this sauce as a topper for roasted potatoes or vegetables, or be bold and use it to top off your Simple Avocado Toast (see recipe Pg. 43)!
- When zesting citrus, grate very lightly over the surface and avoid including the white pith underneath as it imparts a bitter taste. Grate directly into the saucepan to be sure to capture the full flavour profile of the zest which includes the oils released during the zesting process. Zest can be omitted for sensitive palates.

### BENEFICIAL COMPONENTS:

#### SIDE EFFECTS

Changes in taste/smell (metallic), dry mouth, nausea, brain health, fatigue, immune system, gut health

#### FUNCTIONAL PROPERTIES

Sour/tart, sauce (moist)

#### FOOD GROUPS

Fruit

#### FUNCTIONAL FOODS

Citrus, dark-colored fruit/berries

#### NUTRIENTS/PHYTONUTRIENTS

B-vitamins, polyphenols, vitamin C



## Nut and Seed Bread

Prep time: **12 minutes** Cook time: **35-40 minutes** Total time: **44-49 minutes**, plus 20 minutes rest time

This is no ordinary bread! Packed with nuts and seeds, fibre, healthy fats, vitamins, and minerals, this bread is tasty, nutritious and easy to make. The bread is gluten free and can be adapted to be sweet or savoury.

Imperial	Metric	Ingredients
<b>1 ½ cups</b>	375 mL	Rolled oats
<b>½ cup</b>	125 mL	Pumpkin seeds
<b>½ cup</b>	125 mL	Sunflower seeds
<b>½ cup</b>	125 mL	Ground flaxseed
<b>½ cup</b>	125 mL	Almond flour
<b>¼ cup</b>	60 mL	Psyllium husk
<b>2 tbsp</b>	30 mL	Chia seeds
<b>1 tsp</b>	5 mL	Salt
<b>1 ½ cups</b>	375 mL	Hot water
<b>3 tbsp</b>	45 mL	Grapeseed or sunflower oil
<b>1 tbsp</b>	15 mL	Maple syrup

### TIPS

- Serve this bread as a light snack with marmalade, fruit sauce like our Cranberry Citrus Sauce (see recipe Pg. 49), your favourite vegan cheese spread, a savory dip like Romesco Sauce (see recipe Pg. 54). Alternatively, serve it as a side with Cream of Mushroom and Lentil Soup (see recipe Pg. 58).

### BENEFICIAL COMPONENTS:

#### SIDE EFFECTS

Poor appetite/avoid malnutrition & weight loss, constipation, nausea/vomiting, brain health, mood, fatigue, immune system, gut health

#### FUNCTIONAL PROPERTIES

Dry/bland, energy/nutrient dense, fibre-rich ingredients, protein-rich ingredients

#### FOOD GROUPS

Healthy fats, nuts/seeds, whole grains

#### FUNCTIONAL FOODS

Almonds, chia seeds, flaxseed, oats, olive oil, psyllium, pumpkin seeds, sunflower seeds

#### NUTRIENTS/PHYTONUTRIENTS

Arginine, B-vitamins, fibre, iron, magnesium, omega-3 fatty acids, prebiotics, selenium, vitamin E

### PREPARATION:

1. Line a loaf pan with parchment paper.
2. In a large bowl, combine oats, sunflower and pumpkin seeds, ground flaxseed, almond flour, psyllium husk, chia seeds, and salt.
3. In a medium bowl, whisk to combine hot water, oil, and maple syrup.
4. Add the wet mixture to the dry mixture and stir well until all the dry ingredients are moistened. Move the dough from the bowl into the lined loaf pan, pressing into the corners and smoothing over the top. Leave to rest in the refrigerator overnight.
5. Preheat oven to 350°F (175°C).
6. Bake the loaf for 15-20 minutes. Remove it from the oven, turn the pan upside down to release the loaf, and place the loaf upside down on the parchment paper, directly on the rack, and bake until it sounds hollow when tapped, about 35 minutes. Allow to cool completely.

7. To serve, slice, toast (optional) and serve plain or with your favourite spread. Store in the refrigerator in a sealable container. It also stores very well in the freezer. It is recommended to slice it before freezing.

### VARIATIONS

The flavour profile of this bread is easily adapted by folding in additional ingredients after the dry and wet ingredients have been combined:

#### **FIG, OLIVE & THYME**

Add ½ cup (125 mL) sliced dried figs, 1 cup (250 mL) sliced kalamata olives, and 1 teaspoon (5 mL) rubbed thyme.

#### **APRICOT DATE**

Add ½ cup (125 mL) each of chopped dried apricots and chopped dates, and 1 teaspoon (5 mL) cinnamon.

#### **CINNAMON RAISIN**

Add 1 cup (250 mL) raisins and 2 teaspoons (10 mL) cinnamon.

## Oat & Seed Crackers

Prep time: **9 minutes** Cook time: **40-43 minutes** Total time: **44-49 minutes**, plus 20 minutes rest time

We've taken one of nature's most nutritionally dense forms of food – seeds – and packaged them into a golden, crispy, and oh-so-seedy, package. These crackers are also pretty easy to put together. Enjoy them on their own, or with a sweet or savoury dip or spread.

Imperial	Metric	Ingredients
<b>¾ cup</b>	190 mL	Large flake oats
<b>¾ cup</b>	190 mL	Pumpkin seeds
<b>½ cup</b>	125 mL	Sunflower seeds
<b>¼ cup</b>	60 mL	Chia seeds
<b>2 tbsp</b>	30 mL	Fennel seeds (optional)
<b>½ cup</b>	125 mL	Ground flaxseed
<b>¾ cup</b>	190 mL	Hot water
<b>2 tbsp</b>	30 mL	Extra virgin olive oil
<b>2 tbsp</b>	30 mL	Maple syrup
<b>2 tsp</b>	10 mL	Apple cider vinegar
<b>1 tsp</b>	5 mL	Sea salt

### PREPARATION:

1. Preheat oven to 350°F (175°C) and line two baking sheets (18 × 13-inch or 46 × 33 cm) with parchment paper.
2. In a medium bowl, add oats, pumpkin, sunflower, chia, and fennel seeds, ground flaxseed, and salt. Stir to combine.
3. In a separate medium-size bowl, whisk together hot water, olive oil, maple syrup, and vinegar. Pour into oat and seed mixture and stir to combine. Leave to rest for 20 minutes.
4. Mix the dough once more and divide into two equal portions. Place each one in the middle of the lined baking sheets, flatten and shape into a rectangle. Cover with another sheet of parchment and, using a rolling pin, roll out to ¼-inch (6 mm) thick. To ensure equal cooking time, aim to make the thickness of the dough as even as possible. Slice each portion of dough into quarters.

### BENEFICIAL COMPONENTS:

#### SIDE EFFECTS

Poor appetite/avoiding malnutrition & weight loss, constipation, nausea/vomiting, brain health, mood, fatigue, immune system, gut health

#### FUNCTIONAL PROPERTIES

Dry & bland, energy & nutrient dense, fibre-rich ingredients, protein-rich ingredients

#### FOOD GROUPS

Healthy fats, seeds, whole grains

#### FUNCTIONAL FOODS

Chia seed, fennel seeds, flaxseed, pumpkin seed, sunflower seed, oats, olive oil

#### NUTRIENTS/

#### PHYTONUTRIENTS

Arginine, B-vitamins, fibre, iron, magnesium, omega-3 fatty acids, prebiotics, selenium, vitamin E

5. Bake for 20 minutes, then remove from oven. Carefully flip each quarter section over with a wide spatula. At this stage, the dough can be sliced into individual crackers (6 per quarter). Return to the oven.
6. Bake for another 15-20 minutes until golden brown and crisp to touch. Once cool enough to handle, remove crackers to a drying rack and allow to cool completely. They may still be slightly pliable but will crisp up once cooled and dried.

## Romesco (Roasted Red Pepper) Sauce

Prep time: **11 minutes** Cook time: **4 minutes** Total time: **15 minutes**

This is a versatile sauce boasting the sweet, tangy, and slightly smoky flavour of roasted red peppers. It is fantastic as a dip or spread for your favourite crackers, flatbreads, or sandwiches. Romesco sauce is also a wonderful way to enliven roasted vegetables like asparagus, broccoli, cauliflower, or potatoes, and it makes an amazing pasta sauce as well!

Imperial	Metric	Ingredients
<b>1x 12 oz jar</b>	<b>1x340 mL jar</b>	Fire roasted red peppers, drained
<b>¼ cup</b>	<b>60 mL</b>	Tomato paste
<b>½ cup</b>	<b>125 mL</b>	Blanched slivered almonds
<b>2</b>		Garlic cloves, crushed
<b>2 tbsp</b>	<b>30 mL</b>	Chopped parsley (optional)
<b>1 tbsp</b>	<b>15 mL</b>	Sherry or red wine vinegar
<b>1 tbsp</b>	<b>15 mL</b>	Smoked paprika
<b>½ tsp</b>	<b>2.5 mL</b>	Salt
<b>¼ tsp</b>	<b>1 mL</b>	Cayenne pepper (optional)
<b>½ cup</b>	<b>125 mL</b>	Extra virgin olive oil

### PREPARATION:

1. Place a medium sauté pan over medium heat. When hot, add the blanched almonds and toast, stirring frequently, until fragrant and browning, about 4 minutes.
2. In a blender, add all ingredients and the toasted almonds. Pulse to combine, then run on medium speed to form a textured or smooth sauce (30 seconds to 1 minute), depending on preference.

### TIPS

- If you prefer a thicker spread or dip, add another ¼ cup of roasted almonds and an extra teaspoon each of sherry vinegar and smoked paprika.
- Walnuts can be used in place of almonds if preferred.
- For a nut free version try raw unsalted sunflower seeds.

### BENEFICIAL COMPONENTS:

#### SIDE EFFECTS

Poor appetite/avoiding malnutrition & weight loss, dry mouth, sore mouth, sore throat & trouble swallowing, brain health, mood, fatigue, immune system, gut health

#### FUNCTIONAL PROPERTIES

Energy & nutrient dense, protein-rich ingredients, sauce (moist)

#### FOOD GROUPS

Healthy fats, nuts, vegetables

#### FUNCTIONAL FOODS

Garlic, nuts, red pepper, tomato

#### NUTRIENTS/PHYTONUTRIENTS

Arginine, B-vitamins, fibre, iron, magnesium, prebiotics, vitamin C, vitamin E







## Green Dream Smoothie – Liquid Meal

Prep time: **10 minutes**

This smoothie will help you get in your fruits, veggies, fibre, and plant proteins, in a way that goes down oh-so-easy. It is soothing, satisfying, and easily digestible.

Imperial	Metric	Ingredients
2		Bananas, medium size
2		Avocados, small or 1 large
2 cups	500 mL	Spinach, packed
3 cups	750 mL	Soy milk, unsweetened fortified
½ cup	125 mL	Mint leaves, lightly packed
⅓ cup	85 mL	Almond butter
¼ cup	60 mL	Hemp seeds
¼ cup	60 mL	Maple syrup (optional)
1 tsp	5 mL	Vanilla

### PREPARATION:

1. In a large blender, combine all ingredients. Blend until ingredients are well combined and the texture is smooth, about 2-3 minutes.
2. Pour into a tall glass or bowl to serve. Garnish with fresh mint. Refrigerate extra portions for same day or next day use or freeze for later use. If frozen allow to thaw overnight in the refrigerator and refresh by re-blending if desired.

### TIPS

When chilled, this smoothie can become quite thick. If required, simply dilute with additional soy milk to desired consistency.

### BENEFICIAL COMPONENTS:

#### SIDE EFFECTS

Poor appetite/avoiding malnutrition & weight loss, changes in taste or smell (bitter), dry mouth, sore mouth, sore throat & trouble swallowing, diarrhea, bloating, nausea/vomiting, headaches, brain health, mood, fatigue, immune system, gut health

#### FUNCTIONAL PROPERTIES

Cold, easily digestible, energy & nutrient dense, nutritious hydration, protein-rich ingredients, puree, sweet

#### FOOD GROUPS

Fruit, herbs, nuts/seeds, vegetables

#### FUNCTIONAL FOODS

Almonds, avocado, banana, hemp seeds, leafy greens, mint, spinach, soy milk (fortified)

#### NUTRIENTS/PHYTONUTRIENTS

Arginine, B-vitamins, carotenoids, electrolytes, fibre, glutamine, iron, magnesium, omega-3 fatty acids, prebiotics, selenium, vitamin D, vitamin E, vitamin K

## Cream of Mushroom and Lentil Soup

Prep time: **30 minutes** Cook time: **35 minutes** Total time: **1 hour 5 minutes**

Creamy and savoury, this soup combines the earthy flavours of mushrooms and lentils with potato to make a warming and nourishing meal in a bowl.

Imperial	Metric	Ingredients
2 tsp	10 mL	Grapeseed oil
¾ cup	190 mL	Diced onions
3 pieces	170 g	Oyster mushrooms, torn
1 cup	250 mL	Diced carrots
1 tbsp	15 mL	Honey or maple syrup
2 tsp	10 mL	Minced garlic
2 tsp	10 mL	Dried thyme
2 cups	500 mL	Vegetable stock, low sodium
2 tsp	10 mL	Lemon juice, fresh
¼ tsp	1 mL	Lemon zest
2 cups	500 mL	Diced potato
1 x 14 oz can	1 x 400 mL can	Coconut milk
1 ¼ cup	310 mL	Unsweetened soy milk
2 cups	500 mL	Cooked brown lentils
1 tsp	5 mL	Sea salt
¼ bunch	7.5 g	Parsley, chopped

### PREPARATION:

1. In a large stock pot, over medium heat, add oil. Add onions and cook until soft and translucent, about 3 minutes.
2. Add oyster mushrooms and sauté for 5 minutes until slightly brown.
3. Add carrots, garlic, and thyme, sautéing until carrots are tender, about 5 minutes.
4. Add stock, increase heat to high and bring to a boil.
5. Once boiling, add potatoes. Reduce heat to medium and allow to simmer until potatoes are tender, about 12 minutes.

### TIPS

Serve with Nut & Seed bread (See recipe Pg. 51), your favourite crusty whole grain bread, or top with homemade croutons.

### BENEFICIAL COMPONENTS:

#### SIDE EFFECTS

Poor appetite/avoiding malnutrition & weight loss, sore mouth, sore throat & trouble swallowing, constipation, headaches, brain health, mood, fatigue, immune system, gut health

#### FUNCTIONAL PROPERTIES

Fibre-rich ingredients, protein-rich ingredients, soft/tender

#### FOOD GROUPS

Legumes, vegetables

#### FUNCTIONAL FOODS

Garlic, lentils, mushrooms, onion, orange vegetable, soy milk (fortified), vegetable stock

#### NUTRIENTS/PHYTONUTRIENTS

Arginine, B-vitamins, electrolytes, fibre, iron, prebiotics, selenium, vitamin D

6. Add coconut milk, soymilk, lentils, and salt. Bring back to a simmer. Allow to simmer for 5 minutes.

7. Remove pot from heat. Stir in lemon juice and zest. Garnish with parsley.



## Miso Chickpea Noodle Soup

Prep time: **20 minutes** Cook time: **25-30 minutes** Total time: **45-50 minutes**

This is comfort food at its finest! Noodles and warm savoury broth are one of the most comforting combinations and this version of the classic under-the-weather soup does not disappoint! It is best served with a warm blanket and your favourite crackers.

Imperial	Metric	Ingredients
<b>2 tbsp</b>	30 mL	Extra virgin olive oil
<b>1 ½ cups</b>	375 mL	Mushrooms (shiitake, white button, or cremini), thinly sliced
<b>2</b>	230 g	Carrots (medium), diced
<b>2</b>	120 g	Celery stalks, diced
<b>3</b>	20 g	Garlic cloves, minced
<b>½ tbsp</b>	7.5 mL	Turmeric powder
<b>½ tbsp</b>	7.5 mL	Thyme leaves, dried
<b>1 tsp</b>	5 mL	Poultry seasoning
<b>12 oz</b>	350 g	Tofu, ¼-inch (0.5 cm) cubes
<b>¼ cup</b>	60 mL	Nutritional yeast
<b>6 cups</b>	1.5 L	Vegetable stock or water
<b>2 tbsp</b>	30 mL	White miso paste
<b>2 cups</b>	500 mL	Chickpeas, cooked
<b>8 oz</b>	225 g	Noodles, dry (any type)
<b>¼ tsp</b>	1 mL	Black pepper, ground
<b>¼ tsp</b>	1 mL	Salt
<b>2 tbsp</b>	30 mL	Lemon juice
<b>3</b>	Sprigs	Basil leaves, fresh, picked

recipe continued on pg. 62



**PREPARATION:**

1. Place a large stock pot over medium heat and add oil. Once heated, add mushrooms and sauté until slightly brown, about 4 minutes.
2. Add carrots, celery, and garlic and sauté until fragrant, about 3 minutes. Add in turmeric, thyme, and poultry seasoning, stir, and cook out until fragrant, about 1 minute.
3. Add tofu cubes and nutritional yeast and stir until completely coated in spices. Add

stock or water and stir in miso paste. Bring to a boil, then cover and simmer for 10 minutes.

4. Add chickpeas and noodles, cover, and cook the pasta until it is al dente (still firm to the bite) or softer if needed. This will depend on the type of noodle and the package’s instructions.
5. Stir in the black pepper, salt, and lemon juice.
6. To serve, ladle into bowls and top each bowl with 2-3 fresh basil leaves.

**MODIFICATION**

- For a more easily digestible, lower fibre version (e.g., in the case of bloating, diarrhea, or nausea), chickpeas can be omitted, and the amount of tofu can be doubled.

**TIPS**

- Leftovers can be stored in the fridge in mason jars for a microwaveable grab and go meal or in a reusable container for up to four days.

**BENEFICIAL COMPONENTS:**

**SIDE EFFECTS**

Poor appetite/avoiding malnutrition & weight loss, sore mouth, sore throat & trouble swallowing, constipation, headaches, brain health, mood, fatigue, immune system, gut health (With Modification: diarrhea, bloating, nausea/vomiting)

**FUNCTIONAL PROPERTIES**

Fibre-rich ingredients, hydration, soft/tender (With Modification: easily digestible, low fibre content)

With Modification: easily digestible, low fibre content

**FOOD GROUPS**

Legumes, vegetables

**FUNCTIONAL FOODS**

Celery, chickpeas, garlic, miso, mushrooms, nutritional yeast, orange vegetable, tofu, vegetable stock

**NUTRIENTS/PHYTONUTRIENTS**

Arginine, B-vitamins, electrolytes, fibre, glutamine, iron, omega-3 fatty acids, prebiotics, probiotics, selenium



## Pesto Potato Soup

Prep time: **17 minutes** Cook time: **23 minutes** Total time: **40 minutes**

A gorgeous combination of green peas, basil pesto, and coconut milk elevate this creamy smooth potato soup to Goddess status. Featured in Chatelaine magazine.

Imperial	Metric	Ingredients
<b>PESTO</b>		
5 cups	1.25 L	Basil leaves, stems removed, loosely packed
½ cup	125 mL	Almonds, ground
1		Garlic clove, whole
½ tsp	2.5 mL	Salt
¼ cup	60 mL	Olive oil
½ cup	125 mL	Water
<b>SOUP</b>		
6 tsp	30 mL	Extra virgin olive oil, divided
½ cup	125 mL	Onion, diced
4		Garlic cloves, minced
5 cups	1.25 L	White potatoes, peeled, diced
3 cups	750 mL	Vegetable stock or water
1 × 14 oz	1 × 400 mL	Canned coconut milk
2 cups	500 mL	Frozen green peas
½ tsp	2.5 mL	Salt
½ cup	125 mL	Cream of choice (cashew, coconut, oat, soy, etc)
1 cup	250 mL	Microgreens

**PREPARATION:**

**PESTO**

1. In a blender, combine basil, ground almonds, garlic clove, and salt, pulsing until finely chopped. With the blender running, gradually add ¼ cup (60 mL) olive oil, then ½ cup water. Blend until smooth, 1 to 2 minutes. Remove to a bowl and set aside.

**SOUP**

2. In a medium saucepan, heat 2 tsp of oil over medium-high heat. Add onion and cook until translucent, about 3 minutes. Then add minced garlic and cook another 1 to 2 minutes.  
3. Add the potatoes and vegetable stock, bring to a boil, then reduce heat to medium-low and

simmer covered, until potatoes are tender, about 12 to 14 minutes.

4. Add coconut milk, peas, and salt and stir to combine. Cook until peas are thawed, about 3 minutes.

5. Add in ¾ of the pesto, reserving the rest for garnish. Transfer soup to a blender and purée until smooth. It is important to vent the blender while blending hot liquids to avoid it bursting out the top. Alternatively, use an immersion blender to purée the soup in the pot.

6. Portion the soup into 4 bowls, drizzle with cream, remaining pesto, and 1 teaspoon of olive oil. Top with microgreens.

**TIPS**

- Leftovers can be stored in the fridge in mason jars for a microwaveable grab and go meal or in a reusable container for up to four days.

**BENEFICIAL COMPONENTS:**

**SIDE EFFECTS**

Poor appetite/avoiding malnutrition & weight loss, changes in taste/smell, dry mouth, sore mouth, sore throat & trouble swallowing, diarrhea, bloating, nausea/vomiting, headaches, brain health, mood, fatigue, immune system, gut health

**FUNCTIONAL PROPERTIES**

Easily digestible, hydration, lower fibre content, puree

**FOOD GROUPS**

Herbs, nuts, vegetables

**FUNCTIONAL FOODS**

Almonds, basil, garlic, green peas, onion, potato, vegetable stock

**NUTRIENTS/PHYTONUTRIENTS**

Arginine, B-vitamins, carotenoids, electrolytes, fibre, iron, magnesium, prebiotics, vitamin C, vitamin E



## Grain Bowl with Roasted Beet, Fennel & Sweet Potato, Cannellini Beans & Balsamic Dressing

Prep time: **20 minutes** Cook time: **35 minutes** Total time: **55 minutes**

Bowls are a versatile way to get all those important food groups in. Choose a vegetable (or two, or three...), a whole grain, and a plant protein, drizzle with a tasty dressing, and voila! Grains can be cooked in advance for quicker meal-time prep. Here is one combination for you to try. See the build-your-own-bowl section below the recipe to guide your own creations!

Imperial	Metric	Ingredients
<b>4 cups</b>	1 L	Water
<b>1 cup</b>	250 mL	Whole farro or spelt grain
<b>ROASTED BEETS &amp; FENNEL</b>		
<b>2 cups (¾ lb)</b>	500 mL (350 g)	Beets, wedge-cut, ½-inch (1.25 cm) at thickest part
<b>1</b>		Fennel bulb & fronds
<b>2 cups (¾ lb)</b>	500 mL (350 g)	Sweet potato, ¾-inch (2 cm) cubes
<b>1 tbsp</b>	15 mL	Extra virgin olive oil
<b>¼ tsp</b>	1 mL	Salt
<b>¼ tsp</b>	1 mL	Black pepper, ground
<b>DRESSING</b>		
<b>3 tbsp</b>	45 mL	Extra virgin olive oil
<b>3 tbsp</b>	45 mL	Balsamic vinegar
<b>2 tbsp</b>	30 mL	Shallot, finely diced
<b>1 tbsp</b>	15 mL	Lemon juice, fresh
<b>½ tsp</b>	2.5 mL	Maple syrup
<b>1 tsp</b>	5 mL	Dijon mustard
<b>1 tsp</b>	5 mL	Salt
<b>¼ tsp</b>	1 mL	Black pepper, ground
<b>1 ½ cups</b>	375 mL	Cannellini beans, cooked, drained
<b>4 cups</b>	1 L	Baby salad greens

recipe continued on pg. 68



**PREPARATION:**

1. Place the oven rack on the second lowest level. Preheat oven to 400°F (200°C), and line two large baking sheets with parchment paper.
2. In a medium saucepan, over high heat, bring water to a boil. Add farro grain to the water, reduce to medium heat, and simmer until grains are tender but still chewy, about 30-35 minutes. Drain through a fine mesh strainer and set aside.
3. Meanwhile, cut the beets in half, lay flat on the cut side, and slice into wedges. Peel and dice the sweet potato. Prepare the fennel by removing the stems and trimming the bottom of the bulb. Reserve the feathery fronds for garnish. Slice the bulb into ½-inch (1.25 cm) thick slices.
4. Place the beet wedges and fennel slices on one prepared baking sheet and the sweet potato cubes on the other. Drizzle with oil, sprinkle with salt and pepper, toss to coat, then spread them out evenly. Roast until tender and the edges are browned, about 25 minutes, turning halfway through.
5. Meanwhile, prepare the dressing. In a small bowl, whisk together all dressing ingredients.
6. Drain and rinse the cannellini beans. When the beets and fennel are removed from the oven, spread the beans over one of the baking sheets and place in the oven to warm through, about 3 minutes.
7. Into 4 bowls, portion ½ cup (125 mL) cooked farro, 1 cup (250 mL) roasted vegetables, and ⅓ cup (85 mL) cannellini beans. Drizzle each with 2 tablespoons (30 mL) of dressing. Garnish with fennel fronds.

**TIPS**

Build your own bowl! Bowls like these are easy to customize.

- Choose a whole grain: Barley, brown rice, farro, millet, quinoa, spelt, wheat berries. For a more easily digestible bowl (e.g., in the case of bloating, diarrhea, or nausea), use refined grains like white rice or pearled barley.
- Choose a vegetable: Asparagus, beets, broccoli, carrots, cauliflower, fennel, sweet potato, turnip.
- Choose a plant protein: Black beans, black-eyed peas, chickpeas, lima beans, kidney beans, mung beans, navy beans; tofu paneer (see Kale & Spinach Curry recipe pg. 70); tempeh bacon (see Tempeh Bacon & Avocado Breakfast Toast recipe pg. 43)
- Choose a dressing: Balsamic vinaigrette, lemon tahini, sesame ginger (see recipes below)

**BENEFICIAL COMPONENTS:****SIDE EFFECTS**

Poor appetite/avoiding malnutrition & weight loss, constipation, brain health, mood, fatigue, immune system, gut health

For Bowl Dressings: dry mouth, sore mouth, sore throat & trouble swallowing

**FUNCTIONAL PROPERTIES**

Dressings (moisture), fibre-rich ingredients, protein-rich ingredients

**FOOD GROUPS**

Healthy fats, legumes, vegetables, whole grains

**FUNCTIONAL FOODS**

Beans, orange sweet potato, whole grain

**NUTRIENTS/PHYTONUTRIENTS**

B-vitamins, carotenoids, electrolytes, fibre, glutamine, iron, magnesium, prebiotics, selenium

## Lemon Tahini Dressing & Sesame Ginger Dressing

Prep time: **4 to 8 minutes**

Imperial	Metric	Ingredients
<b>Lemon Tahini Dressing</b>		
¼ cup	60 mL	Lemon juice & zest (about 1 large lemon)
3 tbsp	45 mL	Tahini paste
2 tsp	10 mL	Fresh herbs (cilantro, dill, parsley), finely chopped
½ tbsp	7.5 mL	Maple syrup
¼ tsp	1 mL	Garlic, minced
Pinch		Salt
<b>Sesame Ginger Dressing</b>		
3 tbsp	45 mL	Soy sauce
2 tbsp	30 mL	Rice vinegar
2 tbsp	30 mL	Sesame oil, toasted
1 tbsp	15 mL	Maple syrup
½ tbsp	7.5 mL	Ginger, fresh, grated

### PREPARATION:

1. To prepare each dressing, combine the ingredients for each recipe in separate small bowls. Whisk the ingredients until combined. Dressings can be stored in the refrigerator for 2-3 days.

## Kale & Spinach Curry with Tofu Paneer & Brown Rice

Prep time: **20 minutes** Cook time: **24 minutes** Total time: **44 minutes**

This is a little plant-based twist on a classic vegetarian Indian dish. Get the best of both green leafy vegetables by combining spinach and kale. In this dish, easy baked tofu makes a perfect substitute for paneer (pressed cottage cheese).

Imperial	Metric	Ingredients
<b>4 cups</b>	1 L	Brown rice, cooked
<b>TOFU PANEER</b>		
<b>3 tbsp</b>	45 mL	Grapeseed or sunflower oil
<b>3 tbsp</b>	45 mL	Nutritional yeast
<b>1 tbsp</b>	15 mL	Apple cider vinegar
<b>1 tsp</b>	5 mL	Onion powder
<b>½ tsp</b>	2.5 mL	Garlic powder
<b>¼ tsp</b>	1 mL	Salt
<b>1 package</b>	350-400 g	Extra firm tofu, cubed
<b>⅓ cup</b>	85 mL	Maple syrup
<b>1 tsp</b>	5 mL	Vanilla extract
<b>KALE SPINACH CURRY</b>		
<b>2 tbsp</b>	30 mL	Grapeseed or sunflower oil
<b>2 cups</b>	500 mL	Onion, diced
<b>2 tbsp</b>	30 mL	Ginger, fresh, minced
<b>2 tbsp</b>	30 mL	Garlic, minced
<b>½ tsp</b>	2.5 mL	Fenugreek seeds
<b>2 ½ tbsp</b>	37.5 mL	Turmeric, ground
<b>1 tbsp</b>	15 mL	Garam masala
<b>2 tsp</b>	10 mL	Cumin
<b>2 tsp</b>	10 mL	Coriander
<b>1 tsp</b>	5 mL	Cinnamon
<b>¼ tsp</b>	1 mL	Black pepper, ground
<b>¼ cup</b>	60 mL	Tomato paste
<b>2 bunches</b>	300 g	Kale leaves (only), stems removed
<b>1 lb</b>	450 g	Spinach
<b>½ tbsp</b>	7.5 mL	Salt
<b>3 tbsp</b>	45 mL	Fenugreek leaves (kasoori methi), dried
<b>½ cup</b>	125 mL	Coconut milk
<b>¼ cup</b>	60 mL	Mango chutney

recipe continued on pg. 72





### PREPARATION:

1. Preheat oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. Cook brown rice according to package directions. Keep warm.
3. Tofu paneer: In a medium mixing bowl, whisk to combine oil, nutritional yeast, vinegar, onion and garlic powders, and salt. Toss tofu cubes in the mixture to coat, spread on the lined baking sheet and bake for 20 minutes, until golden and slightly crispy on the outside.
4. Kale & spinach curry: In a large saucepan, heat oil over medium-low heat. Add onions and cook until translucent and lightly golden, about 7-8 minutes. Add fenugreek seeds, ginger, and garlic and cook another 1-2 minutes. Add spices, stir to coat, and cook another 2 minutes. Stir in tomato paste and cook for 2 minutes more.
5. Meanwhile, in a large saucepan fit with a steaming basket, bring a shallow amount of water to a boil over high heat. Add kale leaves and steam, covered, for about 2 minutes.

Remove and set aside. To the same steam basket, add the spinach leaves and steam, covered, for about 1 minute. Remove.

6. In a blender, add the onion/spice mixture, steamed greens, fenugreek leaves, salt, and coconut milk. Blend on high until smooth, about 2 minutes. If needed, return to the medium saucepan to reheat, but only briefly to retain a bright green color.

7. Toss the tofu cubes in the sauce and serve with brown rice and a tablespoon of mango chutney.

### MODIFICATIONS

- If a fully puréed version of this curry is desired, omit the tofu paneer and use  $\frac{3}{4}$  cup (190 mL) cashew nuts. Add the onion/spice mixture, steamed kale and spinach, and coconut milk to a blender with the cashews. Blend until achieving the desired texture.
- For a more easily digestible, lower fibre version (e.g., in the case of bloating, diarrhea, or nausea), substitute the brown rice with white basmati rice or serve with naan bread.

### TIPS

- For a hotter curry, add in  $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon cayenne pepper.
- This curry can be made with kale or spinach leaves only, or with mustard greens.
- This can be served with whole wheat flatbread (roti) instead of rice.

### BENEFICIAL COMPONENTS:

#### SIDE EFFECTS

Poor appetite/avoiding malnutrition & weight loss, changes in taste or smell (loss of), dry mouth, brain health, mood, fatigue, immune system, gut health (With Modification: sore mouth, sore throat & trouble swallowing)

#### FUNCTIONAL PROPERTIES

Moist, soft/tender (With modification: puree)

#### FOOD GROUPS

Healthy fats, legumes, vegetables, whole grains (With modification: nuts)

#### FUNCTIONAL FOODS

Garlic, kale, nutritional yeast, onion, spices, spinach, tofu, turmeric, whole grain (With modification: cashews)

#### NUTRIENTS/PHYTONUTRIENTS

Arginine, B-vitamins, carotenoids, electrolytes, fibre, glutamine, iron, magnesium, omega-3 fatty acids, prebiotics, selenium, vitamin E, vitamin K

## Roasted Asparagus & Tomato with Pesto over Fusilli

Prep time: **20 minutes** Cook time: **12-14 minutes** Total time: **32-34 minutes**

This simple pasta dish is full of spring goodness, combining fresh aromatic basil with the distinctive earthy flavour of roasted asparagus, and sweet and tangy cherry tomatoes.

Imperial	Metric	Ingredients
<b>13 oz</b>	375 g	Fusilli pasta, wholegrain
<b>2 tbsp</b>	30 mL	Extra virgin olive oil
<b>2 cups</b>	225 g	Asparagus, bottoms removed, cut into 1-inch pieces
<b>1 pint</b>	300 g	Cherry tomatoes, halved
<b>3</b>		Garlic cloves, minced
<b>½ tsp</b>	2.5 mL	Salt
<b>¼ tsp</b>	1 mL	Black pepper, ground
<b>ALMOND PARMESAN</b>		
<b>¼ cup</b>	60 mL	Blanched almonds, ground
<b>¼ cup</b>	60 mL	Nutritional yeast
<b>¼ tsp</b>	1 mL	Salt
<b>PESTO</b>		
<b>3 cups</b>	750 mL	Basil leaves
<b>½ cup</b>	125 mL	Blanched almonds, ground
<b>2</b>		Garlic cloves
<b>2 tsp</b>	10 mL	Sea salt
<b>½ cup</b>	125 mL	Extra virgin olive oil or grapeseed oil
<b>½ cup</b>	125 mL	Water
<b>GARNISH</b>		
<b>2-3</b>	stems	Basil leaves, fresh, picked

recipe continued on pg. 75



### PREPARATION:

1. Preheat oven to 350°F (175°C) and line two baking sheets with parchment paper.
2. Bring a large pot of water to a boil. Cook pasta according to package directions. Drain, transfer to a large bowl, and toss with ½ tbsp of olive oil. Set aside.
3. In a medium bowl, combine asparagus, tomato halves, garlic and remaining olive oil. Toss until asparagus and tomatoes are coated. Season with salt and pepper.
4. Evenly distribute vegetables onto the baking sheets in a single layer and roast for 12 to 14 minutes or until asparagus is tender and slightly brown, and tomatoes have softened.

5. Meanwhile, in a high-powered blender add basil, ground almonds, garlic, and salt. Pulse 2 to 3 times, then, with the blender running, slowly add oil and then water. Blend until smooth, about 1 to 2 minutes.
6. In a small bowl, combine parmesan ingredients. Set aside.
7. Add asparagus, tomatoes, and ¼ of the pesto to the pasta. Toss until coated. Sprinkle half of the almond parmesan and gently toss.
8. To serve, top with remaining almond parmesan and 2-3 basil leaves.

### MODIFICATION

- For a more easily digestible, lower fibre version (e.g., in the case of bloating, diarrhea, or nausea), substitute whole grain fusilli pasta with regular white pasta.

### BENEFICIAL COMPONENTS:

#### SIDE EFFECTS

Poor appetite/avoiding malnutrition & weight loss, changes in taste or smell (loss of), constipation, brain health, mood, fatigue, immune system, gut health (With Modification: bloating, nausea/vomiting)

#### FUNCTIONAL PROPERTIES

With Modification: easily digestible

#### FOOD GROUPS

Healthy fats, herbs, nuts, vegetables, whole grains

#### FUNCTIONAL FOODS

Asparagus, garlic, herbs, nutritional yeast, nuts, tomato, whole grain

#### NUTRIENTS/PHYTONUTRIENTS

Arginine, B-vitamins, iron, magnesium, prebiotics, selenium, vitamin C, vitamin D

## Tempeh Bolognese with Almond Parmesan

Prep time: **15 minutes** Cook time: **40 minutes** Total time: **55 minutes**

This recipe is featured in Chatelaine magazine. Comforting and zesty, this plant-based; pasta dish is richly satisfying and features hearty seasoned tempeh crumbles.

Imperial	Metric	Ingredients
<b>13 oz</b>	<b>375 g</b>	Whole wheat pappardelle pasta
<b>BOLOGNESE</b>		
<b>1 ½ tbsp</b>	<b>22.5 mL</b>	Olive oil
<b>1</b>		Onion (small), diced
<b>1 cup</b>	<b>250 mL</b>	Cremini mushrooms, diced
<b>4</b>		Garlic cloves, minced
<b>1</b>		Yellow or orange pepper, diced
<b>9 oz</b>	<b>250 g</b>	Tempeh, crumbled
<b>1 tbsp</b>	<b>15 mL</b>	Cumin, ground
<b>1 tbsp</b>	<b>15 mL</b>	Paprika
<b>1 tbsp</b>	<b>15 mL</b>	Oregano, dried
<b>1 tbsp</b>	<b>15 mL</b>	Black pepper, ground
<b>2 tbsp</b>	<b>30 mL</b>	Tamari
<b>2 ½ cups</b>	<b>625 mL</b>	Tomato purée
<b>¼ cup</b>	<b>60 mL</b>	Basil leaves, thinly sliced
<b>ALMOND PARMESAN</b>		
<b>2 tbsp</b>	<b>30 mL</b>	Almonds, ground
<b>2 tbsp</b>	<b>30 mL</b>	Nutritional yeast

recipe continued on pg. 78



### PREPARATION:

1. Cook pasta according to package directions. Reserve  $\frac{1}{4}$  cup pasta cooking water.
2. Meanwhile, in a large saucepan, heat oil over medium heat. Add onions and sauté until translucent, about 4 minutes.
3. Add mushrooms and garlic. Sauté until mushrooms have released their water, about 4 minutes.
4. Add diced peppers and sauté until slightly soft, about 4 minutes.
5. Add tempeh, herbs, and spices. Sauté until fragrant and tempeh is cooked through, about 5 minutes.

6. Stir in tamari sauce, then stir in tomato purée and reserved pasta water. Bring to a simmer, then allow to simmer about 5 minutes.
7. Meanwhile, in a small bowl, stir to combine almond flour and nutritional yeast.
8. Divide pasta between four plates. Ladle sauce onto pasta and top each plate with 1 tablespoon each of fresh basil and almond parmesan.

### MODIFICATION

- To make this more easily digestible (e.g., in the case of bloating, diarrhea, or nausea), substitute wholewheat pappardelle pasta with regular white pasta.

### BENEFICIAL COMPONENTS:

#### SIDE EFFECTS

Poor appetite/avoiding malnutrition & weight loss, constipation, brain health, mood, fatigue, immune system, gut health (With Modification: diarrhea)

#### FUNCTIONAL PROPERTIES

Protein-rich ingredients

#### FOOD GROUPS

Healthy fats, legumes, vegetables, whole grains

#### FUNCTIONAL FOODS

Almonds, garlic, mushrooms, nutritional yeast, onion, tempeh, tomato, whole grains

#### NUTRIENTS/PHYTONUTRIENTS

Arginine, B-vitamins, fibre, iron, prebiotic, probiotic, selenium, vitamin C, vitamin D, vitamin E



## Chocolate Fruit & Nut Trail Mix – 3 ways

Prep time: **3 minutes**

Crunchy, chewy, sweet, tart, salty, and chocolate-y, here are some trail mix winning combinations. Always a great portable and pleasurable snack to keep you going strong.

Imperial	Metric	Ingredients
<b>Dark Chocolate Cherry Cashew</b>		
1 cup	250 mL	Unsweetened dark chocolate chips or chunks
1 cup	250 mL	Cherries, dried
1 cup	250 mL	Roasted cashews
<b>Chocolate Cranberry Walnut</b>		
1 cup	250 mL	Unsweetened dark chocolate chips or chunks
1 cup	250 mL	Cranberries, dried
1 cup	250 mL	Walnuts, roasted
<b>Sweet &amp; Salty Chocolate Mix</b>		
1 cup	250 mL	Unsweetened dark chocolate chips or chunks
1 cup	250 mL	Golden raisins
1 cup	250 mL	Tamari seasoned roasted almonds

### PREPARATION:

1. In a medium bowl, add all ingredients and stir to make an even mixture.
2. Store in an airtight container or zipper-lock bag.

### BENEFICIAL COMPONENTS:

#### SIDE EFFECTS

Poor appetite/avoiding malnutrition & weight loss, changes in taste or smell (bitter), bloating, brain health, mood, fatigue, immune system, gut health

#### FUNCTIONAL PROPERTIES

Energy & nutrient-dense, protein-rich ingredients, sweet

#### FOOD GROUPS

Fruit, nuts

#### FUNCTIONAL FOODS

Cocoa, dark-colored fruits, nuts

#### NUTRIENTS/PHYTONUTRIENTS

Arginine, B-vitamins, iron, magnesium, polyphenols (cocoa, cherries), prebiotics, selenium, vitamin E



## Gingerbread Energy Bites

Prep time: **18 minutes**

These are just like fresh gingerbread cookies, but better! These no bake, portable, snack bites are richly flavoured and packed full of fibre and nutrients. You'll want to take them everywhere.

Imperial	Metric	Ingredients
$\frac{2}{3}$ cup	165 mL	Dates, pitted and chopped
$\frac{1}{4}$ cup	60 mL	Hot water
$\frac{2}{3}$ cup	165 mL	Oats
1 cup	250 mL	Walnuts
$\frac{1}{4}$ cup	60 mL	Flaxseed, ground
1 tbsp	15 mL	Ginger powder
1 tbsp	15 mL	Cinnamon
1 tsp	5 mL	Allspice
$\frac{1}{2}$ tsp	2.5 mL	Salt
$\frac{1}{2}$ cup	125 mL	Almond butter
$\frac{1}{4}$ cup	60 mL	Molasses
<b>COATING</b>		
$\frac{1}{4}$ cup	60 mL	Flaxseed, ground
2 tbsp	30 mL	Walnuts, ground or finely chopped

### PREPARATION:

1. In a small dish, place chopped dates and cover with hot water. Soak until softened, about 5 minutes (more if needed), then drain.
2. Meanwhile, place oats, walnuts, ground flaxseed, ginger, cinnamon, allspice, and salt in a food processor. Pulse a few times until forming a coarse meal.
3. To the blender, add almond butter, molasses, and soaked dates. Process until well combined and the mixture forms a coarse dough, about 15-20 seconds.
4. Divide the mixture into 16 equal portions, about 2 tbsp (30 mL) each, and shape into a ball. Set aside.
5. Coating: In a small dish, combine ground flaxseed, ginger, and cinnamon. Roll each ball in the dish until evenly coated.

### TIPS

- Store in a sealed container in the refrigerator or freezer.

### BENEFICIAL COMPONENTS:

#### SIDE EFFECTS

Poor appetite/avoiding malnutrition & weight loss, changes in taste or smell (bitter), constipation, nausea/vomiting, brain health, mood, fatigue, immune system, gut health

#### FUNCTIONAL PROPERTIES

Energy & nutrient dense, protein-rich ingredients

#### FOOD GROUPS

Nuts/seeds, whole grains

#### FUNCTIONAL FOODS

Dates, flaxseed, ginger, walnuts, whole grains

#### NUTRIENTS/PHYTONUTRIENTS

Arginine, B-vitamins, fibre, iron, magnesium, omega-3 fatty acids, prebiotics, selenium, vitamin E

## Fruit Popsicles

Prep time: **5 minutes**

Made with whole fruits, these easy-to-make popsicles are more than just an icy treat. Enjoy these fun and unique flavours or invent your own!

Imperial	Metric	Ingredients
<b>Pina Colada</b>		
3 cups	750 mL	Pineapple chunks, fresh or frozen
¾ cup	190 mL	Coconut milk
2 tbsps	30 mL	Lime juice
2 tbsps	30 mL	Maple syrup
1 tsp	5 mL	Vanilla
¼ tsp	1 mL	Sea salt
<b>Spiked Ginger Beet &amp; Blueberry</b>		
1	each	Banana (medium)
1	100 g	Beet (medium)
1 cup	250 mL	Blueberries, frozen
½ cup	125 mL	Soy milk
½ cup	125 mL	Coconut milk
2 tbsps	30 mL	Maple syrup
2 tbsps	30 mL	Ginger, peeled and coarsely chopped
1 tbsps	15 mL	Hemp hearts

### PREPARATION:

1. Pina Colada: In a blender, combine all ingredients. Process on high until smooth, about 2 minutes.
2. Spiked Ginger Beet and Blueberry: In a blender, combine all ingredients. Process on high until smooth, about 2 minutes. Pass the mixture through a strainer.
3. Pour mixture into a popsicle mold and freeze overnight.
4. To release the popsicles, run the mold under warm water for 30 seconds. Store frozen in the mold or place the popsicles in a sealable freezer bag.

### MODIFICATION

- Either of these recipes work well as a smoothie. Simply blend each recipe's ingredients and serve in a glass.

### TIPS

- Need more popsicle ideas? Make them with our Fresh Fruit Coconut Waters Cucumber Mint Coconut Water Popsicle (see recipe Pg. 38)

### BENEFICIAL COMPONENTS:

#### SIDE EFFECTS

Poor appetite/avoiding malnutrition & weight loss, changes in taste or smell (bitter), dry mouth, sore mouth, sore throat & trouble swallowing, bloating, nausea/vomiting, headaches, brain health, mood, fatigue, immune system, gut health

#### FUNCTIONAL PROPERTIES

Cold/frozen, hydration, sweet/tart (With Modification: puree).

#### FOOD GROUPS

Fruit, herbs, nuts, vegetables (beets)

#### FUNCTIONAL FOODS

Banana, dark-colored fruit (blueberries), ginger, soy milk (fortified)

#### NUTRIENTS/

#### PHYTONUTRIENTS

Arginine (soy milk), B-vitamins, electrolytes (banana), fibre, polyphenols (beets, blueberries), prebiotics (banana), vitamin C, vitamin D (fortified soy milk)





## Nice Cream – 3 Ways

Prep time: **8 minutes**

If you haven't tried banana ice cream before, today is the day! These ice creams are naturally sweetened with fruit and deserve a halo! Try these flavours out or be adventurous and invent your own.

Imperial	Metric	Ingredients
<b>Sweet cherries, frozen, chopped</b>		
4		Ripe bananas, peeled, sliced, and frozen
⅔ cup	165 mL	Almond butter
¼ cup	60 mL	Cocoa powder
½ tsp	2.5 mL	Vanilla
½ tsp	2.5 mL	Cinnamon, ground
1 cup	250 mL	Sweet cherries, frozen, chopped
Pinch		Sea salt
<b>Mango Tango</b>		
3		Bananas, peeled, sliced & frozen
2 ½ cups	375 mL	Mango, frozen chunks
1 cup	250 mL	Avocado, frozen chunks
2 tbsp	30 mL	Lime juice
<b>Hazelnut Pear</b>		
4		Bananas, peeled, sliced & frozen
⅔ cup	165 mL	Hazelnut butter
2 tsp	5 mL	Vanilla
2 cups	500 mL	Pear, diced
¼ cup	60 mL	Hazelnuts

**PREPARATION:**

1. In advance, peel 4 bananas, cut them into 2 cm (1-inch) slices, lay out on a baking sheet and place them in the freezer for 2-3 hours or overnight. Alternatively, freeze whole, peeled bananas, and slice them frozen. Freeze other fruits as needed as per recipe. Before use, remove frozen fruits from the freezer and allow them to partially thaw, about 5 minutes or longer until semi-soft.

**CHOCOLATE CHERRY ALMOND**

1. In a food processor, add bananas, almond butter, cocoa powder, vanilla, and cinnamon. Process until smooth, about 1-2 minutes.
2. Transfer the mixture to a medium bowl. Fold in the cherries and sea salt.
3. Fold in chopped cherries and sprinkle with sea salt.

**MANGO TANGO**

1. In a food processor, add all ingredients and process until smooth, about 1-2 minutes.
2. Fold in chopped cherries and sprinkle with sea salt

**HAZELNUT PEAR**

1. In a food processor, add bananas, hazelnut butter, vanilla and 1 cup of diced pear. Process until smooth, about 1-2 minutes.
2. Add the second cup of pear and hazelnuts. Pulse a few times until broken up into smaller pieces.
3. Serve immediately, or store in the freezer. This can be stored in a sealable container and scooped out, or stored in smaller, single serve portions.



### MODIFICATION

- Turn these into smoothies. Blend fresh or thawed fruit and add 1 cup (250 mL) unsweetened soy milk to dilute.

### TIPS

- If needed to facilitate blending, add 1-2 tablespoons of soy milk.
- To create your own Nice Cream, substitute your favourite fruit, substitute a healthy fat containing food (e.g., a nut or seed butter, or avocado), and a complementary herb or spice.

### BENEFICIAL COMPONENTS:

#### SIDE EFFECTS

Poor appetite/avoiding malnutrition & weight loss, changes in taste or smell, dry mouth, sore mouth, sore throat & trouble swallowing, diarrhea, nausea/vomiting, headaches, brain health, mood, fatigue, immune system, gut health

#### FUNCTIONAL PROPERTIES

Cold/frozen, easily digestible, energy & nutrient-dense, hydration, protein-rich ingredients, soft, sweet (With Modification: puree)

#### FOOD GROUPS

Fruit, nuts

#### FUNCTIONAL FOODS

Banana, cocoa, dark-colored/orange fruits, nuts

#### NUTRIENTS/

#### PHYTONUTRIENTS

Arginine, B-vitamins, electrolytes, iron, magnesium, omega-3 fatty acids, polyphenols (cocoa, cherries), prebiotics, selenium, vitamin E

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Amy Symington



Christine Hotz

This companion book is part of a series of resources produced under a grant from the Social Sciences and Humanities Research Council (SSHRC) to provide diet and nutrition-related support to those dealing with cancer, those caring for others with cancer, and anyone wishing to prevent cancer.

- *The Community Guide to Cancer Nutrition Companion Cookbook: Plant-based Cooking for Side Effects of Cancer and its Treatment* summarizes evidence-based diet and nutrition recommendations for managing some of the most commonly experienced side effects. It features 25 + recipes designed to help address these side effects and aid users in putting these recommendations into action.
- *The Long Table Cookbook: Plant-based recipes for optimal health* (Douglas & MacIntyre) was created to support families and communities in adopting healthy, delicious, plant-based diets using evidence-based anti-cancer ingredients.
- *The Community Guide to Cancer Nutrition* provides detailed information on dietary recommendations for the prevention of cancer and the management of side effects of cancer and cancer treatment.



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