

VEGETARIAN MEAL IDEAS

SAMPLE MENU TO HELP YOU GAIN WEIGHT DURING & AFTER TREATMENT

To Gain Weight

Maintaining a healthy weight is important to cancer survivorship.

The side effects of cancer treatment may make you nauseous and make eating difficult or undesirable. This can lead to significant weight loss, loss of strength and impaired immune function, all important for regaining your health.

Try eating 5-6 small calorie-dense meals and snacks throughout the day.

Make every bite count!

Breakfast

Avocado Green Smoothie

AND/OR

Full Fat Greek Yogurt topped with
Fresh Berries and Granola

AND/OR

Blueberry, Peanut Butter Overnight
Oats

Lunch

Carrot Ginger Soup

AND/OR

Tofu "Eggless" Salad on Whole Grain
Bread

AND/OR

Avocado Grilled Cheese

Dinner

Mushroom Soup

AND/OR

Chickpea and Sweet Potato Power
Bowl

AND/OR

Lemon and Pea Pasta

Snacks

Blueberry Chia Pudding

AND/OR

Apple Slices and Almond Butter
or Nutella

AND/OR

Carrot Sticks and Hummus

TALK TO YOUR DOCTOR AND DIETICIAN ABOUT ANY CHANGES TO YOUR APPETITE.

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Breakfast

Avocado Green Smoothie

AND/OR

Sweet Potato Hashbrowns and Eggs

AND/OR

Strawberry Maple Overnight Oats

Lunch

Carrot Ginger Soup

AND/OR

Egg Salad on Whole Grain Bread

AND/OR

Avocado Grilled Cheese

Dinner

Mushroom Soup

AND/OR

Chicken and Rice

AND/OR

Lemon and Pea Pasta

Snacks

Blueberry Chia Pudding

AND/OR

Apple Slices and Almond Butter
or Nutella

AND/OR

Carrot Sticks and Hummus

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