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 Hashbrows 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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