

# MEAL IDEAS

SAMPLE MENU TO HELP YOU LOSE WEIGHT DURING & AFTER TREATMENT

## To Lose Weight

Maintaining a healthy weight is important to cancer survivorship.

The side effects of cancer treatment may cause you to gain excess weight. It is important for individuals with a BMI of 29 or higher to .....

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

## Make every bite count!

### Breakfast

Avocado Green Smoothie

AND/OR

Sweet Potato Hashbrowns and Eggs

AND/OR

Strawberry Maple Overnight Oats

### Lunch

Best Chicken Soup

AND/OR

Lime Cucumber Salad

AND/OR

Farro with Pomegranate and Apple

### Dinner

Carrot Ginger Soup

AND/OR

Lemon Fish with Brown Rice

AND/OR

Lime Walnut Chicken with Roasted Broccoli

### Snacks

Rice Cake with Peanut Butter & Banana

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.