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.

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