

CANCER-FRIENDLY MEAL PLAN

FROM: / / TO: / /

	BREAKFAST	LUNCH	SNACKS	DINNER
MON	Oatmeal with berries and flaxseeds	Grilled chicken salad	Greek yogurt with honey	Baked salmon with quinoa and broccoli
TUE	Smoothie with spinach, banana, almond milk	Lentil soup with whole-grain bread	Apple slices with almond butter	Turkey stir-fry with brown rice
WED	Scrambled eggs with spinach and tomatoes	Chickpea salad with cucumber and feta	Carrot sticks with hummus	Baked chicken with sweet potato and beans
THU	Overnight oats with chia seeds and berries	Tuna salad with whole-grain crackers	Mixed nuts	Grilled shrimp with couscous and asparagus
FRI	Whole-grain toast with avocado and poached egg	Quinoa bowl with black beans, avocado	Celery sticks with cream cheese	Beef stew with carrots and potatoes
SAT	Cottage cheese with pineapple	Turkey wrap with lettuce, tomato	Smoothie with kale, pineapple, coconut water	Baked cod with wild rice and spinach
SUN	Berry parfait with granola	Vegetable minestrone soup	Rice cakes with peanut butter	Grilled tofu with stir-fried veggies and rice

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