

Recipes for Cancer Patients

High-Calorie, High-Protein Shake and Drink Recipes

If you need more calories or have trouble swallowing, you might try the following recipes – but keep in mind that they might not be right for everyone. If you want to increase calories but not fat, use reduced-fat dairy products. If you are eating well and maintaining your weight, there is no reason to increase your calorie intake.

Follow these basic instructions for the drink recipes:

- Place all ingredients in a blender container, or mix in a large container with a hand-held blender.
- Cover and blend on high speed until smooth.
- Chill drinks before serving.
- Store unused drinks in the refrigerator or freezer.
- Add 1 to 2 tablespoons of powdered milk to each recipe to increase protein.

NOTE: If you cannot tolerate milk or milk products, or if you have diabetes, ask your nurse or dietitian for other recipe ideas.

Fortified Milk

Drink or use in cooking to add protein

- 1 quart whole or low-fat milk
- 1 cup powdered non-fat dry milk

(211 calories and 14 grams of protein per cup)

Blend and chill at least 6 hours. Can also be made with buttermilk or dry buttermilk.

Sherbet Shake

A refreshing shake

- 1 cup sherbet
- $\frac{3}{4}$ cup low-fat milk
- $\frac{1}{2}$ teaspoon vanilla extract

(320 calories and 8 grams of protein)

Tangy Protein Smoothie

A thick, protein-packed drink

1/3 cup cottage cheese or plain yogurt
1/2 cup vanilla ice cream
1/4 cup prepared fruit-flavored gelatin (can use individual ready-to-eat snack pack)
1/4 cup low-fat milk

(275 calories and 13 grams of protein)

Classic Instant Breakfast Milk Shake

A protein- and calorie-packed favorite

1/2 cup low-fat milk or fortified milk (see first recipe)
1 envelope instant breakfast mix
1 cup vanilla ice cream (add flavorings or different flavor ice creams for variety)

(450 calories and 14 grams of protein)

Increase flavor and calories by adding fresh or frozen fruit or chocolate or strawberry syrup. Add peanut butter or dry milk for extra protein.

Peach Yogurt Frost

A frosty, mild drink

1 envelope vanilla instant breakfast mix
1 cup low-fat milk or fortified milk (see first recipe)
1 (6-ounce) container low-fat peach yogurt
1 cup frozen peaches or 6 to 10 crushed ice cubes

(Makes 3 servings; 155 calories and 7 grams of protein per serving)

Try substituting other fruit combinations that appeal to you.

Homemade Soup Recipes

Winter Soup

1 rotisserie chicken breast section or 3 cups chopped white chicken meat
1 tablespoon canola oil
3 carrots, sliced
2 celery stalks, sliced
1 onion, chopped
2 cups water
6 cups reduced-sodium chicken broth

1 (15-ounce) can Great Northern beans, rinsed and drained
Pepper and salt to taste

Remove wings from chicken and reserve. Remove skin from breast and discard. Shred the meat from the breast and break off breast bones.

Heat oil in a stock pot over medium heat. Sauté the carrots, celery, onion, chicken wings and breastbones for 8 to 10 minutes, or until vegetables soften.

Add water and chicken broth and bring to a boil, stirring to combine. Reduce heat, cover and simmer for 15 to 20 minutes. Add beans and chicken meat and cook for 5 minutes. If too thick, add more broth or water. Discard bones and wings before serving. Season with salt and pepper. Makes 6 servings.

(Approximate nutrients per serving: 235 calories, 5 grams of fat, 28 grams of protein)

Hearty Turkey Minestrone Soup

1 pound ground turkey breast or lean ground beef
1 onion, chopped
2 carrots, chopped
2 celery stalks, chopped
8 cups reduced-sodium chicken broth or beef broth
1 (14.5-ounce) can diced tomatoes
1 teaspoon dried basil
1 teaspoon dried oregano
½ cup small pasta, such as orzo or pastini
1 (10-ounce) package frozen chopped spinach
1 (15-ounce) can chickpeas or white beans, rinsed and drained
Pepper and salt to taste
Grated Parmesan cheese, optional

In a stockpot over medium-high heat, sauté the turkey and onion until the turkey is cooked through. Add the carrots and celery and sauté for 10 minutes, or until softened. Add the broth, tomatoes, basil and oregano and stir to combine. Bring to a boil. Reduce the heat and simmer for 20 minutes, stirring occasionally.

Add the pasta, frozen spinach and chickpeas or beans and cook for 10 minutes, or until pasta is tender, stirring occasionally. Season with salt and pepper. Serve with Parmesan cheese. Makes 14 servings.

(Approximate nutrients per serving: 120 calories, 1 gram of fat, 13 grams of protein)

Spicy Cream Of Broccoli Soup

3 cups broccoli florets and peeled stems, coarsely chopped
1½ cups reduced-sodium chicken broth, vegetable broth, or water

1 tablespoon olive oil
1 small onion, finely chopped
1 tablespoon all-purpose flour
3 cups low-fat milk
½ teaspoon salt (optional)
½ teaspoon pepper
¼ teaspoon paprika
¼ teaspoon celery seed
Pinch cayenne pepper, optional

In a large saucepan over high heat, bring the broccoli and broth to a boil. Reduce heat, cover and simmer for 8 to 10 minutes, or until very tender. Cool slightly. Transfer to a blender or food processor and purée. Set aside.

In the same saucepan over medium heat, add the oil and onion. Sauté the onion for 3 to 5 minutes, or until softened. Add the flour and cook until fully incorporated, stirring constantly. Gradually add the milk and cook until thickened, stirring constantly. Add the reserved broccoli purée, salt, pepper, paprika, celery seed and cayenne pepper and stir well to combine. Makes 5 servings.

(Approximate nutrients per serving: 115 calories, 4.5 grams of fat, 7 grams of protein)

Potato Soup

3 medium potatoes, peeled and cubed
2 celery stalks, coarsely chopped
½ onion, coarsely chopped
2 cups reduced-sodium chicken broth or vegetable broth
1 tablespoon butter
1 tablespoon flour
2 cups low-fat milk
Pepper and salt to taste

In a large saucepan over high heat, bring the potatoes, celery, onion and broth to a boil. Reduce heat, cover and simmer for 15 to 20 minutes, or until the potatoes are tender, stirring occasionally. Cool slightly. Transfer to a blender or food processor and purée. Set aside.

In the same saucepan over low heat, melt the butter. Add the flour and cook until fully incorporated, stirring constantly. Gradually add the milk and cook until thickened, stirring constantly. Add the reserved potato mixture to the saucepan and stir well to combine. Season with salt and pepper. (This soup thickens when chilled and may need to be thinned with more chicken broth or milk.) Makes 6 servings.

(Approximate nutrients per serving: 125 calories, 3 grams of fat, 5 grams of protein)

NOTE: This document is from the American Cancer Society and is taken from www.cancer.org



Because Everyone's Journey IS Different