

# Sample Meal Plan for Patients

The following is a week's worth of sample meal plans appropriate for people who are seeking to follow a healthy, cancer-fighting diet and have no barriers to normal eating. Keep in mind that nutrient needs vary widely between individuals, so some people may need more or less calories than are provided by these meal plans. Foods can be added or removed to customize calorie levels as needed.

## Day 1

- Breakfast: 1 serving Fruit and Nutty Oatmeal, 8 oz. soy milk
- Lunch: 1 serving Black Bean Quesadillas, 1 serving Sweet Red Pepper, Tomato, Chipotle Soup with Couscous and Lime
- Snack: 1 cup grapes, 6 oz. low-fat Greek yogurt
- Dinner: 1 serving Deviled Chicken Breast, 1 100% Whole Wheat Roll with ½ T. extra-virgin olive oil and 1 T. Parmesan cheese mixed with Italian spices as a spread, 1 serving Orange-Glaze Asparagus, ½ cup steamed carrots

*Nutrition Information: Calories, 1,989; Total Fat: 45g; Saturated Fat: 11g; Sodium: 1,242mg; Carbohydrate: 285g; Fiber: 42g; Protein: 111g*

## Day 2

- Breakfast: 1 serving Veggie Hotcakes, 6 oz. non-fat vanilla yogurt, 4 oz. 100% grape juice
- Lunch: 1 serving Roasted Cauliflower Sage Soup, soft white dinner roll, whole banana, 1 Cup Iced Ginger Green Tea
- Snack: 4 oz. unsweetened applesauce, light string cheese stick
- Dinner: 1 serving Baked Lemon Fish, 1 serving Roasted Red Pepper Risotto, 1 serving Roasted Okra, 8 oz. light soy milk
- Dessert: 1 serving Tofu Pumpkin Pudding

*Nutrition Information: Calories: 1,742; Total Fat: 38g; Saturated Fat: 10g; Sodium: 2,467mg; Carbohydrate: 266g; Fiber: 16g; Protein 84g*

## Day 3

- Breakfast: 1 serving Southwestern Egg Scramble, 2 pieces whole grain toast with 2 T. apple Butter, 8 oz. green tea

Lunch: 1 serving Vegetarian Chili, one 100% Whole Wheat Roll with 2 tsp. extra-virgin olive oil for dipping, 1 cup grapes, 8 oz. 1% milk

Dinner: 1 serving Moroccan Shrimp over ½ cup couscous, 1 serving Green Bean Delight, 8 oz. 1% milk, 1 serving Grilled Peaches with Orange Glaze

Snack: 6 oz. Greek yogurt, 1 cup fresh pineapple

*Nutrition Information: Calories: 1,768; Total Fat: 40g; Saturated Fat: 7g; Sodium: 1,876mg; Carbohydrate: 271g; Fiber: 35g; Protein: 81g*

#### **Day 4**

Breakfast: 1 serving Fruit and Walnut Granola Bar, 6 oz. vanilla Greek yogurt, 1 cup blueberries

Lunch: 1 serving Baked Stuffed Portobello Mushroom, 1 serving Summer Minestrone Soup

Snack: 8-10 wheat crackers, 2 T. peanut butter, 1 whole apple

Dinner: 1 serving Citrus Ginger-Dusted Orange Roughy, 1 serving Green Bean Delight, 1 serving Mixed Berry Couscous, 1 serving Creamy Rice Pudding

*Nutrition Information: Calories: 1,969; Total Fat: 57g; Saturated Fat: 12g; Sodium: 1,731mg; Carbohydrate: 274g; Fiber: 33g; Protein: 90g*

#### **Day 5**

Breakfast: 1 serving Breakfast Burrito, 6 oz. non-fat vanilla yogurt

Snack: 1 serving Antioxidant Boost Blend Shake

Lunch: 1 serving Rich Red Lentil Soup, 1 100% Whole Wheat Roll

Dinner: 1 serving Quinoa Salad with Chicken, 1 serving Roasted Wild Mushroom Soup with Dandelion Greens, 8 oz. skim milk

Snack: a serving Whole Wheat Pumpkin Pie Muffins, 8 oz. skim milk

*Nutrition Information: Calories: 2,051; Total Fat: 47g; Saturated Fat: 9g; Sodium: 2,030mg; Carbohydrate: 311g; Fiber: 31g; Protein: 96g*

## Day 6

- Breakfast: 1 serving Cranberry Bread, 1 tsp. tub margarine, 1 cup cantaloup, 6 oz. no-fat Greek yogurt
- Lunch: 1 serving Better Mac and Cheese, 1 serving Roasted Vegetables, 1 apple
- Dinner: 1 serving Mexican Lasagna, 1 serving Grilled Rainbow Chard with Fava Beans and Oregano, ½ cup low-fat cottage cheese
- Snack: 1 oz. low-sodium Colby or cheddar cheese, 1 medium pear

*Nutritional Information: Calories: 1,835; Total Fat: 44g; Saturated Fat: 20g; Sodium: 2,137mg; Carbohydrate: 262g; Fiber: 44g; Protein: 103g*

## Day 7

- Breakfast: 6 oz. Greek yogurt with 1 serving Make-Your-Own-Granola
- Lunch: Spinach and Blueberry Salad with 1 serving Potato, Leek and Corn Soup
- Dinner: Apricot Chicken, ½ cup steamed broccoli, 1 cup fresh melon, 1 apple, Nut and Carrot Bran Flax Muffin

*Nutrition Information: Calories: 1,804; Total Fat: 56g; Saturated Fat: 10g; Sodium: 1,348mg; Carbohydrate: 233g; Fiber: 31g; Protein: 92g*

*NOTE: This is a sample meal plan only. Each individual should consult with their nutritionist or health care provider to determine a meal plan which will meet their needs.*



*Because Everyone's Journey IS Different*