

Sample meal plan

Day one

- Meal one: 1 cup hot cereal + 1/2 cup fruit (325 calories, 6g protein)
- Meal two: 2 tbsp. hummus + pita slices (370 calories, 13g protein)
- Meal three: 1/2 cup macaroni and cheese (225 calories, 10g protein)
- Meal four: 2 tbsp. peanut butter + banana (300 calories, 9g protein)
- Meal five: 1 cup cream of chicken soup + 6 crackers (325 calories, 6g protein)
- Meal six: 1/2 bagel + 1/2 avocado + 1 egg (325 calories, 16g protein)

Day two

- Meal one: 1/2 cup cottage cheese + fruit cup (285 calories, 12g protein)
- Meal two: 1 hard-boiled egg + 6 crackers (225 calories, 10g protein)
- Meal three: 1 cup rice pudding (340 calories, 10g protein)
- Meal four: 1/2 turkey and cheese sandwich (210 calories, 13g protein)
- Meal five: 1 cup cereal + whole milk (450 calories, 15g protein)
- Meal six: 1 medium baked potato + chili (290 calories, 13g protein)



Small Meals and Snacks

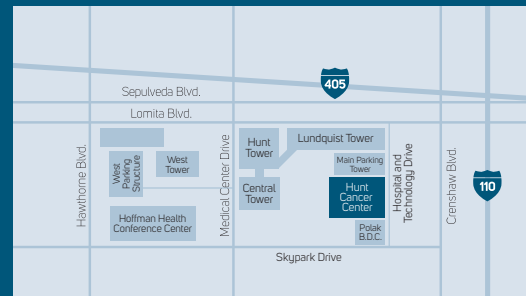


For more information,
call 310-891-6707 or visit
TorranceMemorial.org/nutrition.

2841 Lomita Boulevard
Torrance, CA 90505

Hunt Cancer Center

3285 Skypark Drive
Torrance, CA 90505





It may be hard to meet your nutritional needs when receiving cancer treatment. Smaller meals and snacks may be easier to take and may help you cope with side effects from treatment.

What should I pay attention to?

Calories

- **Choose calorie-dense foods (foods that give you the most calories per serving)**
 - Full-fat dairy, avocados, nuts/nut butters, seeds, dried fruits, oils/butter, dressings/dips
 - High-calorie drinks (chocolate milk, milkshakes, smoothies, fruit juices, BOOST Plus®, Ensure® Plus)

Protein

- **Try to eat some protein with every meal or snack**
 - Using nut butters in smoothies/hot cereal, with fruits and on bread
 - Add protein drinks/powders instead of milk/water in oatmeal and milkshakes
 - Add beans/lentils to soups/stews

Small meal/snack ideas

- Tuna/chicken salad + crackers
- Greek yogurt + granola
- Toast + nut butter + banana
- Dried fruit + nuts
- Cottage cheese + fruit
- Pudding + graham crackers
- Hard-boiled eggs + pretzels
- Hummus + pita bread
- Cheese stick + popcorn
- Guacamole + baked potato wedges
- Chia seed pudding
- Tofu/egg scramble burrito
- Chicken quesadilla
- Roasted chickpeas and veggies
- Protein smoothie

Quick tips

- Avoid drinking fluids when eating to keep you from filling up. Instead, drink between your meals.
- Keep snacks with you in your car or bag when you travel.
- Eat your biggest meal when you are feeling the hungriest!

