

# Easy to make meals

For people with cancer

Eating well during your cancer treatment can help you feel better and manage the side effects from treatment. If you are away from home, do not have a kitchen, or feel too tired to cook, it can be harder to eat well. These meal ideas are easy to make and have calories, protein, and nutrients your body needs to stay strong.

## Look for these nutritious foods when shopping. Eat them as a snack or as part of a meal.

- **high protein foods**, like peanut butter or nut butter, meat or fish jerky, nuts, seeds, soy nuts, skim milk powder, and canned tuna, salmon, chicken, beans, or lentils
- **pantry foods**, like canned or dried fruit, apple or fruit sauce, pudding, crackers, and pretzels

## Easy snack ideas if you do not have a kitchen

- **bread or bun** with peanut butter, canned tuna, or salmon
- **peanut butter** with apple slices, banana, or crackers
- **mashed avocado and white beans** with crackers or pita
  - **oral nutrition supplement drinks** like Ensure®, Boost®, or generic/store brands
- **protein bar, granola bar, or trail mix** made with nuts, seeds, dried fruit, and/or cereal



## Easy meals to make if you have a fridge

- **sandwiches** made with pre-cooked chicken, hummus, sliced meat, cheese, or cream cheese
  - Tip: spread sandwich with butter, mayonnaise or avocado for extra calories
- **cold cereal** with cow's or soy milk and chopped nuts, seeds, and/or fresh or dried fruit
- **Greek or Icelandic yogurt** with fresh or canned fruit
- **cottage cheese, sliced cheese, or hard boiled eggs** with vegetables and crackers
- **hummus, bean dip, lentil dip, labneh, guacamole, or tzatziki** with pita and vegetables sticks



## Quick meals to make if you have a microwave

- **instant oatmeal or Cream of Wheat®** made with milk, soy milk, or skim milk powder and water
  - Tip: top with peanut butter, raisin, chopped nuts, and/or dried fruit for more calories
- **scrambled eggs, Chinese steamed egg, or Egg Creations™**. Crack eggs into a microwave safe bowl and stir with a fork. Microwave on HIGH for 15 seconds at a time until no longer runny.
  - Tip: to make an omelet add diced meat, cheese, or vegetables to eggs before cooking
- **canned chili, stew, soups, or frozen dinners** made with cream, meat, beans, or lentils
- **perogies, samosas, tamales, patties, or dumplings** filled with meat, beans, lentils, or cheese
- **tortilla or nacho chips** topped with cheese, refried beans, full-fat sour cream, and/or salsa
- **macaroni and cheese** with extra grated cheese or tuna and served with canned vegetables
- **instant noodles or rice** with meat, beans, fish, or tofu and served canned or frozen vegetables

## Microwave recipes

### Tuna casserole

Makes 1  $\frac{3}{4}$  cups (425 ml) - 385 calories, 33 g protein

#### Ingredients:

- 1 snack size cup (58 g) macaroni and cheese
- 1 small can (85 g) tuna, drained
- $\frac{1}{2}$  cup (125 ml) peas, frozen or canned

#### Directions:

1. Prepare macaroni and cheese according to package.
2. Add tuna and peas to macaroni and cheese. Stir to combine.
3. Microwave for 45 seconds or until heated through.

### Lentil dal

Makes 1 cup (250 ml) - 230 calories, 18 g protein

#### Ingredients:

- $\frac{1}{3}$  cup (80 ml) red or yellow lentils, rinsed
- 1 cup (250 ml) water
- $\frac{1}{2}$  tsp. (2 ml) turmeric powder
- salt to taste

#### Directions:

1. Add lentils, water, turmeric, and salt to a large microwave-safe bowl.
2. Cook uncovered in the microwave on high for 15-20 minutes. Lentils should be soft but not mushy.
3. Remove from microwave, cover, and let stand 5 minutes before eating.

### Tofu congee

Makes 2 cups (500 ml) – 316 calories, 14 g protein (without optional toppings)

#### Ingredients:

- 1 cup (250 ml) ready to serve rice
- 1 cup (250 ml) water or broth
- $\frac{1}{4}$  tsp. (1 ml) ground ginger
- 1 packet soy sauce
- $\frac{1}{2}$  cup (125 ml) tofu, crumbled

#### Directions:

1. Add rice, water, and ginger to a large microwave-safe bowl.
2. Microwave on high for 4 minutes. Remove from microwave and let rest for 2 minutes.
3. Stir in soy sauce and crumbled tofu.

Tip: drizzle with sesame oil, chili oil, or soybean oil for extra calories

Note: This is not a full list of brands or products. The Odette Cancer Centre does not recommend one brand over another. Talk to your dietitian if you need help understanding how this information applies to you.

If you are a patient at the Odette Cancer Centre and you would like more nutrition information, please visit the Patient & Family Support office in TG 230 (T-wing, ground floor, room 230), call 416-480-4623, or visit [sunnybrook.ca/cancernutrition](https://www.sunnybrook.ca/cancernutrition)

This resource should be used for information and does not replace medical advice. For questions, concerns, or additional information, contact your dietitian. This resource is for personal use only.