



LiveBetterWith
cancer

Eating With *cancer*

32 RECIPES AND STORIES
to make day-to-day life a little bit better

cancer.livebetterwith.com

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- This book is not intended to provide medical advice or take the place of medical treatment from qualified health care professionals.
- All readers who are taking any form of medication should consult with their physicians before making any changes to their current eating habits.
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Recipe testing: Lydia Donaldson, Rykesha Hudson, Kylie de Chastelain, Larissa Walker, Elizabeth Schonfeld, Stacey Beard



Welcome to the Eating With Cancer cookbook

Welcome to the Eat Better With Cancer cookbook! In this book, you'll find a collection of 32 recipes written by the cancer community: authors, bloggers, business owners, and so on. These are not necessarily complete meals or fancy concoctions. They are simply what those living with cancer found easy or tasty to cook and eat while going through treatment.

Whilst there are many other fantastic recipe books out there, we want to bring you a selection that reflects real day-to-day life. We hope that this gives you, or a loved one, some ideas, and that you also enjoy reading the tips and stories from all our contributors. And thank you to each of them for making the time to write for us - and do home photography too!

Tamara

Tamara Rajah
Founder of Live Better With

Tried and tested recipes made by people who understand what you're going through





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Alice May-Purkiss

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I was diagnosed with triple negative breast cancer in 2015, aged 26. I underwent surgery, fertility treatment, chemotherapy and radiotherapy and during this time, eating became increasingly difficult.

Having always been an avid eater and enjoyer of food, I was pretty disenchanted on the days my appetite disappeared during treatment, or nausea stopped me from enjoying my food, so I made a conscious effort to eat what I wanted, when I wanted (within reason!) on the days I did have an appetite. I've always cooked my meals almost completely from scratch, even during my time at uni, and this became more important than ever during treatment. If I was making my own dinners, I knew exactly what I was putting in each dish and could make sure every dish was packed full of goodness and a tasty treat when I was feeling rubbish.

These four dishes all focus on using fresh ingredients to ensure you're getting loads of nutrients in your system at a time when this is more important than ever. They're all easy to batch up and save for later too, so you can eat little and often if you need to.

Alice's Top Tip for eating well

Don't try and cut things out of your diet, like sugar or dairy or gluten, unless you're advised to by a medical professional. The best advice I got came from my breast care nurse who reminded me to just try and maintain a really balanced diet and eat whatever you fancy (within reason). You're already going through enough without beating yourself up about what you're putting in your body. Try to enjoy food when you can, it's a good way to try and maintain a bit of normality, and it's incredibly important for keeping up your strength.



Light Chicken Curry

I wasn't very good with spices while I was on chemo, but I did enjoy eating food that was especially fragrant if my tastebuds weren't up too much. This curry is great because it has all the taste of a delicious, buttery, creamy curry sauce without the calories.



Ingredients

1 onion, chopped
2 garlic cloves, crushed and chopped
Thumb sized piece of ginger
1/2 red chilli (optional)
4 tbsp. tikka masala paste
1/2 tsp of turmeric
1/2 tsp of cumin
1 red pepper, chopped
4 skinless, boneless chicken breasts
50g ground almonds
4 tbsp. sultanas
400ml chicken stock
1/4 tsp caster sugar
150g 0% fat Greek yogurt
Small bunch of coriander, chopped
Mango chutney (to taste)
Spinach, rice, peas (to serve)

Method

1. Finely chop onion, garlic, ginger and red chilli (if using). Add to a high sided frying pan with 3 tbsp. of water and cook for 5 mins until fragrant. Add the tikka masala paste, along with turmeric and cumin and cook for a little longer.
2. Stir in the chicken and pepper into the sauce, then add the ground almonds, sultanas, stock and sugar. Stir thoroughly, cook for 10 more minutes and add coriander to taste.
3. Remove the pan from the heat, stir in the yogurt and mango chutney. Season to taste, then scatter over a little more fresh coriander and flaked almonds.
4. Serve with rice (I love rice with garden peas in it!) and spinach on the side.

Moroccan Chicken



This is a lovely, healthy, hug in a bowl. It's full of lentils (good if you're suffering with constipation) and has a healthy dose of turmeric which is a) delicious and b) supposed to be beneficial during cancer treatment.

Ingredients

For the chicken:

4 chicken breasts,
sliced thinly

1/2 cup coarsely chopped
flat leaf parsley

1 tbsp. lemon juice

2 tsp. turmeric

1 tsp. cayenne pepper

1 tbsp. ground coriander

1 medium red onion,
finely chopped

Olive oil

For the lentils:

1 cup red lentils

625ml chicken stock

200g baby spinach leaves

1/2 cup coarsely chopped
coriander

1 tbsp. balsamic vinegar

95g plain yogurt (to serve)

Method

1. Combine chicken, parsley, onion, lemon juice, spices and a splash of oil in a large bowl.
2. Heat a large frying pan and stir fry the chicken mixture until chicken is browned.
3. Meanwhile, combine lentils and stock in a large saucepan. Bring to the boil, then simmer for about 8 minutes until tender, then drain.
4. Place lentils in a bowl with spinach, coriander, balsamic vinegar and a splash of oil. Toss gently.
5. Serve chicken on lentil mixture. Drizzle with yogurt to taste.



Banana Bread

Baking was my salvation during treatment. A real opportunity for me to take a break from all things cancer and make a little treat for all those looking after me. I always think if you're going to have something sweet, making it yourself is better than buying it from a shop.

Ingredients

140g butter, softened,
plus extra for the tin

140g caster sugar

2 large egg, beaten

140g self-raising flour

1 tsp baking powder

2 very ripe bananas,
mashed

2x tbsp.
chocolate chips



Method

1. Heat oven to 180C/160C fan/gas 4. Butter a 2lb loaf tin and line the base and side with baking parchment.
2. Cream the butter and sugar until light and fluffy, then slowly add the eggs with a little flour.
3. Fold in the remaining flour, baking powder, bananas and chocolate chips.
4. Pour into the tin and bake for about 45 mins until a skewer comes out clean (also check at 30 minutes!)
5. Cool in the tin for 10 mins, then remove to a wire rack. Decorate with melted chocolate or banana chips if you wish!
6. Enjoy with a cuppa and a good friend.

Juice

Ingredients

2 organic Granny
Smith apples

1 orange

1/2 cucumber

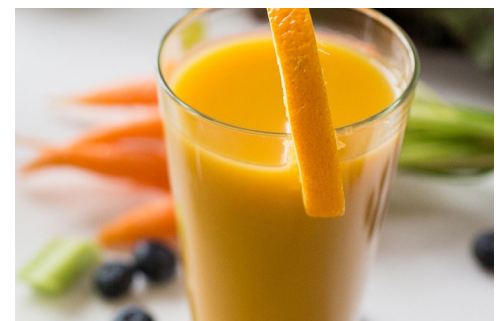
1 carrot

Thumb sized piece
of ginger



Method

1. Remove pips from apples, or core if possible. Cut into quarters.
2. Chop ends off the carrots and cucumber.
3. Peel and chop orange into quarters.
4. Add to juicer, whizz and enjoy. Especially nice if you've been keeping your veg in the fridge!



I drank a lot of juices when I was going through chemo as they are such an easy way to get loads of nutrients. You can pretty much juice anything, but this was one of my favourites.



Liz O'Riordan

Consultant oncoplastic breast surgeon.
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In 2015, at the age of 40, I was diagnosed with breast cancer myself (13cm Stage III breast cancer (lobular, ductal and DCIS) with three involved lymph nodes), and started chemotherapy within a week. A lot of women gain weight during breast cancer chemotherapy. This is partly due to the menopausal effect, and partly because of the nausea, which some people control by constant snacking. I actually lost weight. Everything tasted awful – either metallic on Docetaxel, or chalky on FEC. My mouth was sore and the nausea put me off food. It was a real struggle forcing myself to eat in the day when my husband was at work.

One thing I made sure to do was drink a lot of water to flush out the drugs and help with the constipation. I carried a water bottle everywhere I went and tried to drink 2-3 litres a day. Water, however, tasted awful too, and I flavoured it using lemons. I then tried (and loved) barley water squashes, and always had a small bottle of squash in my handbag. When I was on FEC, I discovered tonic water, which really helped cut through the chalky taste, and wasn't so fizzy that it would hurt my sore mouth. Another thing that really helped with the chalky taste was pineapple, and I went through tins and tins of it.

After chemotherapy finished, I had a mastectomy and then radiotherapy. Despite promising myself that I would eat healthily and nourish my body properly, I was so exhausted that I couldn't be bothered to.

Liz's Top Tips for eating well

“

Drink plenty of water.

Go on patient forums and ask for eating tips – you might discover something that you do like. That's how I discovered pineapple.

Don't be too hard on yourself during chemo. If you fancy ice-cream to soothe your mouth, that's OK. When your taste buds come back to normal, then you can start eating healthily.

”



Salmon & Noodle Stir-Fry

During chemo, everything tasted awful to me, and my mouth was really sore. I just didn't want to eat but knew I had to. I ended up living on beige comfort food – chicken soup, crust-less bread, soggy Weetabix with golden syrup (because sugar granules hurt my mouth) and ice cream. I was desperate for a bit of colour and something vaguely healthy, but my poor husband didn't know what to cook for me. We saw this recipe, and adapted it a bit. We baked the salmon instead of frying it, because I didn't like the taste of oily, charred food, and swapped the vegetables from pak choi (which tasted bitter), to broccoli, which I love. I hope you like it.



Ingredients

Small piece of fresh ginger, grated

2 garlic cloves, crushed

1 tbsp. honey

2 tbsp. soy sauce

1 tbsp. mirin or sweet sherry

2 salmon fillets (or 1 pack of tofu if vegetarian)

1 pack Straight-to-wok udon noodles

(you can use any noodles you like – cook according to packet instructions)

1 tsp sesame oil

2 tsp vegetable oil

1 packet purple sprouting broccoli or tender-stem broccoli cut into bite-sized florets

(feel free to swap for your favourite stir fry vegetables)

1tsp sesame seeds

salt and freshly ground pepper

Method

1. Make a marinade – put the ginger, honey, soy sauce and mirin in a bowl and mix together. Season with salt and pepper. Add the salmon fillets or tofu and coat all sides. Leave for at least 30 minutes to marinate.
2. Heat the oven to 200C / 180C fan. Drain the salmon. Place on a foil-lined baking tray, skinned side down and cook for 10–12 minutes (thick fillets might need a little longer – check with a fork to see that the salmon breaks into flakes).
3. Meanwhile, heat the vegetable oil in a frying pan or wok. Add the spring onions and broccoli to the pan, and sauté for a couple of minutes. Pour in the reserved marinade. Allow to sizzle for a couple of minutes, and then add a splash of water, the sesame oil and the noodles. Cook for another couple of minutes to warm the noodles.
4. To serve, remove the skin from the salmon and break the flesh into pieces. Pile the noodles and vegetables onto plates, top with the salmon and scatter with sesame seeds.

Adapted from The Royal Marsden Cancer Cookbook, Dr Clare Shaw PhD RD



Rolo Brownies



During the two weeks of every chemo cycle, my taste buds would change dramatically according to the different drugs I was given. One lot made everything taste chalky, and another made everything taste metallic. Both made sweet things taste horrible. But in the last couple of days before my next round, my taste buds came back to normal and I could enjoy chocolate again. I also had more energy and could enjoy baking again. This was my indulgence to keep me going – soft to eat and not too sweet, and there were always some left over to give to the nurses on the chemo ward.

Ingredients

200g butter

200g 70% dark chocolate

275g golden caster sugar

3 large eggs and 1 egg yolk

85g plain flour

40g cocoa powder

½ tsp baking powder

1–2 packs Rolos

(you can swap the Rolos for 100g white and / or dark chocolate chunks, or use all three if you're feeling indulgent?!)

Method

1. Preheat oven to 190C / 170C / Gas Mark 5 fan.
2. Grease and line a 20x30cm baking tin with baking parchment.
3. Melt chocolate and butter in a bowl over a pan of simmering water, and leave to cool.
4. Whisk together the eggs, egg yolk and sugar for about 5 minutes until they have doubled in volume and are light and creamy in colour.
5. Fold chocolate mixture into the eggs and sugar.
6. Sift over the flour, baking powder and cocoa, and fold to combine.
7. If you're using chocolate chunks, stir them in now.
8. Pour the mixture into the tin and smooth the surface.
9. Place Rolos at intervals, so they lie in the centre of each brownie when you cut them later 10.
10. Bake for 25 minutes. The centre should wobble slightly when you take it out of the oven, and a skewer should be covered in moist crumbs.
11. Leave to cool completely (if you can wait that long!), and then cut into squares.



Hillary Westover

Blogger at [hillarywith2ls](#). Influencer. Lover of lists. City hippie. Gin aficionado. Child wrangler. Green juice drinker. Cancer survivor.

 [@hillarywith2Ls](#)

I was diagnosed with thyroid cancer when I was 30 years old. My eating habits in my twenties weren't terrible but I was focused on being thin as opposed to being healthy. I always enjoyed cooking before I got sick but after my diagnosis, I became interested in cooking nutrient-rich foods and juicing. I've grown to love a wide variety of vegetables but I still enjoy chocolate and treats. It's all about balance.

Hillary's Top Tip for eating well

*Everything in moderation.
Eating nutritious food is
important but so is enjoying
the food you eat. It can't be
all kale all the time.*



Creamy Tomato Spinach Soup with Quinoa and Chickpeas

This soup is satisfyingly rich and creamy but the spinach and the protein from the chickpeas and quinoa have it firmly planted on my nutritious list. It can easily be made vegan by using vegetable broth and opting out of the sprinkle of cheese.



Ingredients

- 2 tbsp. olive oil
- 1 onion, roughly chopped
- 2 carrots, roughly chopped
- 4 cloves garlic, peeled and roughly chopped
- 1 cup dry white wine*
- 2 tbsp. tomato paste
- 1 (796ml) can diced tomatoes, with juice
- 1 (400mL) can coconut milk
- 2 cups chicken or vegetable broth
- 1 (540ml) can chickpeas, drained and rinsed well
- 1 (300g) block frozen chopped spinach, not thawed**
- 1/4 cup dry quinoa, rinsed well
- 1 tbsp. dried basil
- 1 tbsp. dried oregano
- salt and pepper to taste

For the topping:

- grated parmesan or asiago cheese
- finely chopped fresh parsley

Method

1. Heat olive oil in large soup pot over medium-high heat.
2. Add onion, carrots, and garlic and cook, stirring often, for 7 – 10 minutes until onions are translucent. Don't let your pot get too hot or you'll scorch your garlic.
3. Add white wine and cook, scraping up tasty bits from the bottom of your pot, until liquid is reduced by approximately 2/3.
4. Add tomato paste, diced tomatoes, coconut milk, broth, and chickpeas and bring to a boil. Turn heat down and simmer until carrots are very tender. Blitz with a blender until smooth.
5. Add spinach and turn heat up until soup boils. Add quinoa, reduce heat to low, and cook, uncovered, stirring occasionally, until quinoa is tender (approximately 15 minutes). Add basil and oregano. Taste and season with salt and pepper.
6. Top with grated parmesan or asiago cheese and finely chopped fresh parsley. Serve with crusty bread for dipping.

**If you don't have wine, skip this step and increase your broth by 1/2 cup.*

*** If you only have fresh spinach, use about three cups, chop finely, and increase your broth by about 1/4 – 1/3 cup.*

Mum's Macaroni and Cheese



This mac & cheese is pure comfort food. Soft and easy to chew with a sore mouth and full of cheesy goodness, this mac & cheese doesn't just nourish your body, it nourishes your soul.

Ingredients

3 cups dry elbow macaroni pasta

2 tbsp. butter

2 heaped tbsp. all-purpose flour

4 cups milk

1 tsp. mustard

1 tbsp. Worcestershire sauce

2 cups grated cheddar cheese

salt and pepper to taste

Method

1. Preheat oven to 350F.
2. Prepare macaroni per "al dente" instructions on the bag. Drain and set aside.
3. Melt butter over medium-high heat in medium-sized saucepan. Add flour and cook, stirring constantly, until butter and flour are combined well and the mixture has begun to smell a bit nutty, about 90 seconds – two minutes. If the roux starts to darken, turn down the heat.
4. Add the milk slowly, whisking vigorously. I usually add the milk cup by cup, taking time to whisk and thicken the sauce between cups. Cook until sauce is thickened to the consistency of runny yogurt.
5. Remove from heat and whisk in mustard and Worcestershire sauce.
6. Allow sauce to cool for 5 minutes. Stir grated cheese into your sauce, reserving about 1/2 cup to sprinkle on top.
7. Taste and season with salt and pepper. Mix sauce into pasta, spread into a casserole dish, top with grated cheese, and bake for 15 – 25 minutes until bubbly. Enjoy!



Jude Capper

Sustainability consultant. Animal scientist. Beef & dairy modeller. Data nerd. Mummy of one. Cancer survivor.

 @bovidiva

I was diagnosed with breast cancer when I was 25, which was a huge shock, given that I had no family history. Ironically, the diagnosis was made just when I was within 5 kg of reaching my target weight of 57 kg as I had radically changed my diet and lifestyle in order to slim down from my original weight of 133 kg (yes, kg, not lb) over the 11-month period before my cancer diagnosis in July 2003. Whether my previous weight had an influence on my cancer diagnosis I will never know (although I suspect that it did), but it was bittersweet that it came at the end of a massive positive change in eating habits, from the original over-eating and reliance on carbohydrates, to a diet based on fresh fruit, vegetables, whole grains, low-fat dairy products and lean protein.

It is now 13 years since I was diagnosed and post-surgery, chemotherapy, radiotherapy, monoclonal antibodies, hormone suppressors and Tamoxifen, I am now happy, healthy and have a beautiful 2.5-year-old daughter. I've kept the weight off (although that was a struggle during chemo!), my eating habits are still very much based on a healthy diet with masses of fruit and veg, lean meats and fish, dairy products and healthy carbohydrates; but I also know that occasional treats (dark chocolate brownies!) make life better, not worse. As a scientist, I'm extremely aware of the role that diet plays in our susceptibility to almost all illnesses, but in my dual role as a Mummy encouraging her little girl to eat a variety of foods, and a livestock sustainability consultant specialising in beef and dairy cattle, I refuse to demonise any specific foods and believe that a healthy diet is based on balance.

Jude's Top Tip for eating well

My top tip for eating well is to load up your plate with vegetables and salad – you'd be surprised by how you can fill up with a variety of leaves and vegetables, which lessens the cravings for potentially less-healthy foods.



Mediterranean chicken and fennel stew

When I was diagnosed with cancer, I was 25 years old, living in a very old, very chilly farm cottage in Shropshire. I really craved meals that were warm and nourishing, but also full of flavour to take away that nasty metallic taste from chemo. I couldn't believe how cold I got once I'd lost my hair – I used to go to bed with a towel wrapped around my head to try and keep warm, so anything that filled the "comfort food" gap while providing lots of lean protein and vegetables was great. After making the mistake of eating my "usual" foods the first day that I had chemo, I then couldn't stand eating olives for 3 years afterwards (my body understandably associating them with nausea), but this dish is great with about 100 g of pitted black olives added in at step 14.



Ingredients

1-2 tbsp. oil
 4 skinless chicken breasts
 200 g lardons or bacon pieces
 3 garlic cloves
 2 large onions
 2 red, orange or yellow peppers
 2-3 green chillies
(you can easily leave these out if you don't like spicy food)
 3 fennel bulbs
 1 large courgette
 2 tins roughly chopped tomatoes
 1-2 tbsp. (according to how much you prefer) fennel seeds
 Black pepper
 Soft goat cheese or Parmesan to serve

Equipment

Large, preferably non-stick, lidded saucepan or large oven-proof casserole dish.

Method

1. Roughly chop the chicken into 2-3 cm pieces.
2. Peel and finely chop the garlic cloves.
3. Remove the outer skin, top and tail of the onions, roughly chop into 1-2 cm pieces.
4. Remove the stem and deseed the peppers, roughly chop into 2-3 cm pieces.
5. If using chillies, carefully remove the stem and seeds (you don't want to get too much juice on your fingers or it'll hurt if you touch your eyes!) and finely chop them.
6. Trim the leafy parts and the bottom of the base from the fennel and discard them, cut the remaining bulb into 1-2 cm chunks.
7. Trim the ends off the courgette and cut into discs 1-1.5 cm wide.
8. Heat 1 tbsp. of the oil in a large, preferably non-stick, lidded saucepan for a minute or so over a medium-high heat. Alternatively, if you want to cook the stew in the oven rather than on the hob, you can use a large oven-proof casserole dish.
9. Add the chicken and fry, turning occasionally until it is lightly cooked and just starting to get a little brown colouring on the outside. Turn down the heat or add a little water to the pan if the chicken starts to stick.
10. Add the lardons/bacon and continue to fry until all the meat is lightly cooked.
11. Tip the meat out onto a clean plate or bowl.
12. Add a little more oil to the pan (if needed), fry the onions and garlic over a medium-high heat, turning frequently to ensure that they don't burn. Add a little water to the pan if they start to stick, continue cooking until the onions start to soften and turn a very light golden colour.
13. Add the peppers and chillies (if using) to the pan and fry, turning frequently, for 3-4 minutes until they start to soften. Add the fennel and courgettes to the pan and fry, turning frequently, for another 3-4 minutes until they start to soften.
14. Add the chicken/bacon mix to the pan, mix it all together and pour over the chopped tomatoes. Rinse the tins with a little water (approx. 200 ml total) and add to the pan. Add black pepper to taste.
15. Put the lid on and cook over a very low heat on the hob for 1.5-2.5 hours (the timing is flexible) stirring occasionally. If cooking in the oven, put a lid on and cook at 150° C for 2-3 hours (again, timing flexible). In both cases, add a little water if it is thickening too quickly or if you prefer a thinner stew.
16. When serving, ladle into bowls or onto plates, sprinkle some fennel seeds on top, add more black pepper to taste and put a few chunks of goat's cheese or sprinkle parmesan on top to melt into the stew. It's great with crusty bread and some lightly steamed broccoli.



Nutty Seedy Fruity Flapjack

Like many of us, I craved sweet foods to keep my energy levels high when I was undergoing both chemo and radiotherapy, but wanted to bake something that had a healthy component too and that kept my fibre consumption high. These flapjacks are packed full of seeds, nuts, dried fruits and oats, and you can vary the types and proportions of the seeds, nuts and fruits according to whatever you prefer. You can either make this all in one large saucepan if you have one that's big enough, or in a saucepan and mixing bowl. Either way works well.



Ingredients

250 g butter

2 tbsp. golden syrup

150 g soft brown sugar

150 g (total) mixture of seeds, nuts and dried fruit, including, for example, sunflower seeds, linseed, walnut (or pecan) pieces, peanuts, pumpkin seeds, sesame seeds, raisins, chopped dried apricots and/or dried cranberries

350 g porridge oats

Equipment

Small saucepan plus mixing bowl OR large saucepan

Baking pan measuring approx. 4 cm deep by 26 cm x 26 cm square (or equivalent size if rectangular)

Non-stick parchment or baking paper

Method

1. Preheat the oven to 150°C.
2. Line the baking pan with non-stick parchment or baking paper.
3. Heat the butter and golden syrup together in a saucepan over medium heat. Stir frequently and remove from the heat once the butter has melted and the syrup has become thinner.
4. Weigh out and add the sugar to a large mixing bowl, pour over the butter/syrup mixture and mix thoroughly with a wooden spoon. If making it all in the same pan, simply add the sugar directly to butter/syrup mixture in the saucepan and mix thoroughly.
5. Make a mixture of 150 g total that includes any or all of the nuts/seeds/dried fruit suggestions in the Ingredients list. Use anything you like but make sure that your total mixture adds up to 150 g.
6. Add the seeds/nuts/fruit to the sugar/butter/syrup mixture and mix well.
7. Add the oats and again mix well.
8. Pour into the baking tray, pressing the mixture down with the back of the spoon and bake for 35–45 minutes or until it is golden brown on top.
9. Put the tin onto a baking rack and leave to cool. You can either slice the flapjack while still warm and in the tin, or wait till it's completely cold and turn it out before slicing into squares. It's great with a coffee or cup of tea!



Emilienne Rebel

Founder of Bold Beanies – soft, stylish beanie hats for hair loss. Cancer survivor.

 @boldbeanies

I was diagnosed with grade 3 advanced breast cancer at 31, after I found a lump on my breast whilst feeding my baby daughter Lotte. She was just 7 months old at the time and my eldest daughter was only 3. When I found the lump just felt it was something I should get checked out. So, luckily I did. The following year that ensued was a roller coaster of hospital visits, surgery, pain, sickness and of course, emotions.

During chemo, I suffered from a lack of saliva and a very sore mouth, as well as terrible sickness, so every mouthful was important and needed to be flavourful (and moist) in order for me to appreciate it. I also had a young family and extra relatives staying at the house that needed to be fed (was only my turn when I felt up to it) so meals needed to require minimal effort, appeal to all and be nutritious too.

I read quite a lot during that time on ingredients that would help me on my cancer journey. I found myself shifting the focus on organic nutritious food that I would my whole family had and made myself eat that too. We now enjoy a very healthy, varied diet, my girls love eating a wide variety of fish for example. I do not eat red meat, only chicken and fish and predominantly a vegetarian diet.

Emilienne's Top Tips for eating well

My top tip for eating healthily is basically 'everything in moderation'. If you love something you shouldn't deny yourself, just in moderation.

I would also recommend avoiding favourite foods during the days you actually have treatment as you will undoubtedly go off them. This happened to me, I couldn't bare the taste of the aloe gel I was drinking during treatment so I've had to switch to a different flavour which doesn't remind me of those awful chemo days.

Emilienne's Delicious Cod / Chicken with tomatoes



I was told that tomatoes contain a chemical called Lycopene which is a powerful antioxidant and would help rebuild my body after chemo which is why I've included them in my recipe.



Ingredients

2 tbsp. virgin olive oil
(helps with constipation)

2 free range chicken breasts
OR

2 frozen cod Loins (protein)

300g fresh baby plum
tomatoes (lycopene)

100g grated parmesan

2 small lemons

Fresh basil leaves

1 tbsp. french Dijon mustard
(for flavour)

Balsamic glaze (flavour)

Runny honey (sweetness for
energy)

Salt and pepper to season

Brown rice

Method

1. Pre-heat to approx 180 degrees.
2. Drizzle olive oil in an oven-proof dish.
3. Add chicken breasts or frozen cod pieces.
4. Smear on french mustard (more or little depending on kids).
5. Season with salt and pepper.
6. Add tomatoes, and squeeze lemon over everything.
7. Drizzle balsamic syrup and honey over everything.
8. Cover with fresh basil leaves.
9. Cover with grated parmesan.
10. Bake in oven for approx 25 mins until golden and the chicken is cooked. Squish the tomatoes half way through.



Becki McGuinness

Blogger at [CopingWithTheBigC](#). 7 years in remission from osteosarcoma.

@loveeire4eva

Hi, I'm Becki, I'm 29 & live in London. When I was undergoing treatment for osteosarcoma I struggled with eating and some days I just wouldn't feel like eating at all. Whether it was feeling sick, having stomach problems or just generally feeling unwell, it was hard to face eating a big meal, especially solid foods. That's why I started making soups, I found the liquid diet was much easier on my stomach. They're also easy to make and they only take 30 minutes to prep (plus you know exactly what's in them).

I'm now 7 years into remission from my osteosarcoma and I have tried to use my experience to help others through their journey by writing about my experiences and in particular the psychological impact that cancer can have during and even after treatment has finished. My blog 'Coping with the Big C' is a blog where everyone affected by cancer, whether directly or as a friend, family or carer, can come together and share their views and tips on how to make the Big C a little smaller.

Becki's Top Tips for eating well

“

Freezing fresh food to reheat later is convenient for the days when you don't feel like eating a lot, you're too fatigued and in too much pain etc. You still get a lot of nutrients compared to a tin of soup that contains a lot of sugar and salt.

When you have a bowel condition due to radiotherapy, having a liquid diet like soups can be easier on your stomach. Homemade soups are easy to do and it only takes 30 minutes to prep and make (plus you know exactly what's in them). You can eat on the day you make it or freeze for later.

”



Becki's Butternut Squash Soup



Ingredients

2 tbsp. extra-virgin olive oil
2 medium onions
1/2 butternut squash, roughly chopped
1 sweet potato, roughly chopped
5 unpeeled medium carrots roughly chopped
1 tsp garlic paste
1/2 tsp cayenne pepper
1 tsp of smoked paprika
Sprig of fresh coriander
100g pre-cooked red lentils
1.5 litres vegetable stock
Optional – add cooked rice or pasta for a Winter Soup)

Equipment

Large pot
Blender

Method

1. Chop the onions and gently fry with the olive oil for a few minutes.
2. Chop the butternut squash, sweet potato and carrot into chunks, and add to the pot with the pre-cooked red lentils. Cook for another 5 minutes.
3. Add the vegetable stock and garlic paste, cayenne pepper, smoked paprika and fresh coriander.
4. Bring to the boil and simmer for about 15/20 minutes.
5. Take off the heat and blend together with a hand blender, then serve.



One Pot Pepper Soup

When you can't eat much because you're feeling unwell or nauseas after chemo, it can be really hard to want to eat especially solids or big meals. I found having homemade soups, juices and smoothies really helped me to get in my five-a-day. This one is easy to make in under 30 minutes!

Ingredients

2 tbsp. extra-virgin olive oil
2 medium onions
1 red sweet pepper
3 red bell peppers
4 slices of aubergine
1/2 green chili pepper
1 tsp of ground turmeric
1 sprig of fresh basil
vegetable stock
(1 and a half pints)

Equipment

Large pot
Blender

Method

1. Chop the onions and then gently fry with the oil in a pot for a few minutes.
2. Then add all the other ingredients and gently fry for about 7 minutes.
3. Add the vegetable stock, bring to the boil then simmer for 15 minutes.
4. Take the pot off the heat and blend the ingredients with a hand blender.
5. Garnish with fresh basil and enjoy with bread or crackers.





Fresh Fruit Lollies

I found making fresh fruit lollies was a great way to soothe my mouth when it was getting sore and dry from chemo. Adding in the fruit also meant I was getting some nutrients in too! You can make them with any fruit you like but my favourites were strawberry, yogurt and banana. Pineapple can also be a good option because it's really good for people who also experience taste changes along with dry, painful mouths.

Method

For the Strawberry & Yogurt Lollies

1. Use a hand blender to blend all of the fruit together into a thick paste.
2. Pour the fruit mixture into a bowl with the yogurt in.
3. Mix fruit into yogurt with a spoon. Spoon mixture into plastic cups and freeze overnight.



Ingredients

Strawberry & Yogurt Lollies

A handful of strawberries
1 banana
1 cup of greek yogurt

Berry-Tastic Lollies

100g Strawberries
100g Raspberries
350ml Raspberry fruit juice

Summer Fruits Fruity Ice Cubes

Cranberry fruit juice
Raspberries
Strawberries
Pineapple pieces

Equipment

Hand blender
Plastic cups

Method

For the Berry-Tastic Lollies

1. Put some raspberry fruit juice into a bowl and then add the berries.
2. Blend together with a hand blender.
3. Spoon mixture into plastic cups and freeze overnight.

For the Summer Fruits Fruity Ice Cubes

1. Pour the fruit juice into an ice cube tray then add any fruit you like, I used raspberries, strawberries and pineapple pieces.
2. Freeze overnight and voila – fruity ice cubes to give your drink a summer twist!



Allie Morgan

Creator of cancer advice site **Those Three Words**.
Digital journalist. Osteosarcoma survivor.

 @alliemorgan24

Hello! I'm Allie, a 23-year-old freelance writer from Wales. I was diagnosed with osteosarcoma of the femur in 2008, one month before my fifteenth birthday. I'm someone who loves food so I was in my element when the doctors first told me that I could eat anything I wanted in order to keep my weight up. But as soon as I started having chemotherapy, I realised that it was actually pretty difficult to keep eating.

When I wasn't feeling sick, I had horrible mouth ulcers & by the time the ulcers had cleared up, the nausea had returned! It was such a dilemma and eating became a trial because there was so much pressure to keep eating – I ended up having panic attacks because I'd get so worked up about it. After my treatment finished, it took me a long time to get back into a healthy routine but now I'm eight years on from my diagnosis, I've realised the importance of maintaining a diet that's filled with nutrients and goodness.

Allie's Top Tip for eating well

*Remember to ask for your food
to be cooked fresh – even in
fast-food restaurants – to avoid
picking up any infections while
your immune system is low!*



Sophie's Soup

Our neighbour's original Italian soup has evolved over the years but always been a family favourite. It's incredibly tasty, soft for those nasty ulcers & packed full of healthy ingredients!

Ingredients

Olive oil
4 thick, lean, unsmoked rashers of bacon
2 carrots
1 leek
2 sticks of celery
1 onion
2 potatoes
2 handfuls of Fusilli pasta
2 organic vegetable stock cubes
Dried mixed herbs
Black pepper



Method

1. Cut the bacon into approx. 2cm pieces, removing all fat.
2. Dice the onion and potatoes.
3. Slice the carrots, leek and celery into small pieces.
4. Pour a small amount of olive oil into a large saucepan and fry all ingredients gently for a few minutes.
5. Stir in a sprinkling of herbs and black pepper.
6. Add stock cubes to two pints of boiling water and pour into the saucepan; bring to the boil and simmer for 20 minutes or until vegetables are soft.
7. Add pasta, ensuring there is enough water in the pan.
8. Cook until the pasta is soft and serve.

Easy Peasy Pasta



Ingredients

Olive oil
A handful of penne pasta
A handful of spinach
1 tin of chopped tomatoes
A sprinkling of cheese (optional)

Method

1. Cook pasta in water with a splash of olive oil.
2. Add spinach to pasta just as it begins to get soft.
3. Cook for a couple of minutes more before draining.
4. When drained, pour tinned tomatoes into pan with pasta and spinach.
5. Simmer for 2-3 minutes and serve with cheese sprinkled over the top.



Cancer treatment can make you feel exhausted but this recipe only takes 10 minutes - ideal for those tiring chemo days! Tomatoes are full of antioxidants too which are great for your body while you're on treatment and afterwards.

Soft Apple Cake



If you've spent a long time in hospital and you're in need of some home comfort, this cake is the perfect treat! Serve with ice cream to soothe a sore mouth or my favourite – custard!



Ingredients

225g self-raising flour

A pinch of salt

A pinch of ground cloves

115g butter

4 cooking apples

115g caster sugar

2 eggs, beaten

A little bit of milk

Granulated sugar

Custard or ice cream to serve

Method

1. Preheat oven to 190°C and grease a 20cm round cake tin.
2. Sift the flour, salt and ground cloves into a bowl.
3. Cut in the butter and rub in until the mixture is like breadcrumbs.
4. Peel and core the apples, then slice them thinly.
5. Add to the mixture with the caster sugar.
6. Mix in the eggs and slowly add milk until the dough is stiff.
7. Pour into tin and sprinkle granulated sugar over the top.
8. Bake in the oven for 30-40 minutes, then enjoy with custard or ice cream.



Emma Sutherland

Author of *EEK! My Mummy Has Breast Cancer*.
Daughter of a cancer survivor.

 @eekmummyscancer

Hi. I'm Emma and when I was 12 my mum was diagnosed with breast cancer. Before her diagnosis my family didn't have a care in the world and we all thought we lived forever. I really struggled to understand what was happening to my mum and I couldn't find any decent information to help me. So 8 months later I decided to write my own book. *EEK! My Mummy Has Breast Cancer* has been incredibly (sadly) popular but I feel so proud that my book is helping other teenagers. My mum is now healthy and back to normal telling us all to tidy our rooms!

Emma's Top Tips for eating well

“My Mum Rosie and my top tip is to eat as nutritionally as you can. It all helps in the grand scheme of things. Fish, veg and my now favourite – cous cous which you can also add healthy veg to. Happy eating.”



Marathon Pasta



I have chosen our homemade Marathon Pasta. We made this dish up to make sure that my mum ate healthily during her operation. The name says it all but it contains so many feel good foods and nutrients that go some way to meeting your 5 a day. We chose pasta as it's quick and added any fresh veggies we had in the fridge and some protein in the form of chicken, tuna or even cheese for a completely vegetarian option.

Ingredients

400g fusilli pasta

2 tbsp. olive oil,

500g tender-stem broccoli,

3 garlic cloves (or, if you're lazy like us, 3 tea-spoons of lazy garlic!)

A good sprinkling of chilli flakes for a kick!

2 tbsp. pine nuts,

Chicken / tuna /
parmesan cheese

Method

1. Put the pasta in a pan of boiling water.
2. Whilst the pasta is cooking, heat olive oil in a non stick frying pan.
3. Briefly fry the garlic with the chilli flakes, once this smells suitably delicious, set aside.
4. Steam the broccoli until just tender, drain and then pop into the pan with the chilli flakes and garlic.
5. Scatter a few pine nuts over the top. We like to add chicken to our pasta sometimes, but you can add whatever you like!
6. Finish with some lovely lemon zest and bon appétit!



Naomi Barrow

Blogger at Naomi-Jane. Crafter. Passionate about volunteering. Occasional child looker-after-er. Often found wrapped in wool/on a bike. Daughter of a mum who had terminal breast cancer.

 @naomi_barrow

I'm Naomi – a twenty something year old living in Yorkshire. Mum was diagnosed with breast cancer in August 2012, she found it really early and it was more of a nuisance than anything else. Unfortunately, it came back, and in February 2014, she was diagnosed as terminal. We had a lot of ups and downs over the following 20 months, but in October 2015, Mum died at home in our lounge, with Dad by her side.

Mum always did eat pretty healthily, though never denied herself of chocolate or other sweet things. Over Mum's illness, her food tastes changed a little. She drank beetroot juice every morning as one of her friends had told her it could help with cancer. Near the end of her life, eating became more difficult for her; her mouth was often sore and fluid retention painful. She did have prescribed nutritional drinks but she wasn't the biggest fan of them. One of my clearest memories was that she would drink very weak squash (usually lime flavoured!) something she'd never really had pre-illness. I also remember one morning near the end of her life, she didn't want to eat, until I suggested scrambled eggs, which went down a treat! A week before she died, it was my brother's birthday. We all made pizzas, and I made Mum a little one with every topping cut up small, and she ate 5/8 of that! She also stole a strawberry lace off my brother's birthday cake. That's the last thing I remember her eating.

I started blogging in May 2015, really just to 'brain dump', and tell everyone what was going on in one go, rather than having to message everyone individually. I soon started cross-posting to Huffington Post, and receiving comments and support from people all over the world. A few other charities have also shared some of my writing – it's really lovely to see it reach people and hear their responses. I struggled to find much in the way of support in my area, particularly for a-young-person-with-cancer-in-the-family, so I began to find my blog a real source of support and comfort.

Naomi's Top Tip for eating well

Mum never believed in denying yourself of anything. She could reason that any food was 'good for you', was famous for her snack drawer at work, and believed that chocolate could fix pretty much anything!



Cheese Straws

Mum loved these. She could nibble at them during the day, even when she wasn't very hungry due to oedema and other cancer nasty things. They were really easy to make, but had a strong taste, and were quite soft, which meant she could taste them even when she couldn't taste much at all, and they didn't hurt her mouth. I used to make big batches of them and put them in a giant Tupperware next to her chair and they kept really well.



Ingredients

120g butter, softened

450g grated
Cheddar cheese

250g plain flour

1 tsp. salt

1/4 tsp. of chilli powder
(optional)

Method

1. Preheat the oven to 200 C / Gas mark 6 and grease your baking tray.
2. In a large mixing bowl, cream the butter and cheese together.
3. Stir in the flour and salt; mix well and knead the dough using both hands.
4. On a lightly floured surface, roll the dough out to 1.5cm in thickness.
5. Then cut the dough into strips 5cm long and sprinkle with chilli powder or other seasoning as preferred.
6. Pop the strips of dough onto the greased baking tray, leave a gap of about 4cms between the strips.
7. Bake in the preheated oven for 10 to 15 minutes, or until it's golden and crisp.

Inspired by the cheese straws recipe on allrecipes.co.uk



Bryan Thom

Head chef at the Marie Curie Hospice in Edinburgh.

 @mariecurieuk

Hi, my name is Bryan Thom and I am head chef at the Marie Curie Hospice in Edinburgh, a job I have done since November 2013. I have worked as a chef since I left school, working my way up from commis chef to head chef before starting my own catering company for 11 years and later taking on the role as head chef with Marie Curie.

After working in the hotel and restaurant trade for 22 years, I felt I needed a change. Working for Marie Curie gives me the chance to work in a role that gives me a sense of satisfaction from helping people meet their nutritional needs in what can be a very difficult time. At the hospice we run a 4 week menu cycle with various choices, a light bite menu, and I also do room visits to get any special dietary requests. We also run a breakfast menu with a full choice of options and afternoon teas with home baking which usually go down a treat!

The part of my job I have found most interesting is meeting the patients and working out an individualised dietary plan for them with items they tell me they like. Most of the patients have various likes and dislikes so as far as possible we will try and make sure we make them something they'll enjoy eating.

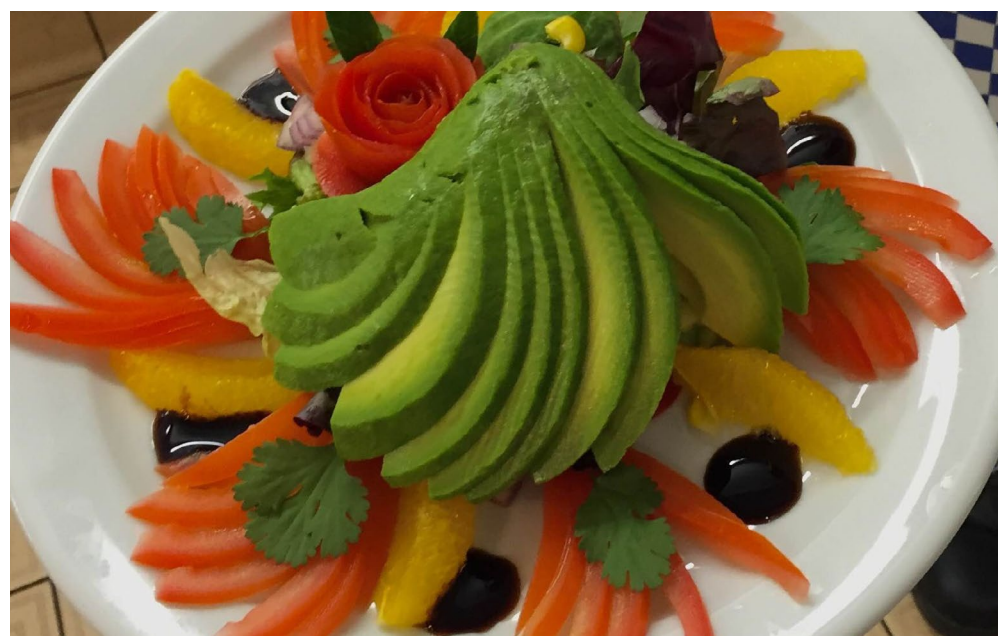
Brian's Top Tip for eating well

My tip for eating well is to listen to what each individual person, find out what their dietary needs are and what their likes and dislikes are. Remembering that these can change based on how they are feeling on from day-to-day and the medication they are taking.



Avocado and Orange Salad

An item that goes down well, especially in the summer, is our fan of avocado & orange salad. It's nice and light and refreshing and easy to eat. You can also try a variation of ingredients like a fan of seasonal melon or any fruits that take your fancy.



Ingredients

1 ripe avocado
2 large oranges
150g lettuce of your choice
8 Cherry Tomatoes
French dressing / balsamic vinegar / dressing of your choice

Method

1. Cut avocado from top to bottom and remove the stone. Take off outer shell and fan like a dovetail with a sharp knife.
2. Peel oranges and segment
3. Place the lettuce choice on the plate and place the orange segments around the lettuce. Add the fanned avocado on top of the lettuce.
4. Cut the cherry tomatoes in half and place one half between each orange segment.
5. Spoon on some dressing and serve.

Steak Diane



Ingredients

4x150g battened out steaks seasoned with salt and pepper

For the sauce:

150g butter
2 small, finely chopped shallots
2 tbsp. chopped parsley
4 chopped blanched tomatoes (don't use the seeds)
75g finely sliced mushrooms
1 tbsp. of Worcestershire sauce
2 tbsp. brandy
Half a pint double cream

Method

1. Heat the butter in a large non-stick frying pan and fry the chopped shallots for 3-4 minutes.
2. Cook off the steaks on both sides to your preference (rare, medium, well-done) and then remove from the pan to rest in a serving dish.
3. Pop the chopped tomato, sliced mushrooms, chopped parsley, Worcestershire sauce and brandy in the pan and sauté for a couple of minutes and add the juices left over in the steak pan. (Be careful at this stage as the brandy vapours can ignite!)
4. Add double cream to reduce the sauce.
5. When reduced, put the steaks back into the sauce to heat up and serve with sugar-snap peas and chateau potatoes.



I made this for a 'Retro Trip Down Memory Lane' for our Day Service Patients. I used fillet steaks which can be expensive but don't worry - you can use whichever cut you prefer.



Jackie Buxton

**Award-winning writer. Author of *Tea & Chemo*.
Cancer survivor.**

 @jaxbees

I was diagnosed with, 'I'm afraid it's quite aggressive' grade three breast cancer, a week after Christmas 2013. I had wonderful care and treatment from the tremendous staff at Harrogate and Leeds hospitals which included mastectomy, node clearance, chemotherapy, radiotherapy, Herceptin and ongoing hormone treatments. Obviously, nobody would choose cancer but as I was one of the ones it picked on, I thank my lucky stars that the brilliance of the medical profession means I'm here to tell the tale. I can't say I ever forget I had cancer or that the knowledge I might have secondaries brewing or a recurrence threatening is ever far from my mind. I can't pretend my battle scarred body doesn't get me down sometimes or I cope with a premature menopause as stoically as I know I should, but that doesn't mean that I'm not happy. Cancer is a life-changer but it doesn't have to be for the worse. Since having cancer I've had two books published, get more sleep (it's practically on prescription), spend more time with friends (but still not enough) and feel blessed to be around for my children and loved ones. The threat of osteoporosis means that I can abandon domesticity to go for a run, guilt-free. Life is certainly different now, possibly a little more difficult, but I can categorically say that I enjoy it every bit as much as I did before.

On to my recipe. I like my food. Any food. If anybody's kind enough to cook, that's good enough for me. But when I was on chemo it got a bit more tricky. This 'taste buds changing' lark doesn't sound

too much of a big deal does it, until everything tastes of mud stirred with bicarbonate of soda. And then there's the texture: cardboard. It does take the joy out of eating. Still, I managed to eat most of the time, just very, very slowly and with much displeasure, until that was, the dreaded mouth ulcers appeared. I'd developed a particular liking for spicy foods as the spice made a good attempt at drowning out the mud and bicarbonate of soda, but phew, they don't half burn when your mouth is lined with open sores. There is help for ulcers, and I didn't take it up quickly enough, but meanwhile, this recipe became a staple. Not only was the chemo-altered taste of salmon bearable, but the slow cooking in the oven meant that with all its 'meltiness', it glided past the ulcers with barely a sting. The juices from the salmon don't simply add flavour to the vegetables, but they soften them so the vegetables taste as if they're roasted but without the hard edges.

Not only had I discovered a meal which I enjoyed, it was full of vitamins and minerals, too. A diet of sweet white sauce and Rich Tea biscuits seems fun at first, but it's not great for energy and fighting chemo aches and pains when you really need it to be.

My dish (on the next page!) is an amalgamation of recipes from Jamie Oliver's, 'Tray-baked Salmon', Sue Style's, 'Herby Roast Vegetables' in her marvellous, 'Eat and Two Veg' (a great book if you're not totally veggie but don't want to eat meat every night) with hefty input from my Ready Steady Cook approach to the evening meal or, chuck-in-whatever's-going-off-itis. So, I hope it's OK to simply list how I approach the meal, with grateful thanks to Jamie, Sue and co for setting me off on the right tracks.

And finally, my top tip for eating well? Make sure you have lots of healthy snacks in at all times. It's only when I've exhausted the fruit and nuts that I launch an attack on the biscuit tin.

Mouth-Sparing Salmon



For this recipe I have listed my most commonly used vegetables but the joy of this is that you can use whatever vegetables you have in – and you can exchange the salmon for other fish, even chicken or sausages (although brown your sausages first). For veggies, swapping the salmon for grilled halloumi cheese half way through cooking is a tasty alternative.



Ingredients

Six boneless salmon fillets,
with or without skin

2kg mix of vegetables chosen
from a selection such as
butternut squash (no need
to peel), fennel, carrots,
parsnips, leeks (steamed
first), new potatoes (washed
not peeled), peppers,
courgettes

Six to eight mushrooms
(peeled or washed and
halved)

Two or three red onions
(peeled and chopped into
quarters)

A handful of fresh or a tbsp.
of dried rosemary and similar
of basil

A few glugs of olive oil

Black pepper

Optional:

A couple of garlic cloves
(finely chopped and
sprinkled through the mix),
one lemon (chopped into
eight and distributed through
the vegetables, discarded
after cooking), anchovies
(cooked underneath the
salmon).

**These are a tasty addition
when not on chemo but,
personally, I couldn't stomach
them during treatment.*

Method

1. Pre-heat the oven to 200 degrees C /
gas mark 6.
2. Scrub, peel and/or steam your veg
as appropriate.
3. Chop all the prepared veg into sizeable
chunks or thumb length strips and add
to a large, non-stick oven dish with the
mushrooms and onions. The mix should
reach three quarters of the way up the
tin so adjust quantities accordingly at
this stage.
4. Douse the vegetables with olive oil,
add the herbs and a sprinkle of black
pepper and mix the vegetables to
ensure that all are nicely covered in oil.
5. Lay one portion of salmon per person
over the top of the vegetables, sprinkle
with a little more black pepper.
6. Cover the salmon loosely with foil and
place the dish in the oven.
7. After twenty minutes, remove the
pan, discard the foil and turn over the
vegetables, this time spooning a few
over the top of the salmon pieces. If
using halloumi, add this now. Check
that the vegetables are sufficiently
moist and add further olive oil as
necessary.
8. Bake for a further twenty minutes or
until vegetables are soft but not mushy
and the salmon falls off the fork.
9. Eat piled on the plate straight from the
pan but if you're catering for a large
family supper, try adding add a green
salad or crusty bread.



Sarah-Jane Phillips

Author of *Worms on Parachutes: Mystical allies in my cancer survival*. Cancer survivor.

 @sarahwop19

Sarah survived triple negative breast cancer and her book - Worms on Parachutes - symbolises her inner allies in the fight against cancer.

I've always been a healthy eater and preferred to cook meals from scratch. I feel this benefited me during my chemotherapy treatment as I was conscious of how important it was to keep as healthy as I possibly could to prevent myself from getting any additional minor illness like colds and flu during my treatment.

I think it is difficult for anyone to tell you what you should be eating to help you get through your chemo as sometimes your body just does not want anything healthy at all, and you just need to eat and feed your body exactly what it craves. There were some days that my body absolutely craved stodge especially creamy mashed potato! I loved it and couldn't eat enough of it. I even got excited when the hospital food choices included mashed potato on their menus and always asked for two scoops. I now associate mashed potato as a proper poorly food, just like Heinz tomato soup was when you were a small child. I know this may sound exceptionally bland in a book filled with delicious recipes, but at a time when your tastes change I found my sense of smell was affected too, so at least when you feel a little nauseous mashed potato doesn't really create any smell at all when you cooking them.



The Best Mashed Potato

So simple but creamy and delicious and versatile as you can add extra foods to change the flavour, you could try leeks and green cabbage. When I talk to other patients its surprising how they shared the same craving for this dish during chemo too, so I thought it was a perfect and simple recipe to share. As your taste buds improve and return to normal you can always top a family favourite meal of Shepherds Pie with the potato. Full of goodness and perfect for the colder evenings.

Ingredients

2 pounds of potatoes
2 tbsp. of butter
1 small cup of milk
A little salt and
ground black pepper
to taste



Method

1. Peel potatoes and cut into half.
2. Bring a pot of slightly salted water to the boil and add the potatoes and cook until tender. This is approximately 15 to 20 minutes and then drain.
3. In another small saucepan gently heat the butter and milk over a low heat until the butter has melted.
4. Using a potato masher slowly blend the milk mixture into the potatoes until smooth and creamy. Season with salt and pepper.



Lucy O'Donnell

Author of *Cancer Is My Teacher*.
Cancer Life Coach. Cancer survivor.

 @lucieodonnell

My passion for cooking and healthy eating propelled me to start my multi-award winning cereal business back in 2005. Six years later I was diagnosed with stage 4 metastatic breast cancer. During the first eighteen months of radical treatment, I endlessly researched into diet and nutrition to make sure I was eating the right foods. Through my continuing experience of living with cancer I have channelled my energies into helping other people in the cancer world, and am now both an author – of “Cancer Is My Teacher” – and a Cancer Life Coach.

With my recipes, I try to make it just as yummy for friends and family too, so as not to make meal times more stressful than they need be. Everybody can enjoy them.

My Warm Lentil & Goats Cheese Salad recipe should be served warm, or at least room temperature. And the goats cheese must not be fridge cold. It should just start to be melting round the edges when you serve it. I use Merchant Gourmet’s “Microwaveable” Puy Lentils which are a revelation to me and they taste just as good with half the effort. But I do not microwave them! They are basically already cooked, so I just add them straight to my pan. For those on a very strict diet you can always take away the lardons and/or the goats cheese or just add them separately for those who want them



Warm Lentil & Goats Cheese Salad

You can really whip this dish up in minutes! – and its just as good in summer as it is in winter! This will serve about 4 people.

Ingredients

1 finely chopped small red onion
1oz chopped walnuts
1 tbsp. of extra virgin olive oil
1 large clove of garlic
2 tsps of fresh thyme leaves
1 packet of lardons
250g Puy Lentils (cooked)
1 packet of rocket
150g of goats cheese – not the soft type
Salt & Pepper

For the dressing:

1 large garlic clove
3 tbsp. of balsamic vinegar
3 tbsp. of walnut oil
2.5 tbsp. of olive oil
2 tsp. of powdered mustard
1 tsp. of salt
Black pepper

Method

1. In a little olive oil fry up the red onion, garlic and lardons. Then when they are nearly done, add the walnuts and lightly fry.
2. Quickly whisk all the dressing ingredients together.
3. Add the cooked warm lentils, the dressing and some salt and fresh black pepper. Toss everything together.
4. To serve, lay on a bed of rocket. Crumble over medium sized chunks of the goats cheese and sprinkle with a generous amount of chopped fresh thyme leaves.





Crunchy Granola from the Granola Queen

(That's me, before I was diagnosed!) I often found that I was too tired to cook and therefore I found this recipe very useful to use it to snack on. These quantities make about 10-12 breakfast servings.



Ingredients

175g/6oz mixed nuts in small pieces (e.g.: brazil nuts, almonds, pecans)

450g/1lb rolled organic jumbo oats

50g/2oz Sesame and Chia Seeds

50g/2oz Sunflower and Pumpkin Seeds

125ml/4floz Sunflower Oil

100ml/3.5floz runny honey
(try and get a local one to you)

A couple of handfuls of mixed dried berries (optional)

A pinch of salt (optional)

Method

1. Preheat the oven to 190°C / Gas 5 / Fan 170°C.
2. Mix the nuts and seeds together in a large bowl.
3. Add the oil and honey into the bowl and mix together. I use my hands - it's much easier!
4. Pour into a large baking tray and spread very thinly. You may need two baking trays - it depends on the size of your tray.
5. Bake for 30 mins until golden brown.
6. It is very important that you check it while cooking and turn it a few times with a spatula, and bring the edges in so that it doesn't get burnt around the sides.
7. Remove from the oven and mix in the optional dried berries.
8. Leave to cool and then store in an airtight container.
9. Will last for several weeks but I can assure you it will be long gone by then!
10. Serve with plenty of chilled almond milk or as a topping on organic yogurt. If you haven't added the dried fruit then add fresh fruit when you serve it.



Butternut Squash and Spelt Risotto



Keeping it healthy and low alkaline. Spelt is much better for you than regular risotto because it is much less processed. This is one of my favourite recipes because I am getting my intake of grains but in one of the most healthiest ways. If you have any left over sage, then toss it in a little oil, salt and black pepper, then lay the leaves on a roasting dish and toast in the oven until they go crispy! Sage crisps – a delicious snack.

Ingredients

200g / 7oz Spelt

400g / 14oz
butternut squash

3 tbsp. olive oil

About 1.5l of vegetable
stock (homemade if
possible)

1 large onion

2 garlic cloves (optional)

3/4 cup of white wine

A large handful of torn
fresh sage

Large knob of butter

85g / 3oz parmesan cheese

50g / 2oz hard goats
cheese

Black pepper

Method

1. Preheat the Oven to 220°C.
2. Peel, de-seed and chop squash into medium sized chunks.
3. Add the sage and some of the olive oil, with some black pepper.
4. Roast in the oven for about 20 minutes. Meanwhile, you can start making the risotto.
5. Using a saucepan, bring the stock to a simmer.
6. Whilst doing this, in another saucepan heat a little olive oil and cook the onion and garlic for 5-10 mins on a low-medium heat so that they are translucent and soft. (Do not let them go brown!)
7. Add the spelt, coat it in the olive oil and onions, then add the wine and a ladle of stock and simmer gently for a few minutes whilst the wine evaporates.
8. For the next 30 minutes or so keep adding the stock until it is all absorbed.
9. Don't let the spelt go soft. It needs to have a little bite to it so you may not use all the stock.
10. When the risotto is cooked, add the parmesan cheese, stir and then add the butternut and the butter. Toss together and garnish with some fresh sage and a few slices of hard goats cheese.



Clover Lewis

Founder and designer of Clover Lewis Swimwear
- beautiful post-surgery swimwear. Cancer survivor.

 @cloverlewiswim

Clover Lewis is a UK-based designer, post surgery expert, designer, and CEO of mastectomy swimwear brand, Clover Lewis Swimwear.

She is also a six-year triple negative 'breast cancer thriver'.

After a long search for well-designed post surgery swimwear to wear while learning how to scuba-dive after her mastectomy, she created Clover Lewis Swimwear.

Her collection of pockets mastectomy swimwear enables women with mastectomy and other breast surgeries to look good outside, and feel great inside on the beach, and in the sea or spa. Clover Lewis Swimwear's message 'look good outside, and feel great inside' encourages women to love their post surgery selves.

Clover says . . .

Once women are diagnosed with breast cancer, their body image, self-esteem and identity are strongly challenged. Clover Lewis Swimwear is part of a transformational period in these women's lives. I help them boost their confidence, feel better and re-engage with a good lifestyle. In my swimwear, women can feel very feminine. The designs flatter their body and appearance in a very natural, elegant and comfortable way, so they can enjoy holidays or go swimming for the love of it. I know from experience that if you look good outside, this has the impact to help you feel great inside!



Easy Entry Juice

(for starting out on greens juicing!)

It may seem a lot of effort to make a juice or a smoothie: the chopping, peeling, washing the juicer, and in the case of smoothies, a blender. Believe me; it is worth it! These are two of my favourite recipes for healthy drinks, which are a combination of juice and a smoothie. With a little bit of preparation time, you'll get a delicious meal in a glass, packed with life-enhancing vitamins, and minerals as well as fibre packed into a glass. I often add green vegetables to the drinks to get more minerals and additional fibre into my diet. These were the recipes I used on the days when I didn't feel up to cooking and eating a full meal.

Equipment tips

You'll need a juicer and a blender, and buy the best equipment you can afford – I invested in a masticating or slow juicer, and a high-speed juicer, and haven't looked back! These machines last for years, yields more and much better quality juice. Keeping your juicer and blender out on your kitchen counter will encourage you to use it more, and not have to do heavy lifting, moving them in and out of the cupboard!



Ingredients

3 oranges
3 apples
1 lemon
1 large handful of spinach
2 large handfuls of kale
1/2 avocado (optional)
Ice

Method

1. Peel all citrus fruits. Juice the oranges, apples, and lemon.
2. Transfer the juice to the blender, along with the remaining ingredients and ice.
3. Blend on high speed.
4. This recipe makes enough for two large glasses – to share, or store in the fridge, preferably in a glass bottle.
5. Over time, gradually reduce sweetness by removing one apple or an orange, and increase the kale and or spinach.

Blueberries & Broccoli Green Juice or Smoothie



Blueberries AND broccoli in a juice? Sounds peculiar, I know... tastes so delicious and is my favourite, energy-boosting smoothie! You will need a juicer, and if you want to try the smoothie, a high-powered blender.

Ingredients

5 carrots
2-3 broccoli florets, without the thick stems
2 apples
1 cup of blueberries
1 tomato
1/2 a lemon
1 tbsp. of ground flax (optional)
Ice



Method

To make as a juice

1. Put all the ingredients except the flax into a blender.
2. Squeeze the lemon and stir it into the juice. (Don't leave the lemon out! It helps with absorbing vitamins)
3. Serve over ice.

To make it into a smoothie:

1. Juice the carrots, broccoli and apples
2. Next transfer the juice into a blender with the remaining ingredients, including ice and flax.
3. For a thicker smoothie, and for some additional fibre, blend in some of the pulp from the juicer into the blender.
4. This recipe makes enough for two large glasses – to share, or store in the fridge, preferably in a glass bottle.



Lentils & Spinach Soup

Be warned: this soup isn't that pretty! In fact, my partner and I to call it 'swampy soup'! However, it is tasty, very warming, filling, and very easy to make. Make up a big pot of soup and have it standby in the fridge is useful for those days when you can't cook, like the days after chemo. The pepper sauce adds warmth and flavour without being too hot. Lentils and spinach soup - a.k.a. Swampy Soup!



Ingredients

- 1 tbsp. of oil (olive oil or coconut oil)
- 1 large onion, chopped
- 1 can of Puy lentils
- 3 tsp. of vegetable stock powder (Marigold stock is really good)
- 2 pints of water
- 1 tsp. of West Indian pepper sauce (optional)
- 250g mushrooms
- 250 g bag baby leaf spinach, roughly chopped
- 3 tbsp. lemon juice
- 3 tbsp. yogurt (either dairy or a non-dairy kind, like coconut)

Method

1. Heat the olive oil in a large saucepan, add onion and garlic, and sauté until soft.
2. Drain and rinse the lentils. Add to the saucepan along with the stock powder, water and pepper sauce, if using.
3. Bring to a boil and then reduce to a simmer 10 minutes.
4. Chop up the spinach, and add to the pan. Stir through until wilted.
5. Divide into two bowls. Spoon over the yogurt, drizzle with the lemon juice, and serve. Don't leave the lemon out! It helps with absorbing vitamins.

This recipe serves two, and can easily be doubled, and stored in the fridge (without the yogurt) for several days.



Jennifer Young

Founder and CEO of BeautyDespiteCancer.co.uk, the Jennifer Young Training School, and the Defiant Beauty skincare range for cancer patients.

 @jenniferskin

Jennifer Young is an experienced microbiologist, as well as a qualified aromatherapist, beauty therapist and product formulator. Jennifer was invited into the world of cancer support when some of the ladies at her local NHS hospital asked her to work with them and create specialist skincare and cosmetics for those going through treatment. When Jennifer first entered the chemo ward, she, like many others, had no idea that many people having cancer treatment suffered from skin and nail related side-effects of treatment. When she discovered the extra burdens experienced by people with cancer, Jennifer was determined to help.

Defiant Beauty by Jennifer Young is a natural, effective specialist skincare and body care range created for those living with and beyond cancer. A range that supports women at a time when their appearance has changed and they're struggling to manage skin changes due to treatment. After all women don't stop being women when they are diagnosed with cancer.

Nutty Overnight Oats

Ingredients

200g plain porridge oats
200g non dairy milk
(cashew, almond, rice)
2 tbsp.of chia seeds
2 bananas
A handful of berries
(raspberries, blueberries,
strawberries)
5 tbsp.of nut butter
A handful of granola

Method

1. Mash the bananas.
2. Mix the mashed banana with the chia seed, porridge oats and non-dairy milk.
3. Place some berries in the bottom of a pretty glass or small kilner jar.
4. Pour some of the 'overnight oat' mixture on top of the berries, stopping when the oats are about 5 cm from the top of the glass.
5. Place some nut butter on top of the oat mixture.
6. Sprinkle some granola on top of the nut butter.
7. Pour some more overnight oat mixture on top of the granola until the glass is nearly full.
8. Place some berries on top of the layered mixture.
9. Leave in the fridge overnight then enjoy as breakfast or an anytime snack!



Overnight oats can be 'customised' to match your preferences. Experiment with flavour variations by adding cocoa or supergreens powders. A good source of slow release energy, fibre, fats and protein – this breakfast can help to combat nausea, boost immunity and improve digestive and cognitive function.



Chris Lewis

Cancer awareness writer and speaker. Founder of national charity, simPal, which supplies free calls, data and texts to those affected by cancer. In remission from mantle cell lymphoma.

 @christheeagle1

In my life before cancer I was a self-employed business consultant, travelling the world and loving my work. Then suddenly in 2007 I was diagnosed with a rare, incurable blood cancer (mantle cell lymphoma stage 4). The prognosis was poor, six months if treatment failed!

I had aggressive chemotherapy followed by a stem-cell transplant from an unrelated donor. The recovery path has been slow and difficult, resulting in much additional treatment for complex issues caused by my treatment, resulting in my health being unreliable and an inability to work regularly.

During six months of aggressive toxic treatment, just eating and finding any pleasure in food became extremely difficult! Firstly I wanted to be sick at the initial sight of food during my early chemotherapy. Then when I did eat, everything had a strange metallic taste, spoiling any possible enjoyment.

Then after continuous treatment I lost my taste and smell totally. Most of us take eating and drinking for granted, and it is one of the basic things that we can all enjoy. I lost my appetite and consequently lost weight when I couldn't taste my food. But ultimately I am still lucky to be alive!

There are a variety of views about food and cancer. Many of my friends have completely changed their diet, including all the healthy things with shakes etc. Personally I found that being so close to my own mortality made me feel that I should eat what I enjoyed and not what I felt compelled to by various experts. I do eat a balanced diet but don't hold back on the things I enjoy. So far that strategy is working for me!

Chris says ...

During chemo I always took sherbet lemons and a can of Coke to liven up my mouth during treatment. I needed lots of chocolate puddings and a high fat diet to enable me to put weight on. Now I use vinegar, lemon juice and strong sauces, like chilli, to help me taste my food.



Penne Arrabbiata



Ingredients

350g penne pasta

3 tbsp. olive oil

2 cloves of garlic, crushed

1/2 tsp. chilli powder
of flakes or 2 deseeded,
chopped fresh chillies

1 can or carton of chopped
tomatoes

1 tbsp. tomato puree

1 large handful fresh basil
or a tsp. of dried basil

A good sprinkling of
grated Italian hard cheese

*(you can leave the cheese out if
you don't want it)*

Method

1. Cook the pasta in a large pan of boiling water, with a pinch of salt, for 10 to 12 minutes.
2. While the pasta is cooking, make the sauce.
3. Warm the olive oil in a pan on a medium heat, and then add the crushed garlic and cook, stirring, for about a minute, until it is softened but not burnt.
4. Add the chilli and cook for a further minute, stirring occasionally.
5. Add the chopped tomatoes and tomato puree, and if you are using dried basil, add that too. Then when it's bubbling gently, cover and cook for about 10 minutes.
6. Check the pasta...when it is how you like it - 'al dente', or slightly softer, drain it and then tip it and the fresh basil (if using), into the pan with the sauce.
7. Stir well until the pasta is thoroughly coated in the sauce.
8. Sprinkle with the grated cheese (if using) for the truly Italian touch.
9. Serve immediately, and enjoy the results - and the praise!



Who is Live Better With?

Live Better With is committed to helping to make everyday living a little bit better for the millions of people worldwide living or caring for someone with cancer.

On the Live Better With website, you will find informative articles about coping with side effects and inspiring real life stories written by people with personal experience of living with the disease.

We also have a fantastic Community forum, a place where like minded people come together and share their experiences and tips as well as provide comfort, solace and sometimes light-hearted relief for each other.

We constantly update our range of products based on real recommendations: every product has been recommended by real people, experts, healthcare professionals or charities as something that has made a difference to the day-to-day life of someone living with cancer.

Together we will make this your one-stop site for everything that could help you live better with cancer.

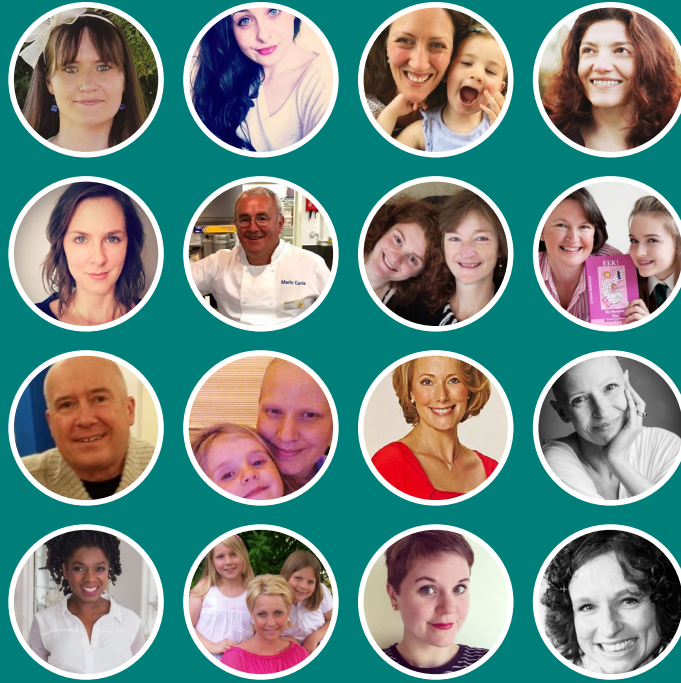
Thank you,

Tamara

Tamara Rajah
Founder & CEO



*Written by contributors from the
Live Better With Cancer Community*



Eating With *cancer*

32 RECIPES AND STORIES
to make day-to-day life a little bit better



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