

Cancer Diet- Healthy Foods and Recipes

CANCER STAGE-1 AND STAGE -2 (30% COOKED DIET AND 70% UNCOOKED DIET)

a. Diet during the treatment Food **not** to be taken

(Foods or beverages which act like a poison to the body) No Sweets (other than dry fruits and fruits)



- No wheat and maize food



- More than 5gm salt



- No Meat, beef, pork
(Except chicken and fish)



- All forms of oils and fats



- Milk and milk-based products
(Except for curds/yogurt without cream)



- Processed baked foods
(cookies, biscuits, etc)



- Aerated Beverages, Fruit Juices



- Alcohol



- Sweets other than
dry fruits and fruits

DIET TO BE FOLLOWED DURING THE TREATMENT

Pre-Biotics

(a) Garlic – About 2-3 small pieces
(b) Ginger – About ½ cm sliced
(c) Fenugreek Seeds [soaked in water or sprouted overnight] – ½ tsp
should be consumed once in the morning in an empty stomach. This is food for the microbes (pre-biotics) in the gut, these microbes release enzymes which will act as a catalyst in breaking down the nutrients from the food in the gut effectively, the nutrients in from the foods helps in nourishing the cells in the body.

Banana Stem Juice

Two times a day, once in the morning and once in the evening. Helps in removing calcareous formations in the arteries and capillaries. This must be consumed twice a day (if possible), 50-60 ml each time.

Flax Drink

Three times a day , once in morning as a first course of break fast, once in afternoon before lunch and once in evening as a snacks . It contains omega 3 and omega 6 essential fatty acids (this helps in regulating the cellular metabolic activity and the cellular respiratory system) and high amounts of lignans (this helps in detoxifying the cells). One portion of flax diet has the nutritional equivalent of 100 KG of peanuts. It will acts like a chemotherapy.



Raw vegetable juice

Vegetable juice should be consumed twice a day. it acts as a natural supplement for maintaining cholesterol levels in the body and helps in thinning the blood, it also adds a rich nutritional value to the diet.

Super salad once a day

Any quantity.

Leached Cooked Leafy vegetables

Minimum 40-60% of your meal should consist of leached leafy vegetables and vegetable preparations.

Cereals

Only rice and wheat should be consumed as it contains low levels of potassium. No more than 25-30% of cereals should be consumed in each meal as it contain 13-14% indigestible protein and 65 to 70 % carbohydrates , which will increase the creatinine level and glucose level in the body. No coarse grains should be consumed as it contains high levels of potash.

Fish

Up to 20% Baked fish with herbs can be consumed as it supports in regeneration of the kidneys and other organs.

Chicken

Baked chicken can be consumed, however it should not constitute to more than 5% of the entire meal.

Fruits & Dry fruits

Breakfast and lunch, in dry fruits abundant quantity coconut, dates and fig fruits must be consumed. These dry fruits are having high medicinal value.

Coconut oil

One table spoon cold pressed coconut oil after breakfast and one tablespoon after dinner should be taken.

Spice drink

This can be consumed to help with allergies, fever, cold and cough. Diet for chronic kidney stone.

Coconut milk

Twice a day any time.

CANCER STAGE-3 AND STAGE -4 (100% UNCOOKED DIET DURING THE TREATMENT PERIOD DIET DURING THE TREATMENT)

b. What food **not** to be taken:

(Foods or beverages which act like a poison to the body)



- More than 5gm salt



- All forms of oils and fats (except flax oil which is being used in flax diet)



- Milk and milk-based products
(Except for curds/yogurt
without cream)



- Processed Baked foods such
as cookies, biscuits, etc



- Aerated Beverages, Fruit Juices



- Alcohol

DIET TO BE FOLLOWED DURING THE TREATMENT

Pre-Biotics

(a) Garlic – About 2-3 small pieces
(b) Ginger – About ½ cm sliced
(c) Fenugreek Seeds [soaked in water or sprouted overnight] – ½ tsp
should be consumed once in the morning in an empty stomach. This is food for the microbes (pre-biotics) in the gut, these microbes release enzymes which will act as a catalyst in breaking down the nutrients from the food in the gut effectively, the nutrients in from the foods helps in nourishing the cells in the body.

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Three times a day , once in morning as a first course of break fast, once in afternoon before lunch and once in evening as a snacks . It contains omega 3 and omega 6 essential fatty acids (this helps in regulating the cellular metabolic activity and the cellular respiratory system) and high amounts of lignans (this helps in detoxifying the cells) . One portion of flax diet has the nutritional equivalent of 100 KG of peanuts. It will acts like a chemotherapy.

Raw vegetable juice

Vegetable juice should be consumed twice a day. it acts as a natural supplement for maintaining cholesterol levels in the body and helps in thinning the blood, it also adds a rich nutritional value to the diet.

Super salad

in lunch , and dinner.

Fruits & Dry fruits

Breakfast and lunch, in dry fruits abundant quantity coconut, dates and fig fruits must be consumed. These dry fruits are having high medicinal value.

Coconut oil

One table spoon cold pressed coconut oil after breakfast and one tablespoon after dinner should be taken.

Spice drink

This can be consumed to help with allergies, fever, cold and cough. Diet for chronic kidney stone.

Coconut milk

Twice a day any time.

SUPER DIETS DIFFERENT RECIPES

1) How to Leach Vegetables?

Vegetables and leafy vegetables should be immersed in water overnight, discard the water. Thereafter, wash the vegetables/leafy vegetables in hot water before use. In Kidney patients while preparing the vegetables/leafy vegetables preparations the water released from the vegetables /leafy vegetables should be removed.

Remember, raw vegetable juices are harmful for those suffering from Chronic Kidney Disorders.



2. FLAX DRINK

Flax seeds contain high levels of Omega 3 essential fatty acids, Omega 6 fatty acids and a substantial level of Lignans. These essential fatty acids help in bolstering cellular metabolic and cellular respiratory activities, and lignans help in detoxifying the cells. One tablespoon of flax seeds, i.e. 15 grams, have a nutritional value equivalent to 45 kilograms of peanuts, or 6 kilograms of cashew nuts, or 1 kilogram of salmon fish. Adding 1 tablespoon of cold pressed flaxseed oil to flax drink, doubles its nutritional value.

Ingredients

Flax Seeds
1 tbsp (15 grams)
-
Cold Pressed Flax Seed Oil
1 tbsp (15 grams)
-
Curds (Yogurt)
100 grams
-
Kalonji Oil
(If available) 7.5 ml

Preparation Guide

In a small mixer grinder or a coffee grinder, grind the flax seeds to a fine powder.

-

In a medium jar of a mixer grinder, add all the ingredients and give it a churn

-

Flax Seed Powder
Cold Pressed Flax Seed Oil
Curds/Yogurt

-

Add water to adjust consistency to a buttermilk like consistency



NOTE

- Drink the flax drink **within 15 minutes** of preparation
- **Do not consume the flax drink if you are allergic to it.**
- Generally, any forms of seeds will produce heat in the body as it contains oils. To help counteract this, drink buttermilk or pomegranate juice and/or eat salads, green gram, foods rich in vitamin c, fruits and vegetables.
- Only freshly made flax drink must be consumed, it should not be prepared and stored for later consumption.
- **DO NOT roast or heat flax seeds before consumption.**
- **DO NOT powder the flax powder and store it, flax seeds must be powdered just before consumption.**
- Pregnant women and breastfeeding mothers must not supplement their diet with flax seeds, they must consume the flax drink under the consultation of a nutritionist.

3. BANANA STEM JUICE

Banana stem is loaded with Vitamin B6. The taste of banana stem is bland with a slight bitter after taste. It helps in improving the overall health, assists with weight loss and people suffering from urinary tract infection, heartburn, cholesterol problems, constipation, acidity and ulcers. It helps in increasing the production of insulin and hemoglobin in the body, helps in retaining the muscle tone and helps in detoxifying the body. It also aids in the removal of calcareous deposits in the body such as kidney stones and gall bladder stones, and helps in preventing high blood pressure

Recipe

Remove the outer layers of the banana stem.

After chopping the stem into small pieces & get the juice from juice extractor.

Add little buttermilk or few drops of lemon juice for more effective.



4. RAW VEGETABLE JUICE



Ingredients

Beetroot
-
Bottle Gourd
-
Carrot
-
Cabbage
-
Cucumber
-
Celery or Coriander Leaves
About 20 grams
-
Pineapple or apple or any fruits
-
Betel Vine Leaf
1 or 2

Preparation Guide

Leach all the raw vegetables and use a juice extractor or any other modes available to extract juice from the vegetables, it can be stored in the fridge and consume.

NOTE

- This Juice helps in controlling cholesterol and helps in thinning the blood. All the ingredients (except for coriander leaves and betel vine leaves) should be added to this recipe in equal proportion; all these vegetables must be leached before the preparation of the juice.

5. GRAVIOLA POWDER



Graviola powder helps people who suffer from high Blood Pressure, Cancer, Liver Problems, Chronic Kidney Disease, Gastrointestinal Problems and Rheumatoid Arthritis.

Add 2.5 grams (1/2 teaspoon) with any of our health supplements or mix it with the flax drink, or it can be consumed as is by mixing it with a little water.

6. TURMERIC POWDER TABLET AND CREAM

a. The turmeric powder tablets : It is having pungent to taste. It is recommended to consume one or two tablet a day, it is having rich antioxidant value i.e curcumin.



Ingredients

Turmeric Powder
½ tsp
-
Pepper Powder
1 pinch
-
Water
few drops

Preparation Guide

Mix all the ingredients together to form a small tablet.

b. Turmeric powder cream for open wounds due to varicose vein or any reason:

Ingredients

Turmeric Powder
½ tsp (15gms)
-
Pepper Powder
1 pinch
-
Coconut oil
few drops

Preparation Guide

Mix all the ingredients together to form a cream/paste.



7. NEEM AND PEEPAL EXTRACT



Ingredients

Neem Leaves
8 leaves
-
Peepal Leaves
3-4 leaves

Preparation Guide

Grind all the leaves with a little water and extract 15 ml of liquid

8. FERMENTED RICE

Fermented rice is a good source of prebiotics, it is rich in Vitamin B-12 and other nutrients. We recommend you to incorporate this into your diet. We recommend that you do not store the fermented rice after preparation, and that you only consume it freshly made.

Ingredients

Boiled Rice
250 gms
-
Buttermilk
1 spoon

Preparation Guide

Add buttermilk to the boiled rice and store it overnight in room temperature. The fermented rice should be ready to consume the following morning



9. SUPER SALAD

Ingredients

Radish	Carrots
Any Leafy vegetables	Cucumbers
Green Gram (Sprouted)	Sweet Potato
Bengal Gram (Sprouted)	Onion
Peanuts (Sprouted)	Tomato
	Coconut
	Beetroot

Preparation Guide

- Leach all the vegetables overnight
- Grate all the vegetables and mix them together
- Add some spices and garnish as required
- Dry fruits can be added to this salad



10. SPICE DRINK

Spice Drink provides relief from different types of cough and cold. The medicinal properties present in this drink also helps with the digestion process.

Ingredients required to prepare 250 ml (8.5 fl. Oz.) of Spice Drink :

Ingredients

Black Pepper
2.5 grams (0.10 Oz. or 1 teaspoon) (8 no)
 -
 Cloves
2.5 grams (0.10 Oz. or 1 teaspoon) (4 no)
 -
 Cinnamon
2.5 grams (0.10 Oz. or 1 teaspoon)(1 inch)
 -
 Cardamom
2.5 grams (0.10 Oz. or 1 teaspoon) (1)
 -
 Ginger
1 to ½ inch
 -
 Jaggery
2.5 grams (0.10 Oz. or 1 teaspoon) – For taste
 -
 Water
150 ml (8.5 fl. Oz.)

Preparation Guide

Coarsely Pound all the ingredients (Not powder)

-
 Add the water in a pot along with the ingredients and bring to boil

-
 Once the solution comes to boil, bring down the flame and simmer for the next 5-10 minutes

-
 Pass the solution through a sieve store it in thermos



Consumption Guide

- Consume as recommended
- Else, drink it twice or thrice a day as required like tea

11. CORIANDER LEAF SOUP

This soup helps in releasing excess water and salt in the body, similar to the effects of a water pill.

Ingredients

Coriander Leaves
100 grams
-
Garlic
15 grams
-
Ginger
15 grams
-
Green Chili
1
-
Onion
a small amount; about 5% of the soup
-
Tomato
a small amount; about 5% of the soup
-
Water
As required

Preparation Guide

Pound all the ingredients.
-
Add all the ingredients to a pot and boil the contents as required. (10 mts)



NOTE

- While consuming this soup, the potassium levels in the body must be observed as the potassium levels should not go beyond the normal levels (CKD Patients).

12. FERMENTED RICE

(Supplements Vit B-12 and other micro and macro nutrients value with pro biotic nature)

Fermented rice is a good source of prebiotics, it is rich in Vitamin B-12 and other nutrients. We recommend you to incorporate this into your diet. We recommend that you do not store the fermented rice after preparation, and that you only consume it freshly made.

Ingredients

Boiled Rice
250 gms
-
Buttermilk
1 spoon

Preparation Guide

Add buttermilk to the boiled rice and store it overnight in room temperature. The fermented rice should be ready to consume the following morning



13. OILLESS FISH FRY AND FISH CURRY

(acts like a water pill and also supports in cell regeneration in kidney)

Ingredients

Fish
1 kg (cubed or as fingers)
-
Ginger
1.5 inch piece
-
Garlic Paste
1 full pod (all the pieces in the garlic)
-
Green Chilis
3
-
Coriander Leaves
1 fistful
-
Mint Leaves
Half Fistful
-
Lemon Juice
As required

Preparation Guide

Make a paste of all the spices and vegetables

-

Smear this paste on the fish pieces and marinate it for 15 mins

-

This can be cooked in two ways -

Method 1

Steam the fish for 15 to 20 mins

Method 2

Place the marinated fish in a tawa or griddle

-

Add two spoons of water and cook the fish by pressing the pieces with a spoon and cook on all sides on medium heat for 15 mts to 20



Preparation -Fish curry: Fry the paste with few drops of oil and after that put boiled water as per required curry consistency and place the washed fish and further boil it for 10 mts or till it is getting boiled. This curry can be used for rice and bread.

14. OILLESS MUSHROOM

(acts like a water pill and also supports in cell regeneration in Liver and other organs)

Ingredients

Mushroom
1 kg (cubed)
-
Ginger
1.5inch piece
-
Garlic Paste
1 full pod (all the pieces in the garlic)
-
Green Chilis
3
-
Coriander Leaves
1 fistful
-
Mint Leaves
Half Fistful
-
Lemon Juice
As required

Preparation Guide

Make a paste of all the spices and vegetables

-

Smear this paste on the fish pieces and marinate it for 15 mins

-

This can be cooked in two ways-

Method 1

Steam for 15 to 20 mins

Method 2

Place the marinated mushroom in a tawa or griddle

-

Add two spoons of water and cook the mushroom by pressing the pieces with a spoon and cook on all sides on medium heat for 15 to 20 mins



15. CHICKEN CURRY

Ingredients

Chicken
1 kg (Deskinned and cut into medium pieces)

Onion
1 (medium-sized and chopped)

Green Chillies
3 (chopped)

Ginger
1 inch

Garlic
1 pod (1 piece)

Coriander Leaves
2 tbsp (chopped)

Mint Leaves
1 tbsp (chopped)

Tomato
1 (chopped)

Pepper Powder
¼ tsp

Garam Masala
¼ tsp



Preparation Guide

Put all the spices and vegetables in a blender and make a paste of it, add a little water to adjust consistency. Smear this paste on the chicken and marinate it for 30 minutes.

This can be cooked in one of two ways-

Method 1-

- Place the marinated chicken in a pressure cooker, do not add water to it.
- Close the lid and on a medium flame cook it for one whistle. (In other words, boil it for 20 to 25 minutes)
- Switch off the flame and wait for the pressure to normalize.

Method 2-

- Place all the chicken in a pan or a kadai.
- Place a lid on it and cook on a medium flame, add water to adjust consistency.

16. VEGETABLE / LEAFY VEGETABLE CURRY

Ingredients

Leached Vegetables
95 % -As required (Except green banana)

Pulses
5% (Except Redgram)

Onion
1

Tomato
1

Coriander Paste
1 tbsp

Mint Leaves Paste
1 tbsp

Green Chili
3

Ginger & Garlic Paste
1 tbsp

Garam Masala
To taste

Turmeric Powder
¼ tsp

Water
As per requirement



Preparation Guide

- Chop the chilis, onion and the tomato (remove the seeds from the tomato).
- Leached Vegetables/ Leafy vegetables and pulses. And put all other ingredients of masala (spices) as mentioned in sl no 3 to 10 and boil it properly and give tadaka (tempering) with few drops of oil less than ½ tea spoon.
- Do not add salt.

NOTE

- Do not add salt, fats or oil.

17. SUPER CEREALS FOOD

Ingredients

Rice or Wheat <i>less than 20 to 25 %</i>	Pulses <i>Should be less than 5 to 10% to of the recipe (any pluses except red gram and horse gram) separately cook and add to the preparations because the boiling point for pulses is more)</i>
Leached Vegetables <i>more than 60%</i>	
Chopped Onion 1	Curry Leaves 8-10 leaves
Coriander Paste 1 <i>tbsp</i>	Garam Masala One pinch
Green Chili 3	Turmeric Powder $\frac{1}{4}$ <i>tsp</i>
Ginger and Garlic Paste 1 <i>tbsp</i>	$\frac{1}{2}$ tea spoon ghee or cold pressed oil
Mint Leaves Paste 1 <i>tbsp</i>	



Preparation Guide

- Rinse and wash the rice or wheat and pulses.
- separately cook pulses and add to the vegetables and other ingredients in the preparations because the boiling point for pulses is more.
- Put all the ingredients in a pressure cooker.
- Cook on a high flame for 3-4 whistles or until the khichdi is cooked (In other words, boil it for 20 to 25 minutes).

NOTE

- The ratio between rice or wheat and leafy vegetables should be 1:3. Do not add salt, fats or oils.

18. COCONUT MILK

Ingredients

$\frac{1}{2}$ portion of standard
coconut
-
100 ml water

Preparation Guide

Grate the coconut and put it in mixer by adding with 50 ML of water and mix it properly in the mixer, thereafter sieve the coconut milk with muslin or with any cloth, repeat the same process for the second time by adding another 50 ML water with same grated coconut and mix it again for extraction of one glass of coconut milk.

