

# Quick and Healthy Meal and Snack Ideas During and After Cancer Treatment



Cooking can seem daunting during cancer treatment, but consuming a healthy diet that consists of adequate protein and calories is vital for healing during this time. The following snack and meal ideas require minimal preparation, and are loaded with fruits and vegetables, whole grains, and lean proteins—all of which are an important part of a healthy diet during treatment.

## Snacks

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- **Cottage Cheese and Fruit Plate**
  - **Pudding Popsicle**—prepare low-fat pudding and freeze in popsicle molds (or freeze low-fat pudding singles)
  - **Yogurt Parfait**—mix together plain yogurt with honey and top with cereal or nuts
  - **Fruit Parfait**—mix yogurt with dried fruits and nuts (1 oz each)
  - **Peanut butter on crackers or apple slices**—can substitute with any nut butter
  - **Whole Grain Pasta Salad**—mix together whole grain pasta noodles, olive or canola oil, and steamed vegetables
  - **Toaster waffle with yogurt and berries**
  - **Hummus and raw vegetables or pita bread**
  - **Homemade Granola Bars**—see recipe in blog
  - **Cheese on whole grain crackers or toast**
  - **Avocado slices on whole grain crackers**
  - **Homemade Trail Mix**—mix together choice of nuts, dried fruit, crackers or pretzels
  - **Baked Sweet Potato**
  - **Rice Cake topped with peanut butter and banana**
  - **Ants on a log**—celery stalks spread with nut butter and topped with raisins
  - **Hard-boiled egg on 1 slice of whole grain bread or an English muffin**
  - **Dates stuffed with cream cheese or mascarpone and chopped pecans**
  - **Power Smoothie**—place 1 cup low-fat yogurt, 1 banana, 1 tbsp peanut butter, and ice in a blender, and mix until smooth

## Meals

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- **Grilled chicken breast with instant brown rice**
  - **Whole grain flatbread sandwich**—fill with spreadable cheese and choice of fruits or vegetables
  - **Grilled tuna with steamed vegetables**
  - **Whole grain rice with plain nuts, choice of steamed vegetables, olive or canola oil, and dried fruit**
  - **Whole grain pita with egg salad, tuna salad, OR chicken salad, and fresh vegetables**
  - **Salad with fresh vegetables, cottage cheese, and beans**
  - **Turkey burger on a whole grain bun**
  - **Egg White Omelet**—fill with low-fat cheese and a mix of vegetables
  - **Mini meat loaves**—prepare meat loaf in muffin tins (freeze extras, thaw and reheat as needed)
  - **Whole grain pasta/noodles with olive or canola oil, and steamed vegetables or beans**
  - **Chicken stir-fry over instant brown rice**
  - **Cheese and vegetable quesadilla** (for extra protein, add grilled chicken)
  - **Roasted vegetable wrap**—make with choice of roasted vegetables, and cheese (for extra protein, add grilled chicken)
  - **Stuffed peppers**—fill with instant rice mixed vegetables
  - **Whole grain bagel**—serve open-faced and top with roasted vegetables and low-fat cheese
  - **Minestrone, lentil, or hearty soup** (with beans, vegetables, noodles, rice, & lean meat if desired)
  - **Quinoa with mixed vegetables**—cook quinoa separate and mix in steamed veggies (can use frozen vegetables and microwave)

**Note:** With exception to the mini-meat loaves and the homemade granola bars, these recipes take 15 minutes or less to prepare and involve minimal clean up.