

Cancer support 5 day meal plan

Monday

1st meal; 1 scoop of Kaizen whey isolate powder, 1 cup of unsweetened almond or coconut milk, 1/4 teaspoon of cinnamon and 1/4 teaspoon of cacao powder, all mixed together.

15 g of 80 to 100% organic dark chocolate, 10 g of organic walnuts

2nd meal; 1 tin of wild caught tuna

3 handfuls of mixed greens with 1 tablespoon EVOO and 1-2 tablespoon of vinegar
1/2 handful of broccoli microgreens, 1 pinch of sea salt and whatever herbs or spice you want to add. 1/2 cup organic quinoa.

100 ml of mint chlorophyll kombucha

1/2 organic apple

3rd meal; 150 g lean steak (inside round is best)

1 cup of lightly cooked green beans and 6 asparagus spears tossed in 1/2 teaspoon of butter, garlic and sea salt, 2 tablespoons of mustard of your choice (optional)

Tuesday

1st meal; 15 g of 80 to 100% organic dark chocolate

40 g of organic blueberries, 10 g of organic walnuts

Green tea with 1 scoop of hydrolyzed collagen peptides

2nd meal; 1/2 cup of sweet potato (mashed, baked or homemade fries)

2 handfuls of mixed greens, 1-2 tablespoon of vinegar and 1/2 handful microgreens

1 pinch of sea salt and whatever herbs or spice you want to add

100g shredded chicken breast

1/2 organic apple

3rd meal; 1 cup of Happy Planet Thai coconut soup (scoop out the corn) or Thai green curry soup with 130g shredded chicken breast added to it.

add a handful of broccoli microgreens to the soup too. 1 ounce of gouda or edam cheese.

Wednesday

1st meal; 1 scoop of Kaizen whey isolate powder, 1 cup of unsweetened almond or coconut milk, 1/4 teaspoon of cinnamon and 1/4 teaspoon of cacao powder, all mixed together.

15 g of 80 to 100% organic dark chocolate, 10 g of organic walnuts

2nd meal; 120 g of chicken breast in fajita seasoning stir fried with green and red peppers, red onion, shredded carrot, and garlic. All rolled up in a silver hills green wrap or sprouted wrap and topped with a mustard of your choice or salsa

100 ml mint chlorophyll kombucha

3rd meal; 150 g lean steak (inside round is best)

1 cup of lightly cooked green beans and 6 asparagus spears, tossed in 1/2 teaspoon of butter, garlic and sea salt, 2 tablespoons of mustard of your choice

Thursday

1st meal; 4 slices of turkey bacon with 1-2 spolombos breakfast sausage

1/4 cup sauteed onion and mushrooms

2-4 squares of 80-100% organic dark chocolate

Green tea with a scoop of collagen

2nd meal; 1 tin of wild caught tuna on sprouted buns, bread or wrap

2 tablespoons salsa or sweet heat mustard

1 handful mixed greens

2-3 pickled cucumbers or beets (optional)

1/4 cup organic blueberries

3rd meal; 1 cup of Happy planet mushroom soup or Amys organic mushroom soup with added broccoli microgreens

2-3 spolombos breakfast sausages. 1 ounce of gouda or edam cheese.

Friday

1st meal; 1 scoop of Kaizen whey isolate powder, 1 cup of unsweetened almond or coconut milk, 1/4 teaspoon of cinnamon and 1/4 teaspoon of cacao powder, all mixed together.

15 g of 80 to 100% organic dark chocolate, 10 g of organic walnuts

2nd meal; 1 cup of bone broth (Organika powdered bone broth is highest in protein or you can add collagen to your liquid bone broth to increase protein)

100 g of chicken breast with organic salad greens

1 tablespoon EVOO and 1-2 tablespoon of vinegar, topped with 1/2 organic chopped apple and 1/4 cup of organic blueberries (or 2 ounces of pomegranate)

3rd meal; 1 cup of Happy Planet Thai coconut soup (scoop out the corn) or Thai green curry soup with 130g shredded chicken breast added to it.

add a handful of broccoli microgreens to the soup too.

*EVOO stands for extra virgin olive oil

Saturday is carb reload day

Sunday is either a longer fast or liquid nutrition (smoothies, shakes, soups or bone broth).