



WHAT TO EAT

Before, During and After Cancer Treatment

HIGH CALORIE HEALTHY SMOOTHIES

BANANA SPLIT SMOOTHIE

1 cup liquid base (milk, soy milk, Ensure, etc.)
1/2 cup yogurt
1 banana
2 Tbsp. peanut butter
2 Tbsp. wheat germ (optional)

**For an added treat, add a bit of chocolate syrup; for more calories, replace the yogurt with ice cream.*

(606 calories, 25g protein, 20g fat)

QUICK MIXED BERRY SHAKE

1 cup frozen mixed berries
8 oz. Ensure Plus (vanilla or fruit flavored)
or CIB and milk
1/2 cup yogurt

(530 calories, 17g protein, 12g fat)

AWESOME AUTUMN SMOOTHIE

1 cup liquid base (milk, soy milk, Ensure, etc.)
1/2 cup frozen cranberries
1 apple (cored and sliced)
1 Tbsp. honey
Pinch of cinnamon

1/2 cup of Grape Nuts cereal

(515 calories, 14.5g protein, 8g fat)

PINEAPPLE POWER SHAKE

1 cup liquid base (milk, soy milk, Ensure, etc.)
1 cup orange juice
1/2 cup pineapple juice
1/2 cup low-fat cottage cheese

(306 calories, 20g protein, 2g fat)

BANANA OATIE

1 cup liquid base (milk, soy milk, Ensure, etc.)
1/3 to 1/2 cup cooked oatmeal
1 banana (frozen for thicker smoothie)
1 Tbsp. wheat germ
1 Tbsp. vanilla extract

(425 calories, 16g protein, 4g fat)

BURSTING BLUEBERRIES

1 cup liquid base (milk, soy milk, Ensure, etc.)
1/2 package silken or soft tofu
1 banana
1/2 cup blueberries (fresh or frozen)
1 Tbsp. canola, almond or walnut oil

(470 calories, 23g protein, 22g fat)

TASTY TROPICAL DELIGHT

1/2 cup liquid base (milk, soy milk, Ensure, etc.)
1 cup mango, guava or papaya nectar
(try Goya)

1/2 cup diced peaches (fresh or frozen)
4 ice cubes

(485 calories, 9g protein, 3g fat)

SUPER SMOOTHIE

1 cup liquid base (milk, soy milk, Ensure, etc.)
1/2 cup low-fat plain regular or soy yogurt
2 Tbsp. protein powder (any type)

1 Tbsp. peanut butter
1 Tbsp. ground flax seeds
1 Tbsp. canola, almond or avocado oil
1 banana

(684 calories, 19g protein, 29g fat)