

Daily Dose Meal Ideas

Consider including these options among your meals and snacks as a way to guarantee you get a daily dose of health and nourishment. Find new and delicious recipes from *The Cancer Fighting Kitchen* cookbook, our *By HER Side* blog and *Nourish.Breathe.Thrive!*

Breakfast:

- Whole grain breakfast cereal/porridge (ex. quinoa, buckwheat, millet and/or oatmeal) with berries or another preferred fruit and a spoonful of nuts or seeds
- Homemade smoothie

Lunch and Dinner:

- Salad with dark, leafy greens and plenty of vegetables, beans, 1 tbsp. nuts or seeds, and a piece of fruit
- Grain or bean salad with a side salad or cooked vegetables, avocado and a piece of fruit
- Vegetable soup or stew with plenty of beans or lentils
- Stir-fry with organic tofu or tempeh served over a whole grain

Snacks:

- Homemade trail mix with a variety of nuts, seeds and unsweetened dried fruit
- Hummus with cut vegetables
- Grain or bean salad
- Fruit with 2 tbsp. nut butter
- Organic edamame
- Plain yogurt (either cow's milk or non-dairy variations) with muesli, 1 tbsp. seeds, or ½ C fruit
 - 1 tsp. honey or maple syrup optional!
- Homemade smoothie

