

# Eat. Treat. Repeat.

Your 7-day meal plan



Simple, nutritious meal ideas to support you  
whilst receiving your cancer treatment.

AstraZeneca 

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## Fuel your body with what it needs

**Before and during your cancer treatment it's important that you keep good eating habits to ensure that your body is functioning at its best.**

Consuming enough calories and protein can be hard as gastrointestinal cancer treatments, such as chemotherapy, radiotherapy and the Whipple procedure, cause you to feel nauseous, and may reduce your appetite or ability to tolerate certain foods. This can make you feel tired, and lead to unwanted weight loss, negatively impacting your quality of life and tolerance to treatment. However, taking the time to eat food that's high in calories, protein and other nutrients will help to keep up your strength and energy levels.

To help your body get what it needs, this booklet sets out a seven day meal plan recommended by registered dietitians, as well as some top tips to help you adapt your eating habits. Smaller, regular meals are more manageable to eat when you don't feel hungry, helping you to stay on track. The plan for each day is made up of six small meals, but don't worry if there's any you don't fancy, just go with the ones you enjoy and keep you satisfied.

All of the recipes are simple and easy to make, using ingredients from your local supermarket. And there's no right or wrong when it comes to mealtimes – eat whenever you're feeling up to it, just as long as you're getting enough nutritious foods to maintain a healthy weight.

**Disclaimer:** Before making significant changes to your diet, please speak with a registered oncology dietitian or your doctor first. These meal plans are not intended to replace the advice given to you from your dietitian or doctor. If you have an existing medical condition which may impact upon your ability to eat any of the meals suggested, or find that you are losing weight, please consult a doctor, dietitian, or nurse.

**Before trying any of the recipes in this booklet, please read them and ensure you aren't allergic to any of the ingredients.**

## Meals designed with you in mind

### Look out for the labels!

Each recipe features a label or two to highlight how it's beneficial for you as you prepare for or go through treatment.



### Time saver

Quick and easy to make or can be preprepared and saved for later, so if you're tired or don't have the energy to cook you still have a nutritious meal on hand.



### Easier to chew and swallow

Soft and easy to chew and swallow as gastrointestinal cancer and its treatments can sometimes make these difficult.



### Gentle on the tummy

Colder foods are often more palatable. Limit intake of caffeine, spice and fats as these can exacerbate the need to go to the toilet.



### High flavour

Your treatment may affect your taste and food may lack flavour or taste too sweet, salty or metallic. These flavour enhancing recipes are designed to make mealtimes enjoyable again.



### Higher protein and calories

Higher in calories and protein to help keep up your strength and energy levels, and maintain a healthy weight.





# Contents

All of the recipes you'll find in this booklet have been recommended by Sue Acreman, a registered dietitian and Fellow of the British Dietetic Association. She has over 46 years experience working within the NHS in South Wales, and many of these have been dedicated specifically to oncology nutrition. She feels that people with cancer deserve the best nutritional care and support and this includes being able to access evidence-based dietary and nutritional information.

Knowing how important nutrition is to outcomes and wellbeing can motivate patients to eat well and be well.

To ensure relevance for patients with gastrointestinal cancers, this recipe book was subsequently revised by Joshua Smith, a registered dietitian and specialist in gastroenterology.

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*'I'm Veggie!'*

Don't worry, any recipe can be made veggie by replacing the meat with alternatives such as Quorn, or beans and lentils.



# Top tips to help adapt your eating habits

Little things that can make meal times a little easier for you:

- **Preprepare meals** to keep in the fridge or freezer so that you always have access to nutritious food, even if you're too tired to cook
- **Avoid drinking in the half hour before meals** so that you don't spoil your appetite. They can fill you up and limit your intake of food
- **Fresh air can stimulate your appetite**, so why not try eating al-fresco when the weather is nice or spending time outdoors before mealtimes?
- **Cut food into bitesize pieces** so that it's easier to chew, or add sauces to moisten food and make it easier to swallow
- **Plastic or wooden cutlery** can help you manage sensitivity to metallic tastes if it develops
- **Brush your teeth and rinse your mouth regularly** to reduce bad aftertastes
- **Fortify your meals**  
Using fortified milk is an easy way to introduce extra protein and calories into your diet without having to eat big meals

HOW TO MAKE

## Fortified Milk

High in calories and quick to make - simply store in the fridge and use when making tea, coffee or milk-based meals like porridge.



Total time  
5 mins

### INGREDIENTS

2-3 tbsp **skimmed milk powder**  
per 580 ml of **full cream milk**

### METHOD

1. Take a few tablespoons of milk and mix with the skimmed milk powder to a smooth paste
2. Gradually whisk in the remainder of the milk until mixed together
3. Pour into a bottle or container and store in the fridge for later use





## BREAKFAST

# Perfect Porridge

A quick and easy breakfast made with fortified milk to give you energy for the rest of the day.

Look out for how many servings there are

# DAY 1



Total time  
5 mins

## INGREDIENTS

25 g **porridge oats**  
175 ml **fortified milk**  
1 tbsp **double cream**  
1 tbsp **sugar**

## METHOD

1. Add the porridge oats and milk to a bowl and mix together
2. Microwave on high for 3 minutes, stirring halfway through and leave to cool for 2 minutes before eating  
  
If you don't have a microwave, stir over a medium heat on the hob until thick and creamy
3. Sprinkle the sugar onto the porridge and dollop the double cream on top to finish

## Top Tip

Try adding a teaspoon of cinnamon or jam to your porridge, or top with fresh berries, to add some extra flavour.





## Fortified Milk Fruit Smoothie

Mix up the fruity flavours you include to keep your taste buds interested.



Total time  
5 mins

### INGREDIENTS

200 ml **fortified milk**  
1 scoop **vanilla ice cream**  
1 dessertspoon **double cream**  
1 tbsp **full-fat Greek yogurt**  
½ **banana**, chopped  
3-4 tbsp **frozen/fresh fruit**

### METHOD

1. Mix all the ingredients in a blender until smooth
2. If the mixture is too thick, stir in a little extra fortified milk and continue to mix until at the desired consistency
3. Pour into a glass to drink, or pour into a bowl and eat with a spoon

### Top Tip

Double the quantities and store in the fridge for the next day!

## Cheesy Mash and Beans

A simple savoury lunch packing a punch of protein.



Total time  
20 mins

### INGREDIENTS

1 medium sized **potato**  
Knob of **butter**  
1 tbsp **fortified milk**  
2 tbsp **baked beans**  
50 g of **full-fat cheese**,  
grated

### METHOD

1. Peel and cut the potato into chunks and add to a pan of boiling water. Cook for 10-15 minutes or until soft
2. When cooked, mash the potato with butter and fortified milk in an oven-proof dish until thick and creamy
3. Heat the baked beans over a medium heat on the hob, or pour into a bowl and cook in the microwave on high for 1 minute
4. Pour baked beans over the mashed potato
5. Grate some cheese over the top and place under the grill until golden brown





# Strawberry Trifle

A classic favourite and something to satisfy your sweet tooth, with a kick of the calories you need!



Total time  
20 mins + setting

## INGREDIENTS

280 ml of made-up  
**strawberry jelly**, not yet set  
150 ml **fortified milk**  
1 tbsp **custard powder**  
1 tbsp **sugar**  
4 **sponge fingers**  
2 tbsp **double cream**  
2 tbsp **strawberries**, cut  
2 squares of **dark chocolate**,  
grated or 2 tsp **chocolate sprinkles**

## METHOD

1. Break up the sponge fingers and distribute evenly between 2 bowls or dishes
2. Pour  $\frac{1}{2}$  of the jelly into each dish and stir in the strawberries. Leave the jelly in the fridge until set
3. In a bowl, mix a little of the milk with the custard powder to form a smooth paste
4. Pour the rest of the milk into a pan and bring to the boil. Once boiled, whisk the hot milk into the powder paste until smooth
5. Take the jelly out of the fridge and top with the custard, double cream and grated chocolate or sprinkles

## Top Tip

Why not try tropical jelly with peach slices? Drain tinned fruit well before adding, otherwise the jelly won't set!

## Makes 2

Keep the other one in the fridge for tomorrow!





# Chicken Casserole

A wholesome chicken dish, packed with flavour that delivers on calories and protein.



Total time  
1 hr 20 mins

## INGREDIENTS

1 boneless **chicken thigh**  
1 tsp **olive or sunflower oil**  
¼ chopped **onion**  
1 rasher **smoked back bacon**, chopped  
30 g **small mushrooms**, chopped  
1 **medium carrot**, peeled and chopped  
2 tsp **plain flour**  
Pinch of **mixed herbs**  
100 ml **chicken stock**  
¼ **medium leek**, sliced  
**Salt and pepper**

## HERBY DUMPLINGS

30 g **self-raising flour**  
15 g **suet**  
Pinch of **mixed herbs**

## METHOD

1. Preheat the oven 190°C/170°C Fan/Gas 5
2. Season the chicken thigh with a little salt and black pepper. Heat the oil in a large non-stick frying pan over a medium heat and fry the chicken for 7-8 minutes, skin-side down, or until the skin is browned. Turn and cook on the other side for 3 minutes more. Transfer to a plate
3. Return the pan to the heat and add the onion, bacon and mushrooms. Fry over a medium-high heat for 4-5 minutes, or until lightly browned, stirring regularly. Tip into a medium, lidded oven-safe pan or casserole dish
4. Toss the carrots and flour together into the dish. Sprinkle the mixed herbs, then pour in the stock, a little at a time, stirring well
5. Add the chicken back to the pan and bring to a gentle simmer. Cover the pan with a lid and place in the oven and cook for 45 minutes
6. Whilst cooking, prepare the dumplings. Stir the flour, herbs and suet well, mix in just enough water to form a firm dough. Roll into 2 little dumplings
7. After 45 minutes, take the dish out of the oven and stir in the leeks. Add the dumplings on the top of the chicken casserole
8. Return to the oven for a further 15-20 minutes, or until the chicken and leeks are tender, the sauce has thickened and the dumplings are golden brown





# Creamy Hot Chocolate

A classic bedtime drink to help you relax, with an indulgent creamy twist.



Total time  
5 mins

## INGREDIENTS

150 ml **fortified milk**

40 ml **double cream**

25 g good quality  
**chopped chocolate**

A handful of **mini  
marshmallows**

## METHOD

1. Pour the milk, double cream and chocolate into a pan
2. Bring gently to the boil, whisking until smooth
3. Pour into a mug and top with mini marshmallows and a little grated chocolate



# DAY 2





# Scrambled Eggs on Toast

Eggs are an easy breakfast that deliver high on protein.



**Total time**  
5 mins

## INGREDIENTS

2 **egg yolks**  
4 tbsp of **fortified milk**  
Knob of **butter**  
1 slice of **bread**

## METHOD

1. Separate the egg yolks from the whites, saving the yolks in a bowl
2. Whisk together the yolks, fortified milk and butter
3. Microwave the mixture for 1 minute. Take the eggs out, whisk and microwave again for another 30 seconds. Keep an eye on them as they can go hard very quickly if overcooked  
  
If cooking on the hob, put some butter in a pan over a medium heat and pour in the egg mixture when the butter has melted. With a wooden spatula slowly move the egg mixture around the pan to ensure it doesn't stick and is evenly cooked through
4. When the eggs are a creamy texture, remove and serve with a half or full slice of buttered toast





# Custard Banana Split

This sweet treat can be whipped up quickly but take your time to enjoy it!



**Total time**  
10 mins + cooling

## INGREDIENTS

150 ml **fortified milk**  
1 tbsp **custard powder**  
1 dessertspoon **sugar**  
1 small **banana** chopped  
1 tsp **desiccated coconut**  
**Glacé cherry** to serve

## METHOD

1. Mix a little of the fortified milk with the custard powder and sugar to form a smooth paste
2. Put the rest of the milk in a pan and bring to the boil. Pour and whisk the milk into the paste until smooth
3. Mix the chopped banana into the custard
4. Leave to cool and serve with a sprinkle of desiccated coconut and glace cherry

# Cheesy Mash

Cheesy, creamy mash that will satisfy your taste buds and provide slow releasing energy.



**Total time**  
25 mins

## INGREDIENTS

1 medium sized **potato**  
Knob of **butter**  
1 tbsp **fortified milk**  
60 g **full-fat cheese**, grated  
1 **salad tomato**, chopped

## METHOD

1. Peel and cut the potato into chunks and add to a pan of boiling water. Cook for 10-15 minutes or until soft
2. When cooked, mash the potato with the butter and fortified milk
3. Mix the grated cheese into the potato
4. Spoon into an oven proof dish and bake for 10 minutes or until golden brown. Serve with a chopped tomato





# Pear Rice Pudding

A rich and creamy afternoon snack that's got the extra calories you need.



**Total time**  
50 mins

## INGREDIENTS

280 ml **fortified milk**

30 g **pudding rice**

30 g **sugar**

¼ tsp of **nutmeg**

2 tbsp **fruit jam**

2 **canned pear** halves

## OPTIONAL

Scoop of **ice cream**

1 tbsp of **clotted cream**

## METHOD

1. Place the milk, pudding rice and sugar into an ovenproof dish and mix well
2. Sprinkle the nutmeg over the top and bake for 45 minutes at 160°C/140°C fan/gas mark 3. Keep an eye on it to make sure it doesn't over cook and dry out
3. Divide between 2 bowls and add the fruit jam and pear slices on top
4. Serve with a scoop of ice cream or clotted cream

## Makes 2

Keep a portion in an airtight container in the fridge and eat within 2 days. Just heat in the oven or microwave before eating.





DINNER

# Seafood Pie

A wholesome dish that's bursting with flavour, calories and protein.



**Total time**  
35 mins

## INGREDIENTS

60 g **skinless salmon fillets**,  
cut into 3cm pieces

55 g **skinless smoked haddock**,  
cut into 3cm pieces

50 g **cooked prawns**,  
(for easier preparation)

1 **garlic clove**, crushed

1 **bay leaf**

1 **garlic clove**, crushed

Pinch **ground nutmeg**

110 g **ready-made mashed potato**

20 g **mature cheddar**,  
grated

½ tin **mushy peas**

## WHITE SAUCE

130 ml **fortified milk**

1 tbsp **plain flour**

## METHOD

1. Heat the oven to 180°C/160°C fan/gas mark 4. Grease a small pie dish
2. Poach the salmon and haddock until soft and flaky in a little milk with a bay leaf
3. To make the white sauce take 100 mls fortified milk and bring to the boil. Mix 1 tbsp plain flour with the remainder of the milk to make a paste and pour the boiled milk over and whisk until smooth
4. In a large mixing bowl, gently mix all the ingredients, apart from the mashed potato and cheese, with a generous pinch of black pepper until well combined
5. Spoon the mixture evenly into the pie dish, then cover with the mashed potato. Drag a fork across the top to create lines, then scatter the cheese over
6. Bake for 25 minutes or until the filling is bubbling and the peaks of the potato are lightly golden and crisp. Serve with mushy peas

## Top Tip

Why not double the quantities and have it a few days later. Just store portions in an air tight container in the fridge!



# Millionaire's Shortbread

An indulgent recipe for when you want a sweet treat.



Total time  
1 hr

## INGREDIENTS

125 g **plain flour**  
40 g **caster sugar**  
90 g **butter**, softened

## FOR THE CARAMEL

50 g **butter**  
50 g light **muscovado sugar**  
½ large can **condensed milk**  
100 g **plain or milk chocolate**, broken up

## SERVE WITH:

**Fortified milk**  
Pinch of **ground nutmeg**

## METHOD

1. Heat the oven to 180°C/160°C fan/gas mark 4. Lightly grease and line a 12 cm square baking tray
2. To make the shortbread, mix the flour and caster sugar in a bowl. Rub in the butter until the mixture resembles fine breadcrumbs. Knead the mixture together until it forms a dough, then press into the base of the prepared tray
3. Prick the shortbread lightly with a fork and bake for 20 minutes or until firm to the touch and very lightly browned. Leave to cool in the tin
4. Whilst the shortbread is baking you can make the caramel. Place the butter, light muscovado sugar and the condensed milk in a pan and heat gently until the sugar has dissolved. Continually stir with a spatula to make sure no sugar sticks to the bottom of the pan
5. Turn up the heat to medium high, stirring all the time, and then bring to the boil for 5 minutes. Lower the heat and continue to stir until the mixture starts to thicken. Pour over the shortbread and leave to cool
6. For the topping, melt the chocolate slowly in a bowl over a pan of hot water. Pour over the cold caramel and leave to set
7. Cut into squares or bars and serve a square with a mug of hot fortified milk sprinkled with ground nutmeg



**Makes 16**

Have one and keep the rest in an airtight container and eat within the week.



## BREAKFAST

# Baked Oats

Oats are very nutritious and high in fibre – a great way to start the day.



Total time  
25 mins

## DAY 3

### INGREDIENTS

20 g **porridge oats**  
70-100 g **full-fat yogurt**  
**Sugar** to taste  
**1 egg**  
Handful of **raspberries**  
or **blackberries**  
**Double cream** to serve (optional)

### METHOD

1. Stir the egg and sugar into the yogurt until mixed
2. Pour into an oven proof dish along with the oats and mix together
3. Sprinkle the fruit on top and bake at 160°C/140°C fan/gas mark 3 for 15-20 minutes
4. Remove when set and golden brown, and top with double cream





# Fruit and Cream Jelly

Fruity, milky jelly that's light, easy to chew and good for an energy boost.



**Total time**  
1 hr 10 inc. set time

## INGREDIENTS

1 packet (135 g) **solid jelly cubes** (flavour of your choice)

150 ml of **boiling water**

200 ml of **full-cream evaporated milk**

2 tbsp **skimmed milk powder**

2 tbsp **puréed fruit** of your choice

1 tbsp **double cream**

## METHOD

1. Boil the water and dissolve the jelly into it, stirring well
2. Leave in the fridge for 45 minutes until you see it just starting to set
3. Whisk the evaporated milk and milk powder into the jelly until thick and fluffy, then split into 4 dishes
4. Leave in the fridge to set completely
5. Once set, garnish with fruit purée and serve with a spoon of double cream

**Makes 4**

Store in the fridge and save for later!  
Eat within 2-3 days.

**Stuck on flavours?**

Orange flavoured jelly with blended tinned mandarins works well, or for an Eton-mess style creation use strawberry jelly with strawberry purée!





# Cauliflower Cheese

Not only is this recipe super savoury and tasty, but tender cauliflower is easy to chew and cheese is a good source of protein.



**Total time**  
45 mins

## INGREDIENTS

- 1 **small cauliflower**
- 564 ml (1 pint) **fortified milk**
- 4 tbsp **plain flour or cornflour**
- 50 g **butter**
- 100 g grated **full-fat cheese**
- 1 slice of **bread**

## METHOD

1. Pre heat the oven to 180°C/160°C fan/gas mark 4. Cut up the cauliflower and remove the leaves from it, then parboil. Drain and put to one side
2. For the cheese sauce, start by melting the butter in a saucepan over a gentle heat and stir in the flour. After 1-2 minutes the butter and flour will mix into a ball
3. Then, gradually pour in the milk bit by bit, continuously stirring as you do so
4. When the mixture is thick and smooth, add most of the grated cheese but save some for later
5. Put the cooked chopped cauliflower into an oven proof dish and pour the cheese sauce over the top. Sprinkle the remaining cheese on top
6. Bake in the oven for 20-30 minutes until the top is golden brown and bubbling
7. Serve a portion with buttered bread





# Bread and Butter Pudding

A tasty high calorie dish made with nutmeg, sultanas and cinnamon.



Total time  
1 hr 20

## INGREDIENTS

30 g **butter**,  
plus extra for greasing  
4 thin slices of **bread**  
60 g **sultanas**  
1 tsp **cinnamon powder**  
175 ml **fortified milk**  
25 ml **double cream**  
2 **eggs**  
30 g **granulated sugar**  
A pinch or two of **nutmeg**

## SERVING CUSTARD

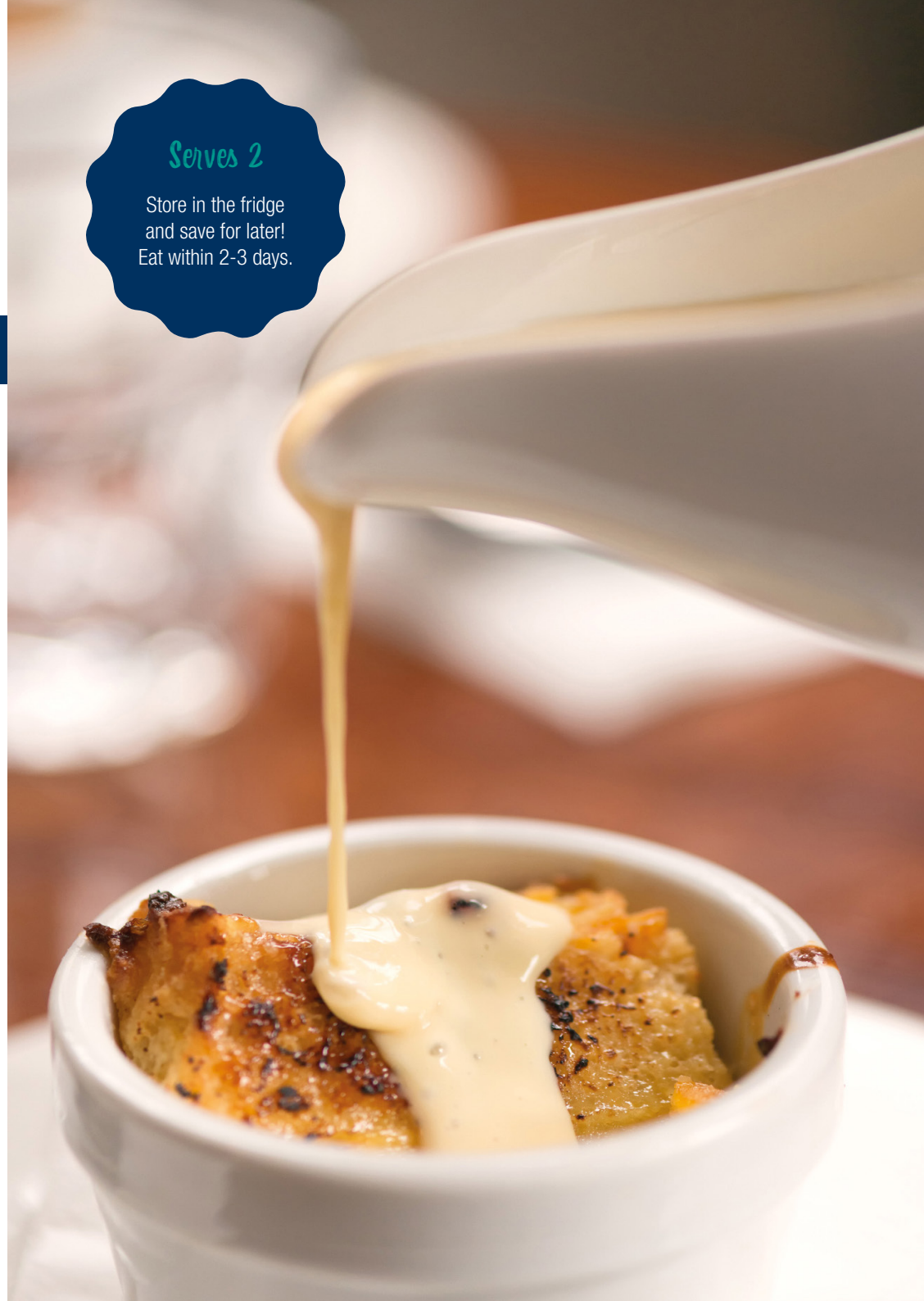
150 ml **fortified milk**  
1 tbsp **custard powder**  
1 tbsp **sugar**

## METHOD

1. Preheat the oven to 180°C/160°C fan/gas mark 4. Grease a small pie dish with butter
2. Cut the crusts off the bread. Butter one side then cut into triangles. Arrange a layer of bread, buttered side up, in the bottom of the dish and sprinkle with a layer of sultanas and cinnamon. Repeat the layers of bread, sultanas and cinnamon, ensuring the final top layer is bread. Set to one side
3. To make a custard, gently warm the milk and cream in a saucepan over a low heat until hot but not boiling
4. Whilst the milk is warming, crack the eggs into a bowl and add  $\frac{3}{4}$  of the sugar and lightly whisk until pale
5. Add the warm milk and cream mixture to the eggs and stir well, straining the custard into a bowl
6. Pour the made custard over the prepared bread layers. Sprinkle with nutmeg and the remaining sugar and leave to stand for 30 minutes
7. Place the dish in the pre-heated oven and bake for 25-30 minutes, until the custard has set and the top is golden
8. To make the serving custard, mix a little of the fortified milk with the custard powder to form a smooth paste whilst the rest of the milk is brought to the boil. Whisk the milk into the powder paste until smooth
9. Cut the pudding in half for one portion and serve with the serving custard

Serves 2

Store in the fridge  
and save for later!  
Eat within 2-3 days.





# Mexican Chilli

Mexican spices make this dish high on flavour and beans are an excellent source of protein.



Total time  
55 mins

## INGREDIENTS

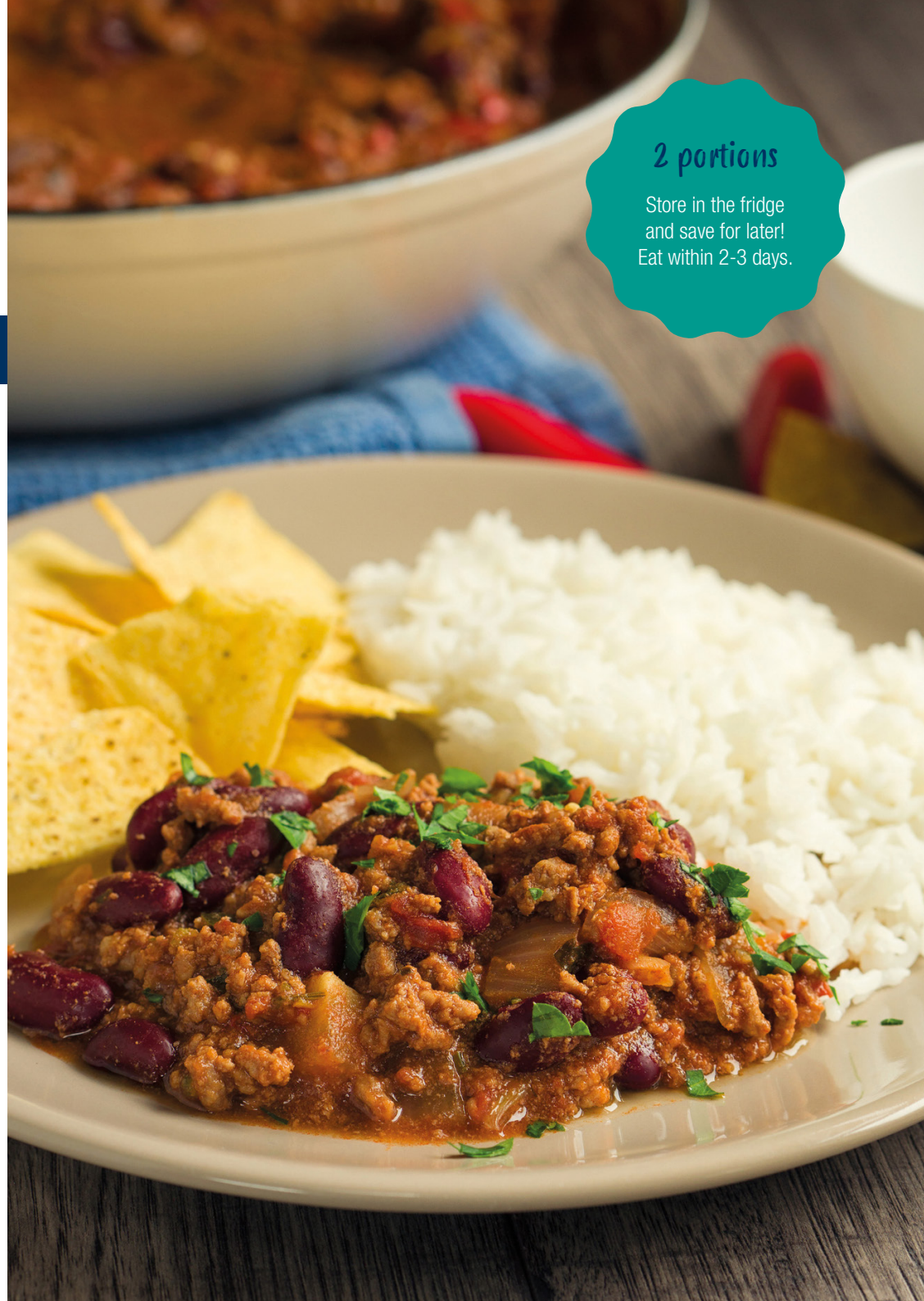
180 g **beef mince**  
(or veggie alternative)  
1 **onion** finely chopped  
½ can (200 g) **chopped tomatoes**  
1 tbsp **tomato purée**  
1 tsp **minced garlic**  
1 tsp **mild chilli powder**  
½ can (200 g) **red kidney beans**  
1 tbsp of **oil** for frying  
1 heaped tbsp **soured cream**  
Handful **tortilla chips**  
180 g **rice**  
400 ml **water**

## METHOD

1. Pre-heat the oven to 150°C/130°C fan/gas mark 2
2. Heat the oil in a pan and brown the mince for 4-5 minutes, then add the garlic and chilli powder. When the meat is brown put in an ovenproof dish
3. Brown the onion in the pan and then transfer to the dish along with the tomatoes and tomato purée. Fill ½ of the tomato can with water and add to the dish
4. Put the dish into the oven and cook slowly for around 15-20 minutes until the meat is tender. You may need to add more water to the meat if it looks dry, but the sauce should be thick. Add the red kidney beans and cook for a further 15 minutes
5. After adding the red kidney beans to the meat, bring a pan of water to the boil and add the rice. Put a lid on the pan and turn the heat right down. Leave until all the water has been absorbed by the rice
6. To serve, put half of the rice and half of the chilli on a plate with a dollop of soured cream and a few tortilla chips

2 portions

Store in the fridge and save for later! Eat within 2-3 days.





# Cookies and Milk

Get an evening dose of calories with these delicious cinnamon and raisin cookies served with fortified milk.



Total time  
20 mins

## INGREDIENTS

110 g **butter**  
80 g **brown sugar**  
50 g **caster sugar**  
1 tsp **vanilla extract**  
1 **egg**, beaten  
110 g **plain flour**  
½ tsp **baking soda**  
1 tsp **cinnamon**  
100 g **whole rolled oats**  
120 g **raisins**

## METHOD

1. Pre-heat the oven to 180°C/160°C fan/gas mark 4. In a large mixing bowl, add the butter and sugars and beat using a whisk until smooth and creamy
2. Add the egg and the vanilla extract and beat until combined. Add sifted flour, baking soda and cinnamon and stir. Add the rolled oats and the raisins and mix
3. Line two baking trays with baking paper. Roll tablespoons of the mixture into balls and place on the baking trays, spaced out
4. Place in oven for 10 minutes or until golden brown on the edges. Leave cookies to cool before gently moving to a wire rack to cool completely. Serve a couple with a glass of hot fortified milk

# DAY 4

Makes 12

Store in an airtight container and eat within a week!



# Strawberry French Toast

This quick-to-make dish is made with egg and fortified milk, it's high in protein and delivers on calories.



Total time  
10 mins

## INGREDIENTS

- 1 egg
- 1 tbsp **fortified milk**
- 1 slice of **bread**
- 1 tbsp **oil**
- Handful of **chopped strawberries**
- Maple syrup** to serve

## METHOD

1. Whisk together the egg and milk in a bowl
2. Dip both sides of the bread into the egg mixture, making sure it is well coated
3. Heat the oil in a pan and add the bread, cooking evenly on both sides until golden brown
4. Serve with chopped strawberries and a drizzle of maple syrup



# Super Seeded Flapjacks

With seeds and peanut butter these flapjacks are a sweet snack and a good source of protein.



Total time  
35 mins

## INGREDIENTS

- 1 tsp **olive oil**
- 200 g **pitted dates**
- 100 g **dried figs**
- 240 g **porridge oats**
- 30 g **pumpkin seeds**
- 10 g **sunflower seeds**
- 40 g **dried cranberries**
- 120 g **smooth peanut butter**
- 75 g **chopped almonds**
- 1 tbsp **ground flaxseed**
- 1 tbsp **skimmed milk powder**
- 100 ml **honey**

## METHOD

1. Line a 26 cm x 16 cm rectangular baking tray with greaseproof paper and lightly grease with olive oil
2. Blitz the pitted dates, figs, rolled oats and almonds in a food processor to chop up into little pieces
3. Pour the mixture into a mixing bowl and add the seeds, ground flaxseed, skimmed milk powder and cranberries and mix well
4. Mix honey and peanut butter together in a small bowl and then add to the seedy date mix. Mix thoroughly with your hands to form a stiff dough
5. Transfer and press the mixture into the prepared baking tray and set in the fridge for about 20 minutes. Slice up into bars



**Makes 12**

Store in an airtight container and eat within a week!



LUNCH

# Cheesy Frittata

This simple dish is easy to make and rich in savoury flavours.



Total time  
30 mins

## INGREDIENTS

- ½ **spring onion**
- 1 tbsp of **peas**
- ¼ **courgette** grated
- ½ slice of **ham**
- 25 g **feta cheese**
- 1 **egg**

## OPTIONAL

- Chopped **salad**
- Baby **potatoes** or  
slice of **crusty bread**

## METHOD

1. Pre-heat the oven to 160°C/140°C fan/gas mark 2
2. Chop up the spring onions and add to a bowl with the peas and grated courgette
3. Over the bowl, tear the ham into pieces and crumble in the feta cheese
4. In a separate bowl, whisk the egg until the yolk is mixed into the white
5. Pour the egg over the vegetables, ham and feta and stir
6. Brush an oven proof dish with oil and tip in the mixture
7. Cook in the oven for 10-15 minutes or until the egg is set. Serve with a little chopped salad, boiled baby potatoes or crusty bread

AFTERNOON TEA

# Banoffee Angel Delight

This indulgent dish is made with bananas, a high protein fruit that's full of nutrients like potassium and fibre.



Total time  
10 mins

## INGREDIENTS

- 1 packet of chocolate or banana flavoured **Angel Delight** (full-sugar)
- 564 ml (1 pint) **fortified milk**
- 1 tbsp **double cream**
- 1 chopped **banana**
- 2 tbsp **toffee sauce**

## METHOD

1. Take the packet of Angel Delight and whisk into the fortified milk
2. Leave to set for about 5 minutes
3. Serve with a spoon of double cream, the chopped banana and drizzle with the toffee sauce



**Makes 2**

Store the second portion in the fridge and eat within 2-3 days.



# Vegetarian Shepherd's Pie

This recipe is filled with different vegetables to provide you with a range of nutrients and flavours, whilst the lentils pack a punch of high protein.



Total time  
1 hr 40

## INGREDIENTS

1 tbsp butter or **olive oil**, plus extra for the pie dishes  
½ large **red onion**, chopped  
1 **carrot**, finely diced  
1 **celery stalk**  
2 **garlic cloves**, finely chopped  
75 g **button mushrooms**, chopped  
45 g **peas**  
1 tsp **thyme**  
125 g **puy lentils**  
50 ml **red wine**  
450 ml **vegetable stock**  
1 tbsp **tomato purée**

## MASHED POTATO TOPPING

425 g **Maris Piper potatoes**, peeled and cut into chunks  
50 g **butter**  
50 ml **fortified milk**  
**Salt** and **pepper**

## METHOD

1. Heat the butter or oil in a large saucepan and gently fry the onion, carrots, celery and garlic for 15 minutes until soft and golden
2. Turn up the heat and add the mushrooms, then cook for 3-4 minutes
3. Sprinkle in the thyme and add the lentils. Pour over the wine and stock, then simmer gently, uncovered, for about 40-45 minutes until the lentils are soft. If you find the mixture is drying out, you can add a splash more stock or water
4. Whilst the lentils are cooking, put the potatoes in a large pan and cover with boiling water and boil for 15-20 minutes until tender. Drain well. At this point, pre heat the oven to 200°C/180°C fan/gas mark 6
5. Mash the potatoes with butter and milk, seasoning well with salt and pepper
6. Remove the lentils from the heat and add the tomato purée. Stir well and season to taste
7. To assemble, butter 2 small pie dishes and spoon in the lentil mixture, then top with mash and fluff into peaks with a fork
8. Bake in the oven for 30-40 minutes until golden. Serve with spoon of boiled peas on the side



**Serves 2 portions**

Store the second portion in an airtight container in the fridge and eat within 2-3 days or freeze it to keep for longer!



## Granola Bars

Simple nutty granola bars made with wholesome ingredients, and full of salty-sweet flavours.



Total time  
25 mins

### INGREDIENTS

75 g oats  
1 tbsp **skimmed milk powder**  
50 g **butter**  
1½ tbsp **honey**  
210 g **dried mixed fruit**  
25 g **pecan nuts**  
2 tbsp **sunflower seeds**

### METHOD

1. Pre-heat the oven to 190°C/170°C fan/gas mark 5. Line a baking tray with greaseproof paper
2. Melt butter in a saucepan on a low heat, or in the microwave for 30 seconds for speed
3. Add honey, skimmed milk powder, dried fruit, chopped nuts, seeds and oats to the melted butter and mix together well
4. Pour the mixture onto the baking tray and bake in the oven for 15-20 minutes
5. Leave to cool and then cut into four bars. Serve one with a glass of chilled fortified milk

# DAY 5





# Pancakes with Maple Syrup

Light and fluffy buttermilk pancakes to start the day with an energy boost.



**Total time**  
10 mins

## INGREDIENTS

100 ml full fat **plain yogurt**

25 ml **fortified milk**

75 g **plain flour**

Pinch **baking powder**

2 medium **eggs**

**Oil** for cooking

2-3 tbsp of **cold water**

**Maple syrup**

**Chopped fruit** to serve  
(bananas, strawberries,  
blueberries etc.)

## METHOD

1. To make buttermilk mix 100 ml full fat plain yogurt with 25 ml fortified milk. Use 60 ml of this mixture for the recipe
2. Mix the buttermilk, water and eggs together
3. Add oil to a pan over a high heat
4. When the oil is hot, pour a third of the mixture into the pan at a time
5. Cook for about a minute each side or until golden brown. Repeat for the two following pancakes
6. Stack the pancakes on a plate and cover with maple syrup, chopped bananas or other fruit which you may enjoy





# Choc & Banana Bread Pud

This yummy mid-morning treat is made with bananas, eggs and fortified milk which are all high in calories and protein.



**Total time**  
35 mins

## INGREDIENTS

6 slices of **bread** cut into small cubes

4 ripe **bananas**

3 **eggs**

240 ml **fortified milk**

1 tsp **cinnamon**

2 tsp real **vanilla extract**

175 g **chocolate chips**

**Ice cream** or **whipped cream**

**Chocolate sauce**

## METHOD

1. Place the cut up bread onto a baking sheet and bake at 180°C/160°C fan/gas mark 4 for 5 minutes to dry the bread out
2. Mash the ripe bananas in a large mixing bowl. Beat the eggs separately and then stir into the bananas along with the milk, cinnamon, and vanilla extract
3. Once fully mixed, add the bread to the mix and let it soak for 5 to 10 minutes
4. Add in the chocolate chips and stir together, then spoon the mix into a small greased and lined cake tin
5. Bake at 180°C/160°C fan/gas mark 4 for 20 minutes
6. When cool cut into 6 slices. Serve 1 slice with a scoop of ice cream or whipped cream and top with chocolate sauce



**Makes 6 portions**

Store remaining portions in an airtight container in the fridge and eat within 2-3 days.



## 3 Bean Salad

Made with three different types of beans, this nutritious dish is packed with protein and fibre.



**Total time**  
10 mins + marinating

### INGREDIENTS

¼ can (100 g) **lima beans**  
¼ can (100 g) **green beans** or  
120 g cooked **green beans**  
¼ can (100 g) **kidney beans**  
¼ **onion** thinly sliced  
1 tbsp of chopped  
**green bell pepper**  
60 ml of full-fat Italian  
**salad dressing**

### OPTIONAL

Bread sticks

### METHOD

1. Drain the various beans and combine in a large bowl with the chopped onion and green bell pepper
2. Pour the Italian salad dressing over the vegetables and toss lightly
3. Cover the bowl and marinate in the fridge for at least one hour – the salad can be left in the refrigerator overnight
4. Drain before serving and eat with breadsticks

## Jam and Cream Scones

Deliciously indulgent to satisfy those sweet cravings. The question is, jam or cream first?



**Total time**  
35 mins

### INGREDIENTS

150 g **self-raising flour**  
2 tbsp **skimmed milk powder**  
30 g **butter**  
10 g **sugar**  
150 ml **fortified milk**  
1 **egg**

### PER Scone

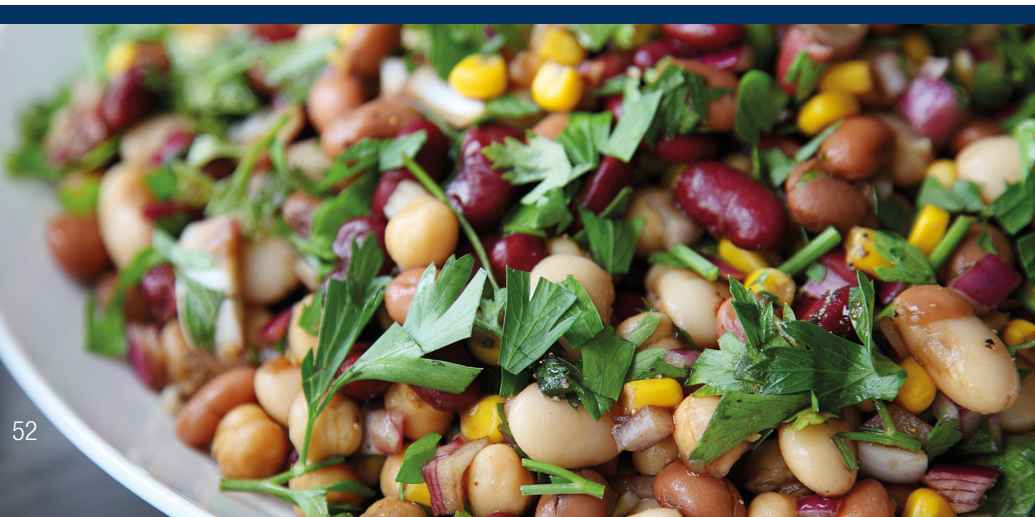
1 dessertspoon **clotted cream**  
1 dessertspoon **fruit jam**

### METHOD

1. Pre-heat the oven to 200°C/180°C fan/gas mark 5. In a large mixing bowl combine the flour, skimmed milk powder and then knead in the butter. Once combined, add in the sugar and milk to create a soft dough
2. On a lightly floured surface, roll out your dough roughly 2 cm thick, then use a circle cutter to cut out 8 scones. To save wastage, continue to knead and roll out the leftover dough until none is left
3. Place the scones on an ovenproof tray. Beat the egg yolk and glaze the scones before placing them in the preheated oven for 12-15 minutes, until they have risen and are golden brown
4. To serve, cut the scone in half and butter each side. Dollop the clotted cream and fruit jam on the top

### Makes 8

Store them in an airtight container until ready to eat.





# Corned Beef Hash

A hearty high protein meal with a kick of carbs to keep up your energy.



**Total time**  
35 mins

## INGREDIENTS

- ½ can (170 g) **corned beef**
- 1 **red onion** finely chopped
- 2 large **potatoes** peeled and chopped into squares
- 2 tbsp **frozen peas**
- 1 mug prepared **gravy** made from granules
- 1 tbsp of **oil** for cooking

## METHOD

1. Pre-heat the oven to 180°C/160°C fan/gas mark 4
2. Put the chopped potatoes in a pot of boiling water and cook until soft but still holding their shape
3. Whilst the potatoes are boiling, in a separate pan over a medium heat cook the onion in the oil until soft and cooked through
4. Chop the corned beef into squares and add to the onions. Cook until soft
5. Pour the corned beef and onion mixture into an ovenproof dish and mix in the drained potatoes
6. Pour over the gravy and mix well
7. Bake in the oven for about 10-15 minutes, and in the meantime boil the peas. When the corned beef is bubbling serve with the drained peas

**2 portions**

Store in an airtight container in the fridge and eat within 2-3 days, or freeze it to keep for longer.





# Creamy Mushroom Mug of Soup

A rich and creamy supper that's full of flavour and gentle on the palette.



**Total time**  
50 mins

## INGREDIENTS

25 g dried **porcini mushrooms**  
200 g **mixed wild mushrooms**  
25 g **butter**  
½ **onion**, finely chopped  
½ **garlic clove**, sliced  
Pinch of **thyme**  
200 ml **vegetable stock**  
200 ml **fortified milk**  
100 ml tub **crème fraîche**  
2 slices **white bread**, cubed

## OPTIONAL

1 tsp of **truffle oil**

## METHOD

1. Put the dried porcini mushrooms in a bowl and pour over boiling water so they're just covered, to re-hydrate them
2. Heat half the butter in a pot, then fry the onion, garlic, and thyme for 5 minutes until softened and a little brown
3. Drain the porcini mushrooms, reserving the juice, and add to the onion with the mixed wild mushrooms. Leave to cook for 5 minutes until they go limp
4. Pour the stock and reserved porcini juices into the pot and bring to the boil, then simmer for 20 minutes. Stir in the crème fraîche then simmer for a few minutes more
5. Pour the mixture into a blender and blitz the soup. Pass it through a fine sieve, then set aside
6. Heat the remaining butter in a frying pan and fry the bread cubes until golden, then drain on kitchen paper
7. Ladle the soup into 2 mugs, scatter over the croutons and drizzle with truffle oil to finish

# DAY 6





# Apple Muffins

These apple muffins deliver on flavour and are soft on the mouth and throat, especially accompanied with a dollop of chilled yogurt.



**Total time**  
45 mins

## MUFFIN INGREDIENTS

1 medium **egg**  
60 ml **vegetable oil**  
125 ml **fortified milk**  
85 g golden or **brown caster sugar**  
200 g **self-raising flour**  
6 paper **muffin cases**

## SAUCE INGREDIENTS

1 tsp **cinnamon** or **ginger**  
1 small **eating apple**  
cored and diced  
50 g **sultanas**  
1-2 tbsp of **soft brown sugar**  
1 drop **vanilla extract**  
1 tbsp of **cold water**

## TO SERVE

1 tbsp **full-fat Greek yogurt**  
½ sliced **banana**

## METHOD

1. Pre-heat the oven to 180°C/160°C fan/gas mark 4. Line a muffin tray with paper muffin cases
2. For the sauce, put sultanas, diced apple, water, cinnamon/ginger and a tablespoon of soft brown sugar into a pan. Simmer for about 5 minutes then leave to cool
3. In a large bowl whisk the egg until light and airy
4. Add the oil and milk to the bowl and beat until combined
5. Add 85g of sugar and whisk into a smooth batter then sift in the flour mix and mix until light and airy
6. Gently stir in the sauce ingredients. Fill muffin cases two-thirds full with mixture and bake for 20-25 minutes
7. Take out of the oven when risen, firm to the touch and a skewer inserted in the middle comes out clean
8. Leave the muffins in the tin to cool for a few minutes and then transfer to a wire rack to cool completely. Serve 1 with a tablespoon of full-fat Greek yogurt and ½ sliced banana

**Makes 6**

Store them in an airtight container and have them for breakfast or a snack throughout the week!





## Pizza in a Mug

This recipe can be made in under 5 minutes, perfect for when you're tired and not in the mood to cook.



Total time  
5 mins

### INGREDIENTS

- 4 tbsp **self-raising flour**
- 2 tsp **baking powder**
- 3 tbsp **fortified milk**
- 1 tbsp **olive oil**
- 1 tbsp **tomato and basil sauce**
- 1 tbsp **shredded mozzarella cheese**
- 5 **mini pepperoni slices**
- ½ teaspoon **dried mixed Italian herbs**

### METHOD

1. Mix the flour and baking powder together in a microwavable mug with a capacity of about 200 ml
2. Add the milk and oil to the dry ingredients and mix together
3. Spread the tomato sauce onto the surface of the batter and then sprinkle the cheese, pepperoni, and dried herbs on top
4. Microwave for 90 seconds or until risen and the top is bubbling – this may take longer depending on your microwave. Eat straight away whilst hot



## Cheesy Nachos with Beans

Quick, simple and high in protein – a tasty recipe packed with Mexican flavours to satisfy your taste buds.



Total time  
5-10 mins

### INGREDIENTS

- 50 g **tortilla chips**
- 1 tbsp **refried beans**
- 1 tbsp **ready-made guacamole**
- 1 tbsp **soured cream**
- 50 g **grated full-fat cheese**
- 1-2 tsp of **tomato salsa**

### OPTIONAL

- ¼ **lime**

### METHOD

1. Warm the refried beans in a pan with some oil over a medium heat or in the microwave for 1 minute
2. Spread the tortilla chips onto an oven proof dish. Pile the beans onto the tortilla chips followed by the guacamole, salsa and soured cream on top
3. Sprinkle the cheese over the top of the other ingredients. Put under the grill until the cheese is bubbling and golden brown
4. Plate and squeeze the fresh lime over the nachos to serve





# Egg Custard Tarts

An irresistible sweet treat to give you a little afternoon pick-me-up.



Total time  
1 hr

## INGREDIENTS

½ of a 320 g sheet of **shortcrust pastry**

75 ml **double cream**

75 ml **fortified milk**

½ tsp of **vanilla extract**

A pinch of **nutmeg**

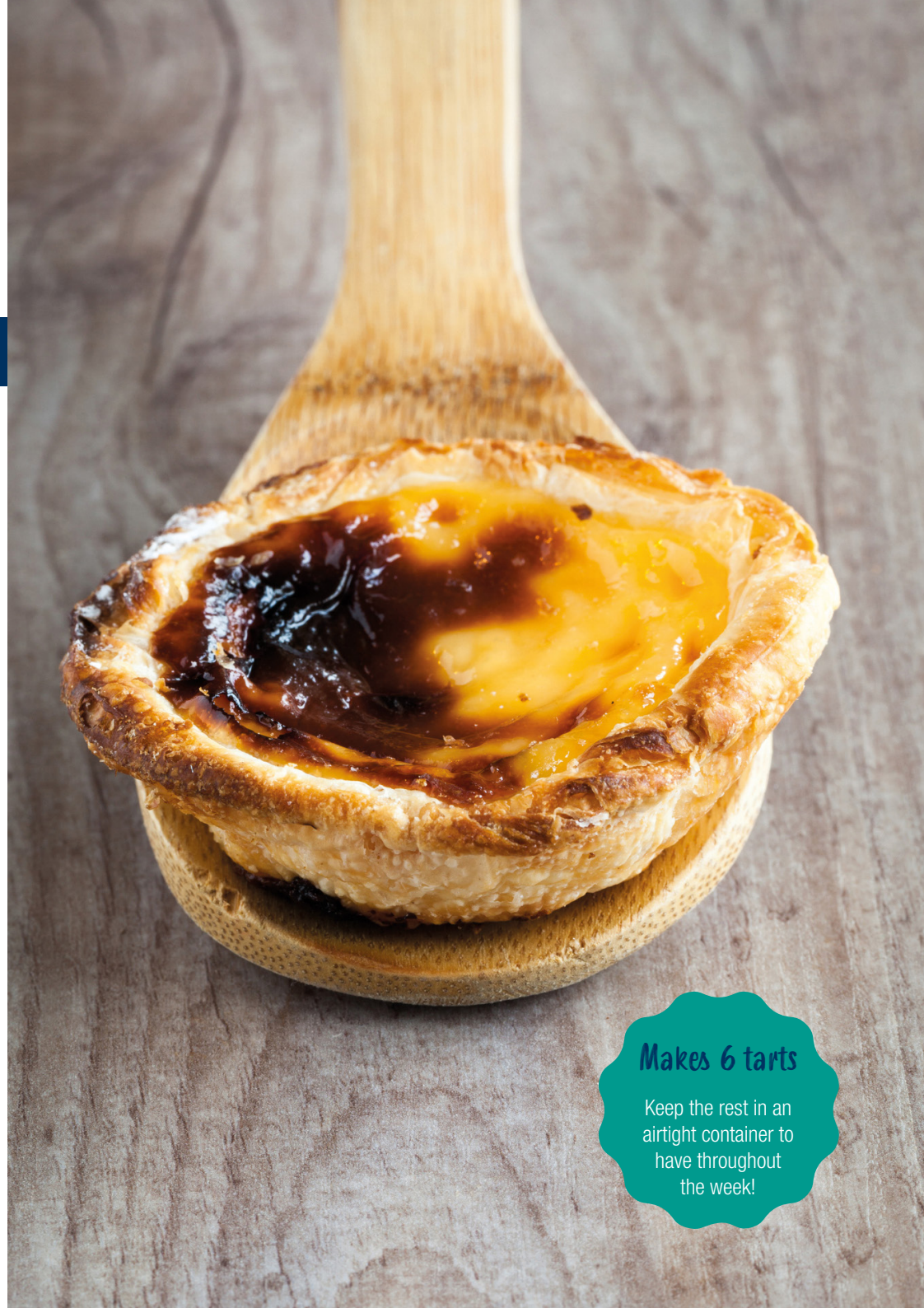
2 **egg yolks**

30 g **caster sugar**

A tbsp of **double cream** or  
a scoop of **ice cream**

## METHOD

1. Pre-heat the oven to 180°C/160°C fan/gas mark 4
2. Take a sheet of short crust pastry and use a 10 cm cookie cutter to cut 6 circles into the pastry
3. Press each circle into the holes of a cupcake tray. Scrunch up squares of baking paper, then use to line each of the pastry cases. Fill each with baking beans or uncooked rice, pressing them in a little, and bake for 10 minutes
4. Remove the beans/rice and the baking paper and bake for 5 minutes more, until the base is starting to colour slightly. Remove from the oven and reduce the temperature to 120°C/100°C fan/gas mark 1
5. Pour the cream, milk, vanilla extract and nutmeg into a pan and bring to the boil
6. In a bowl, beat the egg yolks with the sugar until pale, then pour the hot milk and cream in whilst beating
7. Strain custard into a jug and allow to settle for a few minutes, then skim off any froth. Pour the custard into each of the tart cases, filling them as high as you can
8. Grate over a little more nutmeg on each, then carefully place back into the oven and bake for 15-20 minutes, until the tarts look set with a slight wobble
9. Remove and cool, serve with a little more nutmeg freshly grated over the top. Serve with cream or ice cream



**Makes 6 tarts**

Keep the rest in an airtight container to have throughout the week!



DINNER

# Mediterranean Veg Stew

A delicious hearty stew that's full of flavour and packed with protein and nutrients to keep your batteries charged.



**Total time**  
50 mins

## INGREDIENTS

½ tbsp **olive oil**  
 ½ **onion**, finely chopped  
 1 **garlic clove**, sliced  
 ½ tsp **smoked paprika**  
 ¼ tsp **ground cumin**  
 ½ tsp **dried thyme**  
 2 **medium carrots**, sliced  
 2 medium sticks **celery**, finely sliced  
 ½ **red pepper**, chopped  
 ½ **yellow pepper**, chopped  
 1 can (400 g) **tomatoes**  
 125 ml **vegetable stock**  
 1 **courgette** thickly sliced  
 200 g canned **borlotti beans**  
 250 g cooked **red lentils**  
 1-2 slices **crusty bread**, to serve

## METHOD

1. Heat the oil in a large, heavy-based pan. Add the finely chopped onion and cook gently for 5-10 minutes until softened
2. Add the sliced garlic clove, smoked paprika, ground cumin, dried thyme, carrots, celery sticks, red and yellow pepper and cook for 5 minutes
3. Add the can of tomatoes, vegetable stock and courgette and cook for 20-25 minutes
4. Stir in the pre-cooked lentils and bring back to a simmer for 5 minutes
5. Plate and serve with buttered crusty bread to mop up all the juices

## Serves 2

Keep the other portion in an airtight container in the fridge and eat within 2-3 days. You can freeze it to keep longer.



EVENING SNACK

# Trail Mix

A sweet and salty nutritious snack to stimulate your taste buds.



**Total time**  
15 mins + cooling

## INGREDIENTS

½ tbsp **oil**  
½ tbsp **maple syrup**  
½ tsp **ground cinnamon**  
Pinch of **salt**  
100 g **mixed nuts**  
20 g **pumpkin seeds**  
40 g **cashews**  
20 g **coconut flakes**  
50 g **dried berry mix**  
20 g **dried mango**,  
cut to small pieces

## METHOD

1. Preheat the oven to 180°C/160°C fan/gas mark 4
2. Heat the oil in saucepan and stir in the syrup, cinnamon and a pinch of salt
3. Stir in the mixed nuts, seeds and cashews until evenly coated, then spread out on a large lined baking tray and bake for 5 minutes
4. Stir the coconut flakes into the nut mixture, making sure that they pick up the coating, and bake for a further 5 minutes
5. Remove the tray from the oven and stir in the dried berries and mango pieces. Leave to cool, then store in an airtight jar

**6 Portions**

Store in the cupboard in an airtight container.

DAY 7





# Shakshuka

A super tasty way to start the day! With eggs and feta cheese, Shakshuka is high in protein and also a saucy dish that's easy to chew and swallow.



Total time  
30 mins

## INGREDIENTS

1 tbsp **olive oil**  
½ **red onion** finely chopped  
½ **red pepper** finely chopped  
1 **clove of garlic**, minced  
1 tbsp **tomato purée**  
½ tsp **ground cumin**  
¼ tsp **smoked paprika**  
½ can (200g) **chopped tomatoes** or **passata**  
2 **eggs**  
150 g **feta cheese**  
2 slices **crusty bread** or  
2 **small pittas** for serving

## OPTIONAL

Pinch of **red pepper flakes**  
1 tbsp chopped **fresh coriander**  
Freshly ground **black pepper**

## METHOD

1. Preheat the oven to 160°C/140°C fan/gas mark 3. Warm the oil in a large, oven-safe skillet (preferably stainless steel) over a medium heat
2. When the oil is simmering, add the onion, red pepper, and salt. Cook for 4-6 minutes, stirring often, until the onions are tender and turning translucent
3. Add the garlic, tomato purée, cumin, paprika and red pepper flakes. Cook for 1-2 minutes, stirring until nice and fragrant
4. Pour in the chopped tomatoes and add the coriander, stirring the mixture until at a simmer
5. Reduce heat to maintain a gentle simmer and cook for 5 minutes. Add salt and pepper to taste
6. Use the back of a spoon to make 2 wells in the mixture and crack the eggs into them. Gently spoon a bit of the tomato mixture over the whites to help contain the egg
7. Put the dish into the oven and bake for 8-12 minutes until the eggs are just set. Top with the crumbled feta and sprinkle with fresh chopped coriander. Serve with a slice of crusty bread on the side

## 2 Portions

Pop the other portion in the fridge and eat in the next few days.





# Rocky Road Bars

Filled with nuts, dried fruit and of course some chocolate to satisfy those taste buds and deliver on the calories.



Total time  
20 mins + setting

## INGREDIENTS

100 g **digestive biscuits**  
65 g **butter**  
100 g **70% dark chocolate**  
1-2 tbsp **golden syrup**  
50 g **mini or chopped up marshmallows**  
50 g **raisins or dried cranberries**  
50 g **chopped nuts**  
**Icing sugar**, to dust

## METHOD

1. Grease & line a small square tin with baking paper
2. Place biscuits in a freezer bag and bash with a rolling pin or the side of your fist until they're broken into small crumb-like pieces
3. In a saucepan melt butter, dark chocolate and golden syrup over a gentle heat stirring constantly until there are no lumps, then remove from heat
4. Stir the biscuits, marshmallows, dried fruit and nuts into the chocolate mixture until everything is completely covered
5. Tip the mixture into the lined baking tin, and spread it out evenly into the corners
6. Chill for 2 hours. When ready to serve, dust with icing sugar and cut into 6 fingers

Makes 6

Keep the remaining slices in an airtight container in the fridge for the week!

# Smoked Salmon Pâté

Salmon and cheese are both high in protein and calorie rich, making this quick and easy lunch a tasty staple.



Total time  
5-10 mins

## INGREDIENTS

75 g finely chopped **smoked salmon**  
150 g **full-fat cream cheese**  
½ tbsp **crème fraiche** or **Greek yogurt**  
The juice of half a **lemon**  
1 tbsp **chopped dill**  
2 slices **rye bread**

## METHOD

1. Tip 100 g of the cream cheese, crème fraîche, lemon juice and salmon into a food processor, seasoned with black pepper and salt
2. Blitz and pulse in the food processor to a consistency of your liking – a few times if you want the pâté chunky or blitz for longer if you want the pâté smooth
3. Once mixed, stir the dill into the pâté
4. Spread the remainder of the cream cheese onto a slice of bread and pile the pâté on top





# Mini Syrup Sponge

A deliciously sweet and homely snack – you might not want to share them!



Total time  
50 mins

## INGREDIENTS

**Butter** to grease

4 tbsp **golden syrup**  
(plus extra to drizzle at the end)

120 g **softened butter**

120 g **caster sugar**

2 medium **eggs**

Zest of ½ **lemon**

120 g **self-raising flour**

½ tsp **ground ginger**

5 tbsp **fortified milk**

**Custard or cream** to serve

4 x 175 ml **dariole moulds**  
/ramekin dishes

## METHOD

1. Preheat the oven to 180°C/160°C fan/gas mark 4. Use softened butter to heavily grease four 175 ml dariole moulds and spoon 1 tbsp of golden syrup into the bottom of each
2. In a large bowl, beat together the softened butter and caster sugar with a whisk until pale and fluffy. Gradually beat in the eggs, followed by the lemon zest
3. Next, fold in the self-raising flour, ground ginger and fortified milk until smooth
4. Divide among the darioles, then cover each tin tightly with aluminium foil and put into a roasting tin. Pour enough boiling water into the tin to come 2cm up the sides of the moulds
5. Bake for 25 minutes or until a skewer inserted in the centre comes out clean. Leave to cool in tins for 5 minutes, then run a cutlery knife around inside of tins to loosen
6. Turn out on to plates and drizzle over extra syrup. Serve immediately with custard or cream

**Makes 4**

Clingfilm the other portions and pop in the fridge to eat during the week!





# Sweet 'N' Sour Stir-fry Noodles

This stir-fry is packed with flavour and easy to rustle up, taking under 15 minutes to make.



Total time  
15 mins

## INGREDIENTS

- 1 tsp **honey**
- 1 tsp **lemon juice**
- 1 tsp **light soy sauce**
- Pinch **ginger**
- 20 ml **pineapple or orange juice**
- 1 tsp **cornflour**
- 2 tsp of **oil**
- 150 g fresh or frozen **stir-fry vegetables**
- 150 g of **egg noodles**

## METHOD

1. For the sweet and sour sauce combine all the liquid ingredients, except the oil, and the ginger into a bowl and set aside
2. Add noodles to a pan of boiling water and cook for 3-4 minutes until flexible but al dente, then drain and put to one side
3. Heat the oil in a skillet and add the vegetables. Cook for 3-4 minutes on a high heat, or until the vegetables are crisp but tender. Add more oil if it looks like the veg is catching in the heat
4. Add the sweet and sour sauce and noodles to the vegetables and cook for 2-5 minutes or until the mixture comes to a boil. Add more soy sauce or ginger to suit your taste. Serve immediately whilst hot

## Protein boost?

Add 200 g cooked diced chicken (or Quorn pieces) or 240 g cooked prawns.

# Banana & Peanut Butter Weetabix

A no-nonsense snack that uses banana and peanut butter to deliver on protein.



Total time  
5 mins

## INGREDIENTS

- 1 **Weetabix biscuit**
- 100 ml **fortified milk**
- 1/2 **banana**
- 1 tbsp **peanut butter**
- 1 tbsp **honey**

## METHOD

1. Place the Weetabix in a bowl and pour over the milk
2. Peel and slice the banana and dot over the Weetabix, along with the peanut butter
3. Drizzle the honey over the top and enjoy!

## Top Tip

Why not enjoy hot?  
Pour the milk over the Weetabix and microwave on high for 2 minutes, stirring halfway. Then add your toppings for the perfect winter warmer!

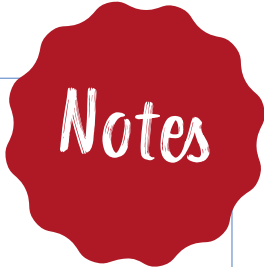




# Plenty of food for thought

Everything in this booklet is designed to help you fuel-up on the essential nutrients you need to take on cancer treatment. So, whether you've tried one, some or all of these nutritious and tasty meals, you should already be starting to feel the benefits.

You might find there are some recipes you revisit more than others, or maybe you've made your own personal tweaks to recipes. However you use your meal plan, we hope it helps to re-inspire meal times and prepares you for the journey ahead.



Notes



Notes



# Eat. Treat. Repeat.

This booklet features 42 delicious recipes, recommended by oncology dietitian Sue Acreman and gastroenterology dietitian Joshua Smith, to support your body before and during your cancer treatment. Inside you'll find a mixture of culinary classics, with an extra dose of calories to help keep up your energy levels and maintain a healthy weight.

