

Aim for **6 small meals and snacks** through the day.

Time of day	Sample menu	Other foods to try
Morning mini meal	-Cream of wheat cooked in milk -Banana slices or cut up kiwi -Choice of tea or coffee	-Egg with white toast -Cheese omelette -White French toast with side of vanilla yogurt -Congee (Asian rice porridge) with lean fish, tofu, ground chicken/ pork
Mid morning snack	-Peanut butter or jelly on white toast -Milk or soy beverage	-Smoked salmon on white bun -Yogurt drink -Canned tuna salad -Cream of wheat made with milk -Rice pudding -Smoothie made with juice, yogurt and protein powder -½ cheese sandwich on white bread -Applesauce -Peeled apple slices with cheese -Almond butter on rice cakes
Afternoon mini meal	-Egg sandwich on white bread -Butternut squash soup -Rice pudding -Tea/black/green/herbal	-Tuna melt on spelt bread -Macaroni and cheese -Perogies with plain yogurt -Miso soup with tofu and rice noodles
Mid afternoon snack	-Sunny Orange Shake (see recipe)	-Hardboiled egg -Nutritional supplement drink -Almond butter on rice cakes -Banana bread made without nuts -Baked custard
Evening mini meal	-Baked fish or roast chicken -White rice -Cooked carrots -Tea/black/green/herbal	-Mushroom and quiche -Tofu with rice and ½ cup bok choy -Hamburger with mashed potato -Chicken with pasta and zucchini slices -Spaghetti with meat balls

Evening snack	-Banana applesauce muffin -Cheese cubes -Tea/ black/green/ herbal	-Cheese and soda crackers -Canned fruit with ice-cream -Yogurt with low fibre fruit (peaches, applesauce) -Rice or tapioca pudding -Angel food cake -Dessert tofu with banana slices or canned fruit
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Here is a Sample Menu Plan for a Liquid diet

Time of day	Sample menu	Other liquids to have
Morning mini meal	-Homemade juice or any juice that contains no pulp -Nutritional Supplement Drink	-Cream of wheat -Milk, soy or almond latte -Coffee flavoured yogurt -Tea with honey and lemon
Mid morning snack	-Jell-O	-French vanilla yogurt -Pudding (chocolate, vanilla, butterscotch) -Popsicle
Afternoon mini meal	-Homemade broth or clear soup -Nutritional Supplement Drink	-Strained cream of chicken or mushroom soup -Baked custard -Vegetable broth
Mid afternoon snack	-Popsicle	-Sorbet -Ice-cream (no nuts or real fruit) -Jell-O made with fruit juice
Evening mini meal	-Homemade broth or clear soup -Homemade juice or any juice that contains no pulp -Nutritional Supplement Drink	-Cream of tomato soup -Bone broth -Milkshake, eggnog -Kefir, plain or flavoured
Evening snack	-Tea/Coffee	-Chai tea -Hot chocolate -Steamed milk -Herbal tea with honey

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