

Meals to make ahead

Nourish Spotlight

FATIGUE

Going through treatment for cancer can cause fatigue for many reasons including as a side effect of the treatment itself. When we are feeling tired, eating and preparing food that supports our body can be challenging. Making meals ahead of time or asking friends and family to do so can be helpful. Here are some ideas for freezable and/or make ahead meals and snacks.

Berry Yogurt Parfait

Ingredients

- 1 cup oats
- 1 tsp vanilla
- 1 tbsp maple syrup
- 1 tsp cinnamon
- ¼ cup walnuts, chopped
- 2 cups berries, fresh or frozen
- ¼ cup dates, pitted, chopped
- 2 cups plain Greek yogurt
- 2 tbsp chocolate (70% cocoa), shaved

Preparation

1. Prepare crunchy granola or a muesli:
GRANOLA: Preheat the oven to 350°F. Combine oats, syrup, nuts, dates, vanilla and cinnamon. Spread evenly over a baking sheet lined with parchment paper and bake for about 15 to 20 minutes.
MUESLI: Combine oats, syrup, nuts, dates, vanilla and cinnamon. Cover and refrigerate for at least 1 hour.
2. Add ½ cup of mixed berries into each glass. Top with ½ cup of yogurt. Top with muesli or granola and chocolate shavings.



Recipes

- ☑ [Frozen Yogurt Popsicles](#)
- ☑ [Smoothie Packs](#)
- ☑ [Yogurt parfaits or Overnight Oats](#)
- ☑ [Energy Balls](#)
- ☑ [High Protein Pancakes](#)
(freeze once made) serve with nut butter and yogurt for even more calories and protein or as a snack on their own
- ☑ [High Protein Breakfast Cookies](#)
- ☑ [Muffins](#)
make a batch and freeze
- ☑ [Frozen Banana “Sandwiches”](#)
- ☑ [Freezer Breakfast Burrito](#)

Tips

- ✓ See if your grocery store delivers
- ✓ Prepped Meal Services — look up your local resources
- ✓ Use this handy [website](#) that can help support people who plan to bring food
- ✓ Keep frozen fruit and vegetables on hand
- ✓ Crockpot or pressure cookers can be handy to make large batches
- ✓ Canned beans and fish are great sources of nutrition
- ✓ Freezing portions of cooked whole grains
- ✓ Roast sweet potatoes and freeze to add to dishes
- ✓ Batch-cooking a hearty soup or stew and freeze in portions
- ✓ Keep it simple; apples and nut butter, trail mix, Greek yogurt or skyr yogurt

If you are following a low fibre diet, please connect with your local registered dietitian to find the best choices for you.

Click on these links for Food Safety Tips:

[Handling leftovers](#)

[Safe food storage](#)

[Safely defrosting](#)

ENDORSED BY

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DISCLAIMER

The information in this publication is not intended as medical advice nor should it replace advice, expertise and information given by a member of your healthcare team.

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