

Quick meals and snacks

Nourish Spotlight

FATIGUE

It is important to have adequate nutrition and hydration during cancer treatment but it can be hard to prepare meals and snacks when you are feeling fatigued. Having small meals and snacks throughout the day can be helpful in ensuring you are getting enough calories and protein.

- **KEEP YOUR FRIDGE, FREEZER AND PANTRY STOCKED WITH SOME FAVOURITE FOODS.**
- **EAT EVERY FEW HOURS.** This will give your body a constant supply of energy. Include a carbohydrate (whole grain bread, pita, or crackers) and a protein (nuts, legumes, fish, eggs).
- **ADD SOME OF THESE ITEMS TO YOUR MEALS AND SNACKS** if you are losing weight and need extra calories:
 - ✓ Oils such as olive oil/avocado oil/coconut oil
 - ✓ Butter, mayonnaise or other sauces of your choice
 - ✓ Nuts and seeds
 - ✓ Honey/maple syrup
 - ✓ Use full fat dairy products

FOODS TO HAVE IN STOCK

ITEMS TO KEEP IN YOUR FRIDGE

- Yogurt
- Avocado
- Eggs
- Cheese
- Cottage cheese
- Tofu
- Packaged ready-to-eat tofu
- Fruits and Vegetables
- Milk/Non-dairy beverage
- Nut butter

- Frozen meals
- Frozen fruit
- Batch cooking leftovers

ITEMS TO KEEP IN YOUR PANTRY

- Rice Cakes/ Crackers
- Bread
- Pasta
- Cereal
- Quinoa/ Buckwheat
- Nuts and seeds
- Protein bars
- Hemp Hearts
- Canned beans
- Canned fish
- Bread, pita, naan



Meals that don't require cooking

- Canned fish, crackers and sliced vegetables
- Yogurt, fruit and granola
- Nut butter sandwich, homemade fruit and vegetable smoothie
- Leftover fish or chicken used in a sandwich with a side salad
- Peanut butter and jam sandwich with fruit salad and a cup of milk or milk alternatives
- Mashed canned chickpea sandwich made with whole grain bread, lettuce and tomato
- Packaged ready-to-eat tofu, hummus and pita, sliced vegetables, fruit smoothie



[Avocado & Egg Toast](#)

Quick and easy meals

- Grilled cheese and bowl of canned or jarred tomato soup
- Frozen meal, fruit and a glass of milk
- Baked chicken, rice and steamed broccoli
- Pasta with canned or jarred tomato sauce
- Scrambled eggs, pita and sliced avocado
- Quinoa salad with vegetables and pasteurized feta cheese
- Flour or corn wrap with cheese and vegetables



[Queso Fresco & Spinach Quesadilla](#)



SNACKS – AT HOME OR ON THE GO

[Pita chips and hummus](#)

[Toast with cheese and tomato](#)

[Edamame beans](#)

[Roasted chickpeas](#)

[Cereal with milk/milk alternative](#)

[Protein bar](#)

[Muffin with yogurt](#)

[Smoothie](#)

Tip: Glass jars and reusable bags are easy ways to transport snacks.

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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