

beatright

your diet book is your greatest ally in your fight.



I N T R O D U C T I O N

Nutrition is the foundation stone in the management of cancer and the food we eat has a direct impact right from diagnosis through treatment and recovery in cancer patients.

Maintenance and improvement of nutritional status is the goal of medical nutrition therapy.

You don't need to be an expert in Nutrition or medicine to understand the importance of healthy food. Hippocrates said way back in 400B.C "Let food be your medicine and medicine be your food". He was only emphasizing the link between nutrition and disease. Good Health is related to eating Balanced Diet and including variety in your diet.

During therapy many experience side effects. Eating good, healthy and nutritious food is very difficult, due to loss of appetite, nausea, vomiting. Hence look for meals/ food which are concentrated in calories/ protein and at the same time appetizing. Listed are a few tips on how to increase the calories/ proteins of food.

Eating a healthy diet emphasizes on food that provide us with all nutrients from carbohydrates to proteins and fat and the micronutrients from minerals to vitamins and the very essential "antioxidants" that the body needs for detoxification.

We have tried to compile simple recipes which are easy to prepare and also healthy. This booklet contains recipes from smoothies and soup, to nutritious snacks and dips.

STAY HEALTHY AND HAPPY

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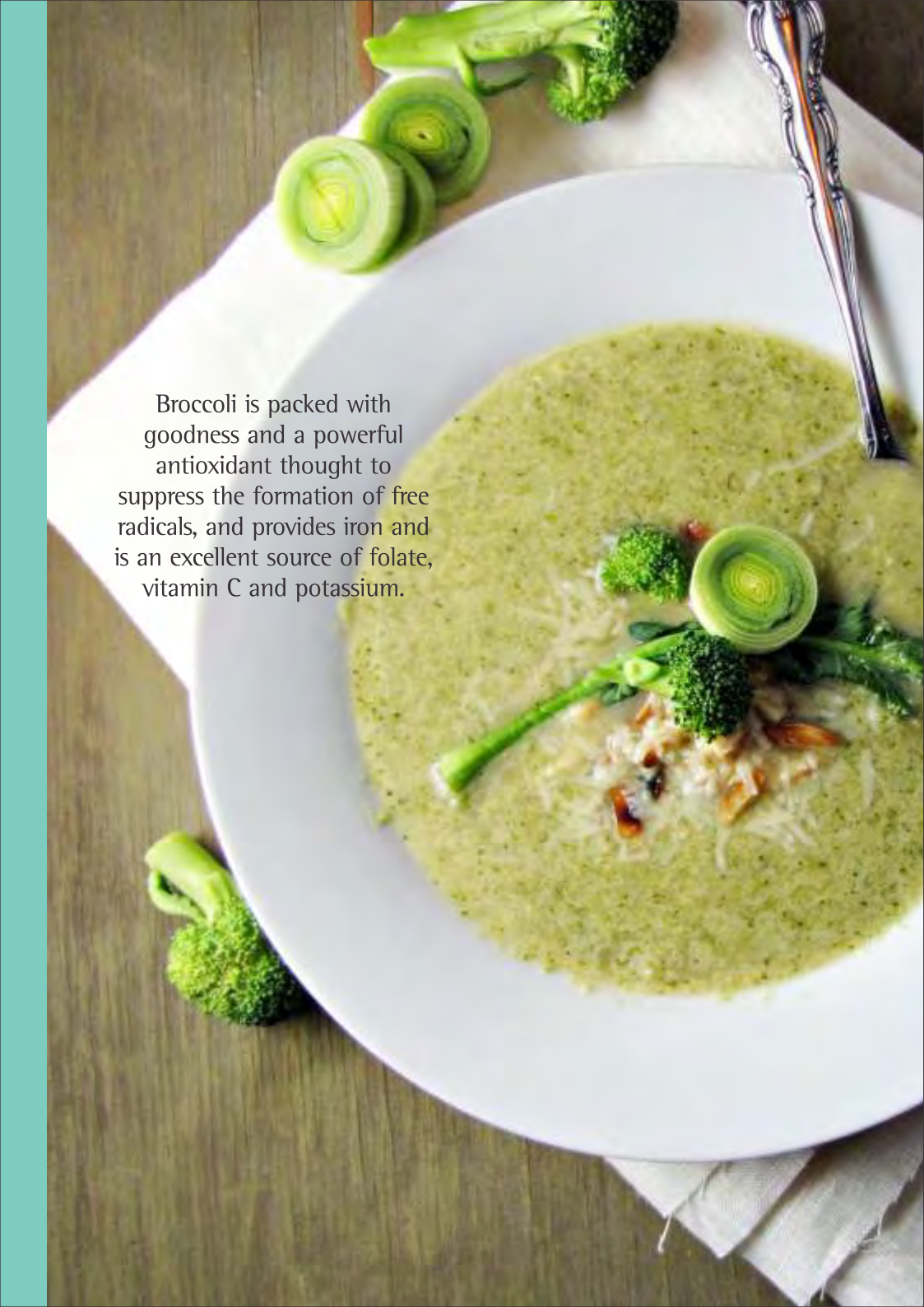
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A top-down view of a white ceramic bowl filled with a thick, vibrant green broccoli soup. The soup is garnished with several fresh broccoli florets, two slices of leek, and a sprinkle of melted white cheese. The bowl sits on a white napkin, which is placed on a dark wooden surface. A silver fork is visible on the right side of the bowl. The overall presentation is clean and appetizing.

Broccoli is packed with goodness and a powerful antioxidant thought to suppress the formation of free radicals, and provides iron and is an excellent source of folate, vitamin C and potassium.

BROCCOLI ALMOND SOUP

1.

TIME 30min

SERVING SIZE 2

INGREDIENTS

- 400gms broccoli, cut into florets
- 1 Onion, chopped
- 2 inch Celery stalk, chopped
- 4 cloves Garlic, chopped
- 1 cup full cream milk (Tetra Pack)
- 10-12 roasted almonds, cut into small pieces
- Salt and pepper to taste
- 1 tbsp Cream

METHOD

1. Soak the broccoli florets in salt water for 10-12 minutes
2. Drain, wash and keep aside
3. To 3 cups of water add onion, garlic and celery and bring to a boil
4. Add the florets and cover. Cook for 5 minutes
5. Cool this mixture and liquidize until smooth
6. Add milk, salt and pepper and mix well. Bring to a boil again
7. Stir in almond pieces
8. Garnish with cream
9. Serve hot

NUTRITIVE VALUE Energy 250 kcal Protein 11 gm

Lentils are good complex carbohydrate, making this a satisfying and sustaining soup. Garlic and lemon juice added for flavor, both help to aid the digestion as well as offering many health benefits



LENTIL AND GARLIC SOUP

2.

TIME 30min

SERVING SIZE 2

INGREDIENTS

- 2 tbsp olive oil
- 1 onion chopped
- 2 celery sticks chopped
- 1 carrots chopped
- 4 garlic cloves chopped
- 1 potato peeled and diced
- 30gm red lentils
- 1/2 litre vegetable stock
- 2 bay leaves
- 1-2 lemons
- 1/2 tsp ground cumin
- Salt & Ground black pepper to taste
- Lemon slices and chopped fresh leaf parsley, to garnish.

METHOD

1. Heat oil in a pan and cook onions for 5 minutes. Stir the celery carrots, half the garlic and all the potato. Cook for a few minute until beginning to soften.
2. Add the lentils and stock to the pan and bring to the boil, simmer for 30 minutes.
3. Add the bay leaves remaining garlic and half the lemons to the pan and cook the soup for further 10 minutes.
4. Pour the soup into a blender and process until smooth.
5. Put the soup back into the pan and season to taste.
6. Garnish with chopped fresh parsley leaf.

NUTRITIVE VALUE Energy 262 kcal Protein 5 gm

Potatoes contain a variety of phytonutrients that have antioxidant activity. Among these important health-promoting compounds are carotenoids, flavonoids, and caffeic acid, as well as unique tuber storage proteins, such as patatin, which exhibit activity against free radicals.



CREAM OF SPINACH AND POTATO SOUP

3.

TIME 40min

SERVING SIZE 2

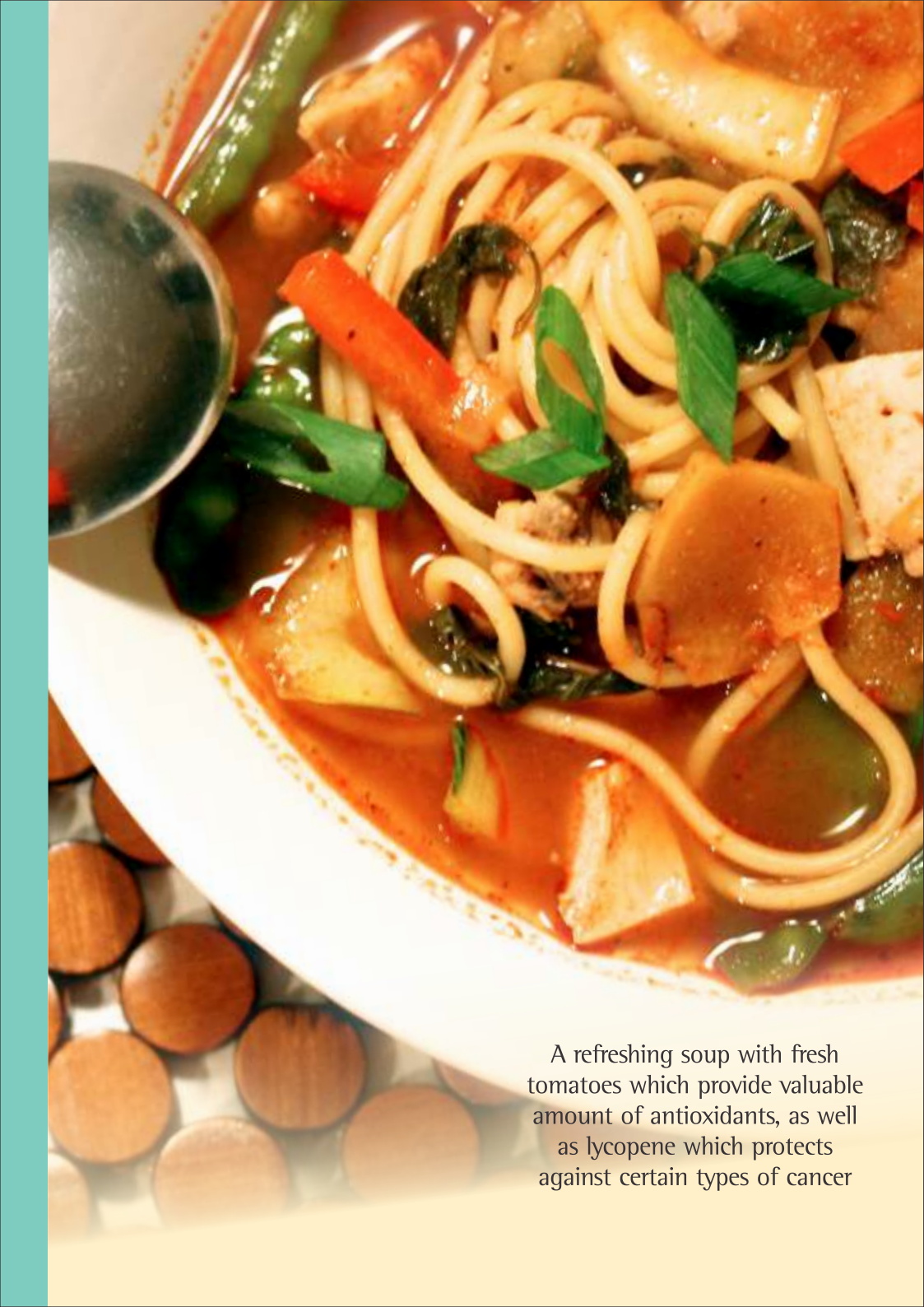
INGREDIENTS

- 1/2 litter vegetable stock
- 1 large onion, finely chopped
- 1 garlic clove, crushed
- Celery (2 stalks)
- Spinach (100gms)
- Full Cream Milk (Tetra Pack) 100ml
- Soft cheese 50gm
- Few baby spinach leaves and cream (for garnishing)

METHOD

1. Place the stock, onion, garlic, potatoes and celery in a large pan. Bring to boil, reduce the heat and cover the pan. Simmer the soup for 15 minutes.
2. Season the soup and add the spinach leaves, and then bring back to the boil. Reduce the heat to the gentle simmer and cook for a further 10 minutes. Remove from the heat and cool slightly.
3. Blend the soup until smooth and return it to the rinsed-out pan.
4. Add soft cheese and milk. Reheat gently without boiling and taste for seasoning.
5. Ladle the soup into bowls and serve topped with few baby spinach leaves and a dash of cream.

NUTRITIVE VALUE Energy 230 kcal Protein 8.5 gm

A close-up photograph of a white bowl filled with spaghetti soup. The soup is a vibrant red color, likely tomato-based. It contains long, thin spaghetti noodles, sliced fresh tomatoes, green beans, and fresh basil leaves. A silver spoon is visible on the left side of the bowl. The bowl is placed on a surface with a pattern of circular wooden tiles. The lighting is bright, highlighting the textures of the ingredients.

A refreshing soup with fresh tomatoes which provide valuable amount of antioxidants, as well as lycopene which protects against certain types of cancer

VEGETABLE NOODLE SOUP

4.

TIME 30min

SERVING SIZE 4

INGREDIENTS

- 2 tbsp olive oil
- 1 onion roughly chopped
- 3 carrots, cut into large chunks
- 100 gm beans
- 200gms tomatoes
- 1 tbsp tomato puree
- 1 tsp dried oregano
- 50 gm bell pepper, washed and thinly sliced
- 1.5 l vegetable stock
- 50 gm whole wheat noodle
- 100gm red kidney beans(boiled)
- 2 tbsp parsley
- 50 gm freshly grated cheese
- Salt & Ground black pepper to taste

METHOD

1. Heat the olive oil in a pan add the onion and cook over a low heat for about 5 minutes.
2. Add the carrot, beans, chopped tomatoes, bell pepper, tomato puree, dried oregano and stir.
3. Pour in the vegetable stock or water and bring to the boil. Stir well, cover the pan and simmer for 30 minutes, stirring occasionally
4. Add the noodles to the pan and bring quickly to the boil, stirring. Lower the heat and simmer, uncovered for about 8 minutes until the noodle is done.
5. Stir in the boiled kidney beans. Heat for 2-3 minutes, then remove the pan from the heat and stir in the parsley
6. Serve hot, sprinkle with grated cheese.

NUTRITIVE VALUE Energy 266 kcal Protein 10.6 gm

Chicken is rich in niacin (vitamin B3), a vitamin that is essential for cancer protection. One small serving of chicken can meet your niacin requirements for the entire day. The selenium in chicken is also believed to be protective against cancer.



CHICKEN SHORBA

5.

TIME 30min

SERVING SIZE 2

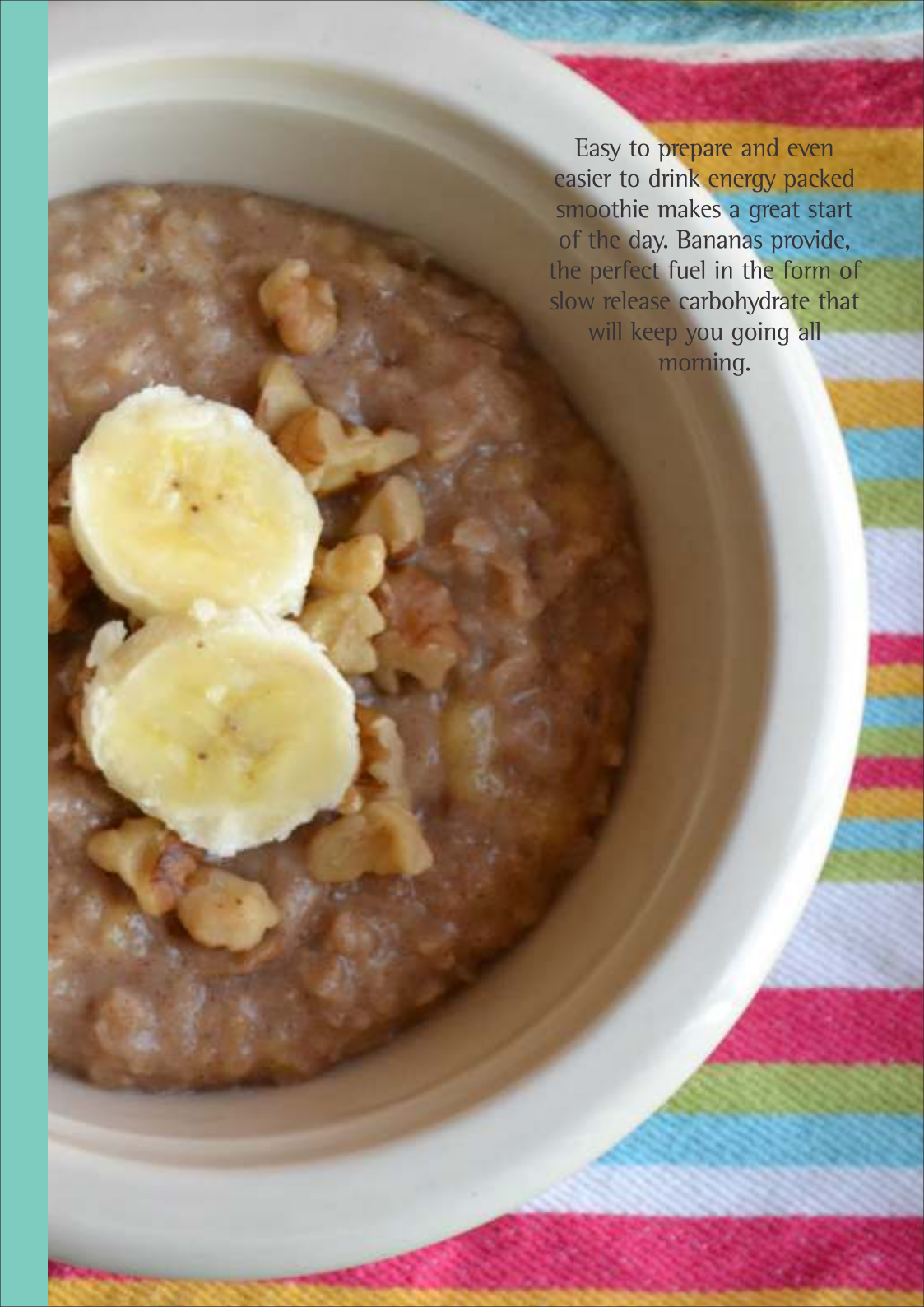
INGREDIENTS

- Chicken stock 500ml
- Chicken, boiled 100 grams
- Olive oil 2 tsp
- Onion, chopped 1/2 medium
- Ginger, chopped 1 inch piece
- Garlic, chopped 3 cloves
- Green chilies, chopped 2
- Salt and pepper to taste
- Lemon juice 1 tsp
- Fresh coriander leaves, chopped 2 tablespoons

METHOD

1. Cut the cooked chicken into 5mm dice. Heat the olive oil in a deep pan. Add the onion and sauté for 1 minute.
2. Add the ginger, garlic and chilies and sauté on a low heat.
3. Add the salt, ground pepper, together with the chicken and chicken stock. Bring to the boil and cook, on a medium heat, for 10–15 minutes.
4. Bring the mixture to the boil, adding water if necessary to adjust the consistency.
5. Continue to simmer for 2–3 minutes. Add the lemon juice and mix well.
6. Serve the soup piping hot, garnished with the coriander leaves.

NUTRITIVE VALUE Energy 120 kcal Protein 11.5 gm

A close-up photograph of a white ceramic bowl filled with oatmeal. The oatmeal is a light brown color and has a thick, porridge-like consistency. It is topped with several slices of ripe banana, which are bright yellow with some brown spots. Scattered around the banana slices are several pieces of chopped walnuts, showing their characteristic light brown, textured surface. The bowl is placed on a colorful, striped fabric surface with horizontal bands of red, yellow, green, and blue. The lighting is bright, highlighting the textures of the oatmeal, banana, and walnuts.

Easy to prepare and even easier to drink energy packed smoothie makes a great start of the day. Bananas provide, the perfect fuel in the form of slow release carbohydrate that will keep you going all morning.

BANANA OATS SMOOTHIE

6.

TIME 10min

SERVING SIZE 1

INGREDIENTS

- 30 gm cooked oat, chilled
- 1 banana
- 150ml full cream milk
- 1 Tablespoon honey
- 20 gm vanilla ice creams

METHOD

1. Cook the oats in milk and then cool.
2. Place all ingredients in the blender.
3. Add milk to blender.
4. Blend all of the ingredients together to your desired consistency.
5. Add additional liquid to the blender if needed to thin out consistency for better blending.

NUTRITIVE VALUE Energy 414 kcal Protein 10 gm



Tofu is a very good source of protein, iron, copper, magnesium and selenium which works to reduce the levels of damaging free radicals in the body.

TOFU FRUIT SHAKE

7.

TIME 5min

SERVING SIZE 1

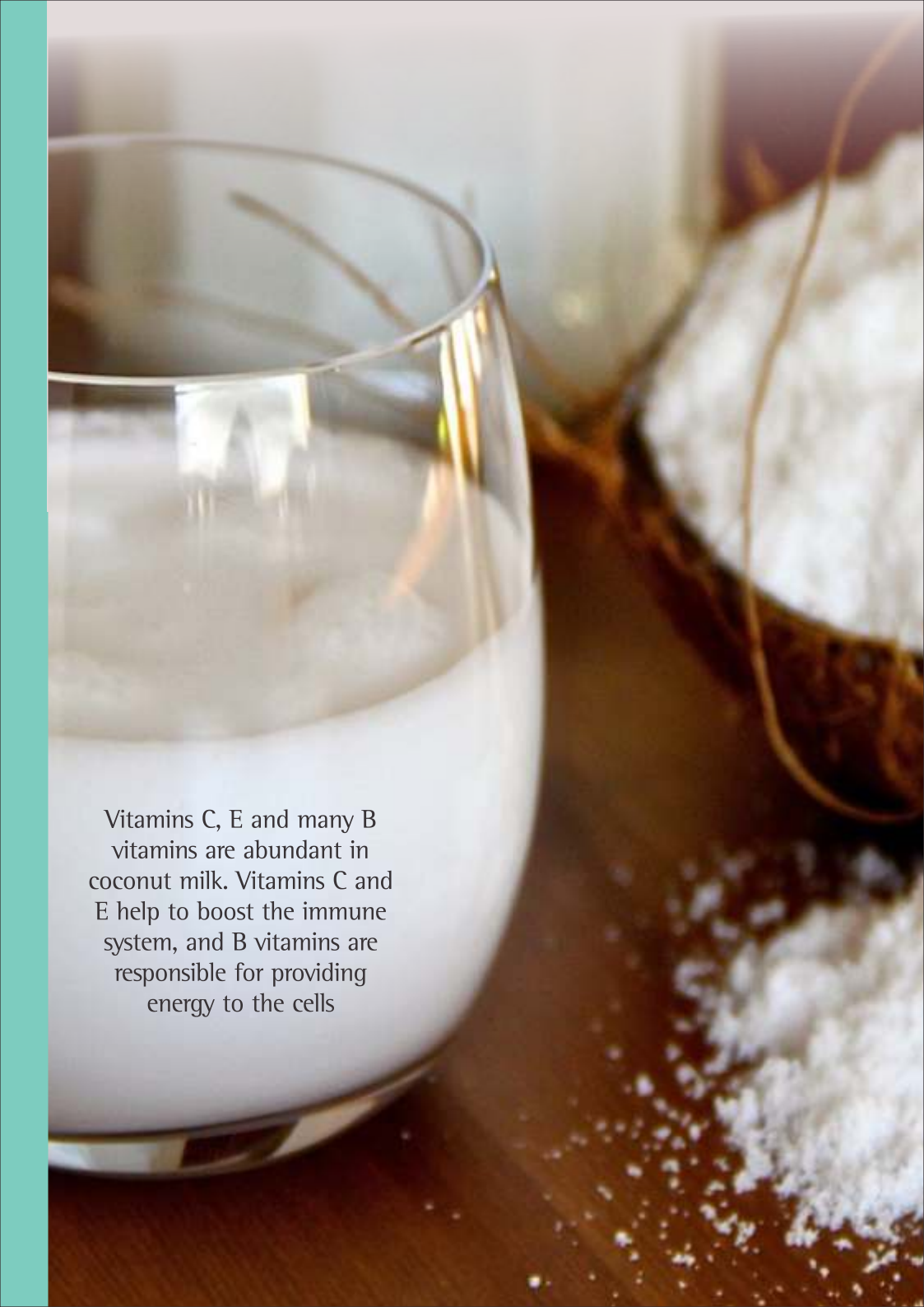
INGREDIENTS

- 100 gm tofu
- 100 ml Plain soy milk
- 50ml Fruit juice
- 2 tbsp Honey
- 1 Banana

METHOD

1. Blend all ingredients together until smooth.
2. Chill before serving.

NUTRITIVE VALUE Energy 265 kcal Protein 18 gm

A close-up photograph of a glass filled with white coconut milk. In the background, a coconut shell is cracked open, and a pile of white coconut flakes is visible. The scene is set on a dark wooden surface. The lighting is warm and soft, highlighting the texture of the milk and the coconut.

Vitamins C, E and many B vitamins are abundant in coconut milk. Vitamins C and E help to boost the immune system, and B vitamins are responsible for providing energy to the cells

COCONUT MILK DELIGHT

8.

TIME 5min

SERVING SIZE 1

INGREDIENTS

- 100 ml Coconut milk
- 1 Banana
- 25 gm Roasted Almonds
- 25 gm Coconut powder
- 2tsp Sugar

METHOD

1. Blend all ingredients together until smooth.
2. Chill before serving.

NUTRITIVE VALUE Energy 350 kcal Protein 7 gm



Mango is a rich source of both betacarotene (which the body can convert into Vitamin A) and vitamin C. Both these vitamins acts as a antioxidants, boosting the immune system and helping to prevent cell damage by free radicals

BUTTERMILK SHAKE

9.

TIME 5min

SERVING SIZE 1

INGREDIENTS

- 150ml Buttermilk
- 1 Mango (cut in slices)
- 25 gm Almonds
- 25 gm Cashew nuts
- 1 tsp Sugar
- 1 tbsp Honey

METHOD

1. Blend all ingredients together until smooth

NUTRITIVE VALUE Energy 474 kcal Protein 13 gm



Strawberries boost immunity as they are an excellent source of vitamin C which is a powerful, fast-working antioxidant. A phytochemical found in it called ellagic acid has been shown to yield anti-cancer properties like suppressing cancer cell growth.

STRAWBERRY AND TOFU SMOOTHIE

10.

TIME 10min

SERVING SIZE 2

INGREDIENTS

- 100 gm tofu
- 100 gm strawberries
- 3 tbsp til seeds
- 2 tbsp honey
- 200 ml Orange juice(Tetra Pack)
- 2 tbsp lemon juice

METHOD

1. Roughly chop the tofu, then hull the strawberries and chop them. Reserve a few strawberry chunks to garnish.
2. Put all the ingredients into a blend it.
3. Garnish it with strawberries.

NUTRITIVE VALUE Energy 298 kcal Protein 20 gm



Bananas have two times as many carbohydrates as an apple, five times as much Vitamin A and iron and three times as much phosphorus. In addition, bananas are also rich in potassium and natural sugars.

BANANA FRITTERS

11.

TIME 1.15min

SERVING SIZE 6pieces

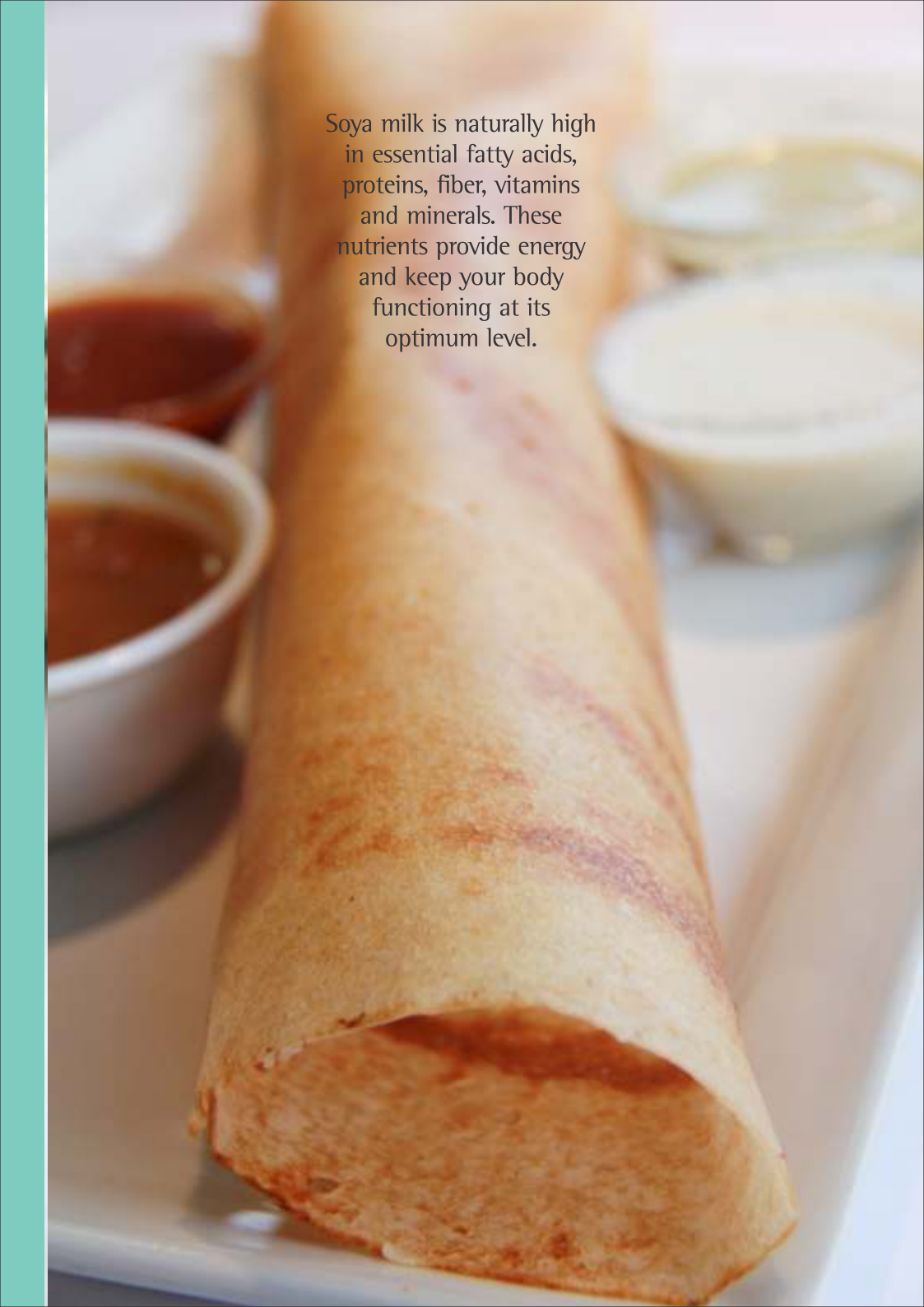
INGREDIENTS

- 1 ¼ cups mixed flour (Maida, corn flour and rice flour in equal proportion)
- 1 tsp baking powder
- ¾ cup warm milk
- A large pinch of salt
- 1 egg
- 1 tbsp oil
- 2 large ripe banana
- Oil for deep frying
- Cinnamon and icing sugar to dust

METHOD

1. Put the flour in a bowl and mix in the baking powder and the warm milk
2. Stir in the salt, egg and 1 tbsp oil. Mix well and make thick batter. Leave to rest in a warm place for 1 hour
3. Peel the banana and slice each lengthwise and then twice crosswise to obtain six pieces from each banana
4. Heat the oil in a deep fat fryer. Dip each banana piece in the batter and then drop into the hot oil
5. Turn the fritters over during cooking
6. Fry the fritters for about 2 minutes, till they are crisp and golden. Drain them on paper towels
7. Sift the powdered cinnamon and icing sugar over the fritters and serve immediately

NUTRITIVE VALUE Energy 650 kcal Protein 10 gm



Soya milk is naturally high in essential fatty acids, proteins, fiber, vitamins and minerals. These nutrients provide energy and keep your body functioning at its optimum level.

MINI SOYA DOSA

12.

TIME 10min

SERVING SIZE 2pieces

INGREDIENTS

- Soya milk (100ml)
- whole wheat flour(50gm)
- 1 green chilli, chopped
- 1 small grated onion
- chopped coriander leaves
- salt to taste
- 2 tsp oil for cooking

METHOD

1. Make a thin batter using the Soya milk, wheat flour, green chilli, onions, coriander, salt and water. Mix well.
2. Heat a non-stick pan and grease it with a little oil.
3. Pour 1 tablespoon of the batter on the non-stick pan and spread it using a circular motion to make a thin dosa.
4. Cook on both sides using a little oil.
5. Repeat with the remaining batter to make more dosa.
6. Serve hot with garlic tomato chutney.

NUTRITIVE VALUE Energy 166 kcal Protein 3.6 gm



Including Paneer in one's daily diet not only provides calcium to your body but also helps to give the benefit of providing the protein required by the body for growth and renewal

PANEER KA CHILLA

13.

TIME 15min

SERVING SIZE 2pieces

INGREDIENTS

For the batter:

- 50 gm gram flour(Besan)
- Red chilli powder, dry coriander powder ,add to taste
- Salt, to taste
- Whey water to make the batter
- 1 Tbsp of refined oil

For the filling:

- 50 gm grated paneer
- Chopped coriander leaves
- 1 Green chili, finely chopped

METHOD

1. To prepare the chillas, heat 1 tsp oil in a non-stick frying pan.
2. Pour a ladle of batter and roll it around to spread it evenly. Cook on reduced heat.
3. When almost done, spread a tablespoon of the paneer filling on the chilla.
4. Turn it over and cook on the other side till done.
5. Serve hot with green chutney.

NUTRITIVE VALUE Energy 236 kcal Protein 9 gm

Methi leaves and seeds are rich in iron and as such very effective in treating anemia.



METHI THEPLA WITH YOGHURT

14.

TIME 30min

SERVING SIZE 2pieces

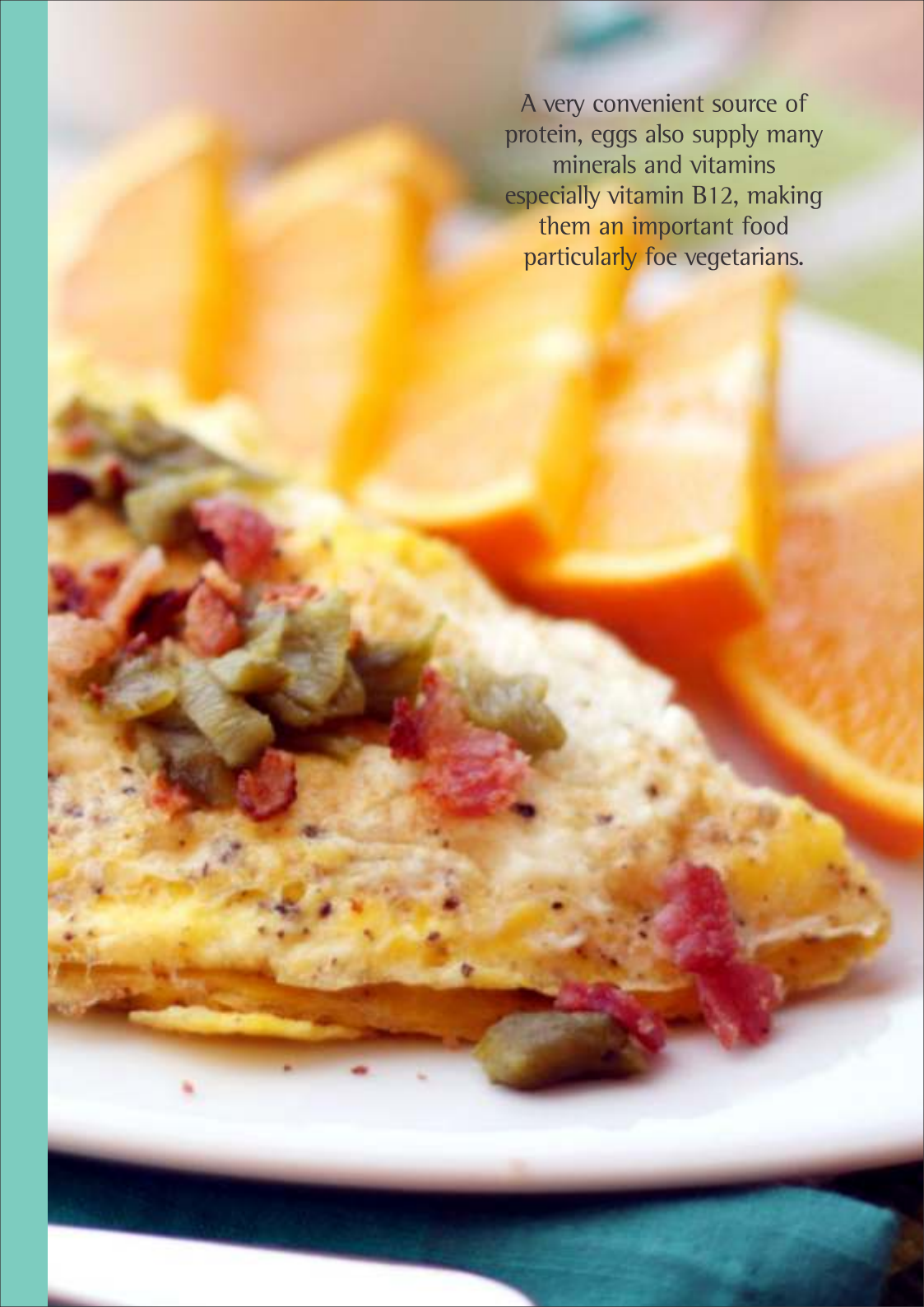
INGREDIENTS

- Wheat Flour (50gm)
- Methi Leaves (Finely chopped) 50 gm
- 1/2 tsp Red Chili Powder
- 1/2 tsp turmeric
- 1/2 tsp Coriander powder
- 1/2 tsp Cumin Seeds powder
- Salt to taste
- Whey water to make dough
- 2tsp oil
- Yogurt (100gm)

METHOD

1. Mix all the ingredients in a bowl including the methi leaves. Knead it. Let it stay for 15 minutes.
2. Then make even size small balls of the dough. Roll them separately with a rolling pin into a round shape.
3. Heat the tawa, add a little oil and roast each of the rolled out theplas one by one.
4. When evenly roasted from both sides, remove it from tawa.
5. Serve them hot with yoghurt.

NUTRITIVE VALUE Energy 150 kcal Protein 5.5 gm



A very convenient source of protein, eggs also supply many minerals and vitamins especially vitamin B12, making them an important food particularly for vegetarians.

SPICY AND TANGY CHEESE OMELETTE

15.

TIME 6min

SERVING SIZE 1

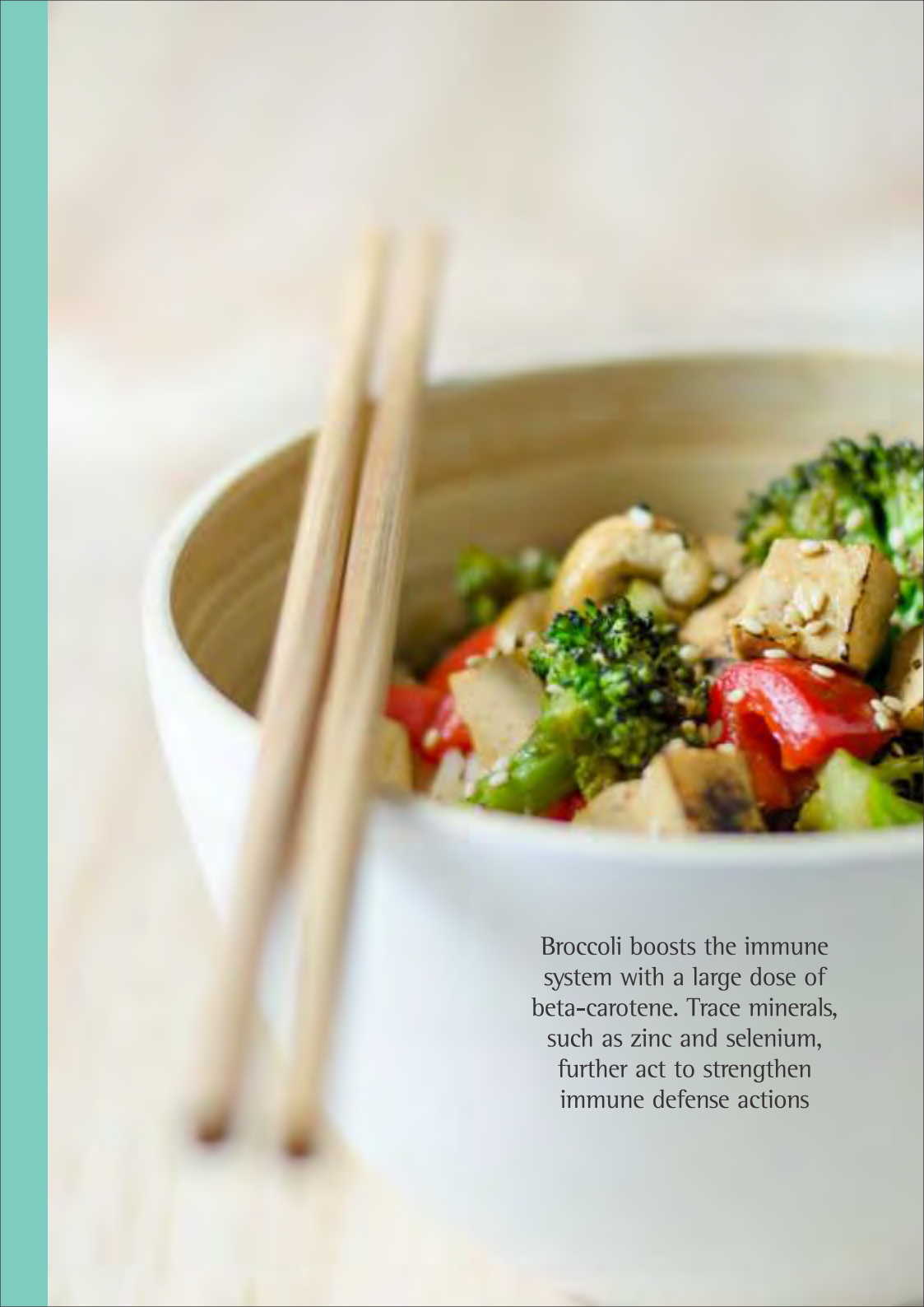
INGREDIENTS

- 2 Eggs
- 1 onion (chopped)
- 2 tbsp milk
- 1 tbsp butter
- 1 tomato (chopped)
- 2 green chilies (chopped)
- 2 tbsp green coriander (chopped)
- 25gm cheese (grated)
- Salt & black pepper (to taste)

METHOD

1. Mix egg & chopped vegetables in a bowl. Beat it with a beater, till fluffy.
2. Heat butter in a pan.
3. Pour in beaten egg and vegetables, salt pepper into the pan.
4. Sprinkle grated cheese on the top and cook for 3-4 minutes
5. Serve hot with toasts and sauce/chutney

NUTRITIVE VALUE Energy 352 kcal Protein 16 gm

A close-up photograph of a white ceramic bowl filled with a healthy stir-fry. The dish includes vibrant green broccoli florets, bright red bell pepper chunks, and golden-brown cubed tofu. The ingredients are garnished with white sesame seeds. Two light-colored wooden chopsticks are placed diagonally across the top left of the bowl. The background is a soft, out-of-focus light beige color, suggesting a wooden table surface.

Broccoli boosts the immune system with a large dose of beta-carotene. Trace minerals, such as zinc and selenium, further act to strengthen immune defense actions

BROCCOLI & TOFU STIR FRY

16.

TIME 6min

SERVING SIZE 2

INGREDIENTS

- 200gm Tofu
- 50 gm Broccoli florets
- 50 gm Spring onion (trimmed and thinly sliced)
- 50 gm carrots
- 2 tsp extra virgin Olive oil
- 2 minced garlic cloves
- 1 tsp tomato concasse
- 50 gm sliced lightly toasted almonds and walnuts
- Salt and ground black pepper to taste.

METHOD

1. Cut tofu into small pieces
2. Lightly steam broccoli until crisp tender for about 5 minutes. Set aside.
3. Heat 1 tsp of oil in a non stick skillet over heat. Add tofu and cook. Stir constantly 5 minute to brown. Transfer to a shallow bowl.
4. Add the remaining 1 tsp of oil, followed by spring onions, garlic, and broccoli, salt and pepper. Stir fry for 2 minutes over medium heat
5. Stir in almonds walnuts and tofu gently toss to combine.
6. Now it is ready to serve.

NUTRITIVE VALUE Energy 307 kcal Protein 17 gm

Beetroot is a powerful blood cleanser and tonic and valued for its value to the digestive system and liver. It is rich in potassium and provides plenty of folate and iron essential for the formation of red blood cells and helping to prevent anaemia.



BEETROOT AND POTATO SALAD

17.

TIME 30min

SERVING SIZE 1

INGREDIENTS

- 50 gm beetroot
- 50 gm potatoes, peeled and diced
- 1/2 onion, finely chopped
- 50gm plain yogurt
- 10 gm gingelly seeds
- 1Tbsp cream
- Salt and ground black pepper (according to taste)
- Parsley to garnish

METHOD

1. Wash but do not peel the beetroot. Boil the unpeeled beetroot in a large pan of water until tender.
2. Meanwhile, boil the diced potatoes in a separate pan for 20 minutes until just tender.
3. When the beetroot are cooked, rinse and remove the skin. Chop into cubes and place in a bowl. Drain the potatoes and add to the bowl, together with the onions.
4. Mix the yogurt, gingelly seeds, and cream. Reserve a little for a garnish and pour the remainder over the salad. Toss and serve with parsley sprigs and the remaining dressing.

NUTRITIVE VALUE Energy 259 kcal Protein 4 gm



Potatoes are packed with powerful nutrients and antioxidants—compounds that fight free radicals

CHEF'S POTATO SALAD

18.

TIME 30min

SERVING SIZE 2

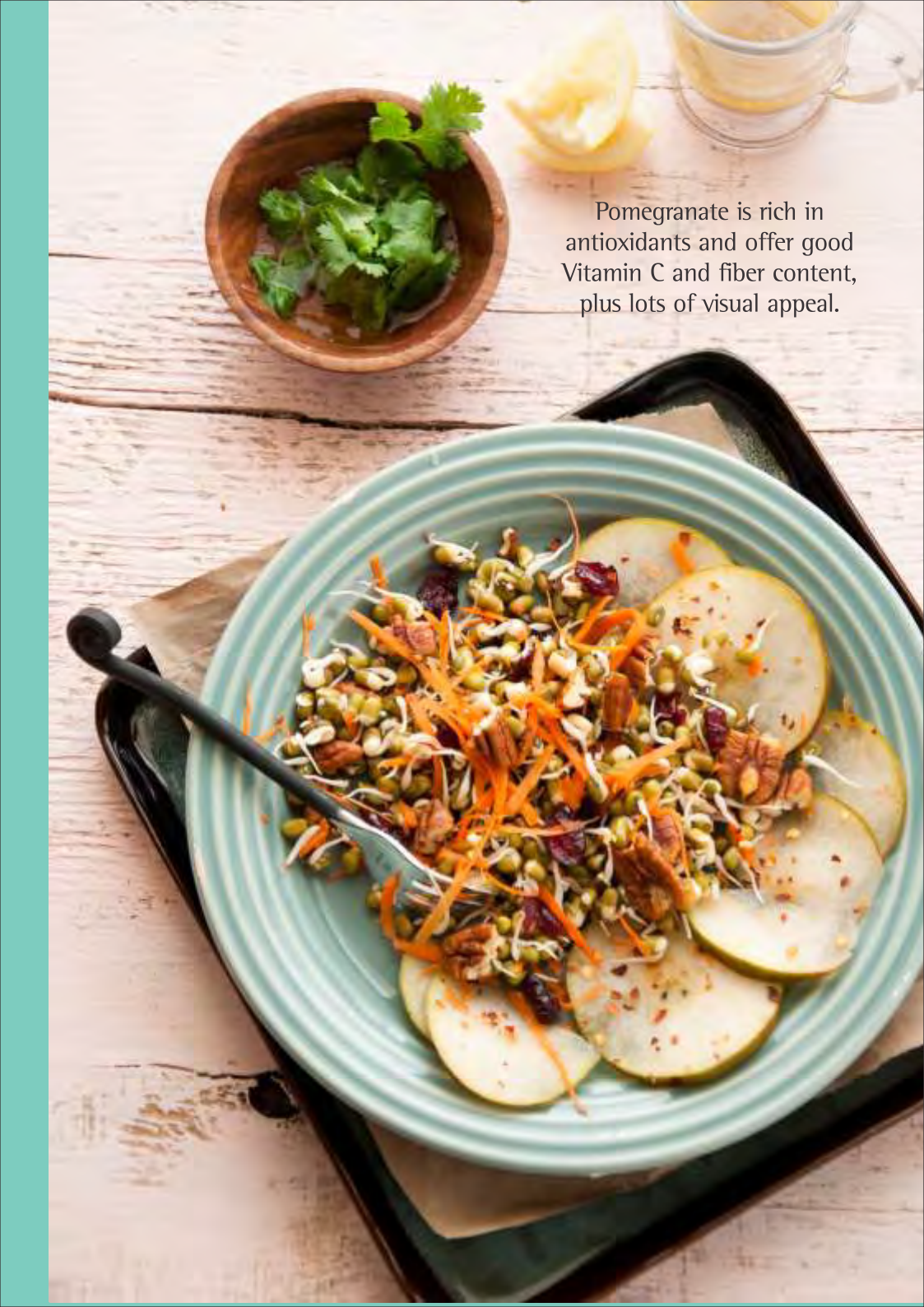
INGREDIENTS

- 50 gm cooked potatoes
- 50 gm carrots, steamed
- 50 gm sticks celery, sliced thinly
- 50 gm sliced steamed mushrooms
- 50gm cucumber, sliced or chopped
- 25 gm groundnut
- 2 tbsp spring onion
- Salt and ground black pepper
- 20 ml egg less mayonnaise
- 50 gm plain yogurt
- 50 ml milk

METHOD

1. Place all the vegetables into a large mixing bowl.
2. In a separate bowl, mix all the dressing ingredients (mayonnaise, yogurt, milk, salt and pepper) together until well combined. Pour over the vegetables in the mixing bowl.
3. Toss the salad thoroughly in the dressing, season well with salt and ground black pepper.
4. Serve the salad lightly chilled.

NUTRITIVE VALUE Energy 170 kcal Protein 7.6 gm



Pomegranate is rich in antioxidants and offer good Vitamin C and fiber content, plus lots of visual appeal.

SPROUTED SALAD

19.

TIME 30min

SERVING SIZE 2

INGREDIENTS

- 50 gm steamed sprouted moong
- 50 gm cucumber
- 50 gm steamed carrot
- 50 gm spring onion
- 50 gm apple cubes
- 50 gm pomegranate
- 50 gm raisins
- 1 tbsp sugar
- 2 tbsp Extra Virgin Olive oil
- 2 tbsp lemon juice
- Salt and pepper

METHOD

1. Put all the vegetables in a large bowl
2. Make dressing in a separate bowl by adding sugar, lemon juice and Extra Virgin Olive oil
3. Add dressing in the vegetables with pomegranate and raisins
4. Ready to serve

NUTRITIVE VALUE Energy 400 kcal Protein 15.4gm

Extra Virgin Olive Oil is MUFA rich concentrated source of calories. Adding a dash of Olive oil adds to that distinct flavor which enhances the taste



PASTA MINT SALAD

20.

TIME 30min

SERVING SIZE 2

INGREDIENTS

- 100gm whole wheat spiral macaroni boiled
- 25gms paneer cubes
- 25gms black olives
- 25gms cherries
- 25gms pineapple slices
- 1 Tbsp mint Leaves
- 1 tsp lemon juice
- 1 tbsp extra virgin olive oil
- Salt and pepper

METHOD

1. Boil the macaroni , toss with the paneer cubes, olives, cherries, mint leaves and pineapple slices
2. Stir in with olive oil and squeeze the lemon juice and add salt and pepper to taste
3. Refrigerate and serve chilled

NUTRITIVE VALUE Energy 294 kcal Protein 9 gm

This creamy puree is a tasty snack, appetizer or light meal that is rich in vegetable protein.



HUMMUS

21.

SERVING SIZE 4

INGREDIENTS

- 150gm of chick peas
- Juice of 2 lemon juice
- 2 sliced garlic cloves
- 2 tbsp olive oil
- 150ml tahini (sesame paste)
- Salt to taste
- Pinch of black pepper
- Parsley to garnish

METHOD

1. Soak chickpeas overnight in cold water.
2. Bring to the boil until soft and drain.
3. Process the chickpea in a blender until smooth. Add the lemon juice, garlic, olive oil, and tahini, salt and blend until creamy.
4. Season with pepper and transfer to a serving dish. Sprinkle with oil and pepper.
5. Garnish with parsely and serve.

NUTRITIVE VALUE Energy 453 kcal Protein 15.7 gm



Pea is a good source of Vitamin C and fibre, as well as being convenient to use, straight from the freezer.

PEA GUACAMOLE

22.

SERVING SIZE 4

INGREDIENTS

- 350gms green peas
- 1 garlic cloves crushed
- 2 spring onions trimmed and chopped
- 1 tsp lime juice
- ½ tsp ground cumin seeds
- 1 tbsp olive oil
- 2 tbsp chopped fresh coriander
- Salt and Ground black pepper to taste

METHOD

1. Put the peas, garlic, spring onion, lime rind, juice, cumin, olive oil salt and ground black pepper into a blender and process for a few minutes until smooth.
2. Add the chopped fresh coriander and process for a few more seconds. Put into a bowl and chill for about 30 minutes.
3. Ready to serve.

NUTRITIVE VALUE Energy 103 kcal Protein 6.5 gm



Spinach is loaded with flavonoids which act as antioxidants, protecting the body

SPINACH DIP

23.

SERVING SIZE 4

INGREDIENTS

- 100 g of spinach
- 100ml mix vegetable stock
- 100 g firm tofu
- 50gm green onions, chopped
- 50gm sour cream
- 50gm mayonnaise
- Salt and pepper to taste

METHOD

1. Wash spinach properly
2. Thaw the spinach and squeeze dry
3. Blend spinach, vegetable stock, tofu, onions, cream and mayonnaise, salt and pepper together in a large bowl until smooth.
4. Chill and stir before serving

NUTRITIVE VALUE Energy 300 kcal Protein 16 gm



Yoghurt is easier to digest and provides an excellent source of calcium as well as protein and certain B vitamins.

YOGURT DIP IN A FLASH

24.

SERVING SIZE 1

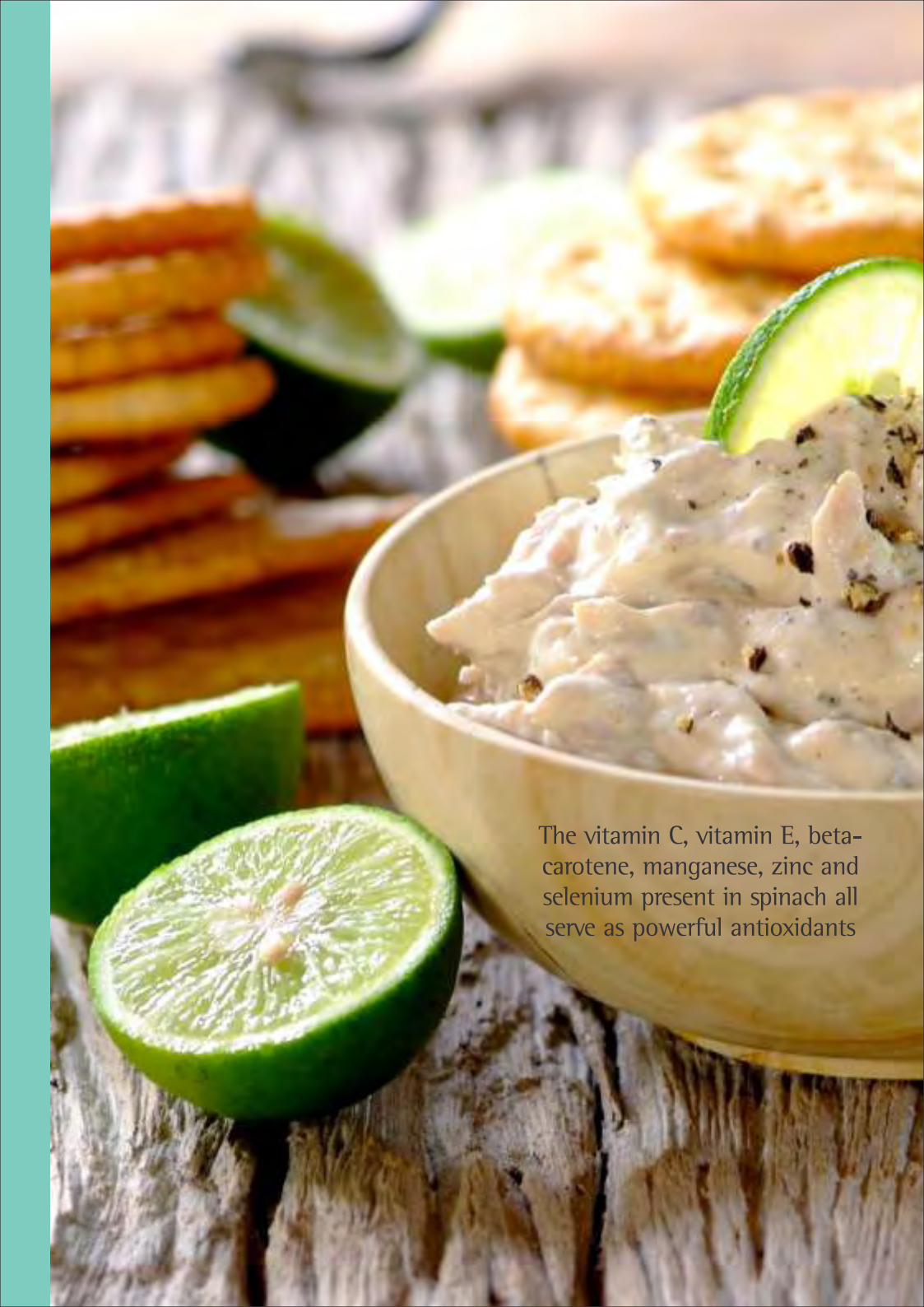
INGREDIENTS

- 100gm yogurt
- 1/4 tsp. onion powder
- 1/4 tsp. garlic powder
- 1/4 tsp ground nut powder
- 1 tbsp. fresh parsley, chopped
- salt and pepper to taste

METHOD

1. Combine all ingredients and refrigerate 1 to 2 hours.

NUTRITIVE VALUE Energy 100 kcal Protein 4 gm

A photograph of a light-colored, creamy dip in a small wooden bowl. The dip is garnished with a slice of cucumber and small dark seeds. The bowl sits on a rustic wooden surface. In the background, there are stacks of golden-brown crackers and several slices of fresh green limes. The lighting is bright and natural, highlighting the textures of the food.

The vitamin C, vitamin E, beta-carotene, manganese, zinc and selenium present in spinach all serve as powerful antioxidants

CREAMY VEGETABLE DIP

25.

SERVING SIZE 1.5 cups

INGREDIENTS

- 1 small bunch of spinach (chopped)
- 1 small bunch of coriander (chopped)
- 100ml water
- 2 green chillies (chopped)
- 2 green onions (chopped)
- 1 tbsp garlic (chopped)
- 1 tbsp refined flour (Maida)
- 1 tbsp butter
- 100ml milk
- 100gm sour cream
- 1 small cucumber (chopped)
- Salt, black pepper and red chilli powder (to taste)

METHOD

1. In a deep pan add chopped spinach, onion & garlic in 100ml of water and cook for 5-6 mins. Drain out excess water if any. Keep it aside & allow to cool
2. In a blender mix cream, cucumber, salt, pepper and refrigerate.
3. In a deep pan take butter and add flour in it and cook it by stirring for 2 min.
4. Add milk slowly stirring it till thick for 2 minutes to make a thick sauce. Stir in between to avoid lumps
5. When cool combine vegetables, chilled cream and sauce. Store it in refrigerator

NUTRITIVE VALUE Energy 510 kcal Protein 4 gm

calories & protein

HOW TO INCREASE CALORIES

Butter	<ul style="list-style-type: none">• Add to soups, mashed and baked potatoes, hot cereals, rice, noodles and cooked vegetables.• Stir into cream soups, sauces and gravies.
Milk and Cream	<ul style="list-style-type: none">• Use in cream soups, sauces, egg dishes, batters, puddings and custards.• Put on hot or cold cereal.• Mix with noodles, pasta, rice and mashed potatoes.• Pour on chicken and fish while baking.• Use whole milk instead of low-fat.• Use cream instead of milk in recipes
Cheese	<ul style="list-style-type: none">• Melt on top of potatoes and vegetables.• Add to omelets.• Add to sandwiches.
Sour cream	<ul style="list-style-type: none">• Add to cream soups, baked potatoes, macaroni and cheese, vegetables, sauces, salad dressings, stews, baked meat and fish.• Use as a topping for cakes, fruit, desserts, breads and muffins.• Use as a dip for fresh fruits and vegetables.
Honey, Jam and Sugar	<ul style="list-style-type: none">• Add to bread, cereal, milk drinks and fruit and yogurt desserts.
Eggs	<ul style="list-style-type: none">• Add chopped, hard-cooked eggs to salads and dressings, vegetables, casseroles and creamed meats• Make rich custard with eggs, milk and sugar.• Beat eggs into mashed potatoes, vegetable purees and sauces. (Be sure to keep cooking these dishes after adding the eggs because raw eggs may contain harmful bacteria.)

HOW TO INCREASE PROTEIN

Cottage Cheese	<ul style="list-style-type: none">• Mix with or use to stuff fruits and vegetables.• Add to spaghetti, noodles, and egg dishes, such as omelets, scrambled eggs• Use in pudding-type desserts, cheesecake and pancake batter.
Milk	<ul style="list-style-type: none">• Use milk instead of water in beverages and in cooking when possible• Use in preparing hot cereal, soups, cocoa and pudding.• Add cream sauces to vegetables and other dishes.
Nonfat Instant Dry Milk	<ul style="list-style-type: none">• Add to regular milk and milk drinks, such as pasteurized eggnog and milkshakes.• Use in breads, muffins, sauces, cream soups, mashed potatoes, puddings and custards and milk-based desserts.
Ice Cream, Yogurt	<ul style="list-style-type: none">• Make breakfast drinks with fruit and bananas.
Eggs	<ul style="list-style-type: none">• Add chopped, hard-cooked eggs to salads and dressings, vegetables and creamed meats.• Add extra egg whites to scrambled eggs and omelets.
Nuts and Seeds	<ul style="list-style-type: none">• Add to breads, muffins, pancakes, cookies, and waffles.• Sprinkle on fruit, cereal, ice cream, yogurt, vegetables, salads and toast as a crunchy topping; use in place of bread crumbs.• Blend with parsley or spinach, herbs, and cream for a noodle, pasta or vegetable sauce.
Meat and Fish	<ul style="list-style-type: none">• Add chopped, cooked meat or fish to vegetables, salads, soups and sauces• Use in omelets and sandwich fillings
Beans/Legumes	<ul style="list-style-type: none">• Cook and use peas, legumes, beans, and tofu in soups or add to pastas and grain dishes that also contain cheese or meat. Mash cooked beans with cheese and milk.

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Designed to help improve outcomes in cancer patients

NUTRIENTS	UNITS	QUANTITY / SERVING
Recommended Serving Size		9 scoops (75g) in 10ml of water
Calories per serving	kcal	303 kcal per 240ml
Protein	g	15.16
Fat	g	5.84
Carbohydrate	g	45.93
Dietary Fiber	g	1.82
FOS	g	2.1
EPS	g	1.1
Saturated Fatty acids	g	1.13
Monosaturated fatty acids	g	0.76
Polyunsaturated fatty acids	g	1.9
Omega 6 fatty acids	g	0.55
Omega 3 fatty acids	g	1.36
Taurine	g	38.4
Carnitine	g	19.2

VITAMINS

Vitamin A	mcg RE	76.8
B-Carotene	mcg RE	134.4
Vitamin D3	mcg	3.27
Vitamin E	mg a TE	5.76
Vitamin K1	mcg	19.2
Vitamin C	mg	66.15
Folic Acid	mcg	81.6
Thiamine (Vitamin B1)	mg	0.48
Riboflavin (Vitamin B2)	mg	0.55
Vitamin B6	mg	0.65
Vitamin B12	mcg	0.95
Naicin	mg NE	4.8
Pantothenic Acid	mg	2.1
Biotin	mcg	9.6
Choline	mg	98.02

MINERALS

Sodium	mg	288
Potassium	mg	384
Chloride	mg	292.8
Calcium	mg	283.2
Phosphorus	mg	201.6
Magnesium	mg	54.24
Zinc	mg	2.62
Manganese	mg	0.8
Copper	mcg	177.6
Iodine	mcg	30.7
Selenium	mcg	15.12
Chromium	mcg	19.2
Molybdenum	mcg	26.88



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