

The 24 Hour Cancer Patient Diet

It is recommended that all cancer patients consider as clean a diet and lifestyle as possible. Therefore, a 60-80% RAW FOOD diet containing a variety of numerous fresh juices of vegetables and minimal fruit, plus raw or lightly steamed (crockpot) vegetables, 1 or 2 servings of grains, soaked nuts & seeds, homemade bean & legume recipes is recommended.



Any cooking or heating of foods should be restricted to crock-pot slow cooking methods and/or light to moderate steaming as high heat cooking can kill any beneficial nutrients and enzymes.

Sample Menu Plan for a Patient with Active Cancer

BREAKFAST- the most important meal of the day, needs to contain 50% of daily allotted protein.

1. Smoothie- your body will thank you.
 - a. Hemp hearts- 4 TBSP is the recommended daily intake (also a complete protein...has more amino acids than meat or dairy)
 - b. Algae- blue-green, green, chlorella, spirulina (any in powder form), add to smoothie
 - c. Sprouted mung beans, alfalfa, black lentils, red clover, add 1-1 ½ cups to smoothie
 - d. Almond milk – helps make it creamy without dairy
 - e. Frozen berries – filled with anti-oxidants, make sure they are organic
2. Spanish Omelet- rich in cancer fighting ingredients
3. Raw Oatmeal

LUNCH - should consist of the balance of your daily allotted protein and should be the largest meal of the day. Significant amounts of protein are not necessary after mid-day.

For lunch, include a large variety of **veggies, especially those in high water content. ¾ of your plate should be a vegetable, and of that vegetable, ¾ should be green.**

Chlorophyll and red blood cells differ only with one atom. The chlorophyll of a plant and the hemoglobin of the red blood cell are only one atom different in structure. Chlorophyll inhibits the putrefaction of protein by bacteria commonly found in the colons of meat eaters. Studies show those chlorophyll rich foods (as Kale and Swiss chard etc) enabled research animals to survive while undergoing high radiation treatments. Chlorophyll is also a tissue growth stimulator.

A combination of soups/salads, entrees such as veggie burgers (homemade only) or lasagna with buckwheat or brown rice noodles(not wheat).

For example, hearty salads with sprouts/ hemp hearts, blended soups, and vegetable juices (cucumbers and celery should be a staple juice as it is detoxifying).

SOUPS- a variety of blended soups from squash, spinach, fennel, or tomato. The main focus should be green vegetables. Studies have shown that if you eat protein and fibre with every meal (no more than 10 grams protein after lunch meal) while also incorporating the 5 taste buds...you will not go hungry. The five tastes include astringent, bitter, salty, sour, and sweet.

DINNER - a light meal; soup and salad (preferably nothing dehydrated with nuts and seeds). A smoothie is a great dinner entree.

SNACKS - Low nutrition snacks are a bad habit. The more nutritionally dense foods you eat, the more satiated you will be...

Snack Suggestions: a ¼ cup nut mixture (walnuts, pumpkin seeds, and goji berries) before 3pm, vegetable juices, a glass of water with a teaspoon of powdered algae, green lemonade, a small bowl of assorted sprouts.

As beneficial as nuts and seeds are, they can be difficult to digest. Most all cancer patients have compromised digestion. Eat in limited quantities, (¼ cup per day is the recommended maximum).

Sprouts have a protein content of 20-35%. Hemp hearts (a complete protein source) are a good source of concentrated protein, all the essential amino acids, and several times more omega 3's than any fish. We recommend a minimum of 1 cup of both organic sunflower and pea sprouts a day.

Sea vegetables, because of their high fibre content, satisfy the appetite, and enhance elimination. They are the highest source of minerals and help dissolve fat. They also cleanse the body of toxins and support the thyroid. Sea vegetables can substitute for salt/sodium flavoring in raw recipes and soups.

Blue green algae's, chlorella and spirulina, are all complete proteins at ±60 %.
Wheat grass - grow your own and juice or order from a local juice bar.

The key to becoming well and staying well through nutrition is to eat a balanced diet that includes all of the above suggestions daily.