



Managing Select Side Effects Associated with BTKi Treatment

Recipes and Tips for CLL Patients and Caregivers

AstraZeneca 

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Introduction

Chronic lymphocytic leukemia (CLL) is a type of blood cancer that begins in the bone marrow. Targeted treatments may be used to treat your CLL by aiming at specific parts of the cancer cell. A Bruton tyrosine kinase inhibitor (BTKi) is a type of targeted therapy.¹ This medicine works by blocking a protein called BTK. This helps stop certain blood cancer cells from growing and reduces the number of cancer cells being made. Healthy cells may be affected too.

Like other medicines, BTKi treatments can have side effects. Because every person is unique, you may not experience the same side effects as other people. It is important to tell your doctor or other members of your care team about any side effects you experience, including side effects that are severe, or if they don't go away or get worse.

This guide will help prepare you for some possible side effects you may experience while taking BTKi treatment. Each section will include helpful tips on how to recognize and manage your side effects. This guide also includes recipes that are nutritious and can support overall health, which patients experiencing side effects while on treatment may find helpful.

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How to Use These Recipes

by Rebecca Katz, MS Health and Nutrition Education, Culinary Trained Chef,
and *The Cancer-Fighting Kitchen Cookbook* Author

Cooking, unlike baking, is very flexible. Most of the recipes in this booklet have variations, so you can customize a recipe to your tastes.

Don't have a specific ingredient?

If it's not a main ingredient, skip it. If it is a key ingredient, you can likely swap it for something similar.

Make it your own.

- If you don't like a particular ingredient, skip it or swap it
- If you like a certain ingredient, add a little more. But keep in mind that more isn't always better, especially with more robust spices and herbs
- If an ingredient is optional, skip it

Here are some common swaps that can be used interchangeably:

- basil – parsley – mint
- parsley – cilantro
- onions (any) – shallots – leeks – scallions
- Rebecca's Mineral Broth – vegetable broth – chicken broth
- baby greens (spinach – kale – arugula) – chard – kale
- cannellini beans – other white beans
- salmon – halibut – cod – branzino – bass
- chicken thighs – breast – legs – sausage

Please remember that the recipes and approaches described in the following pages are meant to complement, not replace, your medical treatment and information you receive from your doctors, nurses, dietitians, and other health care providers. As always, be sure to contact your doctor if a side effect occurs, doesn't go away, is severe, or gets worse.

Recommendations for management of side effects are from organizations outside of AstraZeneca and should be discussed with your healthcare professional. Please note that this list is not exhaustive and may not encompass all potential adverse events associated with these treatments. For a complete and detailed overview, please refer to the official drug Prescribing Information.

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Headaches

Headaches can cause pain anywhere in your head on one or both sides. The pain might feel sharp or throbbing, or like a dull ache.

The following tips might be helpful:

- Take acetaminophen (Tylenol®)
- Drink caffeine (coffee or tea)
- Try to sleep 7–9 hours per night
- Stay hydrated by drinking plenty of fluids²
- Eat foods high in vitamins and minerals³



Talk to your health care team if your headaches⁴:

- Are frequent, severe, get worse, or don't go away
- Wake you up at night
- Have new patterns or change in frequency
- Are new or exhibit new symptoms

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*Recipes with a focus on **hydration** and **minerals***

Nourishing and Healing Tea

Pomegranate Mint Spritzer

Green Tea Cooler with Ginger, Papaya, and Lime

Triple Berry Smoothie

Potato Leek Soup

Carrot Ginger Soup

Cooling Cucumber Soup

Cozy Lentil Soup

Roasted Potatoes with Basil Pistachio Pesto

Basil Pistachio Pesto

Turkey Meatballs



Nourishing and Healing Tea

Makes 8 cups

- 1/3 cup sliced peeled fresh ginger, cut 1/4 inch thick
- 10 cups water
- 3 tablespoons coriander seeds
- 1 1/2 tablespoons cardamom pods
- 4 cinnamon sticks
- 5 whole cloves
- 1 1/2 cups milk of choice
- 1 to 3 tablespoons Grade A Dark maple syrup, to taste
- 1 teaspoon vanilla extract

1. Combine the ginger, water, and whole spices in a saucepan and bring to a boil. Lower the heat, cover, and simmer for 30 to 45 minutes.
2. Strain the tea into a clean saucepan. Add the milk and maple syrup and gently reheat without boiling for 2 to 3 minutes, until warm.
3. Stir in the vanilla, then taste. Add more milk or sweetener if you like. Serve hot or cold.



COOK'S NOTES

The tea can be kept in the refrigerator for up to 2 weeks without the milk and sweetener, so you may want to set some aside prior to adding the milk and sweetener.

Keep the spices that are strained out of the tea and use them to make another, smaller batch of tea. The spices will keep in the refrigerator for 4 to 5 days and in the freezer for a month. To make more tea, combine the spices and 5 cups of water and bring to a boil. Add 2 tablespoons of peeled fresh ginger slices. Simmer for at least 30 minutes, then strain the tea and discard the spices.

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Pomegranate Mint Spritzer

Serves 2

- ½ cup freshly squeezed lime juice (about 4 limes)
- ½ cup pomegranate juice
- 2 teaspoons honey, *optional*
- 1 bunch fresh spearmint or peppermint, leaves only
- 1 cup seltzer water
- Ice

1. Put the lime juice, pomegranate juice, and honey, if using, into a large measuring cup and stir to combine.
2. Add the mint leaves and crush with a wooden spoon against the side of the cup.
3. Add the seltzer water and stir. Pour into two glasses filled with ice and serve immediately.

VARIATION

Use unsweetened cranberry juice or blueberry juice in place of the pomegranate juice.

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Green Tea Cooler with Ginger, Papaya, and Lime

Makes 7 cups

- 6 green tea bags
- 3 ginger tea bags
- 6 cups boiling water
- 2 cups papaya nectar
- 1 tablespoon freshly squeezed lime juice
- 1 lime, sliced into rounds

1. Put the tea bags in a large heatproof container and pour in the boiling water and let steep for 5 minutes. Allow to cool for another 5 minutes.
2. Remove the tea bags and stir in the papaya nectar and lime juice. Add the lime slices and refrigerate for at least 2 hours, until well-chilled.
3. Serve with ice.

COOK'S NOTES

If you cannot find papaya nectar in the juice section, you can usually find papayas at Trader Joe's. Allow to ripen. Cut open, remove seeds and spoon out papaya into a blender. Add the cooled tea and lime juice and blend until smooth. Taste, you may want to add more lime or a touch of maple syrup.

Also refreshing to add a splash of bubbly water, if you like.



Triple Berry Smoothie

Makes about 3 cups

- 1 cup plain yogurt
- 1 cup water
- ¼ cup freshly squeezed orange juice
- 1 cup frozen strawberries
- 1½ cups frozen blueberries
- ½ cup frozen blackberries
- 1 tablespoon ground flaxseeds, *optional*
- 1 teaspoon Grade A Dark maple syrup, *optional*

1. Combine all the ingredients in a pitcher of a high-speed blender.
2. Blend until smooth. Store leftovers in the refrigerator for 2 to 3 days or freezer for up to a month.



VARIATIONS

- For a dairy-free version, use coconut milk in place of yogurt.
- If you need more calories, add 1 tablespoon coconut oil.
- For more protein, add a scoop of your preferred protein powder.
- For a fresh and minty flavor, add ¼ cup mint leaves.
- Add a handful or two of baby spinach leaves. You won't notice or taste it, but you can check off a serving of vegetables. Add greens to the portion of the smoothie you'll eat right away, otherwise they may oxidize and turn brown.

Potato Leek Soup

Serves 6

3 tablespoons olive oil

1 cup diced yellow onion

3 leeks, white part only, chopped

3 pounds medium Yukon gold potatoes,
peeled and cubed

3 cloves garlic, minced

½ teaspoon freshly ground pepper

¼ teaspoon chopped fresh rosemary, or a pinch
of dried rosemary

1 teaspoon sea salt

6 to 8 cups *Rebecca's Mineral Broth* (page 23) or
store-bought vegetable or chicken stock

Freshly grated nutmeg, for garnish

COOK'S NOTE

Potatoes absorb moisture. When reheating, you may want to add more broth to thin the soup to desired consistency.

1. Heat the olive oil in a soup pot over medium heat, then add the onion and leeks and a pinch of salt and sauté until golden, about 4 minutes.
2. Stir in the potatoes, garlic, pepper, rosemary, and 1 teaspoon salt and sauté for a few minutes until warmed through.
3. Pour in the broth and add another ¼ teaspoon salt and cook until the potatoes are tender, about 20 minutes. In a blender, puree the soup in batches until very smooth. If need be, add additional broth to reach the desired thickness.
4. Taste; you may need a squeeze of lemon or a pinch or two of salt.
5. Serve garnished with freshly grated nutmeg.

Carrot Ginger Soup

Serves 6

2 tablespoons olive oil
1 yellow onion, diced
2 pounds carrots washed and cut into 1-inch pieces
2 teaspoons grated fresh ginger, or 1 teaspoon ground
¼ teaspoon ground cumin
⅛ teaspoon ground cinnamon
¼ teaspoon turmeric
6 cups *Rebecca's Mineral Broth* (page 23) or store-bought vegetable broth
Sea salt
⅛ teaspoon Grade A Dark maple syrup, *optional*
Spritz of lemon or orange juice, *optional*

1. Heat the olive oil in a soup pot over medium heat, then add the onion and a pinch of salt and sauté until golden, about 4 minutes.
2. Stir in the carrots, ginger, spices, and ¼ teaspoon salt and sauté for about a minute.
3. Pour in ½ cup of the broth and cook until the liquid is reduced by half.
4. Add the remaining 5½ cups of broth and another ¼ teaspoon salt and cook until the carrots are tender, about 20 minutes. In a blender, puree the soup in batches until very smooth. If need be, add additional broth to reach the desired thickness.
5. Return the soup to the pot over low heat, stir in the maple syrup and gently reheat.
6. Taste; you may need a squeeze of lemon or a pinch or two of salt.



COOK'S NOTES

If you are having throat issues, omit the ginger. The soup will still be flavorful and soothing.

Here's a quick way to grate ginger. Cut the ginger so the yellow flesh is exposed, then run it across your microplane. The ginger will collect on the underside, so give the microplane a good tap and voilà—the ginger will release. You can also use this technique for grating garlic—just make sure to keep your fingertips from the grater edges.

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Cooling Cucumber Soup

Serves 6

COOK'S NOTE

English cucumbers, which are usually wrapped in plastic in the produce section of the grocery store, really make a difference in this recipe. They're less watery than standard cucumbers and will add more substance to the soup.

STORAGE: Store in an airtight container in the refrigerator for up to 2 days.



2 cups water
2 pounds English cucumbers,
peeled, seeded, and cut into chunks
2 ripe avocados, pitted and peeled
3 tablespoons freshly squeezed lime juice
¼ teaspoon Grade A Dark maple syrup
Sea salt
Pinch of cayenne
1 tablespoon finely chopped fresh mint
1 tablespoon finely chopped fresh cilantro

1. Pour 1 cup of the water into the blender, then add the cucumbers, avocados, lime juice, maple syrup, ¼ teaspoon of salt, and the cayenne.
2. Blend until extremely smooth, gradually adding more water until you reach the desired consistency. Taste and adjust the amount of salt, adding as much as ¾ teaspoon more.
3. Chill for at least 2 hours, then stir in the mint and cilantro and serve.

Cozy Lentil Soup

Serves 6

2 tablespoons olive oil
1 yellow onion, diced small
Sea salt
2 carrots, peeled and diced small
2 celery stalks, diced small
1¼ teaspoons curry powder
½ teaspoon ground cumin
¼ teaspoon ground cinnamon
1 cup dried green lentils, rinsed well
8 cups *Rebecca's Mineral Broth* (page 23) or store-bought vegetable broth
1 cup tightly packed, stemmed, thinly sliced kale

VARIATIONS

- Substitute for the celery (or add to it) one diced fennel bulb, which is a good digestive aid.

1. Heat the olive oil in a soup pot over medium heat, then add the onion and a pinch of salt. Sauté until golden and translucent, about 4 minutes.
2. Add the carrots, celery, and another pinch of salt and sauté until all of the vegetables are just tender, about 5 minutes.
3. Add the spices and a ¼ teaspoon of salt, then give a stir. Add the lentils and stir to coat.
4. Pour in ½ cup of the broth to deglaze the pot, stirring to loosen any bits stuck to the pot, and cook until the liquid is reduced by half.

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5. Add the remaining $7\frac{1}{2}$ cups of broth. Increase the heat to high and bring to a boil. Decrease the heat to low, cover, and simmer until the lentils are tender, about 20 to 25 minutes.
6. Stir in the kale and cook until tender, about 3 minutes. Taste; you may want to add a pinch of salt.

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Roasted Potatoes with Basil Pistachio Pesto

Serves 6

2 pounds fingerling or new (baby) potatoes, scrubbed and cut into quarters

1 tablespoon olive oil

¼ teaspoon sea salt

Freshly ground black pepper

3 tablespoons *Basil Pistachio Pesto*

1. Preheat the oven to 450 °F.
2. Toss the potatoes, olive oil, salt, and a few grinds of pepper in a large bowl and until the potatoes are evenly coated. Spread on a rimmed baking sheet in a single layer.
3. Bake, turning once, for 30 to 35 minutes, until the potatoes begin to turn golden brown.
4. Transfer to a serving bowl, add the pesto, and toss until the potatoes are evenly coated.



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Basil Pistachio Pesto

Makes about 2/3 cup

1 cup tightly packed fresh basil leaves

½ cup shelled pistachios

¼ cup olive oil

1 tablespoon freshly squeezed lemon juice

¼ teaspoon sea salt

¼ teaspoon freshly ground black pepper

1 tablespoon water, *optional*

1. Put the basil, pistachios, olive oil, lemon juice, salt, and pepper in a food processor and process until well blended.
2. For a thinner pesto, add water and briefly process again. Taste; you may want to add another squeeze of lemon juice or a pinch of salt.



VARIATIONS

- If you don't have pistachios, use another nut such as pine nuts, almonds, walnuts, or cashews.
- If basil is not in season, use parsley.

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Turkey Meatballs

Makes about 12 meatballs

1 egg
½ teaspoon salt
½ teaspoon black pepper
1 teaspoon cumin
1 pound ground turkey or chicken
½ cup yellow onion or shallot, grated
1 to 2 cloves garlic, minced or grated
1 small zucchini or carrot, grated
2 to 3 tablespoons fresh parsley, chopped, *optional*
2 to 3 tablespoons olive oil, for roasting

1. Whisk together the egg, spices, and lemon zest.
2. Add remaining ingredients and gently stir to combine.
3. With wet hands or a scoop, form meatballs (2 tablespoons each).
4. To cook on a sheet pan, spread them out evenly, drizzle with a little olive oil and roast at 400 °F for about 30 minutes or until cooked through. For more browning, finish under the broiler for a few minutes.

COOK'S NOTE

- Alternatively, you can pan sear on all sides, then simmer in roasted tomato sauce or store-bought tomato sauce until cooked through, about 25 minutes.
- Freeze meatballs cooked or raw. Freeze separately on a sheet pan, then transfer to a baggie or container.

VARIATIONS

Optional add-ins include: 1 teaspoon lemon zest, ⅛ teaspoon red pepper flakes, ½ teaspoon oregano, ½ cup cooked grains.

Fatigue

Fatigue may be a symptom of your disease or a side effect of treatment. Fatigue can feel different for each person. You may feel tired, weak, exhausted, or slow. You may have no energy or find it difficult to concentrate.⁵

The following tips might be helpful:

- Stay active with regular moderate exercise, especially walking if you can
- Get plenty of sleep at night; 30-minute naps during the day may also be helpful
- Practice relaxing activities such as meditation, reading, or listening to music
- Drink plenty of water early in the day



Talk to your health care team if you⁵:

- Feel too tired to get out of bed for 24 hours
- Feel confused or dizzy, or lose your balance or fall
- Have problems waking up
- Have problems catching your breath
- Feel like the fatigue is getting worse, more frequent, severe, or doesn't go away

Bruising

You may experience bruising problems and form bruises that are larger and more painful than normal. They may form a lump under your skin, appear purple, or look like a collection of small red spots on your skin. Bruising may be caused by low blood counts, which can cause you to bruise more easily.⁶

The following tips might be helpful⁷:

- Elevate the bruised area above your heart
- Use a cold compress on the bruised area to help prevent swelling



Talk to your health care team if⁸:

- The bruise does not go away within a week
- New bruises are showing up for 3 days
- Swelling continues
- Bruising is frequent, severe, gets worse, or doesn't go away



Diarrhea

Diarrhea is the passage of loose or watery stools several times a day with or without discomfort. It can happen when water in the bowel (colon or intestine) isn't being absorbed back into the body for some reason. Diarrhea that's not treated or managed well may lead to dehydration and malnutrition.⁹

The following tips might be helpful¹⁰:

- Drink water and other clear liquids to help with hydration
- Avoid spicy foods
- Take antidiarrheal medication (like Imodium®)
- Try the low-fiber BRAT (Bananas, Rice, Applesauce, Toast) diet for easily digestible foods



Talk to your health care team if you⁹:

- Have blood in the stool or around your anal area
- Have new belly pain or cramps, or a swollen belly
- Do not urinate for 12 hours or more
- Cannot drink liquid for 24 hours or more
- Have been constipated for several days, and then begin to have a small amount of diarrhea or liquid stool
- Diarrhea is frequent, severe, gets worse, or doesn't go away

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*Recipes with a focus on **hydration** and **easily digested foods***

Rebecca's Mineral Broth

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Applesauce

Congee

Ginger Lime Sweet Potato Mash

Ginger Scented Rice

Best Oatmeal Ever

Spa in a Pitcher

Nana's Chicken Soup with Rice

Nana's Egg Salad on Toast



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Rebecca's Mineral Broth

Makes 6 quarts

Rebecca's Mineral Broth transforms to meet numerous nutritional needs. It serves as everything from a delicious sipping tea to a powerful base for more hearty soups and stews. So no matter what your appetite is, it can provide a tremendous nutritional boost. This rejuvenating liquid, chock-full of magnesium, potassium, and sodium, allows the body to refresh and restore itself. Think of it as a tonic, designed to keep you in tip-top shape.

COOK'S NOTES

- As the broth simmers, some of the water will evaporate; add more water if the vegetables begin to peek out. If you don't have a large enough stock pot, chop a full batch of vegetables and put half in a zip-top bag and freeze. This will be a time saver next time you need to make broth.
- Freeze the broth in 2, 4, or 6-cup portions in freezer-safe containers or bags.
- To boost protein, add 1 to 2 scoops of unflavored collagen or beef gelatin to this broth when warm.



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6 unpeeled carrots*
2 unpeeled yellow onions*
1 leek, white and green parts
1 bunch celery, including the heart*
4 unpeeled red potatoes*
3 sweet potatoes*
5 unpeeled cloves of garlic, halved*
½ bunch fresh flat-leaf parsley
12 black peppercorns
4 whole allspice or juniper berries
2 bay leaves
1 (6-inch) piece kombu, *optional*
Water*
1 teaspoon sea salt*

Don't have all the ingredients for this broth?

That shouldn't stop you! You can make a good and simple vegetable broth with the ingredients marked with an asterisk (*).

1. Rinse all of the vegetables well and cut into thirds or quarters.
2. In a 12-quart or larger stockpot, combine the vegetables, garlic, parsley, peppercorns, allspice berries, bay leaves, and kombu, if using. Fill the pot with water to 2 inches below the rim, cover, and bring to a boil.
3. Remove the lid, decrease the heat to low, simmer **partially covered** for about 2 hours or until full flavor of vegetables can be tasted.
4. Strain the broth through a large, coarse-mesh sieve, then stir in salt to taste.
5. Let cool to room temperature, then refrigerate overnight. Portion into airtight containers and refrigerate or freeze.

KOMBU is a mineral-rich seaweed in the kelp family that adds a savory flavor to stocks and broths. It's nourishing and tastes amazing, however, if you don't have kombu, that shouldn't stop you from making this broth. Find Kombu in the Asian section of a grocery store.

Apple Slices with Banana and Almond Butter

Serves 1

- 1 apple, cored and sliced into ½-inch rounds
- 1 tablespoon almond butter
- ½ banana, thinly sliced
- ⅛ teaspoon ground cinnamon
- ¼ teaspoon unsweetened cocoa powder, *optional*

1. Put the apple slices on a plate and spread the almond butter on each slice. Arrange the bananas on top and sprinkle with the cinnamon and cocoa powder.



Applesauce

Makes 6 pints

- 10 pounds Gravenstein or Granny Smith apples peeled, cored, and evenly sliced ¼-inch thick
- 1 cup water
- ¼ to ½ cup sugar
- ¾ teaspoon ground cinnamon
- 1 teaspoon sea salt



1. Prepare canning jars by running through dishwasher on a regular cycle. Once washed, place jars on a towel-lined sheet pan and keep hot in a 225 °F oven until you are ready to fill them. Place lids in a pot of water and bring to a boil, keeping at a simmer until ready to use.

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2. Fill a boiling water canning pot so that jars placed on the wire rack inside the canner will be covered by 1–2 inches of simmering water for processing once they are filled with hot applesauce.
3. Combine apples and water in a large, heavy-bottomed pot and bring to a boil over medium high heat, stirring often. Reduce heat, cover and simmer until apples begin to soften and break down (usually takes 12–15 minutes). Stir often to prevent scorching.
4. Add sugar, cinnamon, and salt, continuing to stir until the apples are soft enough to mash with a potato masher. Mash until apples have a consistently coarse and chunky texture.
5. Immediately remove jars from the oven and fill with hot applesauce, leaving a ½-inch headspace. Gently run a non-metallic spatula between the sauce and jar sides to release air bubbles. Wipe rims and threads clean with hot towel, top with hot lids, then firmly screw on bands.
6. Place filled jars carefully in the canner with water at a gentle rolling boil; cover the canner and process for 15 minutes, maintaining water at a boil the entire time. When processed, turn off heat and allow jars to sit for 5 minutes or so, and then use a jar lifter to lift carefully from canning pot to a towel-lined tray or sheet pan to cool.

COOK'S NOTE:

To make this and not preserve it, skip the canning procedures and just freeze it! If you're not preserving, you can substitute coconut palm sugar or Grade A Dark maple syrup for the sugar. Want it less sweet? Adjust the amount of sugar to your taste.

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Congee

Serves 6

1 cup uncooked short grain brown* or white rice

8 to 10 cups chicken stock

1 tablespoon minced ginger

2 cloves garlic

¾ teaspoon sea salt

1 tablespoon tamari

¼ teaspoon lemon juice

Optional garnish: toasted sesame oil, minced scallion, chopped cilantro

1. In a heavy pot over high heat, add the soaked rice, ginger, salt, and chicken stock. Bring to a boil, then reduce heat and cook on low, covered, until a soft porridge-like consistency is achieved, about 2 hours. Add more stock or water if it gets too thick.
2. Add tamari, lemon juice, and toppings of choice.



COOK'S NOTE:

Congee is an ancient Chinese porridge, dating back more than two thousand years. When Americans think about porridge, oatmeal comes to mind. This broth-based congee is thinner, but it's stimulating and satisfying. Its whole grain rice base is perfect for jump-starting digestion (some people even eat it for breakfast), and it's a nice canvas for adding taste-enhancers ranging from scallions, boiled egg, garlic, nori sheets, or fish sauce.

***If using brown rice, prepare ahead:** Soak the rice in cool water and the juice of half a lemon for 8 hours or overnight before cooking; this will make its nutrients more available and decrease the cooking time. If you don't have time to soak the rice, add an extra cup of broth and cook for an additional 15 minutes.

You can also use 2 cups cooked rice and cook time will be reduced to about 30 minutes.

Congee becomes even better the next day. Add ½ to 1 cup of broth to reheat.

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Ginger Lime Sweet Potato Mash

Serves 4

1½ pounds sweet potatoes or yams, peeled and cut into 2-inch cubes

Sea salt

Rebecca's Mineral Broth (page 23), store-bought stock, or water

2 tablespoons unsalted butter or ghee

1 tablespoon grated fresh ginger

¼ teaspoon Grade A Dark maple syrup

2 teaspoons freshly squeezed lime juice

1 tablespoon chopped fresh cilantro or mint, for garnish

Put the sweet potatoes and ¼ teaspoon of salt into a pot and add enough liquid to cover by an inch.

1. Bring to a boil over high heat, then reduce the heat, cover, and simmer for 20 minutes, or until very tender.
2. Reserve some of the cooking water, then drain the potatoes in a colander and return them to the pot.
3. Add the butter, ginger, maple syrup, ¼ teaspoon of salt, lime juice, and 2 to 3 tablespoons of the cooking liquid.
4. Use a potato masher or electric hand mixer to mash the potatoes, adding more cooking liquid until you reach the desired consistency.
5. Taste; you may want to add another pinch of salt or a squeeze of lime. Sprinkle with cilantro or mint and serve immediately.

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VARIATIONS

- Swap out the lime juice for orange juice and add a shaving of nutmeg.
- Garnish with mint or parsley rather than cilantro.
- If you are avoiding dairy, substitute 2 tablespoons of olive oil or coconut oil for the butter.

COOK'S NOTE

Here's a quick way to grate ginger. Cut the ginger so the yellow flesh is exposed, then run it across a microplane. The ginger will collect on the underside, so give the microplane a good tap and the ginger will release. You can also use this technique for grating garlic—just make sure to keep your fingertips from the grater edges.

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Ginger Scented Rice

Serves 6

2 (½-inch) slices rinsed unpeeled fresh ginger, plus
1 teaspoon minced fresh ginger
½ teaspoon sea salt
1 cup forbidden rice

1. In a 2-quart pot over high heat, bring 2 cups of water, sliced ginger, minced ginger, and salt to a boil, then stir in the rice.
2. Cover, lower the heat, and simmer for 30 minutes, until the water is all absorbed and the rice is tender.
3. Remove from the heat and allow it to steam for about 10 minutes.
4. Remove the ginger slices and serve.



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Best Oatmeal Ever

Serves 2

- 1 cup rolled or steel-cut oats
- 1½ tablespoons freshly squeezed lemon juice
- 2 cups water
- ¼ teaspoon sea salt
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger, or 1 teaspoon grated fresh ginger
- ⅓ teaspoon ground cardamom
- 1 teaspoon Grade A Dark maple syrup
- ¼ cup milk of choice

Chopped toasted almonds or walnuts *optional for garnish*

1. Place the oats in a pan or bowl with the lemon juice and water to cover and soak overnight.
2. Drain the oats in a fine-mesh sieve and rinse well under cold running water. Combine the oats, water, and salt in a saucepan and bring to a boil over medium-high heat. Cover, lower the heat, and stir in the cinnamon, ginger, and cardamom. Continue cooking, stirring occasionally, for 10 minutes. The oatmeal will become very creamy as the



COOK'S NOTES

Soaking the oats overnight with lemon juice makes their nutrients more available and also gives them a creamier texture.

VARIATIONS

For extra calories, add a tablespoon of coconut oil or nut butter.

water evaporates. For less-moist oatmeal, leave the lid off for the last 3 to 4 minutes of cooking.

3. Stir in the maple syrup and milk and serve garnished with toasted nuts or a dollop of compote, if you like.

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Spa in a Pitcher

Makes 8 cups

- 1 orange, thinly sliced into rounds
- 1 lemon, thinly sliced into rounds
- 1 unpeeled English cucumber, thinly sliced into rounds
- 3 sprigs fresh thyme, tarragon, mint leaves, or fennel fronds or a combination
- 1 tablespoon freshly squeezed Meyer lemon juice
- 8 cups water or sparkling water

1. Put the orange, lemon, cucumber, herbs, and lemon juice in a large pitcher. Press the fruit, cucumber, and herbs against the bottom of the pitcher with a wooden spoon, pushing down and twisting slightly to release their juices and volatile oils.
2. Add the water and stir to combine. Refrigerate for 1 hour before serving.

VARIATIONS

- In place of the water, use a weak tea made with 8 cups of boiling water and 4 chamomile, ginger, or green tea bags. Let the tea cool to room temperature before adding it to the pitcher.
- Experiment with your favorite fruits, fresh or frozen.

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Nana's Chicken Soup with Rice

Serves 6

2 tablespoons olive oil
1 yellow onion, diced
2 large carrots, peeled and cut into rounds
4 celery stalks, sliced into ½-inch chunks
Sea salt
6 cups *Rebecca's Mineral Broth* (page 23) or store-bought vegetable or chicken broth
2 cups thinly sliced, cooked chicken
1 cup cooked rice
1 teaspoon lemon zest
2 teaspoons freshly squeezed lemon juice
2 tablespoons chopped fresh flat-leaf parsley, for garnish

1. Heat the olive oil in a soup pot over medium heat, then add the onion, carrots, celery, and ¼ teaspoon salt, and sauté until golden, about 8 minutes.
2. Pour in ½ cup of the stock to deglaze the pot, stirring to loosen any bits stuck to the bottom, and cook until the liquid is reduced by half.

COOK'S NOTES

Two ways to cook the chicken:

- **POACH** 2 skinless, boneless breasts. Season the breasts with salt and pepper. Bring 3 cups of broth to a boil, then add breasts and simmer, covered, for 15 minutes. Remove from the liquid and allow to cool for at least 10 minutes before cutting.
- **ROAST** 2 chicken breasts. Season with salt, pepper and a drizzle of olive oil. Bake at 375 °F for 23–25 minutes until the internal temperature is 160 °F. Allow to rest for at least 10 minutes.
- Alternatively, buy a rotisserie chicken.

VARIATIONS

- Add a cup or two of baby spinach, arugula, or zoodles with the chicken and rice (Step 4).
- Add or swap cilantro or basil for the parsley.

3. Add the remaining 5½ cups of stock, bring to a boil over medium heat, then lower the heat and simmer until the vegetables are tender, about 10 minutes.
4. Add the chicken, rice, lemon zest, and lemon juice and cook for 2 minutes more.
5. Taste; you may want to add another pinch of salt or spritz of lemon juice. Serve garnished with parsley.

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Nana's Egg Salad on Toast

Serves 2 to 4

2 to 4 eggs, hard-boiled

1 teaspoon mayonnaise or yogurt

¼ teaspoon Dijon mustard

⅛ teaspoon sea salt

⅛ teaspoon paprika

Pinch of cayenne, *optional*

¼ teaspoon freshly squeezed lemon juice

4 slices of your favorite bread, toasted



1. Put the eggs in a bowl and use the back of a fork to break them up. Add the remaining ingredients and stir to combine.
2. Taste; you may want to add another pinch of salt or spritz of lemon juice.
3. Serve a dollop on a slice of toast.

VARIATIONS

- Fresh cilantro, basil, or dill makes a wonderful addition; add about 1–2 teaspoons, finely chopped.
- Swap the eggs for ~2 cups cooked chicken and 1 apple, diced into ¼-inch pieces.
- You can also serve on crackers, in a tortilla, in a romaine lettuce leaf, or atop a salad.

COOK'S NOTES:

To make a perfect hard-boiled egg, place the eggs in 4 cups of cold water in a pot. Cover and bring the eggs just to a boil, then immediately remove from the heat. Once the water has cooled to the touch, about 15 minutes, the eggs will have a perfectly cooked yolk. Submerge under cold water to stop the cooking.

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Muscle and Joint Pain

You may feel muscle aches and joint pain in one specific part of your body or more than one part of your body at a time. The pain can be sudden or sharp, can occur during movement, or be constant pain that does not go away when you rest.¹¹

The following tips might be helpful¹²:

- Take acetaminophen (Tylenol®) to help with reducing inflammation¹³
- Get a therapeutic massage
- Apply heat or cold to the affected area
- Try for moderate daily exercise, including walking, swimming, or water exercise. Talk to your doctor before starting any exercise program



Talk to your health care team if¹²:

- You have muscle or joint pain that cannot be controlled with self-care measures. Do not stop your cancer treatments to manage your pain without talking to your provider first
- Muscle and joint pain is frequent, severe, gets worse, or doesn't go away

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Recipes with a focus on reducing inflammation

Good Morning Protein Shake

Garlicky Global Greens

Coconut Cauliflower Soup with Ginger and Turmeric

Mexican Cabbage Crunch or Asian Slaw with Cilantro Lime Vinaigrette

Cilantro Lime Vinaigrette

Roasted Delicata Squash with Orange and Thyme

Basil Broccoli

Scrambled Eggs with Leafy Greens

Lemony Salmon Salad

Curried Chicken Salad

Triple Triple Brittle



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Good Morning Protein Shake

Makes 4 cups

1½ cups unsweetened plain rice milk or almond milk
1½ cups frozen mixed peaches or nectarines
1 tablespoon pea, rice, or whey protein powder
1 heaping tablespoon sunflower butter or almond butter
1 tablespoon ground flaxseeds
1 teaspoon honey
Spritz of fresh lemon juice, *optional*
A few sprigs fresh mint or basil, *optional*

1. Combine all the ingredients in a pitcher of a high-speed blender.
2. Blend until smooth. Taste; you may want to add a spritz of lemon juice.



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Garlicky Global Greens

Serves 4

2 bunches kale, Swiss chard, or spinach
(about 6 cups)

1 tablespoon olive oil

2 cloves garlic, minced

Pinch of red pepper flakes

¼ teaspoon sea salt

Freshly squeezed lemon juice

1. In a medium sauté pan, heat the olive oil over medium-high heat. Add the garlic and red pepper flakes and sauté for 30 seconds, just until aromatic.
2. Add the greens and salt and sauté for 2 to 3 minutes or until the greens begin to darken and intensify. If necessary, add a splash of water to cook the greens until they're tender.
3. Add the lemon juice. Taste; you may need to add another pinch of salt or a few drops of maple syrup.



COOK'S NOTES

Do the greens taste bitter? Try finishing them with a little acidity, such as a spritz of lemon, vinegar, or mustard or with a little sweet, such as a few drops of real maple syrup, a few raisins, or grapes.

VARIATIONS

Want more flavor? Try one of these variations.

Spicy? With step 3, add a pinch or two of chili pepper flakes and finish with a squeeze of lemon juice.

Asian? With step 3, add 1 clove garlic, minced, and a teaspoon of freshly grated ginger. Just before done, stir in 1 tablespoon of tamari or soy sauce and 1 teaspoon of toasted sesame oil.

Color? With step 4, add diced red bell pepper or in the last minute of step 5 add quartered cherry tomatoes.

Sweet? Add a little sweetness to balance bitterness.

- With step 4, add onion slices (about 1 cup) and sauté on medium-low heat for 15–20 minutes to allow sugars to turn brown and caramelize.
- Finish with 1 or 2 tablespoons of raisins or chopped dates.

Crunch? Garnish with toasted nuts or seeds just before serving.

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Coconut Cauliflower Soup with Ginger and Turmeric

Serves 6

2½ to 3 pounds cauliflower, cut into 1½-inch florets

3 tablespoons olive oil

½ teaspoon ground turmeric, divided

Sea salt

¼ teaspoon freshly ground black pepper

1 yellow onion, diced

2 cloves garlic, minced

2 carrots, peeled and chopped

2 celery stalks, chopped

4 cups *Rebecca's Mineral Broth* (page 23) or store-bought vegetable or chicken broth, combined with 1 can coconut milk

2 teaspoons freshly grated ginger

1 tablespoon freshly squeezed lime juice, plus more if needed

1 tablespoon finely chopped fresh mint or cilantro, *optional for garnish*

1. Position a rack in the middle of the oven and preheat to 425 °F. Line a rimmed baking sheet with parchment paper.
2. Put the cauliflower, 2 tablespoons of the olive oil, ¼ teaspoon turmeric, ½ teaspoon of salt, and pepper in a large bowl and toss until the cauliflower is evenly coated. Transfer to the prepared baking sheet and spread in an even

COOK'S NOTES

If you don't have turmeric, you can use same amount of curry powder.

You may want to stop at step 2 and enjoy the roasted cauliflower with a spritz of lemon and chopped herbs.

layer. Bake for 20 to 25 minutes, or until the cauliflower is golden and tender.

3. Meanwhile, heat the remaining tablespoon of olive oil in a soup pot over medium heat, then add the onion, a pinch of salt and the remaining ¼ teaspoon turmeric and sauté until translucent, about 3 minutes. Add the garlic, carrots, celery, and ½ teaspoon of salt and sauté until the vegetables begin to turn golden, about 10 minutes. Pour in ½ cup of the broth to deglaze the pot, stirring to loosen any bits stuck to the bottom, and cook until the liquid is reduced by half.
4. Pour one-third of the remaining broth into a blender; add the ginger and one-third of the vegetables, and blend until smooth, adding more broth as needed. Transfer to a soup pot over low heat and repeat the process two more times. Stir in ¼ teaspoon salt and the lime juice.
5. Taste; you may need another spritz of lime juice or a pinch of salt. Serve garnished with mint or cilantro.

Mexican Cabbage Crunch or Asian Slaw with Cilantro Lime Vinaigrette

Serves 6

MEXICAN

6 cups shredded red cabbage
4 cups julienned jicama
½ cup finely chopped fresh cilantro
1 tablespoon seeded and diced jalapeño
chili, *optional*
½ cup of *Cilantro Lime Vinaigrette*
½ cup pumpkin seeds, toasted

ASIAN

3 cups shredded red cabbage
3 cups shredded Napa cabbage
1 cup thinly sliced red bell pepper
3 scallions, white and green parts, thinly sliced
1 teaspoon grated fresh ginger
¼ cup finely chopped fresh cilantro
2 tablespoons finely chopped fresh mint
½ cup *Cilantro Lime Vinaigrette*
1 tablespoon sesame seeds, *optional*



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1. Put the first four ingredients (for Mexican) or first seven ingredients (for Asian) in a large bowl and toss to combine.
2. Drizzle with the vinaigrette and toss again. Let it sit for a few minutes to allow the dressing to penetrate the cabbage.
3. Taste; you may want to add a pinch or two of salt and another drizzle of vinaigrette.
4. Sprinkle the seeds over the top just before serving.

VARIATIONS

- If you don't like cilantro, substitute parsley for the cilantro.
- Use slivered almonds instead of pumpkin or sesame seeds.

COOK'S NOTES

To shred cabbage without resorting to a food processor, put the cabbage on a cutting board with the stem side down. Using a sharp chef's knife, cut it in half from top to bottom, then use the tip of the knife to remove the core. Put the halves on the cutting board flat side down and cut in half again. Now you have manageable pieces that you can cut into very thin slices.

Cilantro Lime Vinaigrette

Makes about a ½ cup

- ½ cup cilantro
- ½ cup olive oil
- 1 teaspoon lime zest
- 3 tablespoons freshly squeezed lime juice
- ½ teaspoon Grade A Dark maple syrup or honey
- ½ teaspoon salt

1. Put all the ingredients in a small food processor and process about a minute, until smooth.

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Roasted Delicata Squash with Orange and Thyme

Serves 4

1 delicata squash
2 tablespoons freshly squeezed orange juice
½ teaspoon grated orange zest
1 tablespoon olive oil
2 teaspoons Grade A Dark maple syrup
1 teaspoon chopped fresh thyme
¼ teaspoon sea salt
Freshly ground black pepper

1. Preheat the oven to 425 °F. Line a rimmed baking sheet with parchment paper.
2. Cut the squash in half lengthwise, scoop out the seeds, and cut the squash into ¼-inch-thick semicircles. Toss the squash with the orange juice, orange zest, olive oil, maple syrup, thyme, salt, and a few grinds of pepper in a large bowl.
3. Transfer the squash to the lined baking sheet, spreading it in a single layer. Reserve the liquid in the bowl.
4. Bake for 10 minutes, then flip the squash over and baste with the reserved liquid. Bake for 10 more minutes, until the squash is tender.
5. Garnish with parsley, if you like.

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Basil Broccoli

Serves 4

2½ pounds broccoli, cut into bite-sized pieces

Sea salt

2 tablespoons olive oil

1 tablespoon finely chopped garlic

½ cup diced red bell pepper

1 tablespoon freshly squeezed lemon juice

2 teaspoons lemon zest

¼ cup fresh basil, finely chopped

1. Heat the olive oil in a sauté pan over medium heat, then add the broccoli, the salt and sauté for 2–3 minutes. Add the bell pepper and garlic and sauté for another minute.
2. Add 2 tablespoons of water and cover. Steam for 2–3 minutes.
3. Uncover, then stir in the lemon juice, lemon zest, and basil and serve.



VARIATION

- Swap zucchini for the broccoli.
- Swap parsley for the basil.
- If you want some heat, simply add a few pinches of red pepper flakes with the garlic.
- For more flavor, garnish with parmesan cheese.

COOK'S NOTE

Add the lemon juice and zest just before serving. The lemon juice will turn the broccoli brown if it sits for more than a few minutes.

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Scrambled Eggs with Leafy Greens

Serves 2

4 eggs

¼ teaspoon sea salt

1 teaspoon turmeric, *optional*

¼ teaspoon freshly ground pepper

1 tablespoon water

2 teaspoons olive oil

1 cup baby spinach, baby kale, or arugula

COOK'S NOTE

- Keep in mind that the eggs continue to cook in the hot pan, so remove them from the heat 30 seconds before you think you should to prevent overcooking.
- You can also use chard, kale, or mature kale cut into bite-sized pieces; however, you will want to sauté the greens for a couple of minutes before adding the eggs to the pan.

1. In a medium bowl, crack the eggs, then add the salt, turmeric, pepper, and water and beat well with a whisk or a fork until the egg mixture becomes foamy.
2. Heat a skillet over medium heat, then add the olive oil.
3. Add the egg mixture and turn down the heat to medium-low. Stir with a spatula as the eggs start to set.
4. As the eggs begin to form curds, add the greens and keep stirring continuously until the eggs are soft and shiny and the greens are wilted.
5. Remove from the heat and serve immediately.

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Lemony Salmon Salad

Serves 2

1 (7½-ounce) can boneless, skinless, sockeye or other canned salmon, drained
2 teaspoons freshly squeezed lemon juice
2 teaspoons olive oil
Pinch of black pepper
Pinch of sea salt
3 tablespoons finely chopped celery
2 tablespoons finely chopped fresh flat-leaf parsley
2–4 romaine lettuce leaves or 2 slices whole grain toast, *optional*

1. Put the salmon in a bowl and break it into small pieces with a fork. Stir in the lemon juice, olive oil, pepper, salt, celery, and parsley, then taste. If needed, adjust the flavors with lemon juice and a pinch of salt.
2. Serve in lettuce cups or on a slice of whole grain toast or atop a salad.

VARIATION

Add chopped radishes and snap peas — they will not disappoint!

Shortcut: Simply combine just the salmon and celery with 2 tablespoons of the *Cilantro Lime Vinaigrette* (page 41).



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Curried Chicken Salad

Serves 4

- 1½ pounds (~2 cups) roasted chicken
- 1 Granny Smith apple, cored and diced into ¼-inch pieces
- ¼ cup raisins or currants
- ¼ cup minced scallions, green part only
- 2 stalks celery, diced
- ½ cup plain Greek yogurt
- ¼ cup mayonnaise
- 1 tablespoon freshly squeezed lime juice
- 1 tablespoon curry powder
- ½ teaspoon ground ginger
- ½ teaspoon sea salt
- 6 butter lettuce leaves, washed and dried
- ¼ cup slivered toasted almonds, for garnish
- ¼ cup chopped fresh parsley or cilantro, for garnish

1. Chop the chicken into ½-inch pieces and put them in a bowl. Stir in the apple, raisins, scallions and celery.
2. Separately, whisk together the yogurt, mayonnaise, lime juice, curry powder, ginger and salt.
3. Stir the yogurt mixture into the chicken.
4. Serve atop the lettuce leaves or whole grain toast, garnish with the almonds and cilantro.



COOK'S NOTES

Leftover rotisserie chicken is perfect for this recipe. Substitute your favorite apple for the Granny Smith. This salad can also be made with 6 hard-boiled eggs or 8 ounces of firm tofu instead of the chicken.

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Triple Triple Brittle

Makes about 2 cups

- 1 cup raw pumpkin seeds
- ¾ cup raw sunflower seeds
- ¼ cup white or black sesame seeds
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- ½ teaspoon ground allspice
- ½ teaspoon sea salt
- ⅓ cup Grade A Dark maple syrup
- 1 teaspoon vanilla extract

1. Preheat the oven to 300 °F. Line a rimmed baking sheet with parchment paper.
2. In a large bowl, combine all the ingredients and mix until well coated.
3. Spoon the mixture onto the prepared baking sheet and, with a spatula, pat and press the brittle into an even layer about ¼-inch thick. Press the middle so it's slightly thinner than the edges, which will help prevent the outside edges from burning.
4. Bake for about 25 to 30 minutes or until golden brown.



5. Remove from the oven and allow to cool completely. As it cools, it will become crispy.
6. Once the brittle has crisped up, break it into pieces and store in an airtight container.

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Upper Respiratory Tract Infection

Your cancer and cancer treatments can weaken the immune system. The immune system is a complex system the body uses to resist infection caused by germs such as bacteria, viruses, or fungus. An upper respiratory tract infection may cause nasal congestion, sore throat, coughing, and a low-grade fever.¹⁴

The following tips might be helpful¹⁴:

- Avoid crowds
- Wash your hands often with soap and warm water
- Wear a face mask
- Stay away from anyone with a fever, flu, or other infection
- Carry an alcohol-based hand sanitizer to clean your hands while you are out



Talk to your health care team if you¹⁴:

- Have a fever (your doctor will tell you what temperature to consider a fever)
- Have other symptoms of infection including chills or flu-like symptoms

General Tips/Summary/Recap

There is no magic formula for better health. Each person is unique and will respond differently when they change how they eat. Making small changes to your diet can make a difference in how you feel. Here are some tips to keep in mind:

- Stay hydrated by drinking water, tea and other liquids, such as vegetables and soups. Sip fluids throughout the day
 - Consider eating 4 to 6 smaller meals, instead of the typical 3 larger meals, for those with on-going digestive problems
 - Limit or avoid highly processed foods and you'll automatically reduce many added sugars, unhealthy fats, and additives. Just because you limit or avoid certain foods does not mean that you are sentenced to eating joyless and flavorless foods. We'll show you how to bring the YUM to everyday meals while nourishing your body
 - Cooked vegetables may be better-tolerated than eating raw vegetables; however, both raw and cooked may be beneficial
 - Focus on what you CAN eat rather than what you're giving up
 - Think of your pantry, fridge, and freezer as opportunities to support your overall health needs. Work with a dietitian to meet YOUR unique nutritional needs
- It is important to communicate with your health care team about side effects you may experience during treatment. Do not modify your treatment plan or stop treatment before talking with your health care team.

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Additional Resources

- American Cancer Society – www.cancer.org
- Leukemia & Lymphoma Society – www.lls.org
- Cancer Care – www.cancercare.org

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