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Nota di contenuto	Intro -- Title Page -- Copyright -- Contents -- Dedication -- Foreword -- Preface to the Second Edition -- Introduction -- Chapter 1: Cancer-Fighting Tool Kit -- Side Effects -- Recipes for Specific Side Effects -- Menu Planning -- Enhancing Flavor and Dealing with Taste Changes -- FASS Fixes for Taste Bud Troubles -- Learning Your Food Preferences -- Discovering Your Culinary Preferences -- The Power of Herbs and Spices -- Optimizing Nutrition -- Culinary Pharmacy -- Receiving Support-and How Family and Friends Can Help -- Chapter 2: Nourishing Soups and Broths -- Magic Mineral Broth -- Chicken Magic Mineral Broth -- Pasture Beef Bone Broth -- Italian White Bean Soup -- Lemony Greek Chicken Soup -- Chicken Vegetable Soup with Ginger Meatballs -- Ma's Mushroom Barley Soup -- Minestrone -- Thai It Up Chicken Soup -- Bella's Carrot, Orange, and Fennel Soup -- Cooling Cucumber Avocado Soup -- Rockin' Black Bean Soup -- Curry Cauliflower Soup -- Spiced Sweet Potato Soup -- Summer's Best Zucchini Soup -- Roasted Red Roma Tomato Soup -- Velvety Red Lentil Dal -- Creamy Broccoli and Potato Soup -- Chapter 3: Vital Vegetables -- Basil Broccoli -- Baby Bok Choy with Yam and Ginger -- Green Beans with Brazil Nuts and Basil -- Emerald Greens with Orange -- Gregg's

Stuffed Acorn Squash with Quinoa, Cranberries, and Swiss Chard -- Mashed Cinnamon Butternut Squash -- Kale with Sweet Potatoes and Pecans -- Kale with Carrots -- Broccoli with Garlic and Ginger -- Arugula with Edamame, Radish, and Avocado -- Baked Sweet Potatoes with Assorted Toppings -- Roasted Root Vegetables with Rosemary and Thyme -- Stir-Fried Baby Bok Choy with Shiitake Mushrooms -- Shredded Carrot and Beet Salad -- Warm and Toasty Cumin Carrots -- Warm Napa Cabbage Slaw -- Chapter 4: Protein-Building Foods -- Easy Eggs in a Cup -- Simple Scrambled Eggs with Kale -- Nana's Egg Salad. Poached Eggs with Basil Lemon Drizzle -- Curried Chicken Salad -- Chicken and Broccoli Stir-Fry with Cashews -- Cozy Comfy Chicken and Rice -- Orange Ginger Roasted Chicken -- My Family's Favorite Chicken -- Tuscan Farro and Bean Salad -- Middle Eastern Chickpea Burgers -- Lemon Mustard Salmon Salad -- Poached Salmon with Moroccan Pesto -- Triple-Citrus Ginger Black Cod -- Baked Citrus Halibut with Signora's Tomato Sauce -- Turkey Patties with Apple and Arugula -- Chapter 5: Anytime Foods -- Anytime Bars -- Beyond Just Good Cornbread -- Best Oatmeal Ever -- Edamame Avocado Dip with Wasabi -- Cannellini Bean Dip with Kalamata Olives -- Navy Bean and Sun-Dried Tomato Dip -- Black Bean Hummus -- Curried Hummus -- Creamy Polenta -- Coconut Ginger Lime Rice with Cilantro -- Maple-Glazed Walnuts -- Spiced Toasted Almonds -- Curried Kale Chips -- Orange Pistachio Quinoa -- Quinoa Porridge with Walnut Cream -- Kathie Swift's "Ciao Bella" Chia Pudding -- Mediterranean Lentil Salad -- Forbidden Rice Salad -- Simple Tuscan Farro -- Rice Paper Moo-Shu Rolls -- Curried Hummus and Vegetable Pinwheels -- Chapter 6: Tonics and Elixirs -- Turmeric and Cinnamon Masala Chai -- Annemarie's Calming Kudzu Elixir -- Commonweal's Most Nourishing and Healing Tea -- Ginger Peppermint Green Tea -- Green Tea Ginger Lemonade -- Cinnamon Ginger Tea -- Ginger Tea Spritzer -- Mouthwatering Watermelon Granita -- Cantaloupe Granita with Mint -- Ginger Ale with Frozen Grapes -- Peach Ginger Smoothie -- Triple Berry Smoothie -- Chocolate Banana Smoothie -- Chapter 7: Dollops of Yum! -- Apricot Pear Chutney -- Tomato Mint Chutney -- Basil Lemon Drizzle -- Avocado Dressing -- Avocado Cream -- Cashew Cream -- Pistachio Cream -- Cilantro Lime Vinaigrette -- Zesty Lemon Fennel Vinaigrette -- Blueberry Compote -- Dried Fruit Compote -- Seasonal Stewed Fruit -- Olive and Caper Relish. Moroccan Pesto -- Parsley Basil Drizzle -- Herbed and Spiced Yogurt -- Signora's Tomato Sauce -- Chapter 8: Sweet Bites -- Almond Muffin Mania -- Baked Apples Filled with Dates and Pecans -- Chocolate Tapioca Pudding -- Great Pumpkin Custard -- Cardamom Maple Mini Macaroons -- Coconut Rice Pudding -- Chocolate Apricot Date Nut Truffles -- Poached Pears with Saffron Broth -- Strawberries with Mango Coconut "Sabayon" Sauce -- Triple Ginger Snap Cookies with Pecans -- Resources -- Bibliography -- Acknowledgments -- About the Author -- Index.

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## Sommario/riassunto

"This new and revised edition of the IACP award-winning cookbook brings the healing power of delicious, nutritious foods to those whose hearts and bodies crave a revitalizing meal, through 150 new and updated recipes. Featuring science-based, nutrient-rich recipes that are easy to prepare and designed to give patients a much-needed boost by stimulating appetite and addressing treatment side effects including fatigue, nausea, dehydration, mouth and throat soreness, tastebud changes, and weight loss. A step-by-step guide helps patients nutritionally prepare for all phases of treatment, and a full nutritional analysis accompanies each recipe. This remarkable resource teaches patients and caregivers how to use readily available

powerhouse ingredients to build a symptom- and cancer-fighting culinary toolkit. Blending fantastic taste and meticulous science, these recipes for soups, vegetable dishes, proteins, and sweet and savory snacks are rich in the nutrients, minerals, and phytochemicals that help patients thrive during treatment. This second edition also includes a dozen new recipes--many of which are simpler and less complicated, for cancer patients to prepare on their low days--as well as a list of cancer-fighting foods that can be incorporated into everyday life without stepping behind the stove. Rebecca has also revised the text with the most up-to-date scientific research and includes a section on how friends and family can build a culinary support team"--

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