"This is the tribute by all the members of the Portuguese Head and Neck Cancer Study Group (GECCP) to the warriors who have fought this hard battle, never throwing in the towel and always seeing cure as the ultimate goal. The road is rough, but with the support of the whole team and others who share the same aches and anguishes, it can be made less harsh.

A big thank you to Sara and Simone because, through this book, they will be helping many patients and families on their journey, removing some of the pebbles from their path and giving them more reasons to smile — the important thing is to never give up."

Ana Castro, President of GECCP

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Grupo de Estudos de Cancro da Cabeça e Pescoço

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Dreams that Help

Dreams that Help

A Cancer Survivor and her nutritionist have created 80 recipes adapted to liquid, pasty and solid diets



Dr Simone Fernandes & Sara Neves
Nutritionist & Oral Cavity Cancer Patient

Sara Neves grew up in Almada. She graduated in Physical Education, but always felt the love and curiosity for cooking, painting, writing, photography, and graphic composition.
She is a cancer survivor, having already overcome two tongue cancers, in 2014 and 2019.
At the invitation of the MAKESENSECAMPAIGN, she collaborated as the Portuguese representative in two editions: "Survivors' Stories" and "Making Meals Make Sense".
She participated in Radio TSF's *Renascidos do Cancro* (Reborn from Cancer), a report by Cristina Lai Men and sound designer Luís Borges, awarded the *Prémio Jornalismo em Saúde* (Healthcare Journalism Award) and an honourable mention by the *Liga Portuguesa contra o Cancro* (Portuguese Cancer League).
This year, she collaborated in the Head and Neck Cancer Awareness Campaign with the Head and Neck Cancer Study Group and the Association of Friends of Patients with Oral Cancer.
She advocates the need to contribute towards raising the population's awareness of this type of cancer and its consequences.

Simone Fernandes was born in the municipality of Loures. She graduated in Dietetics and Nutrition at the age of 21, but her passion for working with the community and her love for working with and for her fellow human beings led her to later continue her studies in the field of Public Health, in which she obtained a Master's degree. She currently practices as a nutritionist in the clinical field, working in the context of hospital consultations, where she provides nutritional monitoring of patients with various pathologies, including oncological diseases. A firm believer that an adequate nutritional status is essential for maintaining health and improving the prognosis of the disease, she sees in writing and cooking a means of conveying the benefits of nutrition to improve the quality of life of cancer patients.

Recipes adapted to liquid, pasty and solid diets for:

... Cancer patients

... People with difficulty in chewing and swallowing

... People with xerostomia (too little saliva)

... Everyone (or almost everyone)!

Dreams that Help *has been inspired by:*

... The quest to help patients, families and the public in general who, at a certain point in their lives, need to adapt their diets, not only in terms of composition but also consistency (example: liquid, pasty and solid diets);

... The need to provide food alternatives for those whose food tolerance changes and who, on a daily basis, encounter a new problem at mealtimes, decreasing their food intake day by day;

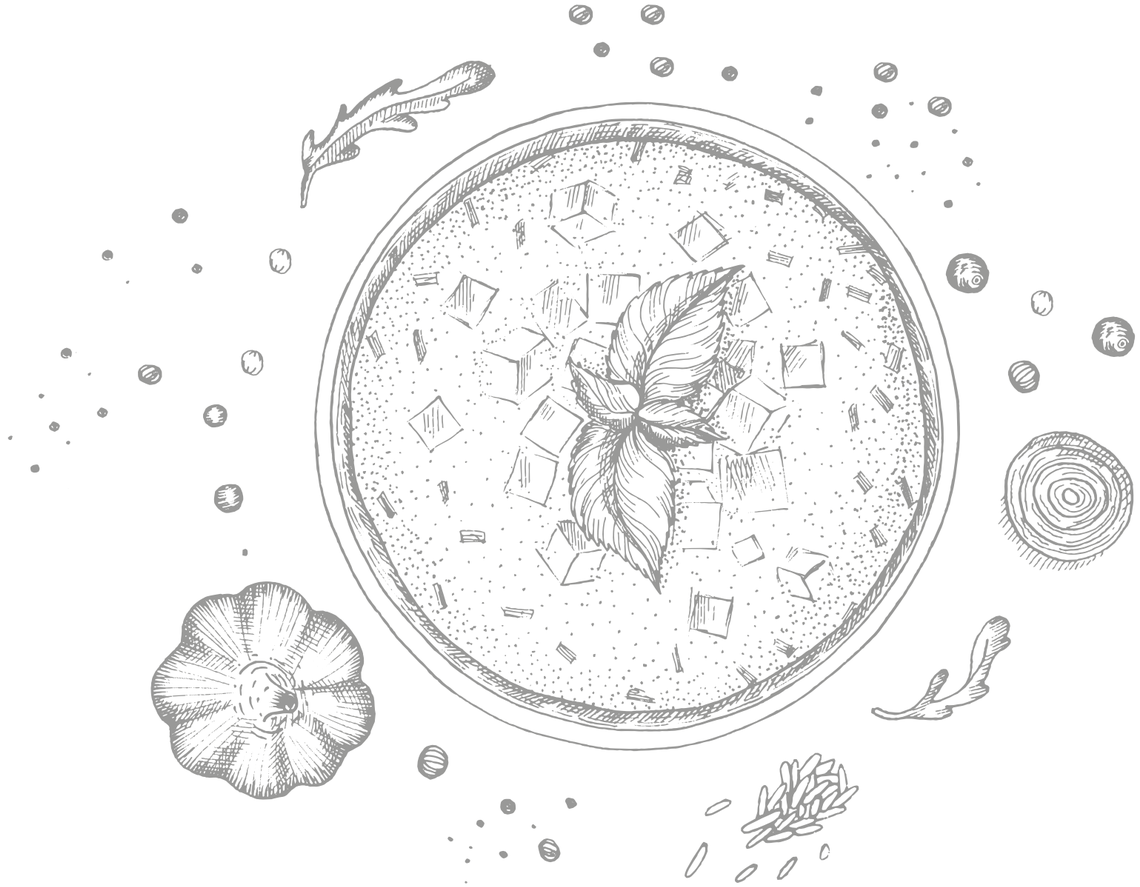
... The crucial importance of food as the basis for maintaining an adequate nutritional status of those who are ill, thereby contributing to a reduction in the patients' fragility as well as improving their health status and overall quality of life; and

... The thoughts that sometimes come to mind when we are conditioned and which transport us to other realities, thus helping us overcome less pleasant times. There are simple things, such as an apple, that can make us dream

and provide comfort us. The author, Sara Neves, often thought of this fruit during her radiotherapy sessions. It did not matter that she was not too fond of apples. At that moment, she would give anything just to feel the taste of a simple apple, since the taste in her mouth was metallic. She dreamed of the apple and "transported" its flavour;

... The willingness to help, especially those patients who have great difficulty in chewing, where often their whole day-to-day is transformed, where there are fears, where there are often difficulties in communicating (inherent to the disease/treatment itself) and where the lack of motivation to carry out everyday tasks, such as preparing a meal, becomes a constant reality; and

... The desire of the authors to write a book of tasty and balanced recipes, which will, somehow, help to improve other people's quality of life, since both have nurtured a special love for the art of cooking from an early age.



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Preface

Author Sara Neves
Oral Cavity Cancer Patient

I am 41 years old and, from an early age, I realised that I was not a very healthy person. As a child, I was often sick with tonsillitis and fevers.

At the age of 15, I was diagnosed with juvenile rheumatoid arthritis, which meant that I had to bear surgeries, infiltrations, treatments, pain, and the taking of immunosuppressants and various kinds of tablets.

Due to my health condition, I had to give up training and competing in athletics, but not sport as a whole, since I later completed a university degree in this field. The path was bumpy and full of obstacles, but that stirred me on to face and overcome difficulties.

My rheumatoid arthritis has been “under control and asleep” for some years now.

Between 2000 and 2004 (I do not remember the exact year), I noticed, for the first time, changes in my tongue. I undervalued the problem, and so did some health professionals.

In 2013, the gradual growth of a nodule made me suspect that something was not right and alerted me to the need to find specialist help (also encouraged by my friend, Margarida). After two biopsies, the bad news arrived in February 2014 when I was diagnosed with carcinoma of the oral cavity.

In 2015 and 2016, I suffered spontaneous pneumothorax events, with no apparent underlying clinical explanation to justify them.
In 2017, the appearance of goiter/hypothyroidism (probably brought about by the radiotherapy, and for which I take daily medication) and erosive lichen planus (which manifests itself on the tongue) were detected.

The carcinoma of the tongue led me to surgery, the cervical emptying of 26 ganglia and 30 radiotherapy sessions (5 days a week for 6 weeks).

During this treatment period, I lost 7 kilos. Despite the weight loss — firstly, because the body rejects food, and secondly, because of the symptoms associated with radiotherapy — I always forced myself to eat.

I was aware of the importance of food for my recovery, but I was not aware of which were the most appropriate foods to help minimise some of my symptoms.

The original call for me to write this book happened after my recovery from tongue surgery. This desire was reinforced when I began to feel the impact of the radiotherapy, the dietary limitations brought about by the side effects of the treatment and by the erosive lichen planus that conditions the choice and ingestion of certain types of ingredients and foodstuffs.

I believe that one of the biggest challenges for patients with cancer of the head and neck, is, undoubtedly, the dietary restrictions.

In the recovery phases of a biopsy, surgery and the consequences of radiotherapy, symptoms such as excess saliva, metallic taste in the mouth, sores, ulcers, lack of saliva, swollen gums, sore throat, hoarseness, difficulty in swallowing, poor chewing, loss of taste, and sensitivity to salt, spicy foods, acids, hot and cold, textures, among others, are quite common.

Some of these symptoms do not go away, so food is essential to minimise some of the fragilities caused by the treatments.

To facilitate access to nutritional ideas and alternatives, I believe that it is my duty to share what I have learned through my perseverance and passion for cooking.

Cancer made me more aware of the mistakes I had made in the past, especially with regard to food. I realised that, as a sufferer of an autoimmune disease (rheumatoid arthritis), I should have protected and nourished my body better, with the intake of healthy and diversified foods.

Because of this, I would like health professionals to be more active in alerting the population to these facts by working on prevention.

No doubt, there are risk factors associated with each disease, but it seems clear to me that a good diet is essential to maintain the body in a functional state.

I believe most people who get sick try to do their best.

I tried then and I still try every day to improve my quality of life, and a good diet is very important to achieve this.

I admit that sometimes I do cheat and I will have cake or dessert, but the intake of these foods is limited and moderate.

One of the things I have learned along this journey is that a balanced diet can include the most varied foods, but of course their consumption is ruled by frequency and portion size.

About a month after my last radiotherapy session, I regained my sense of taste. However, over time, I became more intolerant to some foods due to the sensitivity, burning and pain that they caused, not only due to their composition but also to texture.

I still feel dryness and numbness, and have difficulty in ingesting food. So, slowly, I had to adapt to my new condition.

Currently, I do not ingest acid fruits (except for a limited amount of tomato, and orange in jams), spicy flavours (including cinnamon, pepper, bell pepper, curry, ginger and rocket), vinegar, wine and garlic (except if puréed in the soup after it has been cooked or cut in half just for mild flavouring, without eating it). I have reduced my salt intake and, in its place, I often use aromatic herbs.

Dreams that Help

During my recovery period, I read a lot, I adapted and created new recipes and I sought the help of a nutritionist, Dr Simone Fernandes, who gave me the solutions that were appropriate to my condition. Due to our family ties, her professionalism and generosity, I just had to invite her to join me in this adventure.

In this book, we present recipes that we consider to be suitable to the various stages of the disease. We have grouped them accordingly, taking into account the composition, texture and nutritional value of the ingredients used.

And, because we want this book to condition the patients' choices as little as possible, we will sometimes present alternative ingredients. The focus is always to avoid an aggravation of the symptoms or other effects on the reader, and to make it easier to find the necessary ingredients.

Furthermore, if the reader is not familiar with some of the ingredients, flavours and products, such as rice milk, honey water, coconut drink, papaya, coconut sugar, carob flour, among others, I suggest you try them.

I came to know many of the ingredients after my illness due to my need for a varied diet, and to eat nutritionally rich foods.

From my experience, I advise that this change/introduction of new products be done in a gradual manner. Believe it, you will be surprised with the results and happy to have a wider choice of meals at your disposal.

Nowadays, there is already a huge variety of these products in supermarkets at increasingly more competitive prices.

We have left a few blank pages at the end of this book where readers can write and adapt their own recipes. It is the patients' choice, taking into account the stage they are in, the restrictions they present, and what they believe to be the best for them.

I am well aware that, possibly, some patients were unable to return to a solid diet. It is especially for these patients that I believe this book can be a valuable asset in terms of diversity. A special hug for them.

The book is divided into liquid, pasty and solid meals. It also includes mayonnaise, sauces, drinks, jams, butters, pâtés and hummus.

I sincerely hope that these ideas and suggestions will be of use to patients, health professionals, and the public at large. I wish you much happiness! I am happy!

I am adding these last few paragraphs, which had not been planned (since the preface had already been completed in October 2018), just to let you know that in November 2018 I was operated to my nose (septoplasty). One of my nostrils was blocked (perhaps due to radiotherapy).

On the 4th of February 2019, World Cancer Day, I again underwent tongue cancer surgery (a slightly simpler operation than the one performed in 2014).

I was, once again, limited to the so-called “normal” diet, since I was intubated and had to pass through the liquid and pasty diet phases until I eventually reached the solid consistency diet.

As a result, part of the conclusion of this book was written during my recovery period, where Dr Simone and I had the opportunity to improve on and adapt some ideas and suggestions for the benefit of the reader.

Today, after all these setbacks and learnings, I am a different Sara...

A Sara who feels sensitivity and burning in the tongue when she uses ingredients that potentiate it;
A Sara who feels permanent numbness in the tongue that is explained by the surgeries and their impacts;

A Sara whose teeth are sensitive during periods when there is less saliva;
A Sara who strives daily to improve her condition and overcome her difficulties (communication, tiredness, diet, etc.); and

A Sara who is more aware of the need to rest and nourish herself;

And, above all, a Very Happy Sara who wants to enjoy life to its fullest.

I BELIEVE that today I am a healthier person. It is my reality... it is my instinct.

I further BELIEVE that, with this book, I can offer more food alternatives and hope to someone out there.

I wish to thank...

My husband, for his unconditional support, for making me laugh, get up and believe that “it was just a less pleasant phase”. Zé is my safe haven, with whom I can always be my true self, and who creates all the necessary conditions for me to feel better.

Thank you, LOVE, for facing this illness with me, for following my dreams and for encouraging me to continue and never give up on what makes me happy.

I worked on the book for a year, and, as on all other occasions, you were my companion in the writing, the recipes, the photography, and the learning. No matter how many nice words I may say to you, they will never be enough.

The rest of the family, especially to my parents who gave me autonomy and independence from an early age, attributes which proved to be essential for me to face each phase with courage.

My sister, who tried to learn everything and do everything she could to help me.

Raquel, my stepdaughter, for her silent concern and unexpected surprises.

My parents-in-law, for their care and affection.

And, the little ones, but no less important, my beautiful nephews Rodrigo, Afonsinho and Olivia, who made me smile, comforted me and gave me hope.

My friends, especially Pedro Lourenço who, day in and day out, reinforces his character and friendship, expressing constant concern, generosity and support. How lucky I am that you are part of my personal and professional life.

All the doctors, who cared for me then and continue to care for me now, from all specialities

(general practice, head-neck surgery, stomatology, endocrinology, nutrition, speech therapy, physiotherapy, rheumatology, pneumology, acupuncture, etc.).
I need to single out Dr Jorge Rosa Santos, my “guardian angel”, who operated on my tongue successfully and gave me hope with a tight hand squeeze and an accomplice look in the operating theatre before my first surgery. I would like to highlight the trust he placed in me during the second operation. I praise his serenity, great professionalism, and enormous sensitivity.

When our speech is conditioned by the sutures of the surgeries, the medical staff’s gestures and communication are decisive in giving us hope, as well as all the necessary information.

Dr Mariluz Martins, for monitoring and advising me on the placement of a dental appliance to avoid tongue injuries.

Dr Filomena, the speech therapist who taught me to articulate words by reading nursery rhymes out loud and who gave me important advice, which I accepted and put into practice.

Ana Isabel Bico, my physiotherapist, an excellent professional who rehabilitated me after surgery and radiotherapy, and put mobility back into my neck and arm at the Medixira Clinic. To the team at this rehabilitation centre, a special word of thanks for being attentive to my complaints, for having detected both my pneumothoraxes and for advising me to go to the emergency unit at the hospital.

Dr Ramin Azarpour, for his orthodontics work and for his suggestions to minimise some of my symptoms.

Dr Carlos Zagalo, the ENT specialist, for his care and availability when assistance was needed.

Dr António Mano Azul, Dr Inês Henriques, Dr Pedro Trancoso and Diogo Mano Azul, for their generosity, friendliness, follow-ups, and advice.

Dr Madalena Matos, my “guru”, who does so much good to me with her acupuncture and her teachings. She is a source of light and kindness.

Dr Cátia Costa, for the affection and general medical follow-ups throughout my long “clinical curriculum”.

Dr Paulo Calvinho, for his relaxed nature, professionalism, and for the proximity he nurtures with his patients and their families.

Dr Pedro Gonçalves, for his availability, follow-ups, and sense of humour.

Dr Maria Luísa Martins, for her support and care, and for the tranquillity she emanates.

Ana Oliveira and João Almeida, for supplying me with propolis (a great disinfectant) and honey water from BEES IN TUBE, which, when included in various recipes, helps me chew.

José Alves, founder of *Asa do Coral* - Association of Friends of Patients with Oral Cancer, for the work he has done, with such commitment, to benefit these patients. For our exchange of ideas, suggestions and advice with the aim to help/support patients and their families. A man of causes, generous and resilient, who never gave up the fight and whom I was very lucky to have met. I value people who want to leave their imprint in the recovery and/or caring for others. He was also ill, so we ended up supporting each other in times of surgery and treatments. He will remain forever in my heart. THANK YOU, JOSÉ.

Mário Pereira, a cancer patient, for the inspiration he gave me to overcome my second surgery, for his example of perseverance, strength, and zest for life.

Maria Alice Costa, for her affection. The “angel” who took me to the operating theatre on my first surgery and calmed me down. I was scared, not knowing if I would survive, if I would speak

again, how I would eat again... I was stepping into the unknown. I had never heard of this type of cancer, nor did I know any patient with whom I might share experiences that could serve as a reference.

Nuno Luís, the master of photography who helped me in my craziness of wanting to learn this very complex and enchanting art. You were amazing for the time and patience you spared me, helping me with the technical know-how. The final edition you produced exceeded, by far, my expectations.

The Float Group who took on this project and made it possible for the book to be launched. I believe that the success of any project depends on the people who fully commit to it, so, with this in mind, a very special thank you to Bárbara Cruz, Helena Góis, Mafalda Faneca, Patrícia Arimatéa, Catarina Afonso, Manuel Tadeu, Rui Lousão, and Nelson Chantre.

The Head and Neck Cancer Study Group, in the person of Dr Ana Castro, for believing in this project and supporting it.

Merck Portugal, for making this book possible.

Dr Simone Fernandes, the nutritionist who kindly agreed to collaborate in the writing of this book. A great professional with an enormous sense of responsibility, dedication, who radiates love for others and her work.

The perfect combination to realise this dream! Thank you, cousin.

To all who are generous!



"All gestures make a difference and will always be remembered"

Dr Rosa Santos
Director of the Head and Neck Surgery Department at the Lisbon Portuguese Oncology Institute
Sara Neves' surgeon

I am a surgeon and have worked for many years in the Head and Neck Surgery Department of the Lisbon Portuguese Oncology Institute – Francisco Gentil, dedicating my time and efforts in particular to the treatment of Head and Neck Cancer.

I operated on Sara twice to her cancer of the tongue. At present, she is aesthetically and functionally well, maintaining regular follow-ups.

It was with great satisfaction that I became aware of her involvement in the MAKESENSECAMPAIGN, an initiative of the European Head and Neck Society supported by the Head and Neck Cancer Study Group (GECCP), as well as her collaboration with the ASADOCORAL association.

It was with great pleasure that I heard of her intention to publish a book on nutritional counselling for patients operated to oral cavity tumours.

Head and Neck Cancer is the sixth most common cancer in Europe, with more than 150,000 patients diagnosed annually. Portugal is no exception, with an incidence of 3,000 new cases annually.

Despite all the national campaigns in which several associations join forces, often with international associations as well, with the common objective of raising awareness amongst the population and health professionals to this type of cancer, the disease continues to be diagnosed at its later stages. Patients seek the reference centres already in situations of advanced disease with reduced chances of curative treatment.

About two thirds of head and neck cancers are diagnosed in the advanced stages and 10% already present disease dissemination at diagnosis.

In these cases, the prognosis is poor, with the overall survival rate not exceeding 44%.

Furthermore, in the treatment of advanced disease, the mutilation caused by the various therapies used (surgery, radiotherapy and chemotherapy) compromise the aesthetics and functionality of the patients and lead to serious social, family and professional issues with a strong tendency towards isolation and deterioration of their general physical and psychological status.

In several studies carried out by the European Head and Neck Society, around 77% of the population was unaware of the term “head and neck cancer”, the risk factors involved and the signs and symptoms, making it urgent that the information is reinforced.

These findings and the identification of all shortcomings have led the European Head and Neck Society, in collaboration with the National Societies, to develop awareness programmes, having organised the MAKESENSECAMPAIGN in all European countries, simultaneously.

In Portugal, the GECCP has a privileged relationship with ASADOCORAL.

It is in the context of a patient with strong civic values that Sara Neves' book, in collaboration with nutritionist Simone Fernandes, fits in.

Most of the head and neck tumours are located in the oral cavity and oropharynx.

Therapy has severe functional repercussions on the patients’ eating process, both in the chewing and swallowing phases, forcing most patients to adopt liquid and pasty diets, as chewing solid foods and swallowing them may be quite difficult.

These patients are left with significant impairments due to the instability of the jaw, the loss of dental pieces, and the much-reduced mobility of the tongue.

All these impairments are associated with the side effects of radiotherapy.

All oral rehabilitation programmes for these patients have run into budget shortfalls, making them unviable.

In addition to this, there are enormous technical difficulties in the oral rehabilitation of these patients, which often results in them being worse off than initially expected by both the patients themselves and the health professionals.

I, therefore, salute this contribution by Sara Neves and Simone Fernandes to improve the nutritional balance of these patients and, in this way, improve their quality of life.

Thank you very much for your contribution in favour of the patients.

Lisbon, August 4, 2019

Jorge Rosa Santos

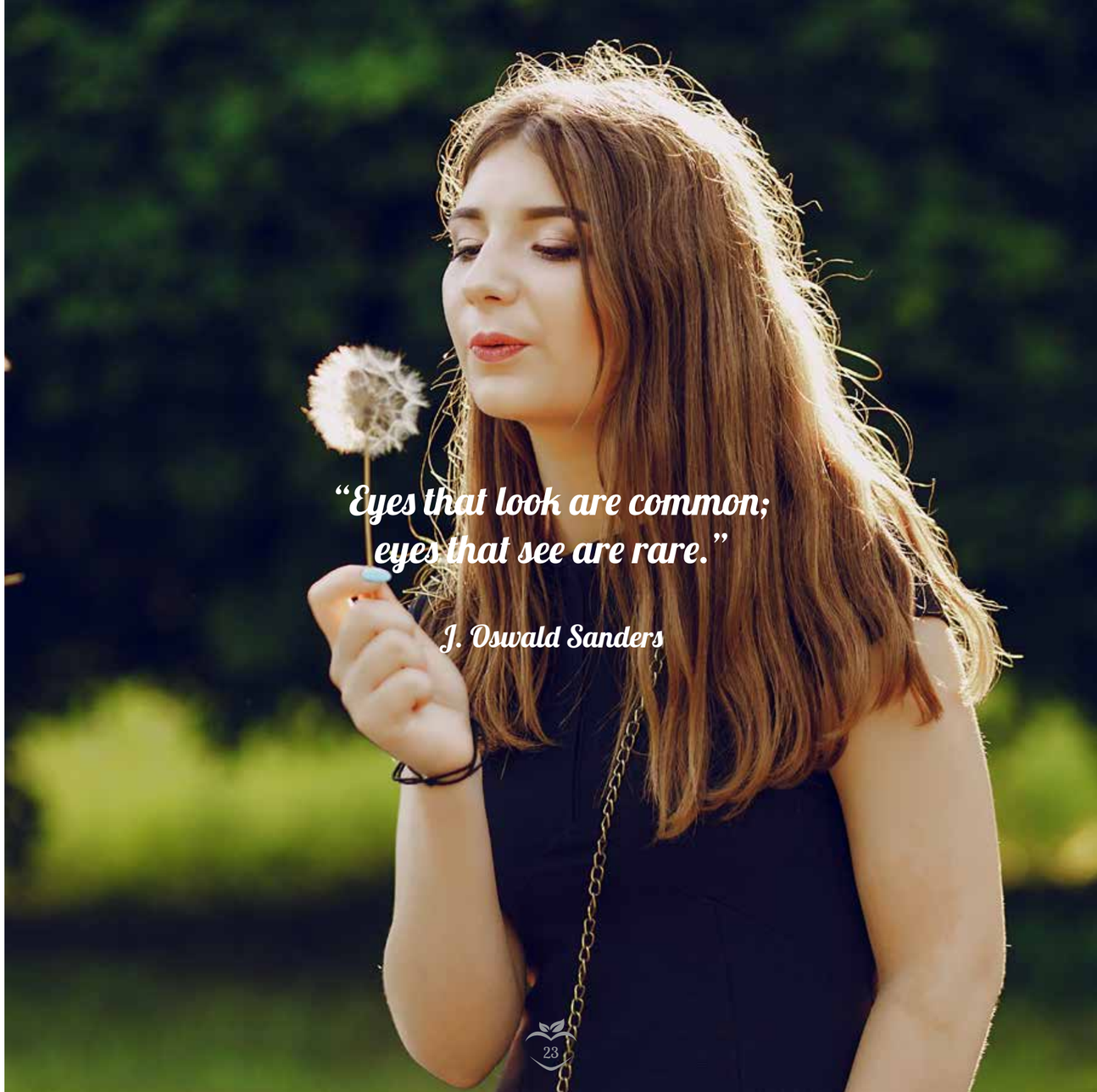
José Alves
President of Asadocoral
Association of Friends of Patients with Oral Cancer

The treatment of cancer of the oral cavity undoubtedly brings with it several sequelae that have to be resolved/minimised by the patients themselves. The hardest and most challenging to overcome is, without a doubt, eating.

This recipe book by Sara Neves and Simone Fernandes is for us, patients with cancer of the oral cavity, like an innovative, effective “medication” without side effects that we have been looking forward to for so long.

Thank you, Sara.

José Alves



Author Dr Simone Fernandes
Nutritionist

My name is Simone Fernandes. I am 29 years old and have been working as a nutritionist for eight years.

Although within the scope of my current professional activity I work with cancer patients very regularly, it was in a family context that I had my first contact with the disease.

At that time, when the monitoring of these cases was still very new to my routine, I intervened, not only as a professional, but also as a family member, which made me even more aware, more attentive and above all, it gave me a new sense of mission: “Together we can make a difference, together we can change the prognosis of the disease, together we can reduce the impact that it has, not only on the patient, but also on his/her family, and society.”

Later, when Sara came to me, great battles had already been won, and I realised once again, as when I lived through a similar process in my family, that something really needed to be improved – the nutritional interventions. Unfortunately, the number of nutritionists working in public health facilities is not enough to meet the nutritional monitoring demands of cancer patients. Like Sara, many patients have to seek outside professional help so that they can be regularly assessed and maintain an adequate nutritional status.

Nutritional intervention in cancer patients is crucial, and its integration into the therapeutic strategy designed for each patient should be mandatory.

Thus, the multidisciplinary monitoring of cancer patients, with an early and continuous nutritional intervention, is essential to help prevent fluctuations in the nutritional status, thereby avoiding situations of malnutrition that will compromise the quality of life of these patients.

A good nutritional status will minimise the side effects of the treatments, strengthen the immune system, and reduce the rate of complications associated with the disease.
Therefore, nutrition is a core factor in the treatment of individuals with cancer and it should be a mandatory adjuvant intervention, since it has a tremendous influence on recovery time, quality of life, and prognosis of the disease.

Dreams that Help

This nutritional intervention must be a personalised process, involving the adoption of eating plans that have been adjusted to each individual’s nutritional needs.

We also know that, in addition to the need for this intervention, many doubts arise in the daily lives of patients and their families when it comes to better adapting and diversifying their diet.

This was the purpose which led Sara to approach me: “How can we contribute to improving the daily lives of people who, like me, sometimes find themselves lost or without ideas of what meals to prepare? I felt that way. Am I having a balanced diet, adapted to my condition, diversified, and in sufficient quantities for my needs? What can I introduce that is new? How can I use food to my advantage, minimising the treatments’ side effects? The availability of information today is different, but we know little or nothing about where to find the correct information. I would love to help, but how?”

“By sharing experiences”, was the answer we both gave to this question.

Sharing Sara’s personal experience, sharing my experience as a professional and as a family member who had followed a similar process closely, is a way of helping, of being able to embrace this cause, of giving our support even if only at a distance. This is a challenge of great responsibility for both of us, but one that I had no doubt I wanted to embrace from the moment Sara invited me.

We are both aware that, in addition to each individual’s disease process, cancer treatments can cause various side effects, and that, for the most part, they can affect food intake and/or the absorption of nutrients, thus conditioning the nutritional status.
Some of these side effects were experienced by Sara, by my grandmother, and so many other friends and family members.
These side effects may include nausea, vomiting, xerostomia (dry mouth), changes in taste, diarrhoea, constipation, mucositis, stomatitis, anorexia (lack of appetite), among others.

We are thus often faced with a population with increased nutritional needs, but which is also fighting the side effects that inhibit food intake. It is, therefore, necessary to find ways of nourishing whilst causing the least possible discomfort.

With this book, we wish to contribute towards helping all cancer patients who, like Sara, are affected by some of the side effects caused by the disease and/or its treatments, and which condition the way they nourish themselves.

This assistance manual does not replace any form of intervention by a nutritionist and all patients must have continuous personalised nutritional monitoring.

We hope to contribute towards improving the quality of life of patients and their families by providing practical strategies and nutritionally balanced recipes which they can adapt to their daily lives. We wish to make their food more pleasant, balanced and diversified, even under the different conditioning factors imposed upon them.

I wish to thank...

Briefly, to take the opportunity to say a special word of thanks to my parents, brother, grandparents and uncle, who supported me unconditionally and encouraged me to work on this book – on this dream shared with Sara.

My friends and companions-in-sharing, who always encouraged me and stood by my side throughout this journey. Here, I include my “guinea pigs”, Vanda Silva, Luciana Cunha and Ana Maria Silva, and thank them for tasting and approving our recipes.

Sofia Monteiro, a friend and excellent photographer, who promptly offered to do the photography work and layout of the cover of this book, with all the affection, good taste and dedication that characterise her and her personal project, “Eternally You.”

Sara, for the challenge, perseverance, companionship and sharing along this path which we travelled together. You are a true fighter and deserve that all your dreams come true.

And, once again, the Float Group, Nuno Luís and all those who, through their dedication to this cause, have made this book possible, thank you very much.

“Carpe Diem”

Recommendations for the prevention of malnutrition in cancer patients

1. Malnutrition in cancer patients

Cancer patients have a high risk of developing malnutrition, since both the disease and the treatments can affect their nutritional status.

In studies carried out worldwide, it has been estimated that the prevalence of malnutrition in cancer patients varies between 20% and 70%. These different prevalences are related not only to the type of tumour and its stage, but also to the age of the individuals.

Individuals with tumours of the gastrointestinal tract, head-neck, liver and lung, have a higher risk of developing malnutrition. It is also in the older population and in the more advanced stages of the disease that cases of malnutrition are more prevalent.

It is estimated that 10 to 20% of cancer deaths can be attributed to malnutrition.

Some studies carried out in Europe show that health professionals devalue malnutrition associated with cancer in about 40% of patients. As a result, these individuals do not receive adequate nutritional monitoring.

Cancer-related malnutrition is a multifactorial process that affects not only food intake, but also promotes an increase in protein and energy needs, as well as alterations in the metabolism of various organs and tissues.

Nutritional counselling is the first line of intervention in the management of malnutrition in cancer patients with functional gastrointestinal tracts. This counselling should be done by a nutritionist, who will estimate the nutritional needs of each individual and set a balanced diet plan accordingly, taking into account the individual's lifestyle and food preferences.

In many cases, it may still be necessary to include fortified foods or nutritional supplements to complement the set diet plan, in order to meet the nutritional needs of malnourished individuals. These foods or food supplements should always be advised by the nutritionist or doctor who monitors these patients and should not be taken indiscriminately, since supplementation must be prescribed on a case-by-case basis.

2. How can the treatments affect the nutrition of cancer patients

a) Radiotherapy

The purpose of radiotherapy is to destroy cancer cells in the body, however, the use of this technique may cause side effects. These side effects will depend not only on the type of treatment and the radiation dose administered in each session, but also on the individual's general health status. These side effects can occur both during the treatment and after the treatment. Their duration cannot be predicted and there is always the possibility that they could become chronic.

b) Chemotherapy

Like radiotherapy, the purpose of chemotherapy is the destruction of cancer cells and it may also cause side effects. Depending on the cells and body tissues that are damaged, different types of side effects may occur. These side effects can result from any type of treatment, depending on the chemical substance that is administered, its dosage, form of administration and the individual's general health. These side effects can appear at any time during the treatment, from the early stages to the later stages, and they may manifest themselves differently from person to person.

Amongst the most frequent adverse/side effects of these two types of treatments, the following must be highlighted:

- Anorexia and Cachexia;
- Nausea and Vomiting;
- Xerostomia;
- Dysphagia;
- Mucositis or Stomatitis;
- Changes in the senses of taste and smell;
- Diarrhoea; and
- Constipation;
- Food aversions and intolerances.

3. Nutritional recommendations for frequent symptoms in cancer patients

Certain recurrent symptoms can lead to involuntary weight loss and/or changes in the nutritional status. Taking into account the symptoms, some strategies can be adopted to minimise these adverse effects and avoid changes in the nutritional status.

a) Anorexia (lack of appetite) and Cachexia (weight loss)

Anorexia is a common symptom in cancer patients, characterised by loss of appetite and/or early satiety. This symptom is associated with the disease's natural process, but it may also be associated with the treatment processes, the medication taken or the discomfort caused by other symptoms related to the disease itself. For example, mucositis, which, due to the pain it causes, will affect the intake of food and even lead to food refusal.
With regard to cachexia, this is a multifactorial syndrome that is characterised by marked weight loss and subsequent significant loss of muscle mass and body fat mass. In order to combat and counteract the progression of these symptoms:

- Choose to consume meals:
  - With less volume (example: use a dessert plate);
  - More frequently (ideally, about 6 meals a day); and
  - With higher energy and protein density (example: Greek yoghurt, shakes, dried fruit/spreads or nut butter).
- Have your meals in a tranquil environment, relaxed and preferably with company.
- Change the consistency of the foods you eat, as this can improve food tolerance, especially if the foods are odourless and at room temperature.
  - Examples: Fruit shakes made with milk/vegetable drinks without added sugars, fruit purées and porridges at room temperature.
- Avoid consuming foods that are too hot or too cold, as they are less well tolerated.
- Whenever possible, take short walks (10-15 minutes) in order to stimulate your appetite in the periods leading up to your meals.
- Whenever possible, prioritise variety and the presentation of your dishes. Try to make them, from a culinary point of view, as appealing as you can.

b) Nausea and Vomiting

Nausea can be described as an unpleasant feeling in the back of the throat and stomach that can lead to vomiting.

There are many sensations that can describe an episode of nausea, including stomach discomfort, malaise or stomach pain.

Nausea can have other symptoms associated to it, such as increased saliva production, dizziness, difficulty in swallowing, changes in skin temperature, and increased heart rate.
Vomiting is characterised by contractions of the stomach muscles, which push up the contents of the stomach so that they can be expelled through the mouth. These episodes may or may not be accompanied by nausea.

Nausea and vomiting are common symptoms in cancer patients. They are generally associated with radiotherapy, chemotherapy, tumour location, some types of medication, infections, anxiety, or obstructions in the gastrointestinal tract.

To prevent these symptoms:

- Avoid heavily seasoned foods, with strong smells, sauces, intense spices (curry, pepper), and hot spices. You should also avoid carbonated drinks, coffee, black tea, chocolate, fatty meat, as well as fries and stews due to their high-fat content.
- Give preference to foods that are more easily digested like drier foods (if well tolerated), such as biscuits without added sugars, toast, rusks, cereals and bread. In case of intolerance to solids, choose light-textured, pleasant-tasting foods, such as jams, broths, yoghurt, jelly, boiled eggs, soups, purées, and other low-fat foods.
- Avoid consuming foods that are either very hot or very cold, as they are less well tolerated or not recommended in some types of tumours, for example, tumours of the oral cavity.
- Ideally, in these cases, you should choose to drink water between meals. However, if water is necessary to the eating process due to the location of your tumour (example: tumours of the oral cavity), drink small portions, slowly, before eating non-liquid-consistency foods to allow you to consume them.
- Have small, frequent meals. Organise your day so as to fit in at least 6 mealtimes.
- Eat your meals in a relaxed manner and in pleasant, well-ventilated environments without strong smells. If there are too many odours in the kitchen, if possible, try to have your meals in another room of the house, especially one which has good ventilation.
- Whenever possible, avoid situations which usually trigger episodes of nausea or vomiting in you. These could be some smells, foods or events.
- Try not to eat for the first two hours following treatments.
- Take care of your teeth. Always brush them after an episode of vomiting.

c) Xerostomia (dry mouth)

For some specific types of tumours, such as those located in the head-neck area, xerostomia (dry mouth) may be a consequence of the tumour itself, it may result from inadequate hydration, some types of medication, or it may be related to chemotherapy and radiotherapy treatments.

A dry mouth, that is, a reduction in the flow of saliva, can not only make chewing and swallowing difficult but also change the taste of food. Therefore, to reduce these symptoms, the following is suggested:

- If you experience the effects of a dry mouth, you can dip toast and biscuits in tea, milk or barley to facilitate intake.
- Solid foods can be swallowed more easily if they are served with liquids (for example, the use of sauces/broths over meat, fish, vegetables, potatos, rice, pasta and legumes, among others).
- Foods with hard textures, raw and crispy or difficult to chew (toast, rusks, cereal bars and raw vegetables) can be more aggressive if there is inflammation of the oral cavity. Give preference to creamy, smooth foods with a soft or pasty consistency (puréed soups, soft cheeses, purées, soufflés, yoghurt, eggs, puddings, shakes, fruit purées, and jelly).
- Avoid foods that can irritate the mucosa, such as:
  - Spicy: Garlic, cucumber, bell peppers, chilli, ginger, pepper;
  - Crispy/hard: Dried fruit, biscuits, rusks, cereals;
  - Acid: Pineapple, orange, kiwi, lemon, tomato, vinegar, industrial sauces, pepper;
  - Grains: Rice, seeds;
  - Raw foods;
  - Salty: Popcorn, peanuts, fried crisps in general, sausages, smoked or canned foods;
  - At extreme temperatures: very hot or very cold; and
  - Alcohol: Avoid alcoholic beverages or adding wine to the cooking process, as alcohol can cause mucosal irritation.
- Maintain thorough oral hygiene.
- In some cases, it may be advantageous to use artificial saliva to facilitate and improve food intake. Always consult your doctor beforehand.
- Avoid breathing through your mouth and licking your lips. Use lip balms, if necessary.

d) Dysphagia

Dysphagia is described as any change in the swallowing process that prevents efficient and effective swallowing. Episodes of dysphagia may be related to the type of tumour, surgical procedures associated with some tumours, especially those located in the head-neck area, or with radiotherapy and/or chemotherapy treatments.

Recurrent episodes of dysphagia may lead to changes in the nutritional status or dehydration. A number of measures must be taken on a daily basis so as to improve food tolerance and promote food consumption, whilst keeping the risk of aspiration to a minimum. These measures are:

- Have your meals in a tranquil environment without distractions.
- Try not to rush through your meals. Ideally, you should take about 30 minutes for your main meals and at least 15-20 minutes for each intermediate meal.
- Chew your food well and calmly, and focus on this process alone, avoiding any other distractions at mealtimes. This way, you will avoid episodes of aspiration, that is, the passage of food into the airway.
- Maintain the sitting position during meals. Avoid getting up in the middle of your meals. Keep your spine straight and your feet well supported in order to maintain a correct posture. This will prevent gastric reflux.
- Choose to thicken your liquids with natural thickeners (example: corn starch for sauces; agar-agar, xanthan gum or guar gum for juices and shakes) or artificial thickeners sold in pharmacies and parapharmacies.
- Have gelatinised water and jelly to increase your daily hydration.
- Change the consistency of your foods, making them more tolerable. In your main meals, choose to include mashed foods (potatos/vegetables), puréed foods (potatos/vegetables), puréed vegetables with flour and milk (spinach), panadas (with white bread or maize bread) or shredded/chopped foods with sauces (oven-baked shredded fish with white sauce).
- For your afternoon tea/snacks, choose foods such as yoghurt, fruit purées or soft/cooked fruit (example: banana), fresh or curd cheese, oatmeal/maize/quinoa porridge.
- Avoid the consumption of dry foods (example: toast, biscuits) and viscous foods (example: peanut/almond/cashew nut butter), or in the form of small pieces, such as dried fruit, maize, rice, quinoa, midolline (teardrop-shaped pasta), among others, as they can lead to a greater risk of aspiration.

e) Mucositis or Stomatitis (inflammation of the oral cavity)

Inflammation of the oral cavity usually occurs as a result of chemotherapy and radiotherapy treatments, especially in tumours located in the head-neck area.

Dental problems can cause infections of the oral cavity, resulting in pain and, therefore, condition food intake.

In order to minimise the symptoms associated with these situations, here are some recommendations to be taken into account in your daily diet:

- Eat smaller, more frequent meals throughout the day (6 meals/day).
- Give preference to foods that are easy to chew and swallow, such as those with a creamy texture (yoghurt, creamy cheeses, soufflés, puddings, jelly, scrambled eggs with milk, jams), puréed foods (shakes, soups, fruit purées, puréed vegetables with flour and milk, homemade porridges), broths or liquids. In case there are sores, you can drink your liquids through a straw so that they do not come into contact with the sores inside your mouth.
- Avoid foods that can irritate the mucosa, such as:
  - Spicy: garlic, cucumber, bell peppers, chilli, ginger, pepper;
  - Crispy/hard: dried fruit, biscuits, rusks, cereals;
  - Acids: pineapple, orange, kiwi, lemon, tomato, vinegar, industrial sauces, pepper;
  - Grains: rice, seeds;
  - Raw foods;
  - Salty: popcorn, peanuts, fried crisps in general, sausages, smoked or canned foods;
  - At extreme temperatures: very hot or very cold; and
  - Alcohol: avoid alcoholic beverages or adding wine to the cooking process, as alcohol can cause mucosal irritation.
- Rinse your mouth with water before and after meals.
- Maintain thorough oral hygiene.

f) Changes in taste and smell

Changes in the senses of smell and taste may result from chemotherapy and radiotherapy treatments, or the type of tumour itself.

Some people experience bitter or metallic tastes, especially when they eat foods that are rich in protein, such as meat.

However, each individual's sense of taste can be affected in different ways and, therefore, the best approach to minimise or improve the unpleasantness of the taste of some foods will be different from person to person. Some people also report that the bitter or metallic tastes persist throughout the treatment and for some time after it ends.

Some of the strategies that can help minimise these effects include:

- Season your meals a bit more, according to your tolerance and preferences, using aromatic herbs and other seasonings commonly used in the Portuguese cuisine, such as onion, garlic, parsley, coriander, chives, oregano, basil, thyme, nutmeg, anise, and citrus fruits.
- Do not be afraid to try new foods or foods that you were not used to eating, as your sense of taste may change as a result of the treatments.
- Choose foods that appeal to you. Moist and naturally sweet foods, such as melon, grapes, cantaloupe, banana and papaya can be particularly appealing, as are lemon yoghurt or lemonade (unless your mouth is inflamed).
- The taste of meat becomes less attractive, so look for protein alternatives, such as fish, legumes, eggs or dairy products.
- Give preference to foods that are at room temperature.
- Brush your teeth and tongue, and rinse your mouth regularly, especially before eating, to clean your taste buds.
- In cases of oral cavity neoplasms, you can also ask your doctor to advise you on medication that will help you keep the oral cavity softer, and thus help you eat more easily and with the least possible discomfort.

g) Diarrhoea

Diarrhoea is characterised by the passing of three or more soft or liquid stools per day. It may be another side effect of cancer treatments, be they chemotherapy, radiotherapy, medication or even some types of surgery.
Other diarrhoea episodes may be associated with infections, intolerance or sensitivity to certain foods, and emotional changes.

Frequent or prolonged episodes of diarrhoea should be reported to your doctor as they can lead to changes in your nutritional status, dehydration or other health problems, and must, therefore, be treated.

From a nutritional point of view, several precautions can be taken to avoid this symptom, minimise its effects and avoid the consequences that may arise, such as:

- If you suffer frequent episodes of diarrhoea, avoid the consumption of uncooked and unpeeled fruits, especially if they are rich in insoluble fibres (kiwi, plum, pineapple and grapes), raw vegetables and green vegetables (broccoli, spinach, watercress, turnip greens). Give preference to the consumption of boiled, oven-baked or peeled fruits, as well as carrot, peeled courgette, turnip and onion, all cooked.
- With regard to dairy products (foods with a high protein content and which can be an important part of your diet), in times of active diarrhoea, restrict your intake of lactose, choose to have lactose-free milk or yoghurt, or a rice drink (enriched with calcium and vitamin D).
- With regard to cereals, choose not to consume whole-grain cereals, whole-grain biscuits, whole-grain flours and whole-grain and/or seed bread.
- You should also hydrate your body as much as possible, reinforcing your intake of water throughout the day, since diarrhoea causes high water loss. Try to drink about 1.5 litres of water per day.

h) Constipation

Constipation can be caused by some treatments and painkillers, but also by a low consumption of fibre-rich foods, low water intake or may even be the result of physical inactivity for long periods. To prevent this:

- You should not go without evacuating for more than 3 days. If that occurs, increase your fibre intake by having 3 to 5 servings of fruit per day. Give preference to fibre-rich fruits (kiwi, mango, papaya, plum, and orange). You may also choose to consume them as pure fruit juices.
- In order to increase fibre intake, you should also include in your daily routine the consumption of fibre-rich vegetables, such as broccoli, chicory, lettuce, rocket, round cabbage, spinach, among others. If tolerance is not a problem, eat them raw. In cases of lesser tolerance, you can opt for softer/pasty consistencies, such as mousse.
- Drink more liquids, aiming for at least eight glasses of water per day. Good hydration helps keep stools soft.
- Begin your day with a good breakfast, preferably one that includes a warm drink and fibre-rich foods, such as oat flakes, whole-grain wheat and rye, oat porridge, quinoa porridge, whole-grain bread and fruit.

i) Food aversions and intolerances

The development of food aversions is frequent. It is usually related to the association made by the person of the consumption of certain foods with episodes of indisposition or unpleasant symptoms.

Food intolerances, on the other hand, are less common, but may be related to chemotherapy and radiotherapy treatments, which lead to changes in the ability to digest/tolerate some foods.

Therefore:

- You should avoid eating your favourite dishes when you are feeling less well or more averse to food. In this way, you will not associate these foods with the indisposition you were feeling, and you will be able to enjoy your favourite dishes on occasions when you are feeling better, without having created an aversion to them.
- The aversion to food will tend to go away, so make the consumption of healthy foods part of your daily routine, always served at room temperature.
- All foods that you may come to find repulsive, must be substituted.
- Occasionally, people who normally digest milk and dairy products well may experience intolerance to these products during chemotherapy or radiotherapy treatments, resulting in colic and diarrhoea. However, smaller portions of lactose can still be tolerated by most people who used to consume these foods regularly. In these cases:
  - Experiment with small portions of yoghurt or cheese to see if you can tolerate them. Yoghurt and aged cheeses may be better tolerated than other dairy products;
  - Only avoid the dairy products that cause you problems;
  - Consider trying lactose-free milk; and
  - Eat calcium-rich vegetables, including broccoli, cabbage, spinach, and rocket.

Nutritionally balanced recipes adapted to different degrees of food tolerance in cancer patients



Liquid Food

Intermediate Liquid Meals



"Sweet Rice" Shake

Ingredients

- rice drink or milk (250ml)
- 1 medium banana (120g)
- 3 tbsp. oats (30g)

Method

1. Process the peeled banana, oats, and rice drink in a blender or with a hand blender;
2. Serve and drink immediately.

Nutritional Value . . . . . Portions

Kcal: 354
Lipid content: 4.7g
Protein: 5.4g
Carbohydrates: 75.6g
Sugar: 30.0g
Fibre: 5.1g
Salt: 0.3g



Notes/Tips

- In case of constipation prefer:
  - ripe banana
- In case of diarrhoea or soft to liquid stools, prefer:
  - green banana
  - lactose-free milk or rice drink

“Comfort” Shake

Ingredients

- rice drink or milk (250ml)
- 1 small banana (100g)
- 1 tbsp. peanut butter (25g)
- 3 tbsp. oat/coconut flour (30g)

Method

1. Process the peeled banana, flour, peanut butter, and rice drink or milk in a blender or with a hand blender;
2. Serve and drink immediately.

Nutritional Value

Kcal: 435
Lipid content: 17.1g
Protein: 12.7g
Carbohydrates: 72.8g
Sugar: 28.4g
Fibre: 4.6g
Salt: 0.3g

Portions



Notes/Tips

- In case of constipation prefer:
  - ripe banana
- In case of diarrhoea or soft to liquid stools, prefer:
  - green banana
  - lactose-free milk or rice drink
  - do not use peanut butter
- You can make the peanut butter recipe included in the “butters” section.

“Pink” Shake

Ingredients

- rice drink or milk (250ml)
- blueberries* (100g)
- 1 small banana (100g)
- 2 tbsp. oat flour (20g)
- 3 tbsp. coconut/almond flour (30g)

Method

1. Process the peeled banana and the remaining ingredients in a blender or with a hand blender;
2. Serve and drink immediately.

Nutritional Value

Kcal: 509
Lipid content: 18.7g
Protein: 17.0g
Carbohydrates: 64.0g
Sugar: 29.9g
Fibre: 8.5g
Salt: 0.1g

Portions



Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity, remove from the recipe or swap for another fruit with less acidity.
- In case of constipation prefer:
  - ripe banana
- In case of diarrhoea or soft to liquid stools, prefer:
  - green banana
  - lactose-free milk or rice drink

“Tropical” Shake

Ingredients

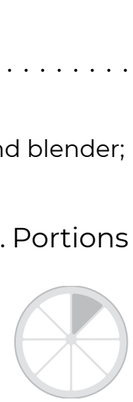
- rice drink or milk (250ml)
- papaya (100g)
- mango* (100g)
- 1 tbsp. cashew or almond butter (25g)
- 3 tbsp. oat/coconut flour (30g)

Method

1. Peel the mango and the papaya;
2. Process the fruit and the remaining ingredients in a blender or with a hand blender;
3. Serve and drink immediately.

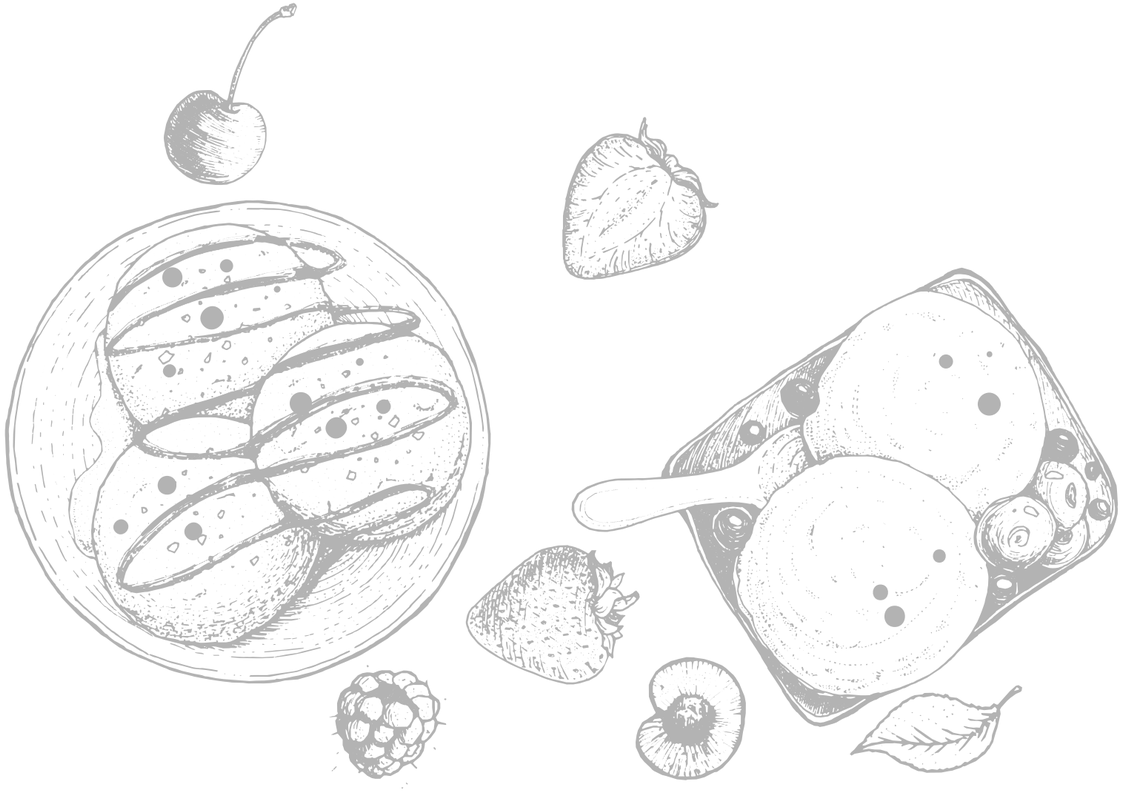
Nutritional Value ... Portions

Kcal: 476
Lipid content: 20.2g
Protein: 23.4g
Carbohydrates: 48.8g
Sugar: 21.5g
Fibre: 2.8g
Salt: 0.1g



Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity, remove from the recipe or swap for another fruit with less acidity.
- In case of diarrhoea or soft or liquids stools, choose not to make this shake.
- You can make the almond butter recipe included in the “butters” section.



Main Liquid Meals - Cream Soups



Fish Cream Soup

Ingredients

- hake (600g)
- 4 medium sweet potatos (400g)
- 1 small courgette (200g)
- pumpkin (400g)
- 1 large onion (200g)
- 2 garlic cloves* (6 g)
- 4 tbsp. olive oil (40ml)
- water (1.5L)
- coriander to taste
- 1 tsp. salt flower* (5g)

Method

1. Cook the hake in hot water;
2. Peel, wash and dice the sweet potato, onion, pumpkin, courgette, and garlic;
3. Cook in hot water for about 20 minutes with salt and ½ of the coriander;
4. After cooking the hake, remove the skin, bones, and shred;
5. Once the vegetables are cooked, add the hake, the remaining coriander and the olive oil;
6. Process until you get a velvety cream and serve.

Nutritional Value . . . . . Portions

Kcal: 352
Lipid content: 10.5g
Protein: 29.1g
Carbohydrates: 33.2g
Sugar: 8.3g
Fibre: 4.2g
Salt: 1.25g



Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
- Choose an olive oil with less acidity.
- Coriander is an aromatic herb with an intense taste, so salt can be reduced if necessary.
- If you are recovering from any intervention to your oral cavity, you can cool the cream soup with some ice cubes.

Portuguese Style Cream Soup

Ingredients

- 2 medium potatos (200g)
- kidney beans, cooked (200g)
- savoy cabbage (200g)
- 2 medium carrots (200g)
- 1 large onion (200g)
- 2 garlic cloves* (6g)
- 6 medium eggs
- 4 tbsp. olive oil (40ml)
- water (1.5L)
- coriander to taste
- 1 tsp. salt flower* (5g)

Method

1. Boil the eggs in a small pan;
2. Peel, clean and cut the potatos, onions, carrots, and garlic into small cubes;
3. Cook the savoy cabbage, which was previously washed and cut into pieces, in hot water, with salt and ½ of the coriander, for about 10 minutes;
4. Add the beans and let it cook for another 10 minutes;
5. After the vegetables are cooked, add the eggs, peeled, the remaining coriander, and the olive oil, and blend everything into a velvety cream;
6. Adjust the seasoning and serve.

Nutritional Value ... Portions

Kcal: 335
Lipid content: 18.5g
Protein: 16.0g
Carbohydrates: 23.3g
Sugar: 3.4g
Fibre: 6.4g
Salt: 1.25g



Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
- Choose an olive oil with less acidity.
- Coriander is an aromatic herb with an intense taste, so salt can be reduced if necessary.
- If you are recovering from any intervention to your oral cavity, you can cool the cream soup with some ice cubes.

Pea Consommé with Chicken and Mint

Ingredients

- chicken (400g)
- 2 medium sweet potatos (200g)
- peas (200g)
- 1 small courgette (200g)
- 1 large onion (200g)
- 4 handful of spinach (200g)
- 2 garlic cloves* (6g)
- 4 tbsp. olive oil (40ml)
- water (1.5L)
- mint to taste
- 1 tsp. salt flower* (5g)

Method

1. Peel, wash, and dice the potatos, onions, courgettes, and garlic;
2. Boil with the previously washed spinach, salt, and mint;
3. In another pan, boil the chicken in salted water;
4. When cooked, remove the skin and bones, and set aside;
5. Once the vegetables are cooked, add the chicken and olive oil, and process everything into a velvety cream;
6. Adjust the seasoning and serve.

Nutritional Value ... Portions

Kcal: 383
Lipid content: 11.6g
Protein: 30.3g
Carbohydrates: 35.6g
Sugar: 8.5g
Fibre: 7.3g
Salt: 1.25g



Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
- Choose an olive oil with less acidity.
- If you are recovering from any intervention to your oral cavity, you can cool the consommé with some ice cubes.

Liquid Desserts



Dreams that Help

Ingredients

- 6 medium egg whites (180ml)
- 2 medium egg yolks
- 3 tbsp. coconut sugar (40g)
- 1 tbsp. coffee (5g)
- 1 rice cream package (250ml)
- 1 tbsp. honey water/honey (20ml)

Method

1. Whisk the egg whites for about two minutes;
2. Add the remaining ingredients and whip until the mixture becomes creamy;
3. Chill and serve.

Nutritional Value

Kcal: 155
Lipid content: 6.4g
Protein: 6.6g
Carbohydrates: 17.3g
Sugar: 12.3g
Fibre: 0.5g
Salt: 0.15g

Portions



Notes/Tips

- The taste of honey water is different from honey. You can find it in local fairs/farmers' markets. You can replace it with rice syrup, stevia, or agave syrup.

Banana and Strawberry Ice Cream

Ingredients

- 2 bananas (200g)
- 8 medium strawberries* (200g)

Method

1. Peel, slice, and freeze the bananas;
2. Wash ½ of the strawberries, cut into small pieces and freeze;
3. After the fruit is frozen, remove from the freezer and process with the remaining fresh strawberries, previously washed and prepared, in a mincer or food processor and serve.

Nutritional Value ... Portions

Kcal: 144
Lipid content: 0.65g
Protein: 1.7g
Carbohydrates: 30.5g

Sugar: 17.1g
Fibre: 4.6g
Salt: 0.05g



Notes/Tips

(*) - Depends on tolerance. You can use blueberries as an alternative.

Papaya Mousse

Ingredients

- ripe papaya (600g)
- quark cheese or Greek yoghurt (200g)
- 2 medium egg whites (60ml)

Method

1. Peel the papaya, remove the seeds and mash until you get a creamy pulp;
2. Add the quark cheese or Greek yoghurt and mix with a fork;
3. In a separate bowl, whisk the egg whites and incorporate in the previous mixture;
4. Refrigerate for 30 minutes and serve immediately.

Nutritional Value ... Portions

Kcal: 131
Lipid content: 2.6g
Protein: 7.5g
Carbohydrates: 18.2g

Sugar: 13.7g
Fibre: 2.6g
Salt: 0.08g





Pasty Food

Intermediate Pasty Meals



Dreams that Help

Ingredients

- ½ papaya (150g)
- ½ small banana (50g)
- 1 natural vegetable yoghurt (125g)
- ½ tsp. chia seeds* (2g)

Method

1. Mash the papaya and banana with ½ of the yoghurt;
2. Add the other ½ of the yoghurt to the previous mixture, stir with a spoon, and serve with chia seeds.

Nutritional Value

Kcal: 286
Lipid content: 6.0g
Protein: 10.3g
Carbohydrates: 31.3g
Sugar: 6.1g
Fibre: 1.3g
Salt: 0.08g

Portions



Notes/Tips

(*) - If the texture of the small grains upsets or hinders any recovery, remove from the recipe.
- In case of constipation:
    - prefer ripe banana
    - add ground flaxseed, as it increases fibre content
- In case of diarrhoea or soft to liquid stools, prefer:
    - green banana
    - pear or apple instead of papaya
    - lactose-free yoghurt
- You can make this recipe with other mashed fruits.
- This is an alternative intermediate meal that you can take to work or another place where it is hard to have access to food/meals that you can eat.



Dreams that Help

Apple Quinoa Porridge

Ingredients

- milk, sugar-free rice or oat drink (200ml)
- 3 tbsp. quinoa (40g)
- 1 medium ripe apple (150g)
- 1 cinnamon stick*
- 2 lemon rinds

Method

1. Cook the quinoa in a pan with 150-200ml of water;
2. When cooked, drain the water and add the milk or vegetable drink, the apple, previously grated, the lemon rinds, and the cinnamon stick, and let simmer for about 10 minutes;
3. When the porridge is tender, turn off the heat, remove the lemon rinds and the cinnamon stick and serve.

Nutritional Value ... Portions

Kcal: 341
Lipid content: 4.6g
Protein: 6.6g
Carbohydrates: 64.7g
Sugar: 26.1g
Fibre: 7.0g
Salt: 0.05g

Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
- In case of diarrhoea or soft to liquid stools, prefer:
    - lactose-free milk or rice drink
- In case of constipation add:
    - ½ tbsp. ground flaxseed, as it increases the fibre content
- To increase the energy value of the porridge you can add toppings such as:
    - ½ tbsp. peanut, almond or cashew butter (you can find the recipes in the “butters” section)
    - 1 small banana (ripe in case of constipation or “green” in case of diarrhoea or soft to liquid stools)
    - 1 tbsp. grated coconut
- You can sweeten your porridge with honey water, rice syrup, stevia, agave syrup or coconut sugar.
- The taste of honey water is different from honey. It can be used in porridges, salads and main meals to facilitate chewing/swallowing. You can find it in local fairs/farmers’ markets.
- You can put this porridge in the fridge. This is an alternative intermediate meal that you can take to work or any other place where it is hard to have access to food/meals that you can eat.



Grandma Adelaide's Cornstarch Porridge

Ingredients

- milk, sugar-free rice or oat drink (200ml)
- 2 tbsp. corn starch (20g)
- 1 lemon rind
- 1 cinnamon stick*
- 1 medium egg
- ½ tbsp. honey water (10ml)
- ½ tsp. vanilla extract (3ml) or the seeds of 1 vanilla pod

Method

1. Mix the corn starch with water (50ml) and set aside;
2. Open the vanilla pod, remove the seeds and add the honey water;
3. Heat the vegetable drink/milk with the lemon rinds, cinnamon stick and honey water;
4. When it starts to boil, add the corn starch, and stir until it thickens;
5. Beat the egg in a separate bowl, and add to the previous mixture;
6. Keep stirring and simmer for one minute;
7. Serve with 1 piece of fresh, minced fruit to taste.

Nutritional Value ... Portions

Kcal: 280
Lipid content: 8.8g
Protein: 8.5g
Carbohydrates: 41.3g
Sugar: 12.0g
Fibre: 0.8g
Salt: 0.25g



Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
- In case of constipation add:
    - ½ tbsp. ground flaxseed, as it increases the fibre content
- In case of diarrhoea or soft to liquid stools, prefer:
    - lactose-free milk or rice drink
- To increase the energy value of the porridge you can add toppings such as:
    - ½ tbsp. peanut, almond or cashew butter (you can find the recipes in the “butters” section)
    - 1 small banana (ripe in case of constipation or “green” in case of diarrhoea or soft to liquid stools)
    - 1 tbsp. grated coconut
- As an alternative to honey water, you can sweeten your porridge with rice syrup, stevia, agave syrup or coconut sugar.
- The taste of honey water is different from honey. It can be used in porridges, salads and main meals to facilitate chewing/swallowing. You can find it in local fairs/farmers’ markets.
- You can put this porridge in the fridge. This is an alternative intermediate meal that you can take to work or any other place where it is hard to have access to food/meals that you can eat.

Oatmeal with Turmeric/Lucuma

Ingredients

- coconut drink (200ml)
- 3 tbsp. oat flakes (30g)
- 1 lemon rind
- ½ tsp. vanilla extract (3ml) or the seeds of 1 vanilla pod
- ½ level tsp. turmeric* or lucuma (2g)
- 2 dried apricots, crushed (20g)
- crushed mango** (100g)

Method

1. Combine all the ingredients, heat and stir until the mixture becomes mushy;
2. Remove the lemon rind and serve.

Nutritional Value . . . . . Portions

Kcal: 319
Lipid content: 4.5g
Protein: 6.9g
Carbohydrates: 59.2g

Sugar: 36.9g
Fibre: 6.8g
Salt: 0.5g



Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
(**) - You can make this recipe with another crushed fruit, with less acidity.
- In case of constipation:
  - add ½ tbsp. ground flaxseed as it increases the fibre content
- In case of diarrhoea or soft to liquid stools, prefer:
  - lactose-free milk or rice drink
  - apple or pear instead of crushed mango
- To increase the energy value of the porridge you can add toppings such as:
  - ½ tbsp. peanut, almond or cashew butter (you can find the recipes in the “butters” section)
  - 1 tbsp. grated coconut
- You can sweeten your porridge with honey water, rice syrup, stevia, agave syrup or coconut sugar.
- The taste of honey water is different from honey. It can be used in porridges, salads and main meals to facilitate chewing/swallowing. You can find it in local fairs/farmers’ markets.
- You can put this porridge in the fridge. This is an alternative intermediate meal that you can take to work or any other place where it is hard to have access to food/meals that you can eat.

Oatmeal with Banana

Ingredients

- milk, sugar-free rice or oat drink (200ml)
- 3 tbsp. oat flakes (30g)
- 1 lemon rind
- ½ tsp. vanilla extract (3ml) or the seeds of a vanilla pod
- 1 small banana (100g)

Method

1. Mash the banana;
2. Cook all ingredients and stir until the mixture becomes mushy;
3. Remove the lemon rind and serve.

Nutritional Value

Kcal: 311
Lipid content: 5.3g
Protein: 6.7g
Carbohydrates: 55.9g
Sugar: 23.9g
Fibre: 6.1g
Salt: 0.25g

Portions



Notes/Tips

- In case of constipation:
  - prefer ripe banana
  - add ½ tbsp. ground flaxseed, as it increases the fibre content
- In case of diarrhoea or soft to liquid stools, prefer:
  - green banana
  - lactose-free milk or rice drink
- To increase the energy value of the porridge you can add toppings such as:
  - ½ tbsp. peanut, almond or cashew butter (you can find the recipes in the “butters” section)
  - 1 tbsp. grated coconut
  - ½ tbsp. ground flaxseed
- You can sweeten your porridge with honey water, rice syrup, stevia, agave syrup or coconut sugar.
- The taste of honey water is different from honey. It can be used in porridges, salads and main meals to facilitate chewing/swallowing. You can find it in local fairs/farmers’ markets.
- You can cool this purée in the fridge. This is an alternative intermediate meal that you can take to work or any other place where it is hard to have access to food/meals that you can eat.

Oatmeal with Cocoa

Ingredients

- sugar-free coconut drink/milk or rice or oat drink (200ml)
- 3 tbsp. oat flakes (30g)
- ½ tbsp. pure cocoa (5g)
- ½ tsp. vanilla extract (3ml) or the seeds of a vanilla pod
- 1 tsp. honey/honey water (5ml)
- ½ tbsp. grated coconut (5g)
- 5 tbsp. papaya purée (100g)

Method

1. Cook all the ingredients except the papaya purée and stir until the mixture becomes mushy;
2. Remove from the heat and serve with the papaya purée.

Nutritional Value

Kcal: 348
Lipid content: 10.2g
Protein: 14.5g
Carbohydrates: 46.6g
Sugar: 24.4g
Fibre: 6.1g
Salt: 0.5g

Portions



Notes/Tips

- In case of constipation add:
    - ½ tbsp. ground flaxseed, as it increases the fibre content
- In case of diarrhoea or soft to liquid stools, prefer:
    - lactose-free milk or rice drink
    - Replace the papaya purée with apple purée
- To increase the energy value of the porridge you can add toppings such as:
    - ½ tbsp. peanut, almond or cashew butter (you can find the recipes in the “butters” section)
    - 1 small banana (ripe in case of constipation or “green” in case of diarrhoea or soft to liquid stools)
- As an alternative to honey/honey water, you can sweeten your porridge with rice syrup, stevia, agave syrup or coconut sugar.
- The taste of honey water is different from honey. It can be used in porridges, salads and main meals to facilitate chewing/swallowing. You can find it in local fairs/farmers’ markets.
- You can put this porridge in the fridge. This is an alternative intermediate meal that you can take to work or any other place where it is hard to have access to food/meals that you can eat.

Soft Eggs with Curd Cheese and Basil

Ingredients

- 2 medium eggs
- coconut drink (100ml)
- ½ tbsp. olive oil (5ml)
- ½ tbsp. corn starch (8g)
- curd cheese (100g)
- 1 tbsp. basil powder

Method

1. Beat the eggs with a fork;
2. Add the coconut drink and basil, crumble the curd cheese and dissolve the corn starch;
3. Place the olive oil in a frying pan, cook the mixture, stirring until you get the desired consistency and serve.

Nutritional Value . . . . . Portions

Kcal: 469
Lipid content: 31.5g
Protein: 24.8g
Carbohydrates: 21.5g
Sugar: 7.2g
Fibre: 6.1g
Salt: 0.5g



Notes/Tips

- Choose an olive oil with less acidity.



Main Pasty Meals: Cream Soups



Dreams that Help

Ingredients

- water (1.5L)
- peas (300g)
- 5 medium potatos (600g)
- 1 medium onion (100g)
- 1 garlic clove* (3g)
- 5 medium eggs
- 4 tbsp. olive oil (40ml)
- ½ tbsp. salt* (10g)

Method

1. Boil the eggs in a small pan;
2. Peel, wash, and dice the potatos, onion, and garlic;
3. Cook in a pan with salted water;
4. When the water is boiling, add the peas and cook for another 15 minutes;
5. Add the peeled eggs and the olive oil, blend and serve.

Nutritional Value

Kcal: 315
Lipid content: 13.08g
Protein: 13.1g
Carbohydrates: 31.98g
Sugar: 4.6g
Fibre: 5.72g
Salt: 2.5g

Portions

Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
- Choose an olive oil with less acidity.
- If you are recovering from any intervention to your oral cavity, you can cool the cream soup with some ice cubes.

Chickpeas and Sweet Potato Velvety Cream Soup with Tofu

Ingredients

- fresh organic tofu (400g)
- 2 medium sweet potatos (200g)
- chickpeas, cooked (200g)
- 1 small courgette (200g)
- 1 large onion (200g)
- 2 handful of spinach (100g)
- 2 garlic cloves* (6g)
- water (1.5L)
- 4 tbsp. olive oil (40ml)
- ½ tbsp. pink salt* (10g)

Method

1. Peel, wash, and dice the potatos, onions, courgettes, and garlic;
2. Cook the chickpeas with salt for about 10 minutes;
3. Add the tofu and spinach and cook for another 10 minutes;
4. Finally add the olive oil and process everything until you get a velvety cream;
5. Adjust the seasoning and serve.

Nutritional Value ... Portions

Kcal: 387
Lipid content: 20.9g
Protein: 21.3g
Carbohydrates: 25.3g
Sugar: 4.4g
Fibre: 6.1g
Salt: 2.5g



Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
- Choose an olive oil with less acidity.
- If you are recovering from any intervention to your oral cavity, you can cool the cream soup with some ice cubes.

Pumpkin, Beetroot and Black-eyed Pea Cream Soup

Ingredients

- water (1.5L)
- pumpkin (350g)
- beetroot (40g)
- 5 medium potatos (600g)
- 1 medium onion (100g)
- black-eyed peas, cooked (200g)
- ½ tbsp. salt* (10g)
- 1 garlic clove* (3g)
- ½ tsp. ground coriander
- 4 tbsp. olive oil (40ml)

Method

1. Peel, wash and dice the pumpkin, potatos, beet, onion and garlic;
2. Cook in a pan with salted water. After boiling, cook for about 15 minutes;
3. Add the beans, coriander and olive oil. Process and serve.

Nutritional Value ... Portions

Kcal: 209
Lipid content: 8.4g
Protein: 6.3g
Carbohydrates: 33.3g
Sugar: 3.5g
Fibre: 4.8g
Salt: 2.5g



Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
- Choose an olive oil with less acidity.
- If you are recovering from any intervention to your oral cavity, you can cool the cream soup with some ice cubes.

Broccoli and Courgette Cream Soup

Ingredients

- water (1.5L)
- broccoli (400g)
- 1 medium courgette (300g)
- 5 medium potatos (600g)
- 5 medium eggs
- 1 medium onion (100g)
- 1 garlic clove* (3g)
- 4 tbsp. olive oil (40ml)
- ½ tbsp. salt* (10g)

Method

1. Boil the eggs in a small pan;
2. Peel, wash, and dice the potatos, onion, and garlic;
3. Cook in a pan with salted water;
4. After boiling, add the broccoli and courgette, and cook for about 15 minutes;
5. Add the peeled eggs and olive oil. Process and serve.

Nutritional Value . . . . . Portions

Kcal: 308
Lipid content: 13.84g
Protein: 12.84g
Carbohydrates: 30.64g
Sugar: 2.5g
Fibre: 4.74g
Salt: 2.5g



Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
- Choose an olive oil with less acidity.
- If you are recovering from any intervention to your oral cavity, you can cool the cream soup with some ice cubes.



Main Pasty Meals: Meat/Fish/Vegetarian



Ingredients

Duck preparation
- duck, cooked and shredded (175g)
- 1 small onion (50g)
- 4 tbsp. olive oil (40ml)

For the purée
- 5 medium potatos (600g)
- 3 medium carrots (300g)
- milk, sugar-free rice or oat drink (100ml)
- 1 medium egg yolk
- 1 tsp. salt* (5g)

Dreams that Help

Method

Purée
1. Peel, wash and chop the potatos and carrots;
2. Put in a pan with the salt and cook for 30 minutes;
3. After cooking, remove the water, add the rice drink and process;
4. Add the egg yolk and stir.

Duck preparation
5. Add the olive oil, chopped onion, and duck in a frying pan and simmer for 5-8 minutes;
6. Add the duck preparation to the purée, process until the whole mixture is homogeneous and serve.

Nutritional Value . . . . . Portions

Kcal: 480
Lipid content: 22.3g
Protein: 18.5g
Carbohydrates: 47.8g
Sugar: 7.9g
Fibre: 7.2g
Salt: 3.6g



Notes/Tips

*Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
- In case of diarrhoea or soft to liquid stools, prefer:
  - lactose-free milk or rice drink.
- Choose an olive oil with less acidity.
- If you have difficulty in ingesting due to consistency, make a lighter and creamier purée by adding rice cream, rice drink or lactose-free milk.
- You can convert this recipe into a solid meal and make duck pie, in which case it won't be necessary to process the duck preparation. Layer the purée and duck preparation on a baking tray, pour over a whisked egg, bake in the oven for 8-10 minutes and serve.

Tuna Purée with Lamb's Lettuce

Ingredients

Tuna preparation
- 2 cans of tuna in water (145g)
- 1 small onion (50g)
- 8 handful of frozen lamb's lettuce* (125g)
- 4 tbsp. olive oil (40ml)
- oregano to taste

For the purée
- 9 medium potatos (1kg)
- 1 medium egg
- 1 tsp. salt**(5g)

Method

Purée
1. Peel, wash and chop the potatos. Boil in salted water for 15-20 minutes;
2. When the potatos are cooked, drain, mash, add the egg and stir.

Tuna preparation
3. In a frying pan, add the olive oil, chopped onion, lamb's lettuce, tuna, and oregano. Simmer for 8-10 minutes;
4. Add the tuna preparation to the purée, process until the whole mixture is homogeneous and serve.

Nutritional Value ... Portions

Kcal: 499
Lipid content: 16.3g
Protein: 97.1g
Carbohydrates: 60.1g
Sugar: 2.8g
Fibre: 14.7g
Salt: 2.5g



Notes/Tips

(*) - These dark green leafy vegetables are very versatile and can be consumed in many ways. For example, you can add them to a salad or to any dish when consuming solid meals. In case of xerostomia (dry mouth), the lamb's lettuce must be chopped into very small pieces to avoid choking.
(**) - Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
- Choose an olive oil with less acidity.
- If you have difficulty in ingesting due to consistency, make a lighter and creamier purée by adding rice cream, rice drink or lactose-free milk.



Ingredients

- 1 large onion (200g)
- 1 garlic clove* (3g)
- 4 tbsp. olive oil (40ml)
- 8 handful of spinach (400g)
- 5 tbsp. spelt flour (50g)
- milk/rice drink (400ml)
- 4 medium eggs
- grated mozzarella cheese (100g)
- ½ tsp. salt flower* (5g)
- nutmeg to taste*
- basil leaves to taste

Method

1. Over low heat, cook the olive oil, chopped onion, garlic and spinach;
2. Add the flour, stir, and add the milk/vegetable drink;
3. Season with salt flower, nutmeg to taste and basil leaves, and process the whole mixture;
4. Thicken the sauce over low heat;
5. Meanwhile, preheat the oven to 200 °C;
6. Separate the eggs;
7. Whisk the egg whites until stiff peaks form and set aside;
8. Add the egg yolks to the grated cheese and stir;
9. Remove the spinach cream from the heat, mix with the egg yolks and grated cheese, and stir well until the whole mixture is homogeneous;
10. Finally, add the egg whites gradually to the mixture;
11. Bake in the oven for about 25 minutes in a soufflé pan.

Nutritional Value

Kcal: 527
Lipid content: 30.6g
Protein: 29.6g
Carbohydrates: 31.5g
Sugar: 7.5g
Fibre: 3.4g
Salt: 2.5g

Portions



Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
- In case of diarrhoea or soft to liquid stools, prefer:
    - lactose-free milk or rice drink
- Choose an olive oil with less acidity.

Fish and Peas Soufflé

Ingredients

Fish and peas mixture
- hake loins (300g)
- frozen peas (300g)
- 1 small onion (50g)
- 1 tsp. salt* (5g)
- juice of ½ lemon* (25ml)
- 2 tbsp. olive oil (20ml)
- 1 garlic clove* (3g)
- water (200ml)

Béchamel sauce
- butter with -40% fat (40g)
- rice drink or lactose-free drink (200ml)
- 5 tbsp. rice flour (75g)
- 3 medium eggs

Method

Fish and peas mixture
1. In a pan, add the olive oil, chopped onion, garlic, and peas and cook until the onion is translucent;
2. Add the fish, salt, lemon juice, and water; stir and cook for 15 minutes;
3. Remove the excess water from the fish and peas mixture and process.

Béchamel sauce
1. Turn the oven on at 180 °C;
2. Add the milk and butter to a pan over low heat until the butter melts;
3. Pour 2 tbsp. of the mixture into a bowl, add 1 tbsp. flour and stir (to prevent lumps from forming). After well mixed, pour into the pan, add the remaining flour (4 tbsp.) and stir well;
4. Add 3 egg yolks and stir;
5. Add the fish mixture;

6. Whisk the egg whites and grease a tin with olive oil;
7. Incorporate the egg whites in the béchamel sauce with a wooden spoon so the mixture remains fluffy;
8. Pour everything into a baking tray, bake in the oven for about 20 minutes and serve.

Nutritional Value

Portions

Kcal: 472
Lipid content: 17g
Protein: 33.5g
Carbohydrates: 43.3g
Sugar: 10.5g
Fibre: 6.3g
Salt: 2.5g



Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
- Choose an olive oil with less acidity.

Pasty Desserts



Dreams that Help

Ingredients

- 1 ripe avocado (125g)
- 3 small ripe bananas (300g)
- 4 tbsp. pure cocoa (40g)
- 5 medium egg whites (160ml)

Method

1. Process all ingredients except the egg whites in a food processor or hand blender and set aside;
2. In a separate bowl, whisk the egg whites until stiff peaks form and carefully incorporate in the previous mixture;
3. Keep in the fridge until serving.

Nutritional Value . . . . . Portions

Kcal: 127
Lipid content: 4g
Protein: 5.5g
Carbohydrates: 15.2g
Sugar: 6.5g
Fibre: 4g
Salt: 0.2g



Notes/Tips

- To increase the energy value of the mousse, you can add grated coconut as a topping.



Dreams that Help

Ingredients

- 1 ripe avocado (125g)
- strawberries* (250g)
- 1 small ripe banana (100g)

Method

1. Wash and prepare the strawberries;
2. Place the peeled banana and avocado in a container. Add the strawberries and mash;
3. Keep in the fridge until serving.

Nutritional Value ..... Portions

Kcal: 170
Lipid content: 9.4g
Protein: 1.8g
Carbohydrates: 16.8g
Sugar: 6.6g
Fibre: 5.5g
Salt: 0.05g

Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity or swap for another fruit with less acidity.
- This is an alternative dessert or intermediate meal that you can take to work or any other place where it is hard to have access to food/meals that you can eat.



Ingredients

- rice drink (1L)
- 6 medium eggs
- 3 lemon rinds
- ½ tsp. vanilla extract (3ml) or the seeds of a vanilla pod
- 8 tbsp. corn starch (80g)
- 10 dates (60g)
- 1 cinnamon stick*
- water (180ml)

Method

1. Remove the stones from the dates, place them in a bowl and cover them with water. Let them soak for 30 to 60 minutes;
2. Blend the dates and add about 180ml of the water in which they were soaked;
3. Process well until forming a semi-liquid paste. Add water if necessary. Set aside;
4. Bring the milk, cinnamon stick, and lemon rind to a boil. Remove the cinnamon stick and lemon rind and set aside;
5. In a bowl, incorporate the eggs with the dates purée and corn starch;
6. Add the milk stirring carefully;
7. Put the mixture in a pan over low heat until it thickens, stirring constantly;
8. Serve.

Nutritional Value . . . . . Portions

Kcal: 141
Lipid content: 1.3g
Protein: 1.1g
Carbohydrates: 25.9g
Sugar: 11.8g
Fibre: 1.1g
Salt: 0.4g

Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity or remove it from the recipe.



Ingredients

Rolled pie
- 8 medium egg whites (240ml)
- 4 tbsp. coconut sugar (50g)
- 1 tsp. olive oil to grease the baking tin (3ml)

Filling and topping
- 8 medium egg yolks
- 7 tbsp. water (70ml)
- 3 tbsp. honey water (30ml)
- ½ tbsp. ground almond (5g)

Method

Rolled pie
1. Turn the oven on at 180 °C, (top and bottom resistors on);
2. With a brush, grease a rectangular baking tin with olive oil;
3. Line the tin with baking paper and grease again;
4. Whisk the egg whites until stiff peaks form;
5. Continue whisking and gradually add the sugar, until forming a firm meringue;
6. Pour the mixture into the tin and bake for 8 minutes + 2 minutes (bottom resistor);
7. Leave the baking tin in the oven until it cools down;
8. Remove the baking tin from the oven, and when cooled, carefully run a knife (non--serrated) around the tin, between the baking paper and the cake, so that it comes off;
9. Lay a clean cloth on a surface (table or countertop), grab the ends of the baking paper and place it on top of the cloth (the baking paper will be in contact with the cloth and the cake will be faced up);
10. Pour ½ of the filling over the pie without spreading it;
11. Wrap the pie very carefully as you remove the baking paper;
12. Transfer the pie into a serving dish and pour the other ½ of the filling and the finely ground almond.

Filling and topping
1. In a small pan, add the yolks, honey water/honey and water over low heat and stir with a whisker until the mixture starts to thicken;
2. Let it to cool down.

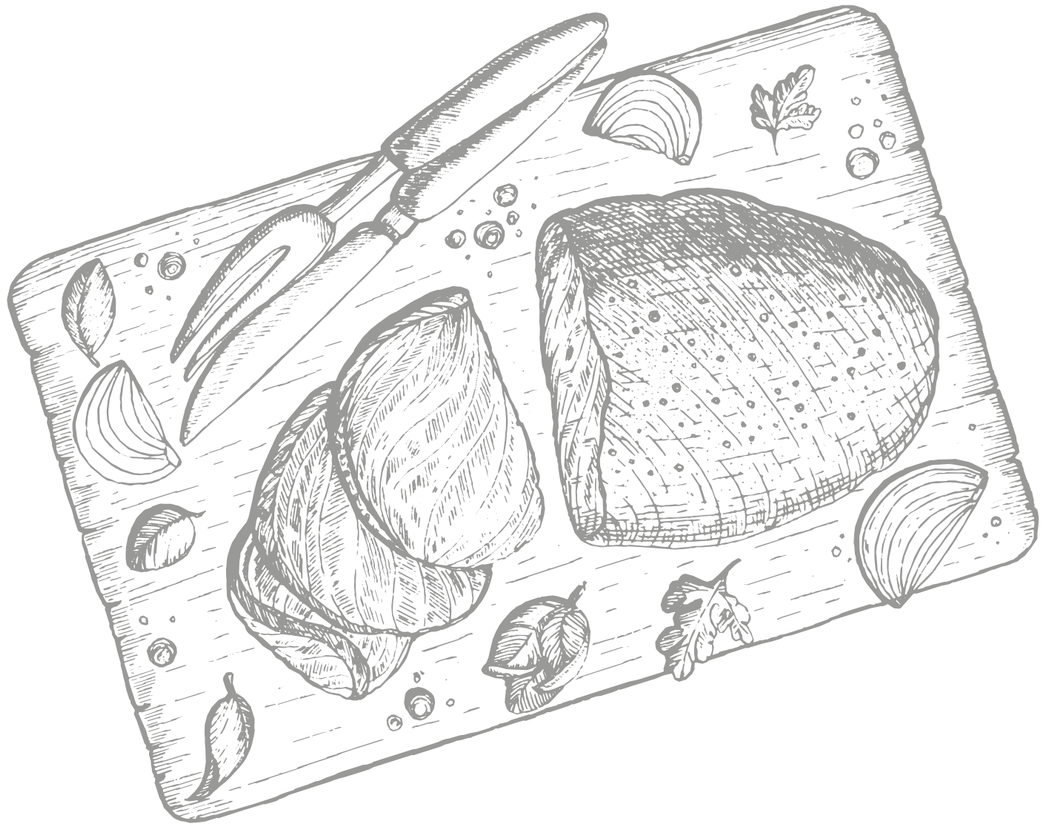
Nutritional Value — Portions

Kcal: 108
Lipid content: 4.2g
Protein: 4.2g
Carbohydrates: 13g
Sugar: 4.1g
Fibre: 0.1g
Salt: 0.02g



Notes/Tips

- The taste of honey water is different from honey. You can find it in local fairs/farmers' markets. You can replace it with rice syrup, stevia, agave syrup or coconut sugar.



Solid Food

Intermediate Solid Meals



Ingredients

- 2 medium eggs
- water (320ml)
- 12 tbsp. oat flour (120g)
- 6 tbsp. two flours of your choice* (60g+60g)
- 1 pack of dry yeast (11g)
- 1 tsp. xanthan gum (3g)
- 1 tsp. salt** (5g)
- 2 tbsp. sunflower seeds** (20g)

Method

1. Mix all the ingredients in a mixer for 5 minutes;
2. Cover the bowl with a cloth and place it in the microwave/oven (off) for about 30 minutes;
3. In the meantime, line the English baking tin with baking paper an preheat the oven to 180 °C;
4. Using a spatula, pour the dough into the tin and spread the dough evenly;
5. Bake the bread for about 45 minutes with the bottom resistor on + 1 hour with the top resistor on;
6. Remove the bread from the oven and from the baking tin, and if possible, place it on a cooling rack to cool down and avoid creating too much moisture.

Nutritional Value — Portions

Kcal: 134
Lipid content: 3.2g
Protein: 4.5g
Carbohydrates: 20.6g

Sugar: 0.3g
Fibre: 2.3g
Salt: 1g

Notes/Tips

(*) - Flour mixture suggestion: sweet potato and carob; carob and spelt; coconut and sweet potato; rice and carob; rice and coconut; pumpkin and corn; buckwheat and rice; spelt and almond.
(**) - Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
- As an alternative to sunflower seeds you can use sesame, chia and pumpkin seeds.
- Xanthan gum is a thickener and can help to bind the dough when using gluten-free flour mixtures.
- In case of constipation:
  - add flaxseed as it increases fibre content
- In case of xerostomia (dry mouth) and difficulties in eating the texture you can “wet” the bread in a drink and eat it, if necessary, with a spoon.
- Chill or freeze the bread so it can last longer and heat/defrost if necessary for consumption.
- You can make this recipe in the bread machine:
  - Select the “fast” program.

Dreams that Help





Ingredients

- milk, sugar-free rice or oat drink (280ml)
- 1 tbsp. carob flour (10g)
- 1 tbsp. corn starch (10g)
- 1 fig* (50g)

Method

1. In a pan or frying pan, gently heat the milk/rice drink, flour and corn starch;
2. Stir with a whisker until the mixture becomes mushy;
3. Remove from the heat, serve and add the figs.

Nutritional Value

Kcal: 234
Lipid content: 4.4g
Protein: 3.1g
Carbohydrates: 44.3g
Sugar: 24.1g
Fibre: 2.6g
Salt: 0.1g

Portions



Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity, remove from the recipe or exchange for another fruit.
- In case of diarrhoea or soft to liquid stools, choose not to consume this recipe.
- This is an alternative intermediate meal that you can take to work or any other place where it is hard to have access to food/meals that you can eat.
- When cold, this recipe serves as a pudding.



Dreams that Help

Ingredients

- 1 tbsp. buckwheat flour (10g)
- 1 tbsp. coconut flour (10g)
- 8 tbsp. coconut drink (80ml)
- 4 medium strawberries* (200g)
- 1 tsp. olive oil (3ml)

Method

1. With a whisker, mix the flour and coconut milk;
2. Pour the mixture into a non-stick pan, previously greased with olive oil;
3. When the pancakes start to golden, turn with a spatula and cook on both sides. Set aside;
4. Slice the strawberries, put them on top of the pancakes and serve.

Nutritional Value ... Portions

Kcal: 220
Lipid content: 5.9g
Protein: 3.4g
Carbohydrates: 16.4g
Sugar: 5.1g
Fibre: 4.9g
Salt: 0.1g



Notes/Tips

*Depends on tolerance. If necessary, use less quantity or swap for another fruit with less acidity.
- To increase the energy value of the pancakes you can add toppings such as:
  - ½ tbsp. hazelnut and cocoa butter (you can make the recipe indicated in the "butters" section)
- Choose an olive oil with less acidity.



Dreams that Help

Ingredients

- 1 small ripe banana (100g)
- 1 medium egg
- 3 tbsp. oat flour (30g)
- ¼ tsp. yeast (2g)
- 1 tsp. grated coconut (3g)
- 1 tbsp. peanut butter (25g)
- blueberries* (50g)
- 1 tsp. olive oil (3ml)

Method

1. Start by mashing the banana in a bowl;
2. In another bowl, beat the egg, add the flour and yeast;
3. Add the mashed banana to the previous mixture and incorporate until the mixture is smooth;
4. Add the coconut and pour the mixture on a non-stick pan, previously greased with olive oil;
5. When the pancakes start to golden, turn with a spatula and cook on both sides;
6. Serve with peanut butter and blueberries.

Nutritional Value

Kcal: 500
Lipid content: 21.8g
Protein: 19.4g
Carbohydrates: 54.1g
Sugar: 17.5g
Fibre: 5.0g
Salt: 0.2g

Portions



Notes/Tips

*Depends on tolerance. If necessary, use less quantity, remove from the recipe or swap for another fruit with less acidity.
- Choose an olive oil with less acidity.
- You can make the peanut butter recipe included in the “butters” section.



Dreams that Help

Ingredients

- 1 reineta apple (150g)
- 1 medium egg
- 3 tbsp. oat flour (30g)
- ½ tsp. vanilla extract (3ml) or the seeds of a vanilla pod
- 1 tsp. honey (5ml)
- 1 tsp. olive oil (3ml)
- water (50ml)
- ¼ tsp. yeast (2g)

Method

1. Peel the apple, cut it into small pieces and heat it with water and vanilla;
2. Stir until the apple starts to mash;
3. Remove from the heat and set half of the purée aside;
4. Add the egg, oatmeal and yeast to the other half and process with a hand blender;
5. Pour the mixture into a non-stick pan, previously greased with olive oil;
6. When the pancakes start to golden, turn with a spatula and cook on both sides;
7. Serve with honey and the remaining apple purée.

Nutritional Value

Kcal: 304
Lipid content: 7.3g
Protein: 10.6g
Carbohydrates: 46.5g
Sugar: 20.0g
Fibre: 4.8g
Salt: 0.2g

Portions



Notes/Tips

- Choose an olive oil with less acidity.
- As an alternative to honey, you can sweeten your pancakes with honey water, rice syrup, stevia, agave syrup or coconut sugar.
- The taste of honey water is different from honey. It can be used in porridges, salads and main meals to facilitate chewing/swallowing. You can find it in local fairs/farmers' markets.



Dreams that Help

Ingredients

- 1 medium egg
- 1 tbsp. carob flour (10g)
- 2 tbsp. oat flour (20g)
- 2 tbsp. quark cheese (50g)
- ½ avocado (50g)
- ½ tsp. baking powder (4g)
- 1 fresh cheese (95g)
- 1 tsp. olive oil (3ml)
- lemon juice drops to taste*

Method

1. Mix all the ingredients, except the avocado and fresh cheese, until you obtain a smooth dough;
2. Pour it into a non-stick pan, previously greased with olive oil;
3. On the side, mash the avocado and add a few drops of lemon juice to avoid oxidation and spread the paste over the pancakes;
4. Slice the fresh cheese, arrange it over the avocado and serve.

Nutritional Value

Kcal: 407
Lipid content: 17.3g
Protein: 28.4g
Carbohydrates: 32.3g
Sugar: 0.7g
Fibre: 4.3g
Salt: 0.2g

Portions



Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
- Choose an olive oil with less acidity.



Dreams that Help

Ingredients

- 10 dehydrated apricots (100g)
- 5 tbsp. peeled almonds (50g)
- natural cashew nuts (50g)
- 2 tbsp. grated coconut (20g)
- 1 orange (zest)
- water (50-100ml)
- 2 tbsp. cocoa powder for the topping (20g)

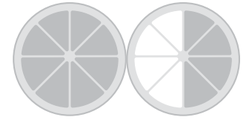
Method

1. Wash an orange and grate the rind;
2. In the mincer, process the apricots, almond kernels, cashew, orange zest and grated coconut until you get a homogeneous consistency;
3. Add water until the dough becomes moldable;
4. Form small balls and wrap them in cocoa powder;
5. Refrigerate for 30 minutes and serve.

Nutritional Value

Kcal: 90
Lipid content: 5.6g
Protein: 2.5g
Carbohydrates: 6.7g
Sugar: 2.8g
Fibre: 1.2g
Salt: 0.5g

Portions

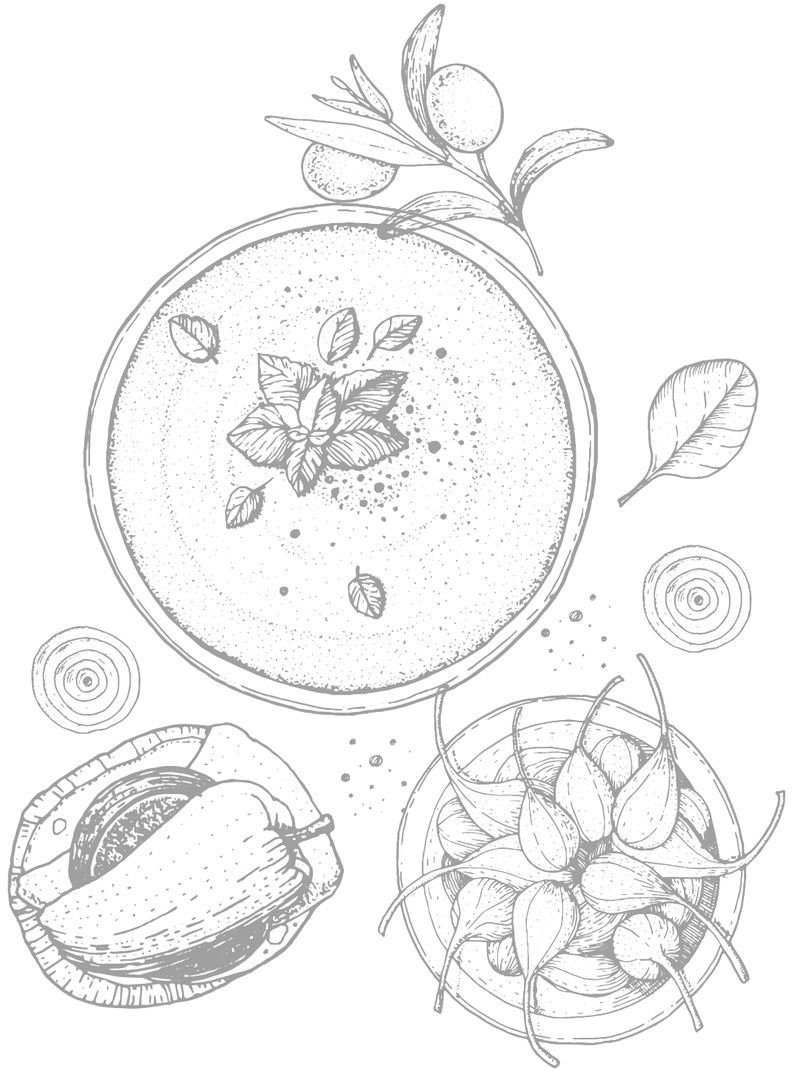


Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
- Choose an olive oil with less acidity.

Main Solid Meals - Soups





Dogfish Soup

Ingredients

- water (1.5L)
- dogfish (400g)
- 5 medium potatos (600g)
- 1 medium onion (100g)
- 1 garlic clove* (3g)
- ½ tbsp. salt* (15g)
- 1 tbsp. corn starch (10g)
- 1 tbsp. parsley (5g)
- 1 tbsp. oregano
- pennyroyal to taste
- water mint to taste
- 2 tbsp. olive oil (20ml)

Method

1. Peel and clean the potatos, onion, and garlic. Dice everything and place in a pan, with salted water. Add the fish and aromatic herbs;
2. Boil for 10 minutes, remove the fish and process the remaining ingredients;
3. In a bowl, pour 2 tbsp. of the broth and undo the corn starch;
4. Turn on the stove, over low heat, and pour in the previous mixture and the olive oil;
5. Stir with a whisker for 5 minutes;
6. Shred the fish and put it back in the pan. Cover for at least 15 minutes and serve.

Nutritional Value ... Portions

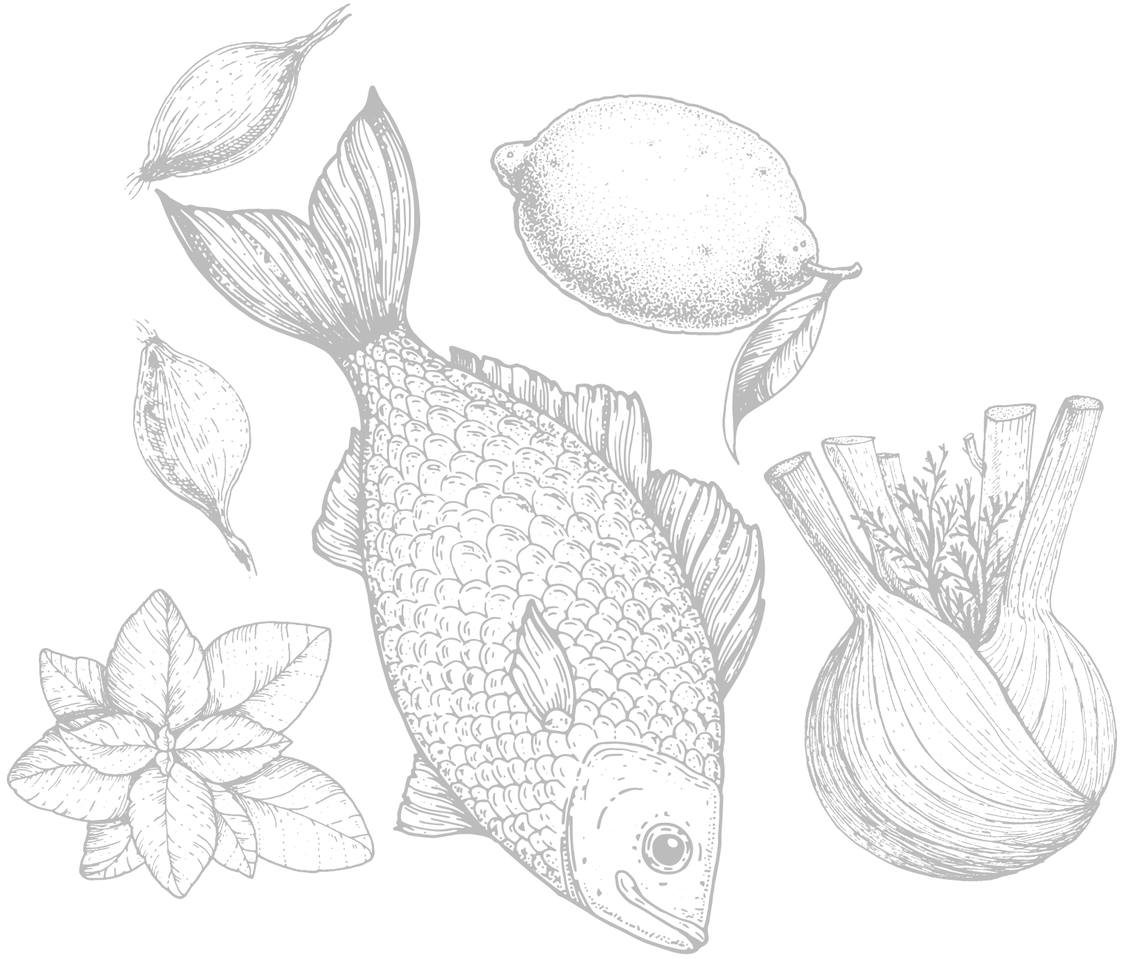
Kcal: 238
Lipid content: 4.7g
Protein: 22.8g
Carbohydrates: 24.7g
Sugar: 1g
Fibre: 2.7g
Salt: 3.3g



Notes/Tips

*Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
- If you are recovering from any intervention to your oral cavity, you can cool the soup with some ice cubes.

Dreams that Help



Watercress Soup

Ingredients

- water (1.5L)
- 8 handful of watercress* (100g)
- 2 medium carrots (200g)
- 5 medium potatos (600g)
- 1 medium onion (100g)
- 1 garlic clove** (3g)
- ½ tbsp. salt** (15g)
- 2 tbsp. olive oil (20ml)

Method

1. Wash, prepare and chop the watercress and set aside;
2. Peel, wash and dice the carrots, potatos, onion, and garlic and put it in the pot, with salted water. Let it cook for about 15 minutes and process;
3. Add the watercress to the pan, cook for another 5 minutes over low heat and serve.

Nutritional Value ... Portions

Kcal: 168
Lipid content: 4.2g
Protein: 3.7g
Carbohydrates: 27g
Sugar: 2.9g
Fibre: 3.9g
Salt: 1.2g



Notes/Tips

(*) - In case of xerostomia (dry mouth) the watercress should be chopped into very small pieces to avoid choking. If it's still not enough, process it.
(**) - Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
- If you are recovering from any intervention to your oral cavity, you can cool the soup with some ice cubes.

Chickpeas with Spinach Soup

Ingredients

- water (1.5L)
- chickpeas, cooked (260g)
- 2 handful of spinach* (100g)
- 5 medium potatos (600g)
- 2 medium carrots (200g)
- 1 medium onion (100g)
- 1 garlic clove** (3g)
- ½ tbsp. salt** (15g)
- 2 tbsp. olive oil (20ml)

Method

1. Peel and clean the potatos, carrots, onion, and garlic. Dice everything and cook it in a pan with salted water for about 15 minutes;
2. Add the chickpeas and process;
3. Add the washed and prepared spinach to the pan and cook for another 5 minutes over low heat;
4. Pour the olive oil, cover the pan for 5 minutes and serve.

Nutritional Value ... Portions

Kcal: 186
Lipid content: 5.1g
Protein: 6.7g
Carbohydrates: 26.8g
Sugar: 1g
Fibre: 3.1g
Salt: 3.2g



Notes/Tips

(*) - In case of xerostomia (dry mouth) the spinach should be chopped into very small pieces to avoid choking. If it's still not enough, process it.
(**) - Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
- If you are recovering from any intervention to your oral cavity, you can cool the soup with some ice cubes.

Main Solid Meals - Meat/Fish/Vegetarian



Dreams that Help

Ingredients

Duck preparation
- duck, cooked and shredded (175g)
- 1 small onion (50g)
- 4 tbsp. olive oil (40ml)
- 5 tbsp. grated mozzarella cheese (50g)
- 2 handful of basil (20g)

Salad
- lettuce (100g)
- cherry tomatoes* (200g)
- coriander to taste

Dough
- 13 tbsp. whole wheat flour (160g)
- 8 tbsp. corn flour (65g)
- water (120ml)
- 1 pack of dry yeast (4.6g)
- 1 tsp. salt* (5g)
- 1 tsp. olive oil (3ml)

Topping
- 1 medium egg yolk

Method

Dough:
1. Place the flour and salt in a bowl. Mix a bit with a spoon;
2. Open a hole in the centre of the flour and add the olive oil and yeast mixed in warm water;
3. Mix the dough with your hands until it comes off the bowl;
4. Place the dough on a floured bench and knead until it is smooth and soft. Mold it into a ball and put it back in the bowl;
5. Cover the bowl with a cloth and place it in the microwave/oven (turned off) for 30 minutes;
6. After that time, remove the dough from the bowl and roll it out with a kitchen roll on the previously floured kitchen counter.

Duck:
1. Heat a frying pan with the olive oil, duck, chopped onion and basil until the onion is golden brown;
2. Place the dough on a sheet of baking paper on the oven baking tray;
3. Pour the duck mixture into half of the dough, sprinkle with the grated cheese and fold the remaining dough to cover the duck (half-moon shape);
4. Close the edges of the dough tightly to prevent it from opening when baking it;
5. Brush the yolk over the duck moon;
6. Bake for 20 minutes at 210 °C until the duck moon turns golden;
7. Wash, prepare and chop the lettuce, tomato and coriander and serve with the duck moon.

Nutritional Value — Portions

Kcal: 480
Lipid content: 10.4g
Protein: 26.8g
Carbohydrates: 61.1g

Sugar: 1.2g
Fibre: 9.9g
Salt: 2.8g



Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
- Choose an olive oil with less acidity.
- If you are sensitive to vinegar, or if you have xerostomia (dry mouth), you can make the recipes indicated in the section “mayonnaise and sauces” or use 1 yoghurt or honey water as a salad topping.
- You can make other fillings such as tuna, shrimp, mussels, oregano, crushed tomatoes and olive oil (after lightly cooking it).

Portuguese Style Codfish

Ingredients

- 4 medium sweet potatos (400g)
- chickpeas, cooked (400g)
- kale (800g)
- frozen codfish previously soaked* or frozen fresh codfish* (600g)
- 2 garlic cloves** (6g)
- 4 tbsp. olive oil (40ml)

Method

1. Boil the codfish in salted water;
2. Boil the kale and the unpeeled sweet potatos in separate pans;
3. When the kale is cooked, chop it into small pieces and sautée it in half of the olive oil and garlic;
4. When the sweet potato is cooked, remove the skins, add the previously cooked chickpeas, make a purée and season with pink salt and basil;
5. Finally, shred the pre-cooked codfish and assemble the dish, placing the sweet potato and chickpeas purée at the base, garnishing with the kale and finishing with the codfish;
6. Drizzle with olive oil and serve.

Nutritional Value — Portions

Kcal: 432
Lipid content: 13.6g
Protein: 40.9g
Carbohydrates: 32.6g

Sugar: 10g
Fibre: 7.9g
Salt: 3.8g



Notes/Tips

* Depends on tolerance. If necessary, soak the codfish as many times as possible or use hake instead.
**Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
- Choose an olive oil with less acidity.



Ingredients

Tapioca crêpes
- 3 medium egg whites (180ml)
- 2 medium eggs
- 8 tbsp. hydrated tapioca (110g)

Topping
- ½ package of rice cream (125ml)
- 9 tbsp. grated mozzarella cheese (100g)
- 1 tbsp. oregano

Filling
- 3 cans of tuna in olive oil (drained) (215g)
- 1 medium onion (100g)
- 1 medium courgette (300g)
- mini roma tomatoes (100g)
- 8 tbsp. cooked corn (200g)
- ½ package of rice cream (125ml)
- 6 tbsp. olive oil (60ml)
- 1 tbsp. oregano

Method

Tapioca Crêpes
1. Whisk the egg whites with the egg and the tapioca;
2. Pour ¼ of the mixture into a crepe pan;
3. When the tapioca crêpe starts to loosen at the ends, turn with a spatula to golden on both sides;
4. Place the tapioca crêpe in a plate and repeat the process three more times.

Filling
1. Wash and prepare the courgette, tomatoes and onion and chop everything into very small pieces;
2. In a wok, add the olive oil, onion, courgette, corn, tomatoes and oregano and cook over low heat for 5 minutes, while stirring;
3. Pour the drained tuna and half of a pack of rice cream into the pan. Cook over high heat for about three minutes while stirring;
4. Using a brush, grease a baking tray and line it with 2 tapioca crepes;
5. Pour half of the filling on top;
6. Add another layer with 2 tapioca crepes and if they are wider than the tray fold the ends inside;
7. Add another layer of filling;
8. Finish with the remaining rice cream and sprinkle with the mozzarella cheese and oregano;
9. Bake at 230 °C for about 8 minutes.

Nutritional Value ... Portions

Kcal: 511
Lipid content: 28.4g
Protein: 30.4g
Carbohydrates: 32.4g
Sugar: 3.9g
Fibre: 1.7g
Salt: 1g



Notes/Tips

- If you need to adapt the shape of the tapioca crêpes to your tray, cut the crêpes with a pizza cutter or a knife.
- Choose an olive oil with less acidity.

Chicken and Quinoa Stuffed Aubergines and Lamb's Lettuce Salad

Ingredients

- 2 aubergines (500g)
- chicken breast (400g)
- quinoa, cooked (400g)
- 1 rice cream package (250ml)
- fresh mushrooms (100g)
- basil to taste
- 1 medium onion (100g)
- 2 garlic cloves* (6g)
- 2 tbsp. olive oil (20ml)
- white wine* (100ml)
- 4 slices of Flemish cheese -30% fat (80g)
- lamb's lettuce** (200g)
- grated beet (100g)

Method

1. Cut the aubergines in half lengthwise and remove the inside (leaving the surrounding shell intact). Set aside;
2. Cut the chicken breast into small cubes and sautée with the chopped onion, garlic, grated beet, fresh mushrooms, olive oil, and white wine;
3. Season with salt and basil;
4. At the same time, boil the quinoa in hot water and salt;
5. When cooked, add the quinoa to the previous stew and simmer for another 5 minutes;
6. Add the cooking rice cream, incorporate and cook for another 5 minutes;
7. Adjust the seasoning and stuff the aubergines with this mixture;
8. Add a slice of cheese on top of each half and bake in a preheated oven at 200 °C for about 10 minutes;
9. Serve with a lamb's lettuce salad.

Nutritional Value ... Portions

Kcal: 524
Lipid content: 23.4g
Protein: 35.3g
Carbohydrates: 39g
Sugar: 8.9g
Fibre: 8g
Salt: 2g



Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
(**) - Lamb's lettuce is very versatile and can be used in many different ways. For example, you can add it to a salad or to any dish when consuming solid meals. In case of xerostomia (dry mouth), the lamb's lettuce must be chopped into very small pieces to avoid choking.
- Choose an olive oil with less acidity

Roasted Turkey Leg with Chestnut Purée and Vegetables

Ingredients

Turkey and vegetables
- turkey leg (1kg)
- 1 medium onion (100g)
- 4 medium carrots (400g)
- 2 chayotes (800g)
- 5 tbsp. olive oil (50ml)
- ½ tbsp. honey water/honey (10ml)
- juice of ½ orange* (60ml)
- 1 garlic clove* (3g)
- 1 tsp. sweet pepper*
- thyme and/or rosemary to taste
- 2 bay leaves
- 1 tsp. salt* (5g)

For the purée
- skinless frozen chestnuts (600g)
- 1 medium egg yolk
- rice cream (150ml)
- 1 tsp. salt* (5g)

Sauce
- meat stock
- 1 tsp. corn starch (4g)

Method

Purée
1. Boil the chestnuts in a pan with salted water for 20-25 minutes;
2. When the chestnuts are cooked, drain, add the egg yolk and the rice cream and make a purée.

Turkey preparation
1. Place the turkey leg and the onion in quarters on a baking tray. Season with salt, sweet pepper, garlic, olive oil, thyme and/or rosemary, orange juice, honey water, and bay leaves;
2. Add the previously washed and chopped carrots and the chayote cut in cubes. Rub the meat and vegetables with the seasoning;
3. After a few hours of seasoning, cover the baking tray with tinfoil and bake at 180 °C for 1 hour (turn the meat and the vegetables from time to time);

4. Remove from the oven and reserve the vegetables and meat;
5. Pour the broth from the meat into a saucepan, add the corn starch and stir with a whisker until the flour is dissolved;
6. Heat the mixture for 3-5 minutes until it thickens;
7. Serve the turkey with the vegetables, the purée, and the meat sauce.

Nutritional Value ... Portions

Kcal: 659
Lipid content: 25.1g
Protein: 37.6g
Carbohydrates: 64.3g
Sugar: 7.5g
Fibre: 12.7g
Salt: 2g



Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
- Choose an olive oil with less acidity.
- The taste of honey water is different from honey. It can be used in porridges, salads and main meals to facilitate chewing/swallowing. You can find it in local fairs/farmers' markets.

Aromatic Salmon with Sautéed Spinach and Sweet Potato Purée with Basil

Ingredients

- 4 salmon loins (400g)
- 6 medium sweet potatos (600g)
- fresh mushrooms (200g)
- 4 handful of spinach* (200g)
- ½ tbsp. corn starch (8g)
- 2 tbsp. olive oil (20ml)
- 1 rice cream package (250ml)
- 1 medium egg
- 1 tsp. Azores saffron** (2g)
- water mint to taste
- chopped basil leaves to taste
- ½ tsp. pink Himalayan salt** (4g)
- juice of ½ lemon** (25ml)

Method

1. Season the salmon with lemon juice, water mint, saffron and salt and let it to marinate for 15 minutes;
2. In the meantime, wash the sweet potatos and boil them unpeeled;
3. Place the salmon in a Pyrex and bake at 180 °C for about 20 minutes;
4. While the salmon cooks, slice the fresh mushrooms and sautée them with the spinach in a non-sticking pan greased with olive oil;
5. When the sweet potatos are cooked, peel them, season with basil and pink salt, and make a purée;
6. Finally, prepare the emerald sauce;
7. In a small pan, add the rice cream, pink salt, and basil and let simmer;
8. Whisk the egg and add it to the previous mixture;
9. Finally, dissolve the corn starch in water and add it to the previous mixture until it thickens;
10. Serve the salmon over a layer of spinach with mushrooms and garnish with the emerald sauce. Serve with the sweet potato purée.

Dreams that Help

Nutritional Value

Kcal: 527
Lipid content: 27.3g
Protein: 27.6g
Carbohydrates: 39.5g
Sugar: 7.7g
Fibre: 6.35g
Salt: 2.5g

Portions



Notes/Tips

(*) - In case of xerostomia (dry mouth) the spinach should be chopped into very small pieces to avoid choking. If it's still not enough, process it.
(**) - Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
- Azores saffron is produced from flowers and it is used to season and colour sauces and stews, as a replacement for sweet pepper or paprika.
- Choose an olive oil with less acidity.



Ingredients

- "carolino" rice (150g)
- water (500ml)
- 1 small onion, chopped (50g)
- shrimp kernel (100g)
- frozen shrimps in shell (150g)
- frozen shelled mussels (50g)
- frozen mussels in shell (160g)
- frozen clams in shell (100g)
- 5 tbsp. olive oil (50ml)
- 1 garlic clove* (3g)
- 1 tsp. Azores saffron* (4g)
- 1 tsp. turmeric* (4g)
- 1 tsp. salt* (5g)
- 1 tsp. oregano
- water mint to taste
- pennyroyal to taste

Method

1. In a wok/pan, add the olive oil, chopped onion, and garlic;
2. Wash the rice and pour it into the wok/pan;
3. Add the saffron, oregano, salt and stir;
4. Add the water, stir and cook for about 10 minutes with the lid on;
5. Rinse the shellfish;
6. Add the shellfish, pennyroyal, and water mint to the wok/pan, stir and cover with the lid;
7. Cook for about 10 minutes;
8. Turn off the heat, let it simmer for about 5 minutes and serve.

Nutritional Value ..... Portions

Kcal: 525
Lipid content: 20.8g
Protein: 37.8g
Carbohydrates: 46.2g
Sugar: 1.2g
Fibre: 1.1g
Salt: 3g



Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
- Choose an olive oil with less acidity.
- Azores saffron is produced from flowers and it is used to season and colour sauces and stews, as a replacement for sweet pepper or paprika.
- You can use parsley as an alternative to the indicated aromatic herbs.



Dreams that Help

Bean and Sweet Potato Burgers with Sautéed Vegetables and Wild Rice

Ingredients

Hamburgers
- 1 small can of red beans (260g)
- 2 cooked sweet potatos (200g)
- 2 tbsp. ground flaxseed (20g)
- 3 tbsp. rice flour (30g)
- 1 medium onion (100g)
- 1 small courgette (200g)
- 1 tbsp. olive oil (10ml)
- ½ tbsp. chopped basil
- ½ tsp. pink salt* (4g)

Vegetables
- 1 large courgette (400g)
- 2 medium carrots (200g)
- 1 small broccoli (150g)
- 1 small onion (100g)
- 1 tbsp. olive oil (10ml)
- ½ level tsp. pink salt* (4g)

Wild rice
- wild rice (150g)
- ¼ bunch of coriander (10g)
- water (300ml)
- ½ tbsp. olive oil (5ml)
- ½ level tsp. pink salt* (4g)

Method

Hamburgers
1. Mash the beans with a fork and set aside;
2. Chop the onion, grate the courgette and simmer with a drizzle of olive oil until it stews;
3. Remove from the heat, add this mixture to the beans and incorporate;
4. Cook the sweet potato in their shells in salted water. After they are cooked, drain the water and peel the sweet potatos and set aside;
5. Add the ground flaxseed and the rice flour to the bean mixture and incorporate;
6. Finally, add and incorporate the sweet potato in this mixture, season with basil and pink salt and mold into small hamburgers;

7. If necessary, add more rice flour;
8. Finally, arrange the hamburgers on a baking tray lined with baking paper and bake in a preheated oven at 220 °C for about 30-40 minutes;
9. Turn the burgers half way through so they cook evenly.

Sautéed vegetables

1. Peel and clean the vegetables. Chop the onion and grate the courgette and carrot;
2. Cut the broccoli into small flowers. In a frying pan, add the olive oil and sautée the vegetables until cooked;
3. Note: cover the frying pan with the lid so that the vegetables cook in the steam.

Wild rice

1. Wash the rice and the coriander;
2. Reserve the washed rice, finely chop the coriander and set aside;
3. Add salted water in a pan and bring to the boil;
4. Add the rice, ½ of the coriander and the olive oil;
5. Simmer for 20 minutes and when the rice is cooked, turn off the heat, add the remaining coriander and stir. Cover the pan with the lid and let it rest for 5 minutes. Serve.

Nutritional Value . . . . . Portions

Kcal: 425
Lipid content: 13.5g
Protein: 13.8g
Carbohydrates: 53.3g

Sugar: 10.1g
Fibre: 17.6g
Salt: 2.5g



Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
- Choose an olive oil with less acidity.

Black-eyed Pea, Tofu and Beet Burgers with Sweet Potato and Vegetables

Ingredients

Hamburgers

- 1 small can of black-eyed peas (260g)
- 1 piece of fresh organic tofu (200g)
- 2 tbsp. ground flaxseed (20g)
- 2 tbsp. oat bran (20g)
- ¼ fresh beet (70g)
- juice of 1 medium lemon* (50ml)
- 1 small bunch of coriander (20g)
- ½ tsp. pink salt* (4g)

Potatos

- 6 sweet potatos 600g
- ½ tbsp. sweet pepper*
- ½ tbsp. oregano
- ½ tsp. pink salt* (5g)
- ½ tsp. nutmeg*
- 2 tbsp. olive oil (20ml)

Vegetables

- 1 medium broccoli (400g)
- 1 cup of cherry tomatoes (200g)
- 2 glasses of water (400ml)
- 2 tbsp. olive oil (20g)
- ½ level tsp. pink salt* (5g)

Method

Hamburgers

1. Start by marinating the tofu with the juice of ½ lemon and the pink salt for about 15 minutes;
2. Grill on a hot griddle and set aside;
3. In a mincer, process the beans (well drained), the coriander, and the beet;
4. Add the ground flaxseed and the oat bran to the bean mixture and incorporate;
5. Crumble the tofu with your hands and add it to the previous mixture. Mix everything until it forms a homogeneous and moldable dough;
6. Mold small hamburgers and place them on a baking tray lined with baking paper and bake in a preheated oven to 220 °C for about 30 minutes;
7. Turn the burgers half way through so they cook evenly.

Roasted Sweet Potato

1. Peel and clean the potatos;
2. Cut the potatos into thin slices and place them on absorbent paper. Turn the potatos on another absorbent paper to remove the excess water;
3. Put the potatos in a bowl and add the spices and olive oil;
4. Incorporate the seasoning in the potatos and arrange them on a baking tray lined with baking paper;
5. Bake in a preheated oven at 200 °C for about 20-30 minutes. Turn half way through so they cook evenly.

Vegetables

1. Clean the broccoli and the cherry tomatoes;
2. Cut the tomatoes in halves and set aside;
3. Boil the broccoli in 400ml of hot water and salt;
4. When cooked, place the broccoli in a salad bowl and let it cool;
5. Add the cherry tomatoes to the broccoli, season with the olive oil and aromatic herbs to taste, and serve as a salad.

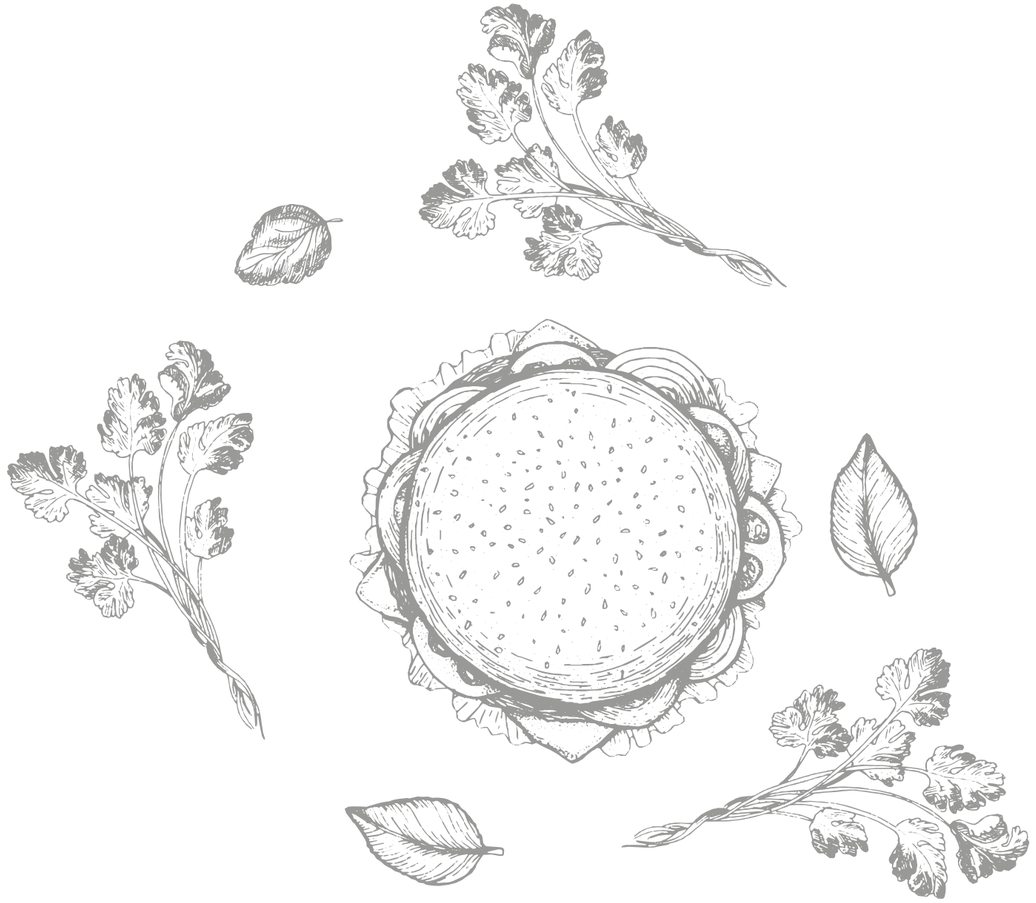
Nutritional Value — Portions

Kcal: 513
Lipid content: 19g
Protein: 21.3g
Carbohydrates: 56.7g
Sugar: 11.5g
Fibre: 14.9g
Salt: 2g



Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity or remove it from the recipe.



Solid Desserts



Ingredients

- juice of 2 oranges (180ml)
- 5 medium eggs
- 2 tbsp. rice flour (30g)
- 2 tbsp. carob flour (20g)
- 3 tbsp. brown sugar (50g)
- 4 tbsp. coconut sugar (50g)
- 1 tsp. olive oil to grease the rectangular baking tin (3ml)
- 3 full tbsp. with almond butter (95g)

1. Turn on the oven at 180 °C, with the top and bottom resistors on;
2. Grease a rectangular baking tin with olive oil with a brush. Cover the tin with baking paper. Grease the tin again over the baking paper;
3. Whisk the eggs and sugar for 3 minutes;
4. Add and mix the flours with the orange juice, add the flour one spoon at a time and alternate with the orange juice for 5 minutes;
5. Pour the mixture into the baking tin and bake for 10 minutes;
6. Change the selection to the bottom resistor, for about 5 minutes;
7. Remove the baking tin from the oven and allow the cake to cool down for 5 minutes;
8. Carefully run a knife (non-serrated) around the tin, between the baking paper and the cake, so it comes off slightly;
9. Place a clean cloth on a surface (table or countertop), grab the ends of the baking paper and place it on top of the cloth (the baking paper will be in contact with the table and the cake will be faced up);
10. Place several spoonfuls of almond butter over the cake (do not spread so that the cake does not fall apart);
11. Roll the cake as you (carefully) remove the baking paper.

Nutritional Value ..... Portions

Kcal: 189
Lipid content: 9g
Protein: 7g
Carbohydrates: 20g
Sugar: 9g
Fibre: 4g
Salt: 0.06g

Notes/Tips

- You can replace or mix almond butter and peanut butter. (You can make one of the recipes specified in the “butters” section.)
- You can also stuff the cake with sliced strawberries (before wrapping the cake).

Recipe provided by the authors to the Make Sense Campaign - Making Meals Make Sense - A cookbook and guide for people following head and neck cancer treatment.
(brochure www.makesensecampaign.eu)



Ingredients

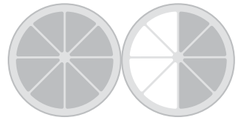
- 3 medium roasted sweet potatos (300g)
- 2 medium bananas (200g)
- 4 medium eggs
- 10 tbsp. oat flour (100g)
- 10 tbsp. coconut flour (100g)
- 5 tbsp. rice flour (50g)
- 1 tsp. yeast (3g)
- 70% cocoa dark chocolate (50g)
- 1 tbsp. olive oil (10ml)

Method

1. Preheat the oven to 180 °C;
2. Wash the sweet potatos and roast them in the preheated oven for about 20 minutes;
3. Let it cool, remove the skin and set aside;
4. Cut the dark chocolate into small pieces;
5. Break the eggs, separating the yolks from the whites and set aside;
6. In a kitchen robot or blender place all ingredients except the egg whites and blend;
7. In a separate bowl, whisk the egg whites until stiff peaks form and add to the previous mixture;
8. Finally, add the pieces of dark chocolate and stir with a spoon;
9. Place the mix on a baking tray greased with olive oil and lined with baking paper, and bake for about 30 to 45 minutes.

Nutritional Value ..... Portions

Kcal: 167
Lipid content: 5.2g
Protein: 6.1g
Carbohydrates: 21.5g
Sugar: 3.2g
Fibre: 5.3g
Salt: 0.2g



Notes/Tips

- In case of constipation prefer:
  - ripe banana
- In case of diarrhoea or soft to liquid stools, choose not to make this recipe;
- Choose an olive oil with less acidity.



Dreams that Help

Ingredients

Base
- 15 tbsp. oat flour (150g)
- 1 medium banana (100g)
- 1 medium egg
- 1 tbsp. pure cocoa (10g)

Filling
- 6 sheets of vegetable gelatin or 1 sachet of agar-agar
- 1 pack of cream cheese (200g)
- 4 natural yoghurts/natural goat yoghurts/natural vegetable yoghurt mixes (500g)
- mangoes or strawberries or red fruits (blueberries/raspberries)* (500g)
- water (50ml)
- 1 tbsp. honey (20ml)

Method

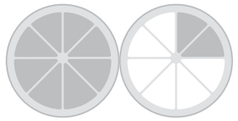
Base
1. Add all the ingredients, process in the mincer or food processor until obtaining a compact dough;
2. Line the bottom of the baking tin with a removable bottom and bake in the oven preheated at 180 °C for about 20 minutes;
3. Remove from the oven and refrigerate.

Filling
1. Add the yoghurts to the cheese and mix;
2. Soak the sheets of gelatin in water and lemon. When soft, drain, put them in a little hot water, an bring to the boil so they incorporate better in the cream;
3. Add the gelatin to the previous mixture;
4. Remove the base from the fridge;
5. Prick the base with a fork so that the cream adheres better and pour it into the tin;
6. Refrigerate for at least 2 hours;
7. In the meantime, prepare the fruit syrup: Boil the mango or the red fruits with water and honey;
8. Stir until it boils and the fruit breaks apart;
9. Refrigerate for 60-90 minutes;

10. Add the topping to the cheesecake and decorate with fruit to taste. Refrigerate until serving time.

Nutritional Value — Portions

Kcal: 142
Lipid content: 4.5g
Protein: 6.7g
Carbohydrates: 18g
Sugar: 6.2g
Fibre: 1.1g
Salt: 1g



Notes/Tips

(*) - Depends on tolerance. You can choose fruit with less acidity.
- In case of constipation prefer:
  - ripe banana
- In case of diarrhoea or soft to liquid stools, choose not to consume this recipe;
- Agar-agar is an alternative to gelatin of animal origin.

Chocolate Tapioca Crêpe

Ingredients

Tapioca crepe
- 1 medium egg
- 2 tbsp. hydrated tapioca (30g)

Topping
- 2 tbsp. coconut cream (20ml)
- 2 squares of chocolate +70% cocoa (20g)
- 4 medium strawberries* (100g)

Method

Tapioca crepe
1. Whisk 1 egg with 2 tbsp. of tapioca;
2. Turn on the stove and pour the mixture into the crêpe pan;
3. When the tapioca crêpe starts to loosen at the ends turn with a spatula. It should turn golden on both sides;
4. Put the tapioca crêpe in a plate;
5. Pour the topping over the tapioca crêpe;
6. Add the strawberries and serve.

Topping
1. Boil the chocolate with the cream and stir until it melts.

Nutritional Value — Portions

Kcal: 333
Lipid content: 18.5g
Protein: 9.5g
Carbohydrates: 31.1g
Sugar: 10g
Fibre: 2g
Salt: 0.5g



Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity or swap for another fruit with less acidity.
- You can replace the coconut cream with rice cream.

Portuguese Rice Pudding

Ingredients

- coconut drink (220ml)
- “carolino” rice (150g)
- water (500ml)
- 2 lemon rinds
- 1 cinnamon stick*
- 4 tbsp. coconut sugar (50g)

Method

1. Heat the coconut drink, water, lemon rind and cinnamon stick;
2. When boiling, add the rice, stir and lower the heat;
3. Keep stirring until the rice is cooked, for about 15 minutes, but without letting it dry;
4. Add the sugar and simmer a little more time until it becomes creamy, then turn off the heat;
5. Serve in bowls.

Nutritional Value . . . . . Portions

Kcal: 174
Lipid content: 3.8g
Protein: 2.2g
Carbohydrates: 32.4g
Sugar: 8g
Fibre: 0.7g
Salt: 0.1g



Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
- In case of diarrhoea or soft to liquid stools, prefer:
    - lactose-free milk or rice drink

Orange and Carrot Cake

Ingredients

Cake

- 20 tbsp. oat flour (200g)
- 7 tbsp. coconut flour (75g)
- milk Or sugar-free rice Or coconut drink (200ml)
- sugar-free coconut drink (200ml)
- 3 carrots (350g)
- 300g orange (juice and zest of 2 oranges)
- 5 tsp. honey (25ml)
- raisins (30g)
- 2 tbsp. grated coconut (20g)
- 6 medium eggs
- ½ tbsp. yeast (5g)
- ½ tbsp. vanilla extract (6ml) or 1 vanilla pod

Topping

- coconut cream (200ml)
- 2 tbsp. honey water (20ml)
- 2 tbsp. pure cocoa powder (20g)

Method

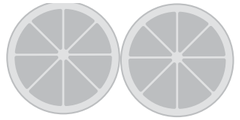
Base

1. Peel the carrot, cook in hot water and process it with a hand blender. Set aside;
2. Zest the oranges and squeeze the juice into a glass. Add the juice to the flour;
3. Add the carrot purée, egg yolks and yeast;
4. Add the milk and the coconut drink and process until you get a smooth dough;
5. Add the vanilla and beat the dough for about 5 minutes;
6. In a separate bowl, whisk the egg whites until stiff peaks form and add to the previous mixture;
7. Bake in a preheated oven to 200 °C for about 60 minutes on a baking tray lined with baking paper. The cake will be moist in the inside;

Filling
1. Add all the ingredients in a small pan and take it to simmer until it thickens, stirring all the time;
2. Pour over the cake after it cools down and serve.

Nutritional Value . . . . . Portions

Kcal: 150
Lipid content: 3.8g
Protein: 5.8g
Carbohydrates: 19.6g
Sugar: 7.1g
Fibre: 3.8g
Salt: 0.8g



Notes/Tips

- The taste of honey water is different from honey. You can find it in local fairs/farmers' markets. You can replace it with agave syrup, rice, stevia or coconut sugar.

Cocoa Cake

Ingredients

Cake
- butter with -40% fat (80g)
- 4 tbsp. coconut sugar (50g)
- 4 tbsp. cocoa powder (40g)
- 6 medium eggs
- Brazil nuts (45g)
- 2 tbsp. coconut flour (15g)
- 1 tsp. yeast (3 g)
- 1 tsp. olive oil to grease the round baking tin (3ml)

Topping
- 1 package of coconut cream (200ml)
- dark chocolate +70% cocoa (100g)

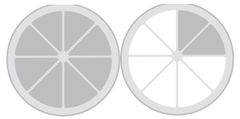
Method

Cake
1. Preheat the oven to 180 °C;
2. Grease a baking tin with olive oil, put baking paper at the bottom of the tin and grease again;
3. Beat the sugar with the melted butter;
4. Add the cocoa and the eggs alternately;
5. Chop the Brazil nuts and add to the previous mixture;
6. Add the coconut flour and the yeast;
7. Take it to the oven for about 15 minutes;
8. Let it cool, pass a non-serrated knife around the cake and unmold it;
9. Carefully remove the baking paper and turn the cake over;
10. Pour the topping.

Topping
1. Chop the chocolate bar into pieces;
2. Simmer the coconut cream and the chocolate until the mixture melts.

. . . . . Nutritional Value . . . . . Portions

Kcal: 198
Lipid content: 15g
Protein: 5.9g
Carbohydrates: 7.9g
Sugar: 2.9g
Fibre: 3.9g
Salt: 0.5g



. . . . . Notes/Tips . . . . . .

- You can use nuts, hazelnuts, almonds or peanuts to replace the Brazil nuts.

Sauces



Nutrivegie Mayonnaise

Ingredients

- 1 medium avocado (150g)
- ¼ package of coconut cream (50ml)
- 1 tsp. chopped basil
- juice of ½ lemon* (25ml)
- ¼ tbs. pink salt* (4g)

Method

1. Cut the avocado in half and remove the pulp;
2. Put in a bowl and add the remaining ingredients;
3. With a hand blender, process until the mixture is undone and serve.

Nutritional Value ... Portions

Kcal: 90
Lipid content: 6.7g
Protein: 1g
Carbohydrates: 4.8g
Sugar: 0.8g
Fibre: 3.2g
Salt: 0.6g



Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
- Serve as a side dish to your main course or salad.

Tropical Sauce

Ingredients

- ½ medium mango (200g)
- 3 cherry tomatoes (35g)
- ½ package of coconut cream (125ml)

Method

1. Chop ½ of the mango into pieces;
2. Put it in a bowl with the tomatoes and the coconut cream;
3. With a hand blender, process until the mixture is undone and serve.

Nutritional Value ... Portions

Kcal: 60
Lipid content: 2.5g
Protein: 0.7g
Carbohydrates: 8.3g

Sugar: 5.9g
Fibre: 0.8g
Salt: 0.04g



Notes/Tips

- Serve as a side dish to your main course or salad.

Pesto Sauce

Ingredients

- basil (100g)
- nuts* (50g)
- ½ level tbs. salt flower* (2g)
- 13 tbsp. olive oil (125ml)
- 1 tbsp. grated Parmesan (5g)

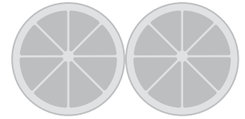
Method

1. Put all ingredients in the food processor and process until you get a smooth mixture.

Nutritional Value ... Portions

Kcal: 96
Lipid content: 10g
Protein: 0.8g
Carbohydrates: 0.6g

Sugar: 0.1g
Fibre: 0.3g
Salt: 0.2g



Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
- Choose an olive oil with less acidity.
- Serve as a side dish to your main course or salad.

Avocado Sauce

Ingredients

- 1 avocado (150g)
- fresh cheese spread or natural yoghurt (100g)
- fresh coriander (10g)
- salt flower* to taste
- juice of 1 lemon* (50ml)

Method

1. Put all ingredients (except the salt flower) in the food processor and process until you get a smooth mixture;
2. Rectify the seasoning with the salt flower.

Nutritional Value ... Portions

Kcal: 90
Lipid content: 5.9g
Protein: 1.9g
Carbohydrates: 5.8g
Sugar: 1.8g
Fibre: 2.9g
Salt: 0.25g



Notes/Tips

*Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
- Serve as a side dish to your main course or salad.

Quark Cheese Sauce with Chives

Ingredients

- 3 tbsp. quark cheese (90g)
- juice of ½ lemon* (25ml)
- 1 tbsp. chopped chives
- salt flower* to taste

Method

1. Squeeze the lemon and add to the quark cheese;
2. Mix the previously chopped chives and incorporate with a fork;
3. Season with salt flower to taste.

Nutritional Value ... Portions

Kcal: 32
Lipid content: 1.3g
Protein: 3.2g
Carbohydrates: 5.7g
Sugar: 1.3g
Fibre: 0.23g
Salt: 0.25g



Notes/Tips

*Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
- Serve as a side dish to your main course or salad.

Emerald Sauce

Ingredients

- 1 rice cream package (200ml)
- juice of ½ lemon* (25ml)
- ½ tbsp. chopped basil
- 1 medium egg, whisked
- ½ level tbsp. corn starch (8g)
- salt flower to taste*
- 3 tbsp. water (25ml)

Method

1. Dissolve the corn starch in the water;
2. Bring the remaining ingredients to a boil and stir with a spoon until it thickens.

Nutritional Value ... Portions

Kcal: 306
Lipid content: 21.2g
Protein: 8.1g
Carbohydrates: 20.3g
Sugar: 1g
Fibre: 0.9g
Salt: 1g

Notes/Tips

*Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
- Serve as a side dish to your main course or salad.



Drinks



Invigorating Juice

Ingredients

- 2 oranges* (540g)
- ¼ small beet (40g)
- 2 medium carrots (200g)

Method

1. Squeeze 2 oranges and set aside;
2. After peeling and cleaning the carrots and beets, put them in the juicer and process them;
3. Mix the orange juice with the carrot and beet juice and serve.

Nutritional Value ... Portions

Kcal: 117
Lipid content: 0.5g
Protein: 2.1g
Carbohydrates: 24.4g
Sugar: 16.5g
Fibre: 3.6g
Salt: 0.25g



Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity, swap or remove the fruit from the recipe.

Mechanical Orange Juice

Ingredients

- ½ small papaya (100g)
- 2 medium carrots (200g)
- 5 medium strawberries* (120g)
- water (100ml)

Method

1. Peel and remove the pips from the papaya;
2. Wash the carrots and strawberries;
3. Process the carrots and the fruit with water and serve.

Nutritional Value

Portions

Kcal: 199
Lipid content: 1.1g
Protein: 3.1g
Carbohydrates: 39.2g

Sugar: 23.2g
Fibre: 9.7g
Salt: 0.3g



Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity, swap or remove the fruit from the recipe.

Rich Juice

Ingredients

- pumpkin (100g)
- 3 medium carrots (300g)
- beetroot (20g)
- 1 small banana (100g)

Method

1. Peel the fruit;
2. After washing the fruit and vegetables, process them and serve.

Nutritional Value

Portions

Kcal: 148
Lipid content: 0.6g
Protein: 2.6g
Carbohydrates: 30g

Sugar: 15.3g
Fibre: 6g
Salt: 0.1g



Notes/Tips

- In case of constipation prefer:
  - ripe banana
- In case of diarrhoea or soft to liquid stools, prefer:
  - green banana
- In case of anaemia, you may choose to include 1 orange to promote iron absorption, if the degree of tolerance allows it.

Forest Juice

Ingredients

- 2 medium apples (300g)
- medium blueberries* (25g)
- 2 medium carrots (200g)
- raspberries (20g)

Method

1. After washing the fruit and vegetables and removing the seeds from the apples, process them and serve.

Nutritional Value

Portions

Kcal: 160
Lipid content: 0.6g
Protein: 1.5g
Carbohydrates: 33.3g

Sugar: 22g
Fibre: 1.5g
Salt: 0.1g



Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity, swap or remove the fruit from the recipe.

Oriental Juice

Ingredients

- 1 medium carrot (100g)
- 2 medium apples (300g)
- ½ medium persimmon (100g)
- lemon juice drops to taste*

Method

1. After washing and removing the seeds, process the fruits and serve.

Nutritional Value

Portions

Kcal: 188
Lipid content: 0.5g
Protein: 1.7g
Carbohydrates: 40.1g

Sugar: 26.9g
Fibre: 8.3g
Salt: 0.5g



Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity or remove it from the recipe.

Safari Shake

Ingredients

- coconut drink (200ml)
- ¼ of papaya (70g)
- pulp of 1 passion fruit* (25g)

Method

1. Wash and remove the seeds from the papaya;
2. Process the pulp of a passion fruit and the papaya with the coconut drink and serve.

Nutritional Value

Kcal: 156
Lipid content: 2.8g
Protein: 1.9g
Carbohydrates: 28.8g
Sugar: 16.9g
Fibre: 3.8g
Salt: 0.1g

Portions



Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity, swap or remove the fruit from the recipe.

Sweet Shake

Ingredients

- rice and coconut drink or milk (100ml)
- 1 small pear (85g)
- 5 medium strawberries* (125g)
- cantaloupe (150g)

Method

1. Wash and prepare the fruit;
2. Pour the milk and fruit in a blender, process and serve.

Nutritional Value

Kcal: 198
Lipid content: 2.0g
Protein: 5.1g
Carbohydrates: 37.4g
Sugar: 28.9g
Fibre: 5.0g
Salt: 0.3g

Portions



Notes/Tips

*Depends on tolerance. If necessary, use less quantity, swap or remove the fruit from the recipe.
- In case of diarrhoea or soft to liquid stools, prefer:
    - lactose-free milk or rice drink
- You can replace the rice and coconut drink or milk with the same amount of water to obtain a juice.



Orange Smoothie

Ingredients

- 1 medium carrot (100g)
- mango* (100g)
- papaya (100g)
- water (200ml)
- 1 pinch of turmeric**/curcuma**

Method

1. Peel the carrot, mango and papaya;
2. Process the fruit, water and vegetable in a food processor or use a hand blender;
3. Add the turmeric and blend with a spoon;
4. Drink or pour in a bowl and serve with cereals, fresh fruit and nut butter.

Nutritional Value ... Portions

Kcal: 171
Lipid content: 0.9g
Protein: 2.2g
Carbohydrates: 35.4g
Sugar: 26.2g
Fibre: 6.1g
Salt: 0.1g



Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity, swap or remove the fruit from the recipe.
(**) - Depends on tolerance. If necessary, use less quantity or remove it from the recipe.

Green Smoothie

Ingredients

- mango* (100g) or 1 small apple (100g)
- 1 small banana (75g)
- papaya (50g)
- 2 handful of spinach (50g)
- water (200ml)

Method

1. Peel the mango, banana, and papaya;
2. Add the peeled fruits to the previously washed spinach leaves;
3. Process the fruit, water and vegetable in a food processor or use a hand blender;
4. Drink or pour in a bowl and serve with cereal, fresh fruit and nut butter.

Nutritional Value ..... Portions

Kcal: 190
Lipid content: 1g
Protein: 3.3g
Carbohydrates: 39.3g
Sugar: 27g
Fibre: 5.5g
Salt: 0.1g



Notes/Tips

* Depends on tolerance. If necessary, use less quantity, swap or remove the fruit from the recipe.
- In case of constipation prefer:
    - ripe banana
- In case of diarrhoea or soft to liquid stools, choose not to consume this recipe.

Pink Smoothie

Ingredients

- blueberries* (125g)
- 1 small banana (100g)
- beetroot (50g)
- water (200ml)

Method

1. Peel the banana and beet;
2. Process the fruit, water and vegetable in a food processor or use a hand blender;
3. Drink or pour in a bowl and serve with cereal, fresh fruit and nut butter.

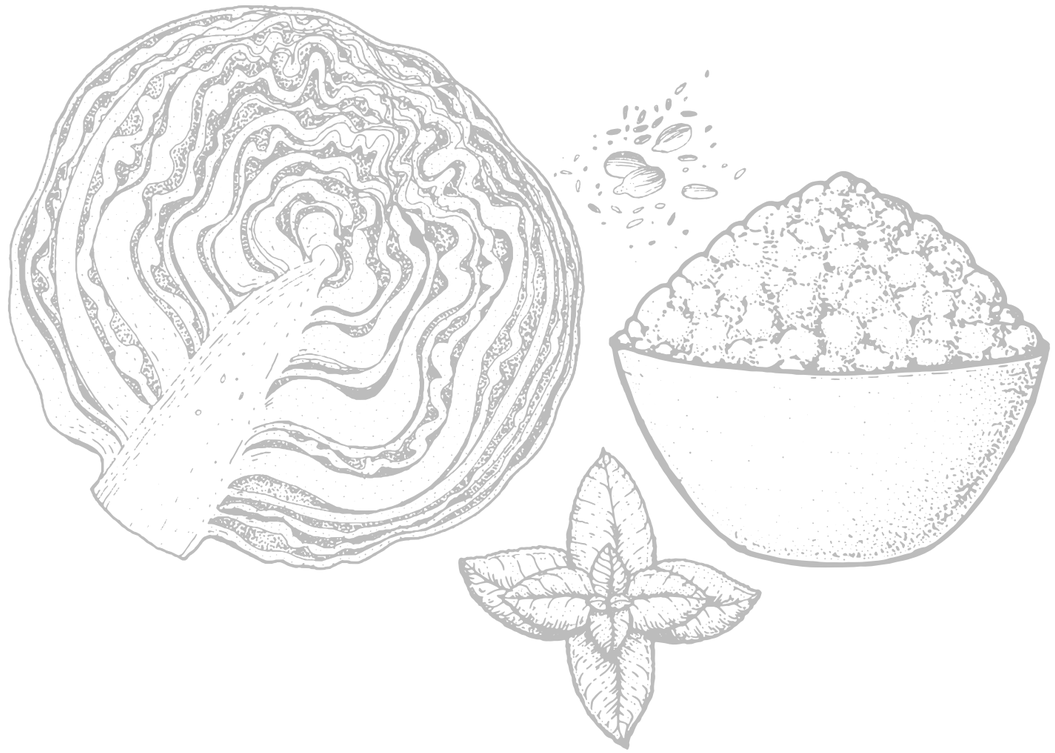
Nutritional Value ..... Portions

Kcal: 215
Lipid content: 0.8g
Protein: 2.8g
Carbohydrates: 45.7g
Sugar: 28.1g
Fibre: 7g
Salt: 0.1g



Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity, swap or remove the fruit from the recipe.
- In case of constipation prefer:
    - ripe banana
- In case of diarrhoea or soft to liquid stools, choose not to consume this recipe;



Spreads



Pumpkin Jam

Ingredients

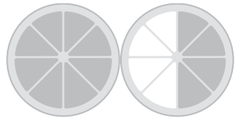
- pumpkin (400g)
- 6 dried apricots (60g)
- 1 cinnamon stick*
- juice of 1 medium lemon* (50ml)
- 2 tbsp. chia seeds (16g)

Method

1. Put all the ingredients (except the chia seeds) in a pan and cook until soft;
2. When cooked, remove the cinnamon stick and process everything with a food processor or a hand blender;
3. Add the chia seeds and mix with a spoon;
4. Store in a glass container and keep in the fridge for up to one week.

Nutritional Value ... Portions

Kcal: 31
Lipid content: 0.5g
Protein: 0.7g
Carbohydrates: 5.4 g
Sugar: 3.6g
Fibre: 1.0g
Salt: 0.01g



Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity or remove it from the recipe.

Plum Jam

Ingredients

- peeled red plums (500g)
- ½ tbsp. lemon juice*
- ½ tbsp. stevia
- water (50ml)
- ½ tbsp. agar-agar (5g)

Method

1. Put the plums and lemon juice in a pot;
2. Simmer until it softens;
3. When cooked, add the stevia and stir until the plums break apart;
4. On the side, dissolve the agar-agar in water, add to the previous mixture and boil for 3 minutes;
5. Store the jam in a glass container and keep in the fridge for up to one week.

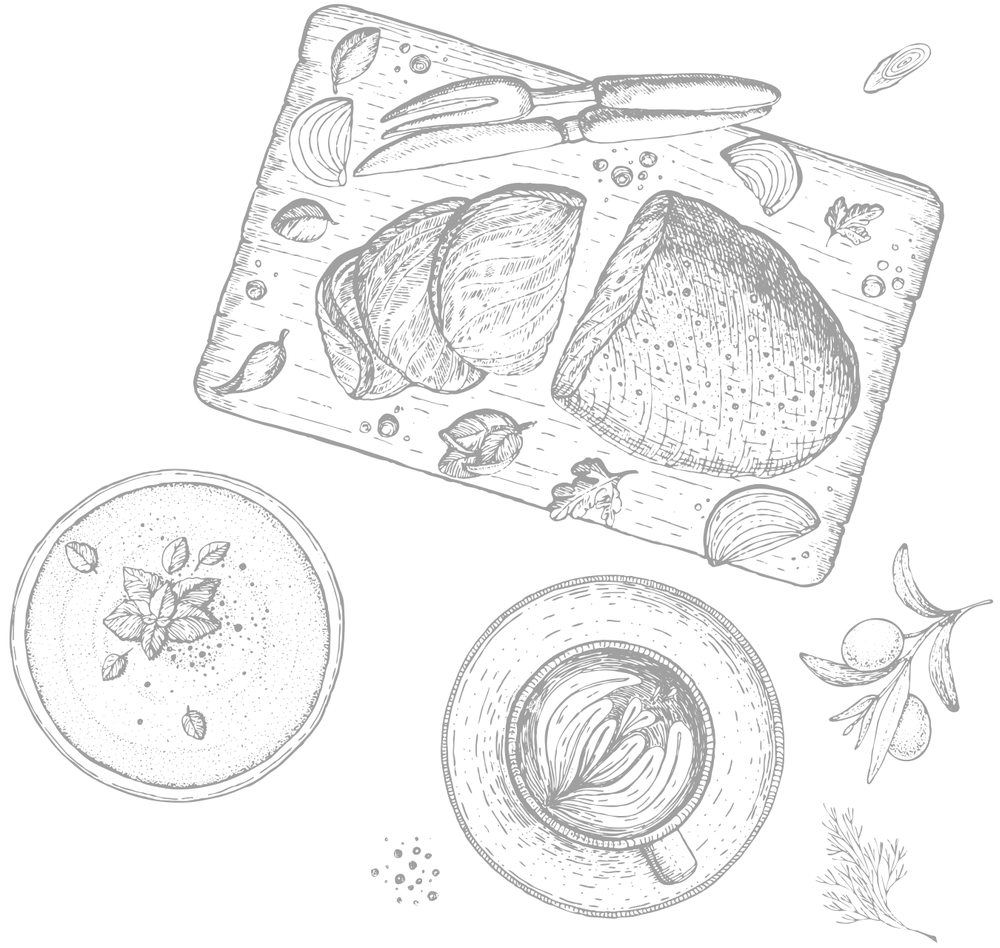
Nutritional Value ... Portions

Kcal: 23
Lipid content: 0.1g
Protein: 0.3g
Carbohydrates: 4.9g
Sugar: 4g
Fibre: 0.6g
Salt: 0.01g



Notes/Tips

*Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
- Agar-agar is a vegetable alternative to gelatin of animal origin.





Flavoured Peanut Butter

Ingredients

- peanut (400g)
- 1 tbsp. olive oil (10ml)
- ½ tbsp. coconut sugar (8g)

Method

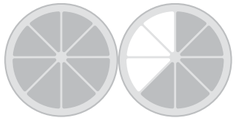
1. Spread the peanuts on a baking tray previously lined with baking paper;
2. Bake the nuts at 180 °C for 5-10 minutes;
3. Remove the peanuts from the oven and let them cool down;
4. Process the peanuts in a food processor at full speed. You'll get a sort of flour. Continue this process at a slightly lower speed until it begins to form a ball of dough;
5. At this stage, you can add the olive oil and coconut sugar;
6. Process again until you get a creamy consistency;
7. Put the peanut butter in a glass jar and store in the fridge for up to 1 week.

Nutritional Value

Kcal: 132
Lipid content: 10.5g
Protein: 5.3g
Carbohydrates: 3.3g
Sugar: 1.1g
Fibre: 1.8g
Salt: 0.2g

Portions

2x



Notes/Tips

- Choose an olive oil with less acidity.

Almond Butter

Ingredients

- almond with skin (400g)

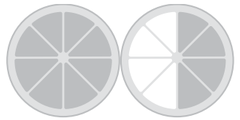
Method

1. Spread the almonds with skin on a baking tray previously lined with baking paper;
2. Roast the almonds at 180 °C for about 10 minutes;
3. Remove the almonds from the oven and let them cool down;
4. Then process the almonds in a food processor at full speed. You'll get a sort of flour. Continue this process at a slightly lower speed until it begins to form a ball of dough;
5. Process again until you get a creamy consistency;
6. Put the almond butter in a glass jar and store in the fridge for up to 1 week.

Nutritional Value

Kcal: 135
Lipid content: 11g
Protein: 4.3g
Carbohydrates: 3.3g
Sugar: 11g
Fibre: 0.9g
Salt: 0.2g

Portions

2x 

Notes/Tips

*Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
- Agar-agar is a vegetable alternative to gelatin of animal origin.





Shrimp Pâté

Ingredients

- 10 cooked shrimps (200g)
- 5 tbsp. Greek yoghurt (150g)
- 1 tbsp. parsley
- salt* to taste

Method

1. Peel 10 shrimps and separate the heads from the rest. Reserve 2 heads;
2. Squeeze the 2 shrimp heads into a bowl;
3. Add 2 tbsp. of yoghurt, the peeled shrimps, parsley and salt;
4. Process with the hand blender just enough to undo the shrimp;
5. Add 3 more tbsp. of yoghurt, blend with a spoon;
6. Refrigerate and serve.

Nutritional Value ... Portions

Kcal: 102
Lipid content: 4.6g
Protein: 13.1g
Carbohydrates: 2g
Sugar: 1.2g
Fibre: 0g
Salt: 1.7g



Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
- It can be used as an appetizer or in salads.
- If you want to add consistency to the pâté, add more yoghurt without processing.

Tuna Pâté

Ingredients

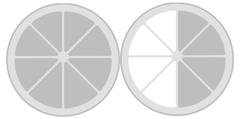
- 1 can of drained tuna (70g)
- 3 tbsp. quark cheese (90g)
- 2 tbsp. Greek yoghurt (50g)
- 1 tsp. oregano
- 1 tbsp. chives

Method

1. Wash and chop the chives into small pieces;
2. In a bowl, add the tuna, quark cheese, oregano and chives and process just a bit with a hand blender;
3. Add the yoghurt and incorporate with a spoon;
4. Refrigerate and serve.

Nutritional Value ..... Portions

Kcal: 44
Lipid content: 1.2g
Protein: 7.4g
Carbohydrates: 0.8g
Sugar: 0.8g
Fibre: 0g
Salt: 0.3g



Notes/Tips

- It can be used as an appetizer or in salads.
- If you want to add consistency to the pâté, add more yoghurt without processing.





Beet Hummus

Ingredients

- beetroot (100g)
- chickpeas, cooked and drained (400g)
- 2 tbsp. olive oil (20ml)
- juice of 1 medium lemon* (50ml)
- ½ tbs. cumin
- 1 tbsp. chopped fresh basil (5g)
- salt flower* to taste

Method

1. Peel the beet and chop into small pieces;
2. Bake in the oven on a baking tray lined with baking paper for 10 minutes at 180 °C;
3. Process the remaining ingredients with a food processor or hand blender;
4. Add the previously baked beet and process again;
5. Adjust the seasoning and serve.

Nutritional Value

Kcal: 50
Lipid content: 1.5g
Protein: 1.9g
Carbohydrates: 6.2g
Sugar: 1.4g
Fibre: 1.7g
Salt: 0.3g

Portions

2x

Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
- Choose an olive oil with less acidity.
- You can add this recipe to salads, porridge, pancakes, etc.
- If you want the recipe to have a softer consistency, you can add 2 tbsp. of the cooking water of the chickpeas or aquafaba.

Spinach Hummus

Ingredients

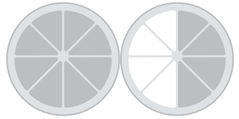
- 2 handful of spinach (100g)
- chickpeas, cooked and drained (400g)
- 2 tbsp. olive oil (20ml)
- juice of 1 medium lemon* (50ml)
- ½ tbs. cumin
- 1 tbsp. chopped coriander (5g)
- salt flower* to taste

Method

1. Cook the spinach;
2. Process the remaining ingredients with a food processor or hand blender;
3. Add the spinach and process it again;
4. Adjust the seasoning and serve.

Nutritional Value ... Portions

Kcal: 49
Lipid content: 1.6g
Protein: 2g
Carbohydrates: 5.9g
Sugar: 114g
Fibre: 1.7g
Salt: 0.3g

2x 

Notes/Tips

(*) - Depends on tolerance. If necessary, use less quantity or remove it from the recipe.
- Choose an olive oil with less acidity.
- You can add this recipe to salads, porridge, pancakes, etc.
- If you want the recipe to have a softer consistency, you can add 2 tbsp. of the cooking water of the chickpeas or aquafaba.

Dreams that Help

Note down your recipes.
Adapt!

(Recipe name)_____

. . . . . Ingredients . . . . . .

. . . . . Method . . . . . .

(Recipe name)_____

. . . . . Ingredients . . . . . .

. . . . . Method . . . . . .

(Recipe name)_____

. . . . . Ingredients . . . . . .

. . . . . Method . . . . . .

(Recipe name)_____

. . . . . Ingredients . . . . . .

. . . . . Method . . . . . .

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