

A PRACTICAL EATING GUIDE

Nan's Kitchen

Food for getting through
a course of chemotherapy.

This isn't a diet, and it isn't an alternative to treatment. It's a support plan for finishing a course of chemotherapy at full dose, on schedule, without a delay — because weight loss and poor nutrition are among the most common reasons cycles get postponed or reduced.

Two things do most of the work: enough protein, and not losing weight.

PART ONE — The Plan

PART TWO — The Cooking

General information, not medical advice. Regimens differ, and several items here interact with specific drugs — take this to your oncology team, not around them.

PART ONE

The Plan

What to do daily, what to avoid, and what to ask about.

BEFORE USING ANY OF THIS

Every regimen is different, and some of the foods and supplements below interact with specific drugs. Nothing here replaces advice from an oncology team. Two things are worth arranging early, and both are usually free: **a referral to an oncology dietitian**, who will set a protein target for the specific body and treatment, and **a supplement review with an oncology pharmacist** — fifteen minutes with everything on the table removes all the interaction guesswork.

The Two Numbers

If nothing else gets done in a day, these two do. Both scale with body weight.

PROTEIN — EVERY DAY

1.2–1.5 g per kg

That's 84–105 g at 70 kg, or 96–120 g at 80 kg. Spread across every meal and snack, not loaded at dinner.

FLUID — EVERY DAY

30–35 ml per kg

Roughly 2.1–2.5 L at 70 kg, 2.4–2.8 L at 80 kg. More on infusion day and the two days after — the kidneys are clearing the drugs.

THE THING TO WATCH HARDEST

Weight loss — specifically **muscle**, not the number on the scales. Losing weight during chemotherapy is linked to dose reductions, treatment delays and worse outcomes. If appetite drops, the answer isn't to eat less. **It's to change the food** to something denser and easier to get down.

Weigh weekly — same day, same time, same clothes, written down. **Losing 5% of body weight is the line that matters:** that's the point where teams start discussing dose reductions. Two weeks trending down is a conversation with the dietitian, not a wait-and-see.

WHAT A FULL DAY OF PROTEIN LOOKS LIKE

Breakfast — oats with yoghurt or a scoop of protein	30 g
Mid-morning — boiled egg and cheese	15 g
Lunch — egg slice, or meat and potatoes	35 g
Afternoon — nuts, milk, or half a smoothie	15 g
Dinner — soup or slow-cooked meat	20 g
Total, without trying hard	115 g

Miss a single snack and that drops to 80 g — which is why the snacks aren't optional. On a bad day, one full smoothie covers roughly a third of the target in one glass.

What To Cross Off, And Why

RAW AND UNDERCOOKED MEAT, FISH AND EGGS

Roughly **days 7 to 14 after each infusion**, white cell counts bottom out and the body can't contain ordinary bacteria. Raw liver, kidney, mince, shellfish and runny eggs carry campylobacter, salmonella and listeria.

In a neutropenic patient that isn't an upset stomach. **It's sepsis, a hospital admission, and a delayed cycle.** This applies no matter what a raw-food protocol promises.

BUT COOKED OFFAL IS GENUINELY WORTH EATING

Cooking it through keeps nearly all the nutritional value. **Liver once or twice a week** gives iron, B12, retinol and protein in a very small volume — useful when appetite is small. Just cook it properly.

TURMERIC AND CURCUMIN SUPPLEMENTS — CHECK FIRST

Curcumin at supplement strength inhibits the liver enzymes (CYP3A4 and others) that clear many chemotherapy drugs — the same mechanism behind the grapefruit warning. Inhibit them and drug levels run higher than intended. That sounds like more anti-cancer effect; in practice it means more marrow suppression and more toxicity, and it's a common route to a dose reduction.

Turmeric used as a cooking spice is fine. It's concentrated supplements that need clearing.

CBD — USEFUL, BUT IT BELONGS ON THE MEDICATION LIST

CBD is used in oncology for nausea and pain and may well help. It also inhibits the same enzyme pathways. That's not a reason to stop it — it's a reason for the team to **know about it**, so an unexpected blood result or a dose adjustment can be interpreted correctly.

DON'T CUT CARBOHYDRATES OR FRUIT

The pancreas and liver hold blood sugar within a narrow band regardless of what's on the plate, and the kidneys and lungs hold blood pH between **7.35 and 7.45** no matter what's eaten. You can't starve a tumour by skipping fruit, and you can't alkalise blood through food.

What restriction *can* do is create a calorie deficit during the exact months it's least affordable. On a rough day, fruit is often the only thing that goes down. **Keep it.**

The one place alkalinity genuinely matters is the mouth — see the bicarbonate rinse. That effect is real and significant.

Mouth Care

Mucositis is what wrecks eating from the second cycle onward. Once ulcers are established, everything gets harder. **Prevent rather than treat.**

FROM DAY ONE OF EVERY CYCLE — NOT WHEN IT STARTS HURTING

- **Bicarbonate rinse, four times a day.** Half a teaspoon of bicarb soda plus half a teaspoon of salt in a cup of warm water. Swish and spit — don't swallow it.
- **Then a teaspoon of honey** — let it sit and coat the tissue rather than washing it straight down. Manuka honey has trial evidence for reducing mucositis severity.
- **Soft toothbrush.** Gently.

PASTEURISED HONEY ONLY WHILE COUNTS ARE LOW

Raw, local and home-harvested honey carries bacterial and mould spores that are harmless to a normal immune system and are *not* harmless during neutropenia. Use commercial or medical-grade honey through treatment.

The Shape Of A Day

On waking

Warm water. Bicarbonate rinse. Honey.

Breakfast — the oat bowl

The workhorse of the whole plan. **Makes 1 bowl · 25–30 g protein**

IN THE BOWL

- Rolled oats, soaked overnight with 1 tbsp chia
- **2 tbsp freshly ground pepitas**
- Full-fat milk or cream
- A spoon of honey
- Unsweetened cranberries or frozen berries
- **Greek yoghurt or a scoop of protein powder**

NOTES

Toast pepitas lightly before grinding, and grind in small batches — the oils go rancid quickly, and toasting kills surface mould, which is the reason some units restrict raw seeds during neutropenia.

Oats alone won't reach 25–30 g. The yoghurt or scoop isn't optional.

Sore mouth version: cook it soft, serve warm rather than hot, skip the cranberries, add more honey and cream.

Through the rest of the day

- **Mid-morning** — nuts, cheese, a boiled egg, or a milk smoothie.
- **Lunch is the main protein meal.** Eat it while appetite is best, which on chemotherapy is usually earlier in the day. Cooked vegetables rather than raw salad during the low-count window.
- **Dinner** — lighter and earlier. Soups, congee, slow-cooked meat, mash.
- **Evening** — rinse, honey, dark room, consistent bedtime.

AFTERNOON — 20 TO 30 MINUTES OF WALKING

This sits above every supplement in this document, because the evidence behind it is better than the evidence for any of them: less fatigue, muscle preserved, and a better chance of completing the full course. On a bad day, five minutes around the house still counts.

The Bad Days

Roughly days two to five after an infusion. Abandon the structure — different rules apply.

THE SINGLE CHANGE THAT MATTERS MOST

Take antiemetics on schedule, before nausea starts — not as a rescue once vomiting has begun. Prophylactic dosing is the difference between a manageable week and a miserable one.

- **Cold food.** Less smell, less trigger. Custard, yoghurt, jelly, smoothies, cold chicken.
- **Small amounts every hour** beats three meals.
- **Ginger** — fresh tea or chews. Real trial evidence for chemotherapy nausea, and safe.
- **Cold peppermint tea** often goes down when nothing else will.
- **Dry crackers before getting out of bed.**
- Ground seeds can go into a smoothie when chewing is too much.

TWO CATCHES WORTH KNOWING

Peppermint relaxes the lower oesophageal sphincter, so if reflux is a problem — common with steroids and antiemetics — switch to ginger. And not scalding hot when the mouth is sore.

Chia needs fluid to work. Pre-soak it rather than adding it dry, or it can worsen constipation instead of easing it. Useful against the constipation ondansetron causes; back off if diarrhoea sets in instead.

Citrus And Acidic Food

Two different instructions often get blurred together, and they have different consequences.

FIND OUT WHICH ONE YOU'VE BEEN GIVEN

- **The grapefruit interaction** is real and specific. Grapefruit and Seville orange inhibit CYP3A4 and can raise drug levels. It does *not* extend to ordinary oranges, lemons or mandarins.
- **"Nothing acidic" is a mucositis instruction.** It's about not burning open ulcers and putting you off eating — comfort, not chemistry. If that's the instruction, then tomato, vinegar, pineapple and cranberry sit in the same bucket as citrus.

Worth asking directly, because the two answers produce very different shopping lists.

VITAMIN C WITHOUT CITRUS

Capsicum, kiwifruit, berries, cooked broccoli, and potato with the skin on.

CRANBERRY AND BLOOD THINNERS

On any anticoagulant — warfarin especially, but check enoxaparin and apixaban too — clear cranberry with the pharmacist first. With a port in place and cancer-related clot risk, many patients are on something.

Food Safety During The Low-Count Window

DAYS 7–14 AFTER EACH INFUSION

- No raw or rare meat, fish or eggs
- No unpasteurised dairy, no soft cheeses — no blue, brie, camembert, or deli-counter feta
- No deli counters, buffets, or raw sprouts
- Wash and peel produce
- Reheat leftovers to steaming hot, within two days, once only
- Pasteurised honey only

PART TWO

The Cooking

Built to keep weight on. Cook on the good days and freeze it.

THREE GROUPS

- **BAD DAY FOOD** — jellies and smoothies, for when nothing else works.
- **PROTEIN MEALS** — the slice, the potatoes, the bake. Cook once, eat twice.
- **EGGS AND BROCCOLI** — the workhorses.

Every recipe carries its yield and rough protein per serve, so a day can be stacked without doing sums.

1 • The Jellies

Gelatine jelly is the most useful thing to have in the fridge on a bad day. Cold, no cooking smell, goes down when nothing else will, and it's fluid nobody has to think about drinking.

STRAIGHT ABOUT GELATINE

It's protein, but not a *complete* protein — it lacks tryptophan, so it doesn't count toward a daily target the way meat or whey does. Its job is calories, fluid, comfort and a sore mouth. For jelly that does count, see the milk jelly.

ONE COOKING RULE

Fresh pineapple, kiwi, paw paw, figs and large amounts of fresh ginger contain enzymes that break down gelatine and **stop it setting**. If using fresh ginger, **simmer it first** — heat destroys the enzyme — then strain and cool.

Ginger and Cranberry Jelly

Makes 6 small cups.

Serves 6 · not a protein source

INGREDIENTS

- 500 ml unsweetened cranberry juice
- 250 ml water
- A thumb of fresh ginger, sliced thin
- 3 tbsp pasteurised honey
- 4 tsp powdered gelatine, or 5 leaves

METHOD

1. Simmer the water with the ginger for 10 minutes, then strain out the ginger. **Don't skip the simmer.**
2. Sprinkle gelatine over 100 ml of the hot ginger water. Bloom 5 minutes, then stir until completely clear.
3. Stir in the honey while warm.
4. Add the cranberry juice, cold. Stir.
5. Pour into **small individual cups** — a small cup gets eaten, a large bowl doesn't.
6. Refrigerate 4 hours.

Gentler version for a sore mouth: half cranberry juice, half water or pear juice. Cranberry is sharp and will sting an ulcer.

VARIATIONS — SAME METHOD THROUGHOUT

- **Pear and ginger** — the gentlest, best when the mouth is bad.
- **Apple and cinnamon** — a cinnamon stick simmered with the ginger.
- **Berry** — frozen raspberries or blueberries dropped in as it starts to set.
- **Dark grape** — sweet and easy when everything tastes metallic.
- **Watermelon** — blitzed and strained. Refreshing on a taste-change day.

Not pineapple, kiwi or fresh paw paw. They won't set.

Creamy Milk Jelly

The one that does count as protein. Tastes like set custard.

Makes 4 cups · 12–14 g protein each

INGREDIENTS

- 500 ml full-cream milk
- 3 tbsp honey
- 3 tsp powdered gelatine
- 1 scoop vanilla protein powder
- Splash of cream

METHOD

1. Warm 150 ml of the milk. Sprinkle gelatine over, bloom 5 minutes, stir until clear.
2. Whisk the protein powder into the remaining **cold** milk first, before anything hot goes near it — heat makes it clump.
3. Combine, add honey and cream, stir.
4. Small cups. Refrigerate 4 hours.

The one to lean on when chewing isn't possible but the numbers still need hitting.

2 • The Smoothies

The fastest protein in the house, and a full meal replacement on a day when a plate is out of the question.

The Base Smoothie

Roughly a third of a day's protein in one glass. **Makes 1 large glass • 35–40 g protein**

INGREDIENTS

- 300 ml full-cream milk, or milk and cream for more calories
- 1 scoop whey or plant blend
- 200 g Greek yoghurt
- 1 banana
- 1 tbsp ground pepitas
- 1 tbsp honey
- Ice

VARIATIONS

- **Chocolate malt** — cocoa and malt powder. Best when everything tastes of metal.
- **Berry** — frozen berries, vanilla protein, extra yoghurt.
- **Green** — a handful of baby spinach with banana. Tastes of banana.
- **Peanut butter** — highest calorie of the set.
- **Oat** — 3 tbsp rolled oats blended hard. Thicker and more filling.

CHOOSING A PROTEIN POWDER

- **Sealed commercial tubs only.** Bulk-bin scooping is out while counts are low.
- **Avoid greens blends, herbal extracts and mushroom complexes.** Not because they're harmful — because nobody can tell you what's interacting with what. Plain whey, plain isolate, or a plain pea and rice blend.
- **Nothing with added probiotics or live cultures.** Live-culture *supplements* during neutropenia are a genuine bacteraemia risk. Ordinary pasteurised yoghurt is fine.
- **Whey isolate** if dairy sits heavily — lower lactose and gentler on a treatment-affected gut.

Two Supplements Worth Understanding

GROUND PEPITAS — 2 TBSP DAILY

Around 20 g of seed, giving roughly **150 mg of magnesium** plus zinc, iron and about 6 g of protein.

Magnesium is one of the few supplements with real trial evidence for migraine prevention — it appears in prevention guidelines alongside riboflavin and CoQ10. Headaches arrive from several directions during treatment: the drugs, the antiemetics, dehydration, poor sleep, and the steroid drop-off a few days after each infusion.

How: buy raw, toast lightly, grind in small batches, store the powder in the fridge, and use it within a few days before the oils turn.

No ceiling. Two bowls of porridge means two servings of seeds. Reduce to 1 tbsp if diarrhoea sets in — magnesium in quantity loosens the bowels, which is often welcome given how constipating antiemetics are.

CREATINE — 5 G, ONCE A DAY

The trials testing creatine for **muscle mass** in cancer patients have come back flat, with no significant benefit over placebo. Where some people report a benefit is **mental clarity** — creatine is used in the brain as well as muscle, and effects are most consistent when the brain is under load. That question hasn't been settled by trial yet.

If you use it: it holds a baseline rather than rescuing a bad day, and **more doesn't help**. One dose daily is the ceiling, regardless of how many meals. It also draws water into muscle, so the fluid target needs to be met for it to do anything.

IF YOU TAKE CREATINE, THE TEAM MUST KNOW — THIS ONE MATTERS

Creatine raises the **creatinine** level in blood. Creatinine is the marker used to assess kidney function, and it's checked before every cycle — particularly with platinum drugs, which are nephrotoxic. Daily dosing keeps that number elevated on every blood draw.

If creatinine comes back raised and nobody knows creatine is being taken, it can be read as kidney injury and **cost a cycle that didn't need to be lost.**

**Say it at every cycle:
"I take 5 g of creatine daily."**

Don't assume it carried over from last time. Different nurse, different day, different registrar reading the bloods.

3 • The Protein Meals

Cheesy Egg, Spinach & Zucchini Slice

Cold the next day, warm on the day, eats standing at the bench.

Makes 8 slices • 18–20 g protein each

INGREDIENTS

- 8 eggs
- 250 g grated tasty cheese
- 100 g grated parmesan
- 2 zucchini, grated and **squeezed dry**
- 200 g baby spinach, wilted and squeezed dry
- 1 onion, diced and softened
- 200 g cottage cheese or ricotta — *adds ~25 g protein across the slice and changes nothing about the taste*
- ½ cup self-raising flour
- 1 tsp chicken stock powder
- Pepper, nutmeg

METHOD

- 1.** Oven 180°C. Line a slice tin.
- 2.** Squeeze the zucchini and spinach properly dry — skip this and it weeps.
- 3.** Beat the eggs, add everything else, mix.
- 4.** Into the tin, more cheese on top, 35–40 minutes until set and golden.
- 5.** Cool fully before cutting or it crumbles.

Keeps 3 days refrigerated. **Reheat to steaming hot, not warm.**

More protein: 200 g cooked chicken, a tin of drained tuna, or 150 g bacon cooked through.

Smashed Baked Potatoes with Meat Sauce

Freezes in portions — double the batch on a good week.

Serves 4 • 45–50 g protein each

THE SAUCE

- 750 g beef mince, or half beef and half lamb
- 1 onion, 2 carrots, 2 sticks celery — **blitzed to a puree**
- 1 tin baked beans, **mashed** — thickens it and adds protein and fibre invisibly
- 1 tin crushed tomatoes
- 2 tbsp tomato paste
- 1 tbsp beef stock powder
- Bay leaf, oregano, pepper

METHOD

1. Bake whole potatoes at 200°C for an hour until soft through.
2. Onto an oiled tray and **squash flat with a masher** — about 2 cm thick, edges cracking open. Brush with oil, salt, then 220°C for 20 minutes until crisp.
3. Brown the mince hard — that's where the flavour is.
4. Add the pureed vegetables, cook down 10 minutes until the raw smell goes.
5. Add beans, tomatoes, paste, stock and herbs. Simmer 45 minutes minimum until thick.

To serve: sauce over the potatoes, then a generous spoon of sour cream and a heavy handful of grated cheese while hot. Those aren't garnish — they're calories and protein doing a job.

Creamy Potato Bake

Reheats well, steaming hot.

Serves 6 • 25 g each, 35 g+ loaded

INGREDIENTS

- 1.5 kg potatoes, sliced thin
- 300 ml cream, 200 ml full-cream milk
- 2 tbsp chicken stock powder
- 300 g tasty cheese, 100 g parmesan, 100 g mozzarella
- 2 cloves garlic, crushed
- Pepper, nutmeg

PROTEIN ADDITIONS

- 400 g shredded cooked chicken between layers
- 250 g ham or bacon, cooked through
- 250 g cottage cheese whisked into the cream — disappears completely, adds ~30 g
- A scoop of unflavoured protein powder whisked into the **cold** milk first

METHOD

1. Oven 180°C.
2. Warm the cream, milk, stock powder and garlic together without boiling.
3. Layer the potatoes in a deep dish with cheese between **every** layer.
4. Pour the cream over and press down so everything is submerged.
5. Foil on, 45 minutes. Foil off, remaining cheese on top, 25–30 minutes until brown and bubbling.
6. **Rest 15 minutes** before serving or it runs.

4 • Eggs And Broccoli

Broccoli is worth leaning on — nutrient-dense with no interaction issues at normal food amounts. **Cook it properly during the low-count window**; no raw florets or raw slaw.

Broccoli, Cheese & Bacon Frittata

Cold the next day makes an excellent breakfast. **Serves 4 • 30 g protein each**

INGREDIENTS

- 10 eggs
- 1 large head broccoli, cut small, **steamed 4 minutes**
- 200 g bacon, cooked through
- 150 g grated cheese and 50 g parmesan
- 150 ml cream
- 1 tsp chicken stock powder, spring onion

METHOD

Beat the eggs, cream and stock powder. In an ovenproof pan, spread the bacon and broccoli evenly, pour the egg over, cheese on top.

180°C for 25–30 minutes until **just** set — pull it slightly early, it keeps cooking.

Broccoli & Cheese Bake

A side dish. How to get broccoli into someone who doesn't want vegetables. **Serves 4 • 15 g protein each**

Steamed broccoli in a dish. Melt 200 ml cream, 1 tsp chicken stock powder and 150 g cheese together and pour over. Breadcrumbs and parmesan on top. 180°C for 20 minutes.

Cheesy Scrambled Eggs

The sore-mouth version. Four minutes, for a morning when nothing else is possible. **Serves 1 • 25 g protein**

4 eggs, a splash of cream, 50 g cheese. **Low heat, stirred constantly, pulled off while still soft and wet.** Salt lightly, no pepper if the mouth is sore. Serve warm rather than hot.

Broccoli & Cheese Soup

Bad day, blended completely smooth — no pieces when the mouth is sore.

Makes 4 bowls • 12 g each, 30 g boosted

Steam a head of broccoli soft. Blend with 500 ml chicken stock, 200 ml cream, 200 g cheese and a boiled potato to thicken.

To lift it from 12 g to 30 g a bowl, whisk a scoop of unflavoured protein powder into a little cold stock and stir it in **at the end, off the heat.**

5 • The CBD Bakes

Butter, honey, oats and chocolate carry fat-soluble CBD well, and they're soft, sweet and calorie-dense — which is most of what's wanted when appetite is gone and the mouth is sore. These keep for a week and freeze.

READ THIS BEFORE BAKING A SINGLE BATCH

Use the prescribed product, not unregulated oil. In Australia CBD is a prescription medicine (with a limited low-dose pharmacist-only category). Bake with what the doctor has already approved — the dose is known, the contents are known, and it's already on the medication list.

Baked CBD adds to the daily total. If someone is already taking a measured dose, cookies aren't a separate thing — they're more of the same drug on top. The pharmacist needs the whole daily figure, not just the bottle.

CBD inhibits CYP3A4 and CYP2C9, the enzymes that clear many chemotherapy drugs. That's manageable at a steady, known dose and unpredictable at a variable one. **Which is exactly why the maths below isn't optional.**

THE DOSE MATHS — DO THIS EVERY BATCH

Total CBD stirred into the butter	600 mg
Number of cookies the batch makes	24
Dose per cookie	25 mg

Write it on the tin. Batch date, mg per piece, how many pieces. A labelled tin is the difference between a controlled dose and a guess.

Cut evenly — a tray of brownies scored into unequal squares is a tray of unequal doses. Weigh the dough and divide it if you want to be exact.

Edibles are slow. Onset is 45 minutes to two hours and the effect lasts longer than drops under the tongue. Most accidental double-doses happen in the first hour, when someone assumes it hasn't worked.

TWO HARD RULES

Label the tin and keep it separate. These look exactly like ordinary cookies. Visitors, grandchildren and hungry family members do not read the room.

Not for anyone pregnant or breastfeeding. The lactation version below is deliberately CBD-free — keep the two batches physically apart and label both.

CBD Butter

The base for everything in this section. Makes 250 g.

Keeps 2 weeks refrigerated

INGREDIENTS

- 250 g unsalted butter
- Prescribed CBD oil — the amount your total dose calls for

Half CBD butter and half plain butter in a recipe halves the dose per piece. That's the easiest way to dial it down without rewriting anything.

METHOD

1. Melt the butter gently over the lowest heat. **Do not let it bubble or brown** — CBD degrades with heat and you'll lose potency before it reaches the bowl.
2. Off the heat, stir the measured oil straight in. CBD is fat-soluble, so it disperses on its own — no decarboxylation step, that's a THC concern, not this one.
3. Stir for a full minute so it's evenly through. Uneven butter means uneven cookies.
4. Pour into a labelled tub — **total mg written on the lid** — and set in the fridge.

Keep every bake at or below 170°C. Above that you're baking off what you paid for.

Honey Oat Shortbread

The short, crumbly version — the one that melts rather than needing chewing. Best when the mouth is sore.

Makes 24 • ~4 g protein each

INGREDIENTS

- 250 g CBD butter, softened
- 90 g honey
- 60 g brown sugar
- 150 g oat flour (*rolled oats blitzed fine*)
- 150 g plain flour
- 100 g rolled oats, left whole for texture
- ½ tsp fine salt
- 1 tsp vanilla

ADD ONE

- 80 g roasted pepitas (*and the magnesium comes along with them*)
- 80 g pistachios or cashews, roughly chopped
- 80 g dried cranberries

METHOD

1. Beat the butter, honey, sugar and vanilla until pale. **No egg and no raising agent** — that's what makes it short rather than cakey.
2. Fold in both flours, the oats and the salt. It will look dry, then come together. Don't overwork it.
3. Fold through the add-in.
4. Roll into a log, wrap, and chill 30 minutes. Slice into 24 rounds — **even slices, even doses.**
5. **160°C for 18–20 minutes**, until barely golden at the edges and still pale in the middle.
6. Leave on the tray 10 minutes — they set as they cool and will fall apart if moved hot.

Soft & Chewy Oat Cookie

Same flavours, chunkier and chewier. The one for a good day.

Makes 24 • ~5 g protein each

CHANGES TO THE SHORTBREAD

- Reduce butter to **200 g**
- Add **1 egg**
- Add **50 g extra brown sugar**
- Add **½ tsp bicarb soda**
- Increase whole rolled oats to **150 g**, drop oat flour to 100 g

METHOD

1. Cream the butter and sugars, beat in the egg and honey.
2. Fold in the dry ingredients and the add-in.
3. Spoon into 24 mounds — **an ice-cream scoop keeps them even, which keeps the dose even.**
4. **165°C for 12–14 minutes.** Pull them while the centres still look underdone; they finish on the tray.

Cranberry and pepita is the best of the combinations here — the tartness cuts through when everything tastes flat or metallic.

Lactation Cookie — no CBD

The same chewy cookie, deliberately without CBD. For a feeding mother in the house.

Makes 24 • ~6 g protein each

CHANGES

- **Plain butter — no CBD butter, none at all**
- 2 tbsp brewer's yeast
- 2 tbsp ground flaxseed
- Extra 1 tbsp honey to balance the yeast

NOTES

Brewer's yeast and flaxseed are the traditional lactation additions. Worth saying plainly: **the evidence that they increase supply is weak**. What they reliably do is deliver B vitamins, iron and easy calories to someone who is not sitting down to eat — which matters on its own.

Brewer's yeast is bitter. Start with 2 tbsp; more than 4 and the cookie tastes of it.

Bake these first, in a clean bowl, and label the tin before the CBD batch goes anywhere near the bench.

Dark Chocolate Brownies

Dense and fudgy. Chocolate covers the taste changes better than anything else here.

Makes 16 • ~5 g protein each

INGREDIENTS

- 200 g CBD butter
- 200 g dark chocolate, 70%
- 3 eggs
- 200 g caster sugar
- 80 g plain flour
- 30 g cocoa
- ½ tsp salt

METHOD

1. Melt the butter and chocolate together over the lowest possible heat, or in short bursts. **Gently — heat is the enemy twice over here.**
2. Whisk the eggs and sugar until thick and pale, then fold the chocolate through.
3. Sift in the flour, cocoa and salt. Fold just until it disappears.
4. **165°C for 22–25 minutes.** The middle should still wobble slightly.
5. Cool completely in the tin, then cut **16 even squares**. Measure the cuts — uneven squares are uneven doses.

Peanut Butter Brownies

Highest calorie of the lot, and the extra protein is real rather than incidental.

Makes 16 · ~8 g protein each

CHANGES

- 150 g smooth peanut butter
- 2 tbsp milk
- 1 tbsp honey

METHOD

Make the dark chocolate batter as above. Warm the peanut butter with the milk and honey until it pours.

Spoon it over the batter in the tin and drag a knife through in an S. **Don't over-swirl** — you want ribbons, not a beige tray.

Same bake: **165°C, 22–25 minutes**. It browns faster, so watch the top.

Sticky Date Brownies

Molasses and salt. Softest of the three, and the one that goes down easiest when chocolate is too much.

Makes 16 · ~4 g protein each

INGREDIENTS

- 250 g pitted dates
- 250 ml boiling water
- 1 tsp bicarb soda
- 150 g CBD butter
- 150 g brown sugar
- 2 tbsp molasses
- 2 eggs
- 180 g plain flour
- 1 tsp baking powder
- **Granular salt** for the top — flaked or coarse, not fine

METHOD

1. Pour the boiling water over the dates with the bicarb. Stand 15 minutes, then mash or blitz to a rough puree. **Let it cool** before it meets the butter.
2. Cream the butter, sugar and molasses. Beat in the eggs.
3. Fold in the date puree, then the flour and baking powder.
4. Into the tin, **scatter granular salt across the top** — generously. The salt against the molasses is the whole point.
5. **165°C for 28–30 minutes**, until just set at the centre.
6. Cool fully, then cut 16 even squares.

These stay moist for days and freeze better than the chocolate ones.

WORTH RAISING AT THE NEXT APPOINTMENT

Take the number, not the recipe: "**we're baking with the prescribed CBD, roughly X mg per piece, Y pieces a day.**" That's a fifteen-second conversation that keeps the total dose visible and the interaction predictable.

A Few Last Things

ASK, DON'T ASSUME

- **Spinach and warfarin.** Not "avoid spinach" — *keep the amount steady* week to week so INR doesn't swing. Doesn't apply to enoxaparin or apixaban.
- **Baked beans and vegetable purees** are good fibre but can be gassy. Halve them in a week when the gut is already unhappy.

NON-NEGOTIABLE WHILE COUNTS ARE LOW

- **Cheese:** hard and pasteurised only. Tasty, parmesan, mozzarella and cheddar are all fine. No blue, brie, camembert, or deli-counter feta.
- **Reheating, every time:** steaming hot right through, within two days, once only.

Cook on the good days. Bank it in the freezer. The bad days are for jelly and smoothies and nobody cooking anything.

This document is general information, not medical advice. Treatment regimens differ, and several items here interact with specific drugs. Take it to your oncology team, ask for a dietitian referral, and have a pharmacist review every supplement.

Nan's Kitchen