These guidelines were created for those that are cancer survivors, currently going through cancer treatment, or at a high risk for cancer development. **PHYTOCHEMOTHERAPY nutritional protocol focuses on:**

- Consuming a whole plant-based diet with the addition of phytonutrients that have been scientifically established to prevent and inhibit cancer growth. You can read more about plant-based diet at foodtherapymd.com.
- Using concentrated amounts of phytonutrients to increase immune system function.
- Eliminating or, at a minimum, severely reducing pro-inflammatory and cancer-promoting foods such as meat, poultry, eggs, dairy and processed white flour and sugar.

The **PHYTOCHEMOTHERAPY plan uses whole plant foods in three ways:** eating them, drinking them and blending them. Consuming these foods is self-explanatory but many people question why juicing and blending whole plant foods is necessary.

Essentially, blending or juicing is an effective way to get large, concentrated amounts of anticancer phytonutrients in a simple, convenient way. Smoothies are also convenient and complimentary way to increase the number of nutrient-dense, anti-inflammatory and anticancer foods you consume every day.

**THE BASICS**

**MOST POWERFUL CANCER-FIGHTING FOODS**

- Arugula
- Bok choy
- Broccoli
- Broccolini
- Brussels sprouts
- Cabbage
- Cauliflower
- Collard greens
- Radishes
- Watercress
- Kale
- Mustard greens
- Turnips

**OTHER CANCER-FIGHTING FOODS**

- Mushrooms
- Turmeric
- Onions
- Garlic
- Berries (Blackberries, Blueberries, Raspberries, Strawberries)
- Pomegranates
- Tomatoes
- Green tea
- Grapes
- Black rice
- Cinnamon
- Flax seeds
- Spinach
- Ginger

**DIETARY BASICS**

Breakfast will always include a vegetable juice, berries (in smoothie or eaten) and if desired, a whole grain like oats, quinoa, barley or whole grain toast. Lunch and dinner will always include a salad with at least 2 of the vegetables being cruciferous. Throughout the day, you will want to eat as many of the foods listed here as possible. For example, slip some turmeric in your tea or smoothie, add grilled or roasted mushrooms to your dinner each day or as a snack, or use black rice instead of white in your stir fry.

*There is absolutely no place in the diet for nutritional drinks like Ensure© or Boost©.*
Here are some smoothie recipe suggestions to increase the number of nutrient-dense, anti-inflammatory and anticancer foods you consume every day. **Please remember:**

There are several add-ons that you can put into any smoothie to get an additional boost of antioxidants and cancer-protective phytonutrients. These include mushroom powder, turmeric, ginger powder, wheatgrass, chlorella, spirulina, cinnamon, cloves or matcha green tea powder. You can also add a non-dairy protein powder if you have extra protein requirements.

If more sweetness is needed, don’t add sugar. Add a few dates, frozen pineapple or mango into your smoothie.

Toss all your ingredients into a NutriBullet® or Vitamix® blender and enjoy!

### SMOOTHIES

<table>
<thead>
<tr>
<th>Smoothie #1</th>
<th>Smoothie #2</th>
<th>Smoothie #3</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup, frozen mixed berries</td>
<td>1 cup, mixed berries</td>
<td>1/2 cup, broccoli</td>
</tr>
<tr>
<td>1 handful, spinach</td>
<td>1 cup, no sugar added pomegranate juice (no sugar added)</td>
<td>1 cup, frozen berries</td>
</tr>
<tr>
<td>1 cup, non-dairy milk (or more for thinner texture)</td>
<td>1 cup, greens (collard greens or kale)</td>
<td>1 banana, frozen</td>
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<tr>
<td>1 banana, frozen</td>
<td>1 banana, frozen</td>
<td>1 cup, nondairy milk</td>
</tr>
<tr>
<td>1 tablespoon, flaxseed</td>
<td>1 tablespoon, flaxseed</td>
<td>1 teaspoon, matcha green tea powder</td>
</tr>
<tr>
<td>2 dates, optional for sweetness</td>
<td>Optional non-dairy protein powder</td>
<td></td>
</tr>
<tr>
<td>(hemp, pea, rice protein)</td>
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<thead>
<tr>
<th>Smoothie #4</th>
<th>Smoothie #5</th>
<th>Smoothie #6</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup, frozen berries</td>
<td>1/2 cup, frozen mango</td>
<td>3 stalks, baby bok choy</td>
</tr>
<tr>
<td>1 banana, frozen</td>
<td>1/2 cup, frozen blueberries</td>
<td>1 handful, arugula</td>
</tr>
<tr>
<td>1 handful, leafy greens</td>
<td>1 tablespoon, ground flaxseed powder</td>
<td>1 banana, frozen</td>
</tr>
<tr>
<td>1 tablespoon, raw cocoa powder</td>
<td>1 cup, non-dairy milk</td>
<td>1 cup, non-dairy milk</td>
</tr>
<tr>
<td>1 cup, non-dairy milk</td>
<td>1 tablespoon, mushroom powder</td>
<td>2 dates</td>
</tr>
<tr>
<td>1 teaspoon, cinnamon</td>
<td></td>
<td>1 scoop, chlorella</td>
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<tr>
<td>1 tablespoon, flaxseed</td>
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<tr>
<th>Smoothie #7</th>
<th>Create Your Own Smoothie</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup, frozen berries</td>
<td></td>
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<tr>
<td>1 banana, frozen</td>
<td></td>
</tr>
<tr>
<td>1 handful, spinach</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon, turmeric</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon, ginger powder</td>
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<tr>
<td>1 cup, milk substitute</td>
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- 1 handful, any leafy green or cruciferous veggie like broccoli
- 1 cup, frozen berries and/or frozen banana
- 1 tablespoon, any of the add-ons like flaxseed, turmeric, wheatgrass, spirulina, mushroom powder
- 1 cup, non-dairy milk (or more for smoother texture)
- 2 dates, for sweetness if desired
All the juices I recommend start with a base of cruciferous vegetables, the most powerful cancer-fighting foods. Cruciferous vegetables have a sulfur-containing compound in their chemistry which gives them their characteristic bitter taste. When these vegetables are juiced or blended, they are converted into isothiocyanates, or ITCs, which inhibit the growth of cancer cells, protect normal cells from DNA damage and have powerful anti-inflammatory and antioxidant effects. Trust me, you will grow accustomed to the taste of these raw vegetables but there are a few tricks to help lessen the bite.

- Add cucumber or celery.
- Add mint.
- Add a splash of lemon.
- Add a small amount of fruit like pear, apple or pineapple.

We do not want to turn your daily juice into a fruit juice in order to hide the flavor. I guarantee that your taste buds will be retrained once you start eating plant-based foods and although the juices may not taste as yummy as the smoothies, they taste a lot better than chemotherapy. All of these juices are meant to be a 16 oz. serving, or more if you’d like!

**JUICE #1**
- 1 cup, purple cabbage
- 3 kale leaves
- 1 cucumber, large
- 1/2 inch, ginger root
- 1 pear, small

**JUICE #2**
- 4 stalks, baby bok choy
- 5 carrots, regular
- 4 stalks, celery
- 1 apple, small
- 1 inch, turmeric root

**JUICE #3**
- 1/2 cup, broccoli
- 1 cup, frozen berries
- 1 banana, frozen
- 1 cup, nondairy milk
- 1 teaspoon, matcha green tea powder

**JUICE #4**
- 3 collard green leaves
- 3 stalks, celery
- 1 cucumber
- 1 pear, small

**JUICE #5**
- 3 kale leaves
- 3 Swiss chard leaves
- 1 cup, pineapple
- 1 cucumber

**JUICE #6**
- 3 kale leaves
- 2 zucchinis, regular
- 1/2 inch, ginger root
- 1 apple, small

**CREATE YOUR OWN JUICE**
- Pick the cruciferous vegetable of your choice
- Add a few celery stalks and/or a cucumber
- Add a small apple or pear
- 1/2 inch, ginger root
**LUNCH AND DINNER**

Every lunch and every dinner should include a vegetable salad, containing at least 2 cruciferous vegetables in it. No need to overthink it. Just pick your veggies. Throw them in a bowl and top with a light dressing. Personally, I love the simple mix of balsamic, olive oil and a splash of lemon. **For plant-based meals and meal planning, there are so many options and also a lot of great websites for finding new dishes like:**

- [Ohmyveggies.com](http://Ohmyveggies.com)
- [Happykitchen.rocks](http://Happykitchen.rocks)
- [Onegreenplanet.org](http://Onegreenplanet.org)
- [Forksoverknives.com](http://Forksoverknives.com)

**SAMPLE MENU**

**DAY #1**

**BREAKFAST**
- Smoothie #3
- Juice #2
- Whole grain toast with a hummus spread

**LUNCH**
- Arugula, spinach and roasted cauliflower salad
- Vegetarian chili
- 1 cup of green tea

**DINNER**
- Spinach salad with radish, arugula, tomatoes, sugar snap pears, ½ cup raw almonds or other nut
- Tuscan Minestrone from Cathy’s Kitchen Prescription

**BEDTIME**
- Golden Milk

**DAY #2**

**BREAKFAST**
- A bowl of fresh blackberries
- Juice #5
- Steel-cut oats with cinnamon

**LUNCH**
- Baby kale, arugula, red pepper, radish and tomato salad
- Mushroom and polenta crostini from Cathy’s Kitchen Prescription

**DINNER**
- Spinach salad with fresh corn and cauliflower
- Vegan tacos

**SNACK**
- A handful of almonds or mixed nuts
- 1 cup of green tea

**AS FOR SUPPLEMENTS…**

If you are following a whole food, plant-based diet and have eliminated inflammatory animal products, you will need a **B12 supplement**. In addition, we’d recommend a **probiotic**, a **coenzyme Q10** and a **VEGAN DHA supplement (from algae not from fish)**, as well as a **tablespoon of ground flaxseed** each day (which you can add to your morning smoothie).