

SIMPLE MEALS THAT CAN BE FROZEN



With meat



- Meat chili
- Pasta sauce with meat
- Lasagna or baked ziti
- Shepherd's pie
- Chicken pot pie
- Turkey or beef meatloaf
- Meatballs over rice
- Chicken curry
- Butter chicken

Meatless (or options that can be made without meat)



- Soups, stews, vegetarian chili
- Quesadilla stuffed with cheese and spinach
- Bean burritos
- Mini quiche or frittata (scrambled egg) muffins
- Tuna casseroles
- Waffles, crepes
- Marinated salmon
- Vegetarian burgers
- Quinoa cakes

EASY SNACKS ON THE GO*

Prepared snacks that should be kept cool



- Cheese
- Yogurt
- Hard-boiled egg or egg sandwich
- Smoothies
- Hummus or yogurt dip to eat with vegetables or crackers
- Cut-up fruit with cottage cheese
- Tortilla wraps with sandwich filling or refried beans
- Toast with avocado or ricotta cheese

* Try to combine foods from two food groups. Exp: cheese and crackers or yogurt with trail mix.

Other quick snack combinations



- Nuts, seeds, roasted chickpeas, trail mix, edamame beans
- Apples, oranges, grapes, berries, bananas
- Mini cucumbers, baby carrots, sugar snap peas, cherry tomatoes + a protein
- Bagels with cream cheese, nut butter or other fillings
- Granola bar, homemade energy balls (oats, nut butter, honey, flax seed, chocolate chips)
- Small can of tuna with crackers
- Apple slices with nut butter
- High-protein and high-calorie nutritional drinks

RESOURCES

It's important to note that not all information that you might come across regarding nutrition and prostate cancer is reliable. We recommend the following resources.

Support for Caregivers

- Prostate Cancer Canada: Taking care of you, the caregiver. Download from www.prostatecancercanada.ca
- CareCalendar: a website to organize meals and other help in times of need. Friends can sign up to help with each task. www.carecalendar.org

Nutrition, Lifestyle

- Prostate Cancer Canada: Nutrition guide for men with prostate cancer. Download from www.prostatecancer.ca

RECIPES

EatRight Ontario: Easy meals for great leftovers. Download from www.unlockfood.ca

Heart and Stroke Foundation of Canada: healthy eating, tips and recipes. www.heartandstroke.ca

Suggested search terms to find recipes on Google or recipe videos on YouTube: freezer meal planning, vegetable dinner ideas, one pot meals, mug recipes, quick dinners, smoothies.

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Endorsed by



QUICK SPINACH *Lasagana*

Preparation Time: 10 minutes Cooking: 40 minutes

EASY TO PREPARE,
EASY TO FREEZE

INGREDIENTS

- 1 package (300g) frozen chopped spinach
- 1 egg
- 1 tub (475g) traditional ricotta cheese
- 4 cups part-skim mozzarella cheese, grated
- 1 tsp each dried basil, parsley, oregano
- ½ tsp salt
- ¼ tsp pepper
- 4 cups marinara sauce
- 16 oven-ready lasagna noodles
- ½ cup parmesan cheese, grated

PREPARATION

1. Preheat oven to 375°F.
2. Cook spinach according to directions, drain and cool.
3. Combine spinach, egg, ricotta, 1 cup of mozzarella cheese and spices.
4. To assemble the lasagna: Start with 2 cups of marinara sauce on the bottom of a 9x13" ovenproof dish. Place 4 noodles on top, do not overlap.
5. Spread 2 cups of grated mozzarella on the noodles. Cover with a layer of 4 noodles.
6. Spread ½ of the spinach mixture from step 3. Add another layer of 4 noodles.
7. Spread the remaining spinach mixture. Add the remaining 4 noodles.
8. Top with 2 cups of sauce, ensure that the noodles are fully covered. Sprinkle remaining mozzarella and parmesan cheese on top.
9. Bake for 40 minutes. Allow to rest 10 minutes before serving.

Nutrition Facts

Serving Size: 2 cups

Amount	% Daily Value
Calories 365kcal	
Fat 8g	x%
Saturated 4g + Trans 0g	x%
Cholesterol 27mg	x%
Sodium 179mg	x%
Carbohydrate 60g	x%
Fibre 6g	x%
Sugars 44g	
Protein 20g	
Vitamin D 105IU	
Calcium 392mg	x%

Nutritional values were calculated with The Food Processor, ESHA Research, version 10.7.0.0

REFERENCES

1. Arends J et al. ESPEN expert group recommendations for action against cancer-related malnutrition. *Clinical Nutrition* 2017;36: 1187-96.
2. Nourish Extra: Eat Well Tips for Men with Prostate Cancer, Part 1: Building meals that work. View on www.nourishonline.ca

EAT WELL
TIPS FOR
MEN WITH
PROSTATE
CANCER

Part 2: Meal
planning

Nourish

EXTRA

CANADA'S NUTRITION COMPANION
FOR ONCOLOGY PATIENTS
AND CAREGIVERS



TAKE THE PRESSURE OFF *Meals*

Our *Nourish* team of registered dietitians is pleased to present the second pamphlet in our **EAT WELL TIPS** series. This guide is meant to assist anyone who is caring for a man living with prostate cancer.

For most men, illness and treatment can result in changes to appetite and energy. Priorities with food can also change, so it's important to stay focused on what matters most. You might find yourself wanting to provide *all the right foods* but he doesn't always have an appetite or feel his best. Sometimes, the best option is to encourage him to eat whatever foods he can manage for that day or meal. Removing the pressure around food and what he *should* eat will help everyone enjoy and savour their food, with less feelings of guilt (BOX 1).

Eating well can improve quality of life, create a greater sense of control, and help men cope better with cancer and its treatment.¹ After all, eating not only provides fuel and nourishment for the body, but can also enrich our cultural, social and emotional wellbeing. While no specific foods or nutrients have been shown to effectively treat cancer, nutrition is important to overall health.

SIMPLIFY MEALS

For many people, one of the everyday challenges is meal planning. The good news is that only a few ingredients are needed to create nutritious and satisfying meals (Boxes 2, 3).

Refer to the first pamphlet in this series, *Building meals that work*, with tips on how to create balanced meals and snacks.²

PLAN MEALS FOR THE WHOLE FAMILY

Even at the best of times, when all family members are healthy, not everyone shares the same favourite foods, or has the same nutritional needs. How do you continue a "normal" family life while being mindful of the needs of a family member who isn't well? Here are some tips to help your planning.

SAVE YOUR ENERGY

A bit of planning results in convenience and saves you a lot of time—time you can use to charge your own batteries. Here are some ideas:

- ✓ **Check out grocery delivery services**, ready-made meals, and healthy take-out foods in your area.
- ✓ **On days that you have the energy, prepare ahead of time**—chop vegetables, prepare hard-boiled eggs, poach or roast chicken breast, grate cheese or cook grains (like rice, barley and quinoa).
- ✓ **Cook a larger portion** of meat, like a roast, that you can then use in different recipes like sandwiches, soups or stews.
- ✓ **Plan for leftovers** or extras that can be portioned and frozen for a quick meal another day (see BOX 4).
- ✓ **Take advantage of smaller kitchen appliances** like a toaster oven and microwave oven.
- ✓ **Have a variety of snacks ready.** Some of the snacks can substitute as a meal when you are too busy to cook. Sometimes appointments or treatments can take many hours, so bring a drink and snack along. Consider bringing a mini cooler or lunch bag with an ice pack for perishable items. (see Box 5).
- ✓ **Accept help.** Providing meals for someone is a wonderful way to show affection and provide comfort. Give friends and family members the opportunity to help in a meaningful way and accept offers to shop, prepare or bring food. Prepare a list of foods/meals you enjoy to help friends cook for you.

ASK FOR HELP

If you see that the person you are caring for has difficulty eating enough, start by offering high- protein/high- calorie foods and drinks. Reach out to your oncology support team for more advice.

If he is suffering from a loss of appetite along with signs of depression (e.g., lethargy, loss of enjoyment), it could be a sign that more support is needed. It would be helpful to contact a physician.

BOX 1

TIPS TO ADAPTING MEALS FOR CHANGING APPETITE, TASTES OR NEEDS

- 1 Serve common foods that you likely already have on hand, like eggs, peanut butter on toast, cereal with milk, or yogurt and fruit.
- 2 Accept that you may need to change your family routine. (eat meals earlier or later than usual).
- 3 If it works better, serve or eat breakfast for dinner. Offer the largest meal of the day when his appetite is best.
- 4 Consider whether eating smaller amounts more often makes sense on some days.
- 5 Offer extra sauces, oils, condiments and dressings to increase protein and calories if dealing with weight loss or a low appetite.
- 6 Maintain open communication and involve the family in meal planning.
- 7 Encourage the person who is unwell to be open about which foods he is willing to try.
- 8 Serve meals 'family style' to make it easier to personalize portions or 'make your own' options.
- 9 Share meals with others or dine in a relaxing environment. Music can also enhance appetite.
- 10 Use your nicer cutlery, tablecloth and dishware on a daily basis rather than waiting for special occasions.

BOX 3

QUICK MEALS

Include foods from at least three food groups for meals and two food groups for snacks. Filling half your plate with **fruits or vegetables**, one-quarter with **grains** and one-quarter with **protein-rich foods** will help to build a more balanced meal.²

Breakfast any time of the day

- French toast with sliced fruit and yogurt
- Hot cereal with fruits and nuts or seeds
- Cold cereal with fruits and yogurt
- Dutch oven pancake with fruit baked in
- Peanut butter on toast with a banana



Meat

- Leftover chicken sliced on top of salad
- Stir-fried meat or tofu with frozen mixed vegetables
- Pasta with meat sauce (sauce could be made ahead and frozen, see Box 4)
- Pasta with turkey zucchini meatballs (from freezer)

BOX 2

FOODS TO HAVE IN STOCK

Use foods listed below to create simple and satisfying quick meals or snacks on days you want to limit time in the kitchen. Aim for food from three food groups (**fruits or vegetables**, **grains**, **protein-rich foods**). **Condiments and additional food items** are in black font.

Pantry

- Onions
- Potatoes
- Canned tomatoes
- Canned vegetables
- Canned fruits
- Dried fruits
- Nuts & seeds
- Nut or seed butters
- Ready-to-eat cereal, oatmeal
- Rice, pasta, couscous, orzo
- Crackers, rice cakes
- Canned meats, poultry or fish
- Skim milk powder
- Canned or dried beans, chickpeas, lentils
- Peanut butter
- Pasta sauce in jars
- Soups, chicken stock
- Dried spices
- Vinegar
- Oils

Freezer

- Vegetables & fruits
- Chopped onion & peppers
- Breads, bagels, English muffins
- Meat
- Ground beef, pork, turkey
- Poultry
- Fish fillets
- Soups
- Portioned leftovers
- Ready-to-eat-meals

Fridge

- Vegetables & fruits
- Minced garlic
- Whole-wheat tortillas
- Pita bread
- Eggs
- Hard cheeses
- Yogurt
- Milk or milk alternatives
- Tofu, temeh, or other soy products
- Sauces
- Ketchup & mustard

When appetite is limited:

- Choose foods with higher fat content, which will provide more calories without the bulk.
- Include protein-rich foods such as legumes, nuts, seeds, eggs in each meal and snack.

If weight gain is a concern:

- Reduce portion sizes and choose high-fibre foods like vegetables, fruits and legumes, which help you feel full longer.

Fish

- Pasta with garlic shrimp and asparagus
- Chickpea salad with tuna and peppers
- Fish with vegetables steamed in parchment paper wrap
- Tuna melt

Eggs

- Egg wrap, scrambled eggs with sautéed vegetables
- Omelet or frittata
- Egg sunny-side up over steamed spinach on toast
- Avocado with egg on toast



Vegetarian-based

- Pita bread or naan bread pizza with tomato sauce, vegetables and cheese or raw vegetables on the side
- Lentil soup with whole grain (bread, rice or other)
- Burritos or quesadillas
- Spinach on toast with scrambled eggs
- Black beans with rice, spinach and peppers or tomatoes
- Baked beans
- Hummus and sliced tomato