



Cancer Free Diet

By Ashwinkumar Jain – CancerFreeIndia.in

Day	Morning	Afternoon	Evening
Day 1	<p>Breakfast:</p> <p>Oats porridge with almond milk, topped with chia seeds, flaxseeds, and fresh berries.</p> <p>1 glass of warm lemon water.</p> <p>Mid-Morning Snack:</p> <p>A handful of mixed nuts (almonds, walnuts) and a small apple.</p>	<p>Lunch:</p> <p>Quinoa salad with mixed greens, cucumber, cherry tomatoes, carrots, chickpeas, and a lemon-tahini dressing.</p> <p>1 cup of fresh coconut water.</p> <p>Afternoon Snack:</p> <p>Carrot sticks with hummus or guacamole.</p>	<p>Dinner:</p> <p>Stir-fried vegetables (broccoli, bell peppers, zucchini) with tofu in a garlic-ginger sauce.</p> <p>Brown rice or millet on the side.</p> <p>A side of green salad with olive oil and lemon.</p> <p>Before Bed:</p> <p>A glass of warm almond milk with a pinch of turmeric (golden milk).</p>
Day 2	<p>Breakfast:</p> <p>Green smoothie with spinach, banana, chia seeds, and almond butter.</p>	<p>Lunch:</p> <p>Lentil soup with a side of whole-wheat bread or chapati.</p>	<p>Dinner:</p> <p>Palak paneer (spinach with cottage cheese) with brown rice or a whole-wheat roti.</p>

	<p>2 slices of whole-grain toast with avocado spread.</p> <p>Mid-Morning Snack:</p> <p>1 orange and a handful of roasted sunflower seeds.</p>	<p>A salad of mixed greens, cucumber, and sprouts.</p> <p>Afternoon Snack:</p> <p>A handful of roasted chickpeas or a small bowl of mixed fruit.</p>	<p>A small bowl of cucumber raita (yogurt with cucumber).</p> <p>Before Bed:</p> <p>Chamomile tea or warm ginger tea.</p>
Day 3	<p>Breakfast:</p> <p>Chia seed pudding with almond milk, topped with fresh fruit (mango or berries).</p> <p>A glass of herbal tea (peppermint or ginger).</p> <p>Mid-Morning Snack:</p> <p>A small bowl of mixed fruits (apple, orange, and grapes).</p>	<p>Lunch:</p> <p>Grilled vegetable sandwich with hummus on whole-grain bread (zucchini, bell peppers, and spinach).</p> <p>A side of mixed vegetable soup.</p> <p>Afternoon Snack:</p> <p>1 banana and a handful of mixed seeds (pumpkin, chia, flax).</p>	<p>Dinner:</p> <p>Mung dal (lentils) with brown rice and a side of sautéed spinach.</p> <p>A small bowl of vegetable salad.</p> <p>Before Bed:</p> <p>A cup of warm turmeric and ginger tea.</p>
Day 4	<p>Breakfast:</p> <p>Smoothie bowl with blended banana, berries, almond milk, and topped with</p>	<p>Lunch:</p> <p>Vegetable pulao (rice with vegetables like peas,</p>	<p>Dinner:</p> <p>Grilled tofu with mixed vegetables (broccoli,</p>

	<p>granola, coconut flakes, and seeds.</p> <p>Herbal tea (peppermint or green tea).</p> <p>Mid-Morning Snack:</p> <p>A small handful of almonds and a pear.</p>	<p>carrots, beans) served with cucumber raita.</p> <p>1 small glass of fresh coconut water.</p> <p>Afternoon Snack:</p> <p>Whole grain crackers with hummus.</p>	<p>carrots, zucchini) in a sesame soy sauce.</p> <p>A side of quinoa or buckwheat.</p> <p>Before Bed:</p> <p>A glass of warm almond milk with cinnamon.</p>
Day 5	<p>Breakfast:</p> <p>Overnight oats with almond milk, chia seeds, and a mix of nuts and berries.</p> <p>A glass of warm lemon water.</p> <p>Mid-Morning Snack:</p> <p>A handful of walnuts and 1 orange.</p>	<p>Lunch:</p> <p>Chole (chickpea curry) with brown rice or whole wheat chapati.</p> <p>A small side of sautéed spinach with garlic.</p> <p>Afternoon Snack:</p> <p>Cucumber and carrot sticks with hummus.</p>	<p>Dinner:</p> <p>Stuffed bell peppers with quinoa, vegetables, and a side of roasted sweet potatoes.</p> <p>A side of mixed green salad.</p> <p>Before Bed:</p> <p>A cup of herbal tea (chamomile or peppermint).</p>
Day 6	<p>Breakfast:</p> <p>Whole grain toast with avocado spread, sprinkled</p>	<p>Lunch:</p>	<p>Dinner:</p> <p>Zucchini noodles or whole wheat pasta with a homemade tomato-basil</p>

	<p>with flax seeds and sesame seeds.</p> <p>1 glass of fresh orange juice.</p> <p>Mid-Morning Snack:</p> <p>A handful of roasted chickpeas or trail mix.</p>	<p>Dal (lentils) with a serving of brown rice or whole wheat roti.</p> <p>A side of sautéed green beans with a sprinkle of sesame seeds.</p> <p>Afternoon Snack:</p> <p>A small bowl of fresh fruit salad (pineapple, grapes, kiwi).</p>	<p>sauce and grilled vegetables.</p> <p>A side of steamed broccoli.</p> <p>Before Bed:</p> <p>A cup of warm almond milk with a pinch of nutmeg.</p>
Day 7	<p>Breakfast:</p> <p>Besan cheela (gram flour pancake) with a side of fresh mint chutney.</p> <p>A glass of warm lemon water.</p> <p>Mid-Morning Snack:</p> <p>A small handful of cashews and a banana.</p>	<p>Lunch:</p> <p>Millet khichdi (a mix of millet and lentils) with a side of mixed vegetable stir-fry.</p> <p>A bowl of cucumber and carrot salad.</p> <p>Afternoon Snack:</p> <p>Roasted peanuts or a small serving of mixed berries.</p>	<p>Dinner:</p> <p>Baingan bharta (roasted mashed eggplant) with whole wheat roti.</p> <p>A side of mixed greens with lemon-olive oil dressing.</p> <p>Before Bed:</p> <p>A cup of ginger-tulsi (holy basil) tea.</p>