

THE “IMMUNITY CANCER CURE” CANCER-FIGHTING DIET

Summary of Daily Foods & Drinks

The following pages contain short versions in “index card” format of what to eat and drink at each of the 6 consumption occasions.

You might find it helpful to print them on heavy paper, cut each sheet in half into cards, and keep the cards on your kitchen counter for reference until you become more familiar with the diet.

The specific supplements are not listed, because they’ll already be set up in numbered pill containers (as described in *Dispensing Supplements*).

Remember that the important thing when you’re fighting an existing cancer is *how often you eat*, not how much you eat. You need to eat a little something and take your supplements every 3-4 hours throughout the day, to make sure that your immune system is always being stimulated with something good for it.

FIRST

(About 8-9 a.m.)

- **Oat-based** cereal sprinkled with **1 Tbsp. ground flax seed** with **low-fat milk**
(Oatmeal, Cheerios, Heart to Heart, oatmeal muffins, oat waffles)
- **Banana** (at least ½)
- **Low fat yogurt with acidophilus**
- **V-8, V-8 Fusion**, or other vegetable juice
(not tomato juice or plain fruit juice)
- **Supplements #1**
- **Green tea**



SECOND

(About 11 a.m.-Noon)

- **Salad with variety of veggies**, with **olive oil** dressing
- **Tofu** (can be stir-fried in olive oil w/ mushrooms or other vegetables, or substituted for egg on an egg-salad sandwich) or/ **edamame** beans or/ **soy nuts**
- **Beans (5-bean salad, black beans, etc.)** Use edamame beans if no tofu or soy is eaten.
- **Dark chocolate or nutella on crackers**(if desired for dessert)
- **Supplements #2**
- **Green tea, low-fat milk, or soy milk**

THIRD

(About 2-3 p.m.)

- **Fruit salad**
- **Pasta with tomato sauce or/ hard-boiled egg**
- **Dark Chocolate or Nutella on wheat crackers** for dessert if desired
- **Supplements #3**
- **Green tea, low-fat milk, or soy milk**



FOURTH

(About 5-6 p.m.)

- **Chicken or seafood** (can be prepared/seasoned any way you like, ***except fried***). Examples: chicken or tuna salad with Hellman's **canola** mayonnaise; baked, broiled, or sautéed chicken, shrimp, or fish; chicken parmesan
- **Vegetables or salad** (raw are best except for carrots, but lightly steamed OK too) with **1 Tbsp. ground flax seed**
- **Fruit salad or chocolate (Nutella)** for dessert if desired
- **Supplements #4**
- **Green tea, low-fat milk, or soy milk**

FIFTH (Snack)

(About 8 p.m.)

- **A small amount of any food from 1st thru 4th consumptions earlier in the day**
- **Add 1 Tbsp. ground flax seed to whatever you eat**
- **Yogurt**
- **Supplement #5 (one multivitamin)**
- **Green tea**



SIXTH

(Just before bed)

- **A small amount of food (dry crackers or a little yogurt)**
- **Supplement #6 (one Echinacea tablet)**
- **Green tea only**