

# the organic cook

personal chef service

## Sample Menu for Healing for Cancer

### Note about the menu:

*We use very clean cooking techniques for cooking for cancer. These include sautéing in water and using very little fat.*

*We can adapt the menu to be plant based (vegan) or use small amounts organic chicken and wild fish. We have supported many clients on there journey through chemotherapy and understand the challenges. We can help you work out what is best, Ayurveda and Chinese diet therapy which regards food as medicine and uses delicate healing spices to help digestive or appetite issues.*

*We use small amounts of organic ghee, coconut oil and cold pressed extra virgin olive oil - all heated at low temperatures.*

1. Poached chicken in shitake broth with broccoli, carrots and seaweed with brown rice noodles
2. Roasted pumpkin soup with apple, and lots of ginger and fresh turmeric
3. Lentil Shepherd's pie with sweet potatoes, crunchy almonds, grated beetroot, carrot, kale and garam masala spices
4. Chickpea red curry with miso roasted eggplant and sweet potato, broccoli, kale and green beans
5. Paleo white fish pie with kale, cabbage, fresh grated turmeric ginger and lemongrass