

Anti-cancer diet plan

Period	Time	Food plan	Alternate options
Early morning (On waking up)	7:00 AM	1 glass of amla detox drink. (Take 6-8 pieces amla and handful of curry leaves. Blend with 1 litre of water and filter it. Add spoonful of turmeric. Consume 250 ml of this. Use fresh ingredients).	(a) 1 glass of wheat grass juice (home grown) + lemon.
		1 tsp of seeds (flaxseeds / pumpkin seeds / sunflower seeds / chia seeds / sesame seeds).	
Breakfast	8:00 AM	2 palm-sized finger millet (ragi) chilla + 1 tbsp of mint (pudina) chutney.	(a) 2 palm-sized vegetable besan chilla + 1 tbsp of mint (pudina) chutney. (b) 2 palm-sized jowar, bajra, besan thalipeeth with onion and palak and coriander + 1 cup of cow milk's curd. (c) 2 egg whites vegetable bhurji + 1 jowar and onion roti.
Mid morning	11:00 AM	1 glass power green smoothie (spinach, cucumber, mint leaves, cabbage, coriander) with 2 tsp of jaggery powder.	
		1 fruit (apple / guava / pomegrante / orange / papaya / banana).	
Lunch	1:00 PM	1 bowl of salad.	
		2 chapatis (jowar, bajra, ragi) + 1 cup of Dal + handful of soya chunks + 1 bowl of vegetables (preferably greens with onions and garlic).	(a) 1 bowl of vegetable palak bajra khichdi with 1 cup of tomato kadhi.
Mid evening	4:00 PM	1 glass of carrot, beetroot and turmeric juice.	(a) 1 glass of radish, mint and ginger. (b) 1 glass of partially strained bottle gourd (dudhi) juice with crushed garlic. (c) 1 glass of cinnamon and flaxseed drink.
		1 cup of roasted channa.	
	6:00 PM	1 bowl of sprouts (you can mix it or have it individual) + 1 tsp of seeds.	
Dinner	8:00 PM	1 bowl of salad.	
		1 bowl of soup + 1 tbsp of sattu powder.	
		2 chapatis (jowar, bajra, ragi) + 1 cup of Dal + handful of soya chunks + 1 bowl of vegetables (preferably greens with onions and garlic).	(a) 1 bowl of vegetable palak bajra khichdi with 1 cup of tomato kadhi.
Before bed time		1 glass of herbal decoction (parijatha leaf, guava leaf, peepal leaf boiled in water) with 2-3 leaves of mint.	1 glass of herbal decoction with 2-3 leaves of mint.

Note: Above is a general anti-cancer diet plan assuming no other medical condition along with cancer. However, if you also have hypothyroidism, chronic kidney disorder, liver cirrhosis, diabetes, hypertension or any other medical condition, please consult an onco-nutritionist to get a personalized diet plan instead. For instance, wheatgrass may not be advisable for chronic kidney disorder, millets may not be advisable for hypothyroidism, etc.

List of healthy ingredients

Vegetables	Fruits	Seeds	Oils	Grains / Flour
<ul style="list-style-type: none"> • Beetroot • Bell peppers • Bottle gourd (dudhi) • Broccoli • Cabbage • Carrot • Cauliflower • Celery • Corn • Cucumber • Egg plant • Garlic • Ginger • Lady finger • Mushrooms • Onion • Parsley • Peas • Pumpkin • Radish • Spinach • Squash • Sweet potato • Tindi • Tomatoes • Zucchini 	<ul style="list-style-type: none"> • Apple • Apricot • Black berries • Blue berries • Cherry • Cranberry • Dates • Grapefruit • Kiwi • Mango • Papaya • Peaches • Pear • Pineapple • Plums • Pomegranate • Prunes • Raisins • Raspberry • Strawberries • Watermelon 	<ul style="list-style-type: none"> • Chia seeds • Flax seeds • Hemp seeds • Pumpkin seeds • Sesame seeds • Sunflower seeds 	<ul style="list-style-type: none"> • Avocado oil • Extra virgin coconut oil • Extra virgin olive oil (for salad dressing) • Pomace olive oil • Flax seed oil (for salad dressing) • Mustard oil 	<ul style="list-style-type: none"> • Amaranth • Brown rice • Buckwheat • Jowar • Millet • Nachni • Quinoa • Ragi
		Legumes	Sugar substitutes	Others
		<ul style="list-style-type: none"> • Black beans • Brown beans • Chickpeas • Fava beans • Kidney beans • Lentils • Mung beans • Peas 	<ul style="list-style-type: none"> • Organic dates • Organic honey • Organic jaggery 	<ul style="list-style-type: none"> • Apple cider vinegar
		Spices	Smoothies	Avoid
		<ul style="list-style-type: none"> • Basil • Black pepper • Clove • Cumin • Garlic • Oregano • Turmeric 	<ul style="list-style-type: none"> • Apple pie smoothie • Avocado lime smoothie • Beetroot smoothie • Green smoothies 	<ul style="list-style-type: none"> • No acidic foods • No additional salt • No coffee • No dairy products • No deep fried food • No gluten foods • No processed foods • No sugar • No sweet • No wheat
			Juices	
			<ul style="list-style-type: none"> • Amla juice • Bottle gourd juice • Carrot beetroot turmeric juice • Cinnamon drink • Ginger and mint juice • Lemon juice • Wheatgrass juice 	

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Important components for a diet plan

- Properly planned meals: Comprehensive plan all your meals, including snacks. This ensures healthy and balanced meals throughout the day.
- Balanced diet: Make sure you have a balanced diet that combines proteins, vitamins, nutrients, fibers, carbohydrates and healthy oils for overall wellness.
- Anti-cancer food: Include anti-cancer food like seeds, berries and garlic in your meals. Also remove cancer-aggravating food from your diet like fried foods, processed food, etc.
- Include fruits and vegetables: Fruits and vegetables are natural sources for vitamins and minerals, and are also good in fiber. Include these in your diet plan.

General recommendations

- Eat mindfully. Chew your food well. Take at least 20 minutes to finish a meal. Eating quick can cause gas in the form of flatulence and bloating. Stop when full.
- Wash your hands before eating or handling food.
- Eat organically grown food to the extent possible.
- Standardized serving sizes: 1 tsp = 5 ml; 1 tbsp = 15 ml; 1 cup = 100-150 ml/gm; 1 bowl = 200-250 ml/gm; 1 glass = 200-250 ml.
- Use a water purifier (Reverse Osmosis with Remineralizer). Also, if possible, start having alkaline water. Water intake has to be around 2 to 3 liters. If required, please set reminders.
- Squeeze 1 lemon in 1 litre of water, and drink it throughout the day. Also, squeeze few drops of lemon on meals. It is alkaline and helps with acidity.
- For washing vegetables, immerse them in lukewarm water for 30-45 mins. Then, immerse them in hot water for 1-2 minutes after adding a pinch of rock / pink salt to it.
- Soak the seeds overnight to improve digestion.

Exercise and Nutrition

- You should generally stay active to keep your metabolism going.
- Little strolling for 10-15 mins post 30 mins after your lunch will help in good blood circulation and digestion.
- Sit in kneeling pose (vajrasana) post meals to help relieve bloating and indigestion. Keep a gap of 30 minutes to an hour between the meal and the asana to reduce chances of reflux.

Foods to focus on

- Include vegetables like sweet potato, carrot, beetroot, broccoli, spinach, cabbage and cauliflower on a frequent basis.
- Fruits like berries, grapes, oranges, apricots should be more focussed in the diet.
- Use unrefined oil or mustard oil for cooking.
- Use turmeric powder, garlic, ginger & black pepper in every preparation possible.
- Use rock salt or pink salt instead of table salt.

Foods to avoid

- Avoid fatty foods and fried food items.
- Avoid preserved foods like pickle, papad, ketchup, noodles, and other salty things like chips, french fries, etc.
- Avoid bakery products like biscuits, toast, pav, white bread, khari as these contain trans fat, saturated fat, baking soda that are not good for liver & heart.
- Avoid processed food and refined sugar as it interferes with blood glucose level. Refined sugars trigger the release of inflammatory messengers that aggravate pain. Artificial sweeteners are bad for health as well. Choose raw organic honey, jaggery or stevia leaves instead.
- Remove full fat milk removed the diet. This could be replaced with almond milk, coconut milk, hempseed milk, sesame milk.
- Avoid having cold water or cold food after your main meal. It slows down your digestion.
- Avoid eating fruits with meal. Have it either on an empty stomach, or with a gap of 2-3 hours from the main meal.
- Avoid drinking any liquid before 2 hours from going to bed. Minimum sleep of 7 to 8 hours is needed.
- Avoid drinking alcohol and quit smoking.
- Avoid using plastic bottles, and switch to stainless steel or glass or mud clay pots to store drinking water.

Other guidelines

- On waking up, breathe deeply and meditate for 10 mins. Then, swish 2 tablespoon of coconut oil in your mouth for 5 mins, followed by brushing your teeth and scraping your tongue.
- Take organic coffee enema to cleanse body. Please note that this coffee is particularly used for enema, and not for oral consumption. Link for reference: <http://bit.ly/Coffee-Enema>
- After taking shower, apply epsom salt on the body for 5-10 minutes, and then take shower again using only water. This removes impurities from the body.

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