

Nourish & Thrive

Simple, Delicious Recipes for
People Living with Cancer

Recipes from the Thrive Global Cookbook



Wherever you are on your cancer journey, nourishing your body with healthy foods is one of the most rewarding choices you can make.

Tess Bredesen

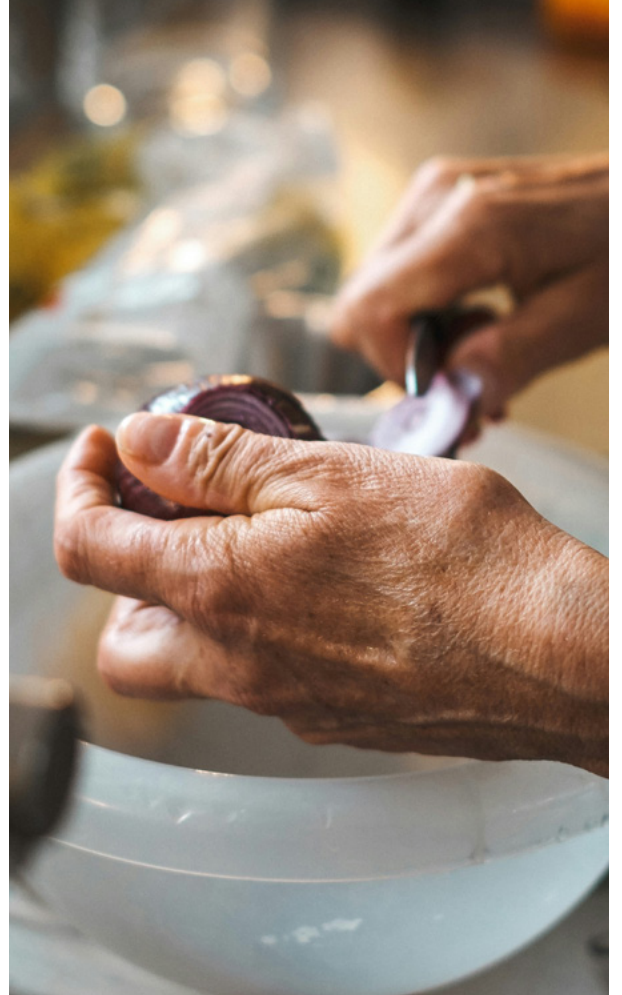
COGNITIVE
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THRIVE GLOBAL

By the editors of

 THRIVE GLOBAL

Table of Contents

INTRODUCTION	4
by Tess Bredesen	
RECIPES	5
ENERGIZING STARTS	6
3-Ingredient Pancakes	7
4-Ingredient Muffins	8
Tropical Mango Smoothie	9
Energy-Boost Smoothie	10
NOURISHING SOUPS	11
Clean Soba Noodle Soup	12
Fall Cauliflower Soup	13
GO-TO DINNERS	14
Spaghetti Squash Marinara	15
Loaded Veggie Scramble	16
Simple Baked Chicken	17
SIMPLE SIDES	18
Roasted Chickpeas	19
Simple Cauliflower Rice	20
SOOTHING BEVERAGES	21
Blackberry Lime Spritzer	22
Citrus Burst Water	23
Lemon Ginger Tea	24
Cucumber Lime Agua Fresca	25
HEALTHY TREATS	26
Sneaky Strawberry Milkshake	27
Raspberry Chocolate Chip Popsicles	28



Dear Reader,

We all have a relationship with food. And living with cancer has a way of changing that relationship.

Fatigue, nausea and other side effects can affect your eating habits. Your appetite might not be what it used to be. And some foods you once loved may no longer appeal to you.

Wherever you are on your cancer journey, nourishing your body with healthy foods is one of the most rewarding choices you can make. That's why I've selected recipes from the Thrive Global Cookbook to share with you. These simple, healthy and delicious recipes will help you navigate this time with more comfort, connection, and joy. And all of them have five ingredients or less!

Whether it's our 3-ingredient pancakes that never fail to brighten up a morning, simple baked chicken (with leftovers for a stress-free lunch), or a calming cup of lemon ginger tea at the end of the day, I hope you'll find something you love.

Individual dietary needs of people living with cancer will vary. Please consult your care team for personal nutrition guidance.



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Your care team may recommend increasing your protein intake during or after treatment. If you're looking for ways to add more protein to your meals, here are some simple and delicious options:

Hemp or pumpkin seeds – for sprinkling on oatmeal or blending into a smoothie

Grilled or baked chicken – for topping salads, pasta, or grain bowls

Protein powder – for mixing into smoothies or yogurt bowls

Grilled salmon or white fish – for adding a protein source to any carb or veggie dish

Peanut or almond butter – for spreading on fruit, toast, or crackers

Hard boiled egg – for grabbing on the go or pairing with your meal

Edamame – for topping grain bowls or enjoying as a stand-alone snack

Chickpeas – for mixing in soups, topping salads, or making a hummus dip

Recipes

Healthy ingredients. Global flavors. Creative cooking tips.

You'll find all this and more in the recipes that follow. You'll also get Microsteps — small, tips — to enhance your experience of cooking and eating, and budget-friendly tips for making the most of the ingredients you have. We hope you'll be inspired by what you find. Happy cooking!

**In partnership
with:**







Promise Health Plan





Recipe Guide:

These icons make it easy to choose recipes that fit your needs.

Conditions:

-  Low-glycemic
-  Immune boosting
-  Heart-healthy
-  Anti-inflammatory

Dietary Considerations:

-  Vegetarian
-  Vegan
-  Gluten-free
-  Dairy-free

Disclaimer: The icons on this page and the following recipes are for general information only, and should not serve as medical advice. Everyone's needs are different, and ingredients and serving sizes play a role in the impact of food on your health. If you have any health concerns, please talk to a healthcare provider.

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Energizing Starts

Start your morning with ease with these quick, nourishing breakfasts. The smoothies are packed with protein for strength, the muffins feature some healthy fats for lasting energy, and the pancakes give you a boost of fiber for digestion. These simple recipes fuel your body and set a positive tone for the day.



3-Ingredient Pancakes

Servings: 5–6 small pancakes

These pancakes are so delicious, you won't believe how nutritious they are! Plus, they're so simple to make.



5 ingredients or less

15 minutes or less

For the whole family

WHAT YOU'LL NEED:

- 1 ripe banana
- ½ cup oats
- 1 egg
- 1 teaspoon butter or olive oil
- **Optional:** blueberries, raspberries, or dark chocolate chips

DIRECTIONS:

1. In a bowl, mash your banana well.
2. Add your oats and egg, and mix to make a batter.
3. Lightly coat a non-stick pan or griddle with butter or olive oil and place over medium heat.
4. Pour small amounts of batter onto the pan to form pancakes. Add any optional toppings you'd like included.
5. Cook for 2–3 minutes on each side, or until the pancakes are golden brown and cooked through.
6. Remove from the heat and serve warm.

THRIVE TIP

Instead of maple syrup, top your pancakes with yogurt, cinnamon, or fresh fruit for some added sweetness.

4-Ingredient Muffins

Servings: 24 mini muffins

These muffins are made with just a handful of kitchen staples, making them easy to prepare and fun to make.



5 ingredients or less

For the whole family



DIRECTIONS:

1. Preheat the oven to 350°F.
2. Combine the nut butter, eggs, honey, and baking powder in a large bowl and whisk until smooth.
3. Add in any optional toppings like blueberries, coconut flakes, chopped walnuts, or chocolate chips.
4. Divide batter evenly in a greased mini muffin tin. Optionally, sprinkle any of your add-ins on top.
5. Bake for 14–16 minutes, until they begin to turn golden.

WHAT YOU'LL NEED:

- ½ cup nut butter
- 4 eggs
- ¼ cup honey
- 1 teaspoon baking powder
- Optional: blueberries, coconut flakes, chopped walnuts, or chocolate chips

THRIVE TIP

Get more use out of your muffin pan by using it for mini frittatas, popsicle molds, or to freeze leftover juices or broths.



Tropical Mango Smoothie

Servings: 1

Transport yourself somewhere tropical with this sweet and refreshing smoothie. Use the milk and yogurt of your choice, and any other fruits you like.



5 ingredients or less

15 minutes or less

For the whole family

WHAT YOU'LL NEED:

- ½ banana
- 1 cup frozen mango
- 1 cup frozen spinach
- ¾ cup unsweetened yogurt
- ½–1 cup milk of your choice

DIRECTIONS:

1. Place the banana, mango, spinach, and yogurt in your blender and blend.
2. Add milk, blend again, then pour into your favorite glass.

TRY THIS MICROSTEP

For more benefits, add a handful of dark leafy greens to your smoothies. Pairing greens like spinach or kale with your favorite fruit smoothie is an easy way to add fiber and flavor.

Energy-Boost Smoothie

Servings: 1

Is your battery running low? This smoothie may just be the boost you need. Try it for breakfast for some quick and convenient fuel, or later in the day to fire up your afternoon engine.



5 ingredients or less

15 minutes or less



DIRECTIONS:

1. Add the yogurt and milk to the blender and then add the rest of the ingredients. For a sweeter taste, add the banana.
2. Add more milk or ice, depending on how thick you like your smoothie.
3. Blend on high until smooth.

WHAT YOU'LL NEED:

- ¼ cup plain unsweetened yogurt
- ½ cup milk of your choice
- 6 frozen strawberries
- ½ cup chopped frozen spinach
- 2 tablespoons almond butter or peanut butter
- Ice
- Optional: ½–1 ripe banana

DID YOU KNOW?

Smoothies are a great way to use up any fruits or vegetables that may go bad soon. They also offer a quick and easy way to pack in some extra nutrients.

A close-up photograph of a white ceramic bowl filled with a dark brown, rich soup. The soup contains thin, light-colored noodles, several sliced mushrooms, and chopped green onions. A pair of light-colored wooden chopsticks is visible in the upper right corner, resting on the edge of the bowl. The background is a soft, out-of-focus light gray.

Nourishing Soups

These soups offer a warm, nourishing embrace in every bowl. No matter where you are on your cancer journey, soups can be an ideal choice because they are hydrating, easy to digest, and packed with nutrients.

Clean Soba Noodle Soup

Servings: 4

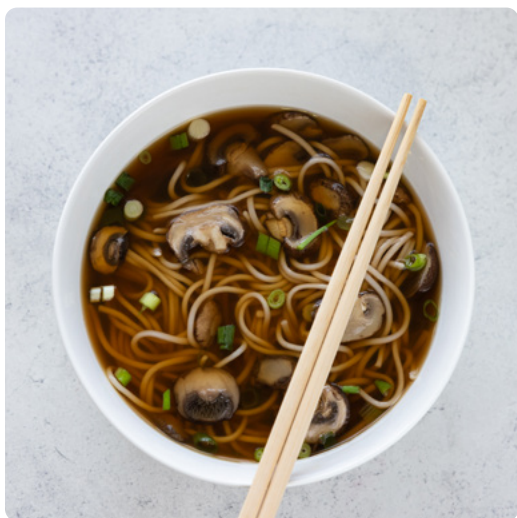
Contributed by Candice Kumai

This soup is filled with hearty ingredients and healthy veggies, making it the perfect dish for a cold night.



5 ingredients or less

For the whole family



DIRECTIONS:

1. Add the soba noodles and cook until the noodles are cooked through, 2 to 3 minutes. If you're using spaghetti, follow the instructions on the package.
2. Strain through a medium mesh sieve and rinse the noodles under cold running water for 1 minute.
3. Make the broth: Bring the chicken broth and soy sauce to a boil in a large saucepan over high heat. Reduce the heat to medium and simmer for 3 minutes, then add the mushrooms and simmer until they're tender, about 5 minutes. Add $\frac{3}{4}$ of the scallions and simmer until soft, about 1 minute.
4. Divide the noodles among 4 bowls and pour the soup over the noodles.
5. Serve each bowl with a hard boiled egg half and the rest of the scallions.

WHAT YOU'LL NEED:

- 8 ounces soba noodles or spaghetti
- 4 cups low-sodium chicken broth or veggie broth
- 2 tablespoons soy sauce
- 1 cup chopped mushrooms, any kind
- 4 scallions, chopped
- Optional: 2 hard-boiled eggs

TRY THIS MICROSTEP

At each meal, pay attention to how your food looks, smells, and tastes. Being mindful of the experience of eating can help you feel more satisfied by nutritious foods.

Fall Cauliflower Soup

Servings: 3

This delicious seasonal soup is perfect for the cooler weather.



5 ingredients or less

For the whole family



DIRECTIONS:

1. Add the oil to a large pot over medium heat.
2. Add the cauliflower pieces. Cook, stirring occasionally, until tender (around 6–10 minutes, depending on the size of your florets).
3. Stir in the broth, coconut milk, garlic powder and salt. Cook for another 10–12 minutes until the soup is warm.
4. If using a blender, puree the soup in batches. If using a hand blender, you can puree until smooth directly in the pot.

WHAT YOU'LL NEED:

- 1 cauliflower head, cut into small pieces
- 2 tablespoons olive oil
- 2 cups vegetable broth or chicken broth
- 1 (13.5-ounce) can unsweetened coconut milk
- ½ teaspoon garlic powder
- 1 teaspoon salt

THRIVE TIP

If you don't have coconut milk, use any other milk of your choice! You'll still get a creamy texture that makes this soup silky and delicious.



Go-to-Dinners

When energy is low, having simple, nourishing meals on hand makes all the difference. These go-to dinners are easy to prepare and delicious. Eggs provide high-quality protein, vegetables add fiber and nutrients, and chicken is a lean, protein-rich option — perfect for days when cooking feels overwhelming.

Spaghetti Squash Marinara

Servings: 2

This spaghetti squash recipe might be just as delicious and hearty as a bowl of pasta. Put it in a bowl or eat it straight out of the squash itself!



5 ingredients or less

For the whole family



DIRECTIONS:

1. Preheat the oven to 400°F.
2. Cut the squash in half lengthwise and scoop out all the seeds.
3. Place halves with cut-sides down on a baking sheet lined with parchment paper.
4. Roast for about 30–40 minutes, until tender with a fork and lightly browned on the outside.
5. Use an oven mitt with one hand to hold the squash in place. With your other hand, use a fork to shred the squash, keeping the shredded squash inside its skin.
6. Mix together marinara sauce, olive oil, salt and pepper in a bowl.
7. Divide the mixture onto the two squash halves and mix it in with the shredded squash.
8. Top the squash halves with mozzarella, then put them back in the oven for another 15 minutes.

WHAT YOU'LL NEED:

- 1 spaghetti squash
- 1½ cups marinara sauce
- 2 tablespoons olive oil
- 5 ounces shredded mozzarella cheese
- Salt and pepper to taste

THRIVE TIP

If you're looking to add more protein, add sliced grilled chicken, turkey meatballs, or a cup of lentils to your squash!

Loaded Veggie Scramble

Servings: 3

This recipe is filled with protein, fiber, and vibrant flavors, making it a versatile dish for any time of day.



5 ingredients or less

15 minutes or less

For the whole family



DIRECTIONS:

1. Heat oil in a skillet over medium heat.
2. If you're using onions, sauté those first for 5–7 minutes, or until soft and clear.
3. Add the remaining 2 cups of vegetables into the skillet and season with salt and pepper. Cook until the vegetables are soft (timing will depend on the type of veggie you're using: most non-starchy veggies take about 5–8 minutes on medium heat; dark leafy greens are more fragile and only require 2–3 minutes).
4. If using frozen spinach, microwave the spinach for 3–4 minutes, then drain the extra liquid.
5. Add in the spinach, stir, and cook until the leaves are gently wilted (1–2 minutes).
6. Pour the whisked eggs over the vegetables and season with some salt and pepper. Let the eggs sit for a moment without stirring to allow them to begin setting.
7. Start stirring the eggs and vegetables together gently with a spatula. Continue to stir slowly, allowing the eggs to cook and scramble with the vegetables.
8. Keep stirring for about 3–5 minutes, until the eggs reach the level of readiness that you like.

WHAT YOU'LL NEED:

- 1 tablespoon olive oil
- 2 cups vegetables of your choice (onion, peppers, mushrooms), chopped into small pieces
- 2 cups fresh spinach (or ½ cup frozen and thawed spinach)
- 7 eggs, whisked
- Salt and pepper to taste

THRIVE TIP

Use frozen vegetables if you don't have fresh ones on hand! They're just as healthy as fresh vegetables and they last so much longer.

Simple Baked Chicken

Servings: 2–3

This is a great go-to chicken recipe for weeknight dinners or to pair with a salad for a quick lunch.



For the whole family



DIRECTIONS:

1. Preheat the oven to 400°F.
2. Dry the chicken thighs or breasts with paper towels. This helps the spices stick better and makes the chicken crispy.
3. Put the chicken in a big bowl or a zip-top bag. Pour in the olive oil. Add the salt, black pepper, garlic powder, and paprika. Mix or shake until the chicken is covered with the spices.
4. Place the chicken on a baking sheet lined with parchment paper or lightly greased with oil.
5. Put the chicken in the oven. Bake for 25–30 minutes for thighs or 20–25 minutes for breasts. The chicken is done when the internal temperature reaches 165°F and the juices are clear.
6. Take the chicken out of the oven and let it rest for 5 minutes before serving.

WHAT YOU'LL NEED:

- 4 chicken thighs or breasts (boneless and skinless)
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon garlic powder
- 1 teaspoon paprika

THRIVE TIP

Get creative with sides! This dish is a great main course to pair with simple sides like quinoa, cauliflower rice, or salad.

A close-up, high-angle shot of a clear glass bowl filled with roasted chickpeas and cauliflower rice. The chickpeas are golden-brown and slightly charred, while the cauliflower rice is a pale yellow. The bowl is set against a dark, textured background.

Simple sides

The right side dish can add extra nutrition, texture, and flavor to any meal — without extra effort. Chickpeas are full of plant-based protein and fiber, while cauliflower rice is a light, nutrient-rich alternative to grains.

Roasted Chickpeas

Servings: 2

These crunchy chickpeas are a great swap for crispy potato chips or popcorn. They're great for snacking on, topping your salads, or even serving as a side dish.



5 ingredients or less

For the whole family



DIRECTIONS:

1. Preheat the oven to 425°F.
2. Spread the rinsed chickpeas on a clean kitchen towel or a layer of paper towels and pat them dry as much as possible.
3. Add all ingredients to a large bowl and toss well.
4. Spread out in a single layer on a baking sheet.
5. Bake for 20 minutes, taking out a few times to stir, until crisp.

WHAT YOU'LL NEED:

- 2 (30-ounce) cans chickpeas (also called garbanzo beans), rinsed and drained
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 2 tablespoons soy sauce

THRIVE TIP

Make a sweet version of these crunchy chickpeas by replacing the garlic powder and soy sauce with a drizzle of honey and some cinnamon.

Simple Cauliflower Rice

Servings: 4

This dish is a great swap for regular rice in bowls, stir fries, and more. You can even mix it with regular rice as a way to add vegetables to your meal.



5 ingredients or less

For the whole family



WHAT YOU'LL NEED:

- 1 head of cauliflower
- 1 tablespoon olive oil
- ½ cup chopped scallions
- Optional: ½ lime or 1 tablespoon lime juice
- Salt and pepper

DIRECTIONS:

1. Remove your cauliflower leaves and chop the cauliflower into large pieces.
2. Fill your blender about halfway with cauliflower pieces (do not overfill) and add cold water to just cover the pieces.
3. Pulse a few times until the cauliflower feels like rice. (This usually takes a few short bursts — be careful not to overprocess, or it will become mushy.)
4. Pour the blended mixture through a fine mesh strainer to drain out the water. Press the rice against the sides of the strainer to squeeze out any moisture.
5. Continue to work in batches until you've processed all the cauliflower.
6. In a large skillet, add the olive oil and place over medium heat. Add in the scallions and cauliflower rice (in batches if necessary).
7. Cook, stirring occasionally, for about 5–8 minutes, or until the cauliflower rice is tender with a slight bite but not mushy.
8. Season with salt, pepper, and optional lime juice and toss.

THRIVE TIP

Add some chicken, salmon, tofu, or eggs to turn this side dish into a main course. You can even use any leftover cauliflower rice as a base for another meal.



Soothing Beverages

Hydration is essential during cancer treatment when side effects like dry mouth, nausea, or low appetite can make eating and drinking feel challenging.



Blackberry Lime Spritzer

Servings: 1

A sparkling drink that's vitamin-packed, budget-friendly, and easy to make. Cheers!



5 ingredients or less

15 minutes or less

WHAT YOU'LL NEED:

- 5 blackberries (fresh or frozen)
- ½ lime
- 6 ounces sparkling water
- Ice

DIRECTIONS:

1. Place the blackberries in your glass and use a spoon to mash or muddle the berries.
2. Squeeze the lime into the glass.
3. Add the sparkling water and stir.
4. Add ice and enjoy.

TRY THIS MICROSTEP

Swap one sugary beverage a day for fruit-infused or sparkling water. It keeps you hydrated while satisfying your sweet tooth.

Citrus Burst Water

Servings: 1 pitcher

If you don't have oranges or lemons at home, try using frozen berries instead.



5 ingredients or less

15 minutes or less

For the whole family



DIRECTIONS:

1. Fill a pitcher with water.
2. Add fruit slices and herbs.
3. Let it sit in the fridge for at least 1 hour to infuse.
4. Pour into a glass and add ice if you like.

WHAT YOU'LL NEED:

- Water
- Orange slices
- Lemon slices
- Lime slices
- Fresh herbs (like mint or basil)

DID YOU KNOW?

You can freeze herbs like parsley, cilantro, and chives by chopping and placing them in ice cube trays with a little water, then storing them in the freezer for long-term use.

Lemon Ginger Tea

Servings: 1

Set yourself up for a great night's sleep with this soothing drink.



5 ingredients or less

15 minutes or less



DIRECTIONS:

1. Boil the water.
2. While the water is boiling, squeeze the juice from one half lemon into a mug.
3. Peel and finely mince the ginger and add to the mug with the lemon juice.
4. Fill the mug with boiling water.
5. Let steep for 3–5 minutes, or until cool enough to sip.
6. Strain the ginger before drinking.

WHAT YOU'LL NEED:

- 2 cups of water
- ½ lemon
- ½-inch piece of ginger

DID YOU KNOW?

Lemons can transform almost any dish — add them to tea, squeeze over salads, or use them in marinades for extra flavor.



Cucumber Lime Agua Fresca

Servings: 3–4

This refreshing drink is perfect for a hot day!
Plus, it's so simple to make.



5 ingredients or less

15 minutes or less

For the whole family

WHAT YOU'LL NEED:

- 1 cucumber, peeled and chopped
- 1 lime, juiced
- Optional: 2 tablespoons honey or agave
- 4 cups water
- Ice cubes
- Optional: Fresh mint leaves for garnish

DIRECTIONS:

1. Blend the cucumber, lime juice, and optional sweetener with 2 cups of cold water until smooth.
2. Strain the mixture to remove the pulp.
3. Add the remaining 2 cups of water and mix well.
4. Serve over ice and optionally garnish with mint leaves.

DID YOU KNOW?

Cucumbers are about 95% water and they're so versatile. Slice them, blend them into soups, or use them for refreshing drinks.



Healthy Treats

These sweet treats are perfect when your appetite is low or you need a little comfort. Sweet strawberries and raspberries provide antioxidants and vitamin C. A sneaky boost of riced cauliflower blends fiber and extra nutrients into your shake, while dark chocolate shavings add richness and flavonoids to the popsicle.



Sneaky Strawberry Milkshake

Servings: 1–2

This sweet and creamy beverage is filled with fresh ingredients and fiber.



5 ingredients or less

15 minutes or less

WHAT YOU'LL NEED:

- ½ cup frozen riced cauliflower
- 1 cup frozen strawberries
- ½ cup milk of your choice
- ½ cup full-fat coconut milk
- ¼ teaspoon cinnamon
- Optional: 1–2 tablespoons honey

DIRECTIONS:

1. Combine all the ingredients in a blender: cauliflower, strawberries, milk, coconut milk, and cinnamon. For a sweeter taste, add honey.
2. Blend on high until smooth and creamy.
3. For a thicker consistency, add ice; for a thinner consistency, add more milk.

DID YOU KNOW?

If you find yourself wandering in the grocery store, focus on the outer aisles, where you'll find the fresh and healthy stuff like fruits, veggies, dairy, and meats.



Raspberry Chocolate Chip Popsicles

Servings: 6 popsicles

If you're craving something sweet, these popsicles will hit the spot. If you don't have a blender at home, just mix the ingredients with a spoon.



5 ingredients or less

15 minutes or less

For the whole family

WHAT YOU'LL NEED:

- 1 cup vanilla Greek yogurt
- 1 cup raspberries (fresh or frozen)
- ¼ cup milk of your choice
- ⅓ cup dark chocolate shavings or chocolate chips

DIRECTIONS:

1. Add the yogurt, raspberries, and milk to the blender and blend until smooth.
2. Add the dark chocolate and stir to combine.
3. Pour the mixture into an ice cube tray or popsicle molds.
4. Insert toothpicks or popsicle sticks.
5. Let the popsicles freeze overnight.

TRY THIS MICROSTEP

Instead of taking away something from your diet, focus on what you want to add. This positive framing can make it easier to eat well. Instead of getting rid of all sweets, play around with creative ways to make healthy desserts with lower-sugar ingredients.



Healthy eating is for everyone.

We're here to make it more
affordable and less stressful.

In the Thrive Global Cookbook, you'll find:

- Delicious, low-cost recipes that are easy to make
- Microsteps for building healthy habits around cooking, shopping, and meal planning
- Healthy tips for people with diabetes and other conditions
- And much more!

