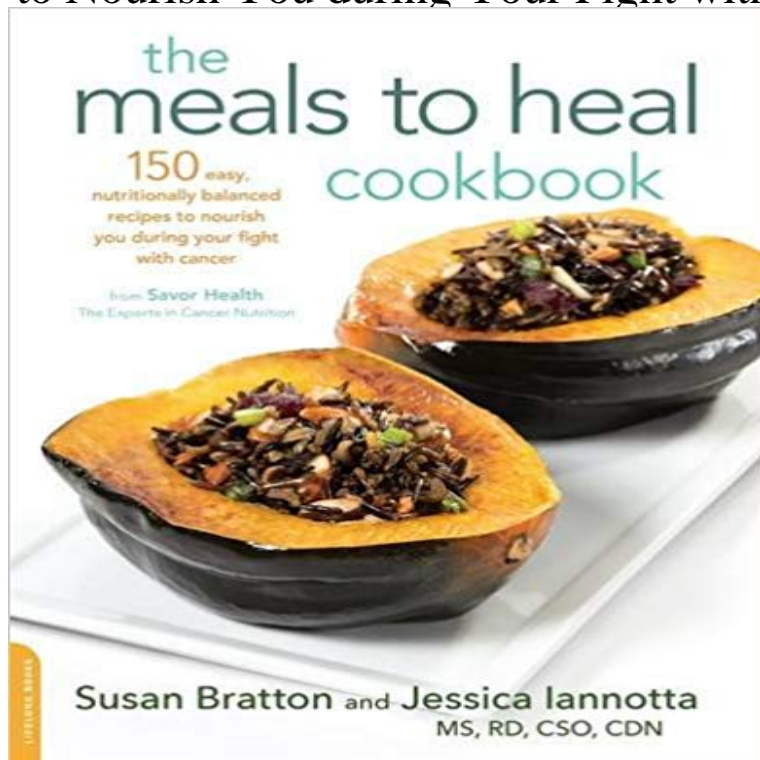


# The Meals to Heal Cookbook: 150 Easy, Nutritionally Balanced Recipes to Nourish You during Your Fight with Cancer



Nutrition is a vital component of anyone's fight against cancer, but loss of appetite and side effects of treatment can make even the simple act of eating a challenge. Written to meet the unique needs of cancer patients and caregivers, The Meals to Heal Cookbook offers 150 recipes to make eating less stressful, more convenient, and simply more enjoyable. Created by oncology-credentialed registered dietitians, these delicious, nourishing, easy-to-prepare dishes are full of the nutrients you need to maintain strength during treatment. Loaded with essential nutrition info and recipes coded by common symptoms and side effects (including fatigue, nausea, digestive issues, mouth sores, taste and smell aversion, and others).

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