Jane – Your Nutrition Plan

Dear Jane,

No two cancers are alike, and hence neither should your nutrition be. Some foods and nutritional supplements are not safe for cancer patients and those at risk. The most frequently asked question is "What Food to Eat and what to Avoid?"

At addon.life - we are a team of scientists and oncologists. With our decades of expertise on cancer genomics and pathways, we create nutrition plans personalized to your cancer context, to keep you safe and support your physician decided treatment plan.

The nutrition plan is personalized for your cancer type, genomics, ongoing treatment(s), ongoing nutritional supplements, lifestyle, allergies, cancer staging, BMI and gender. And yes - we provide you explanation along with recommendations.

We provide 15-days scientific support for questions on your personalized nutrition plan. Please note that Jan 14th, 2023 is the end date for scientific support.

You can contact our team at nutritionist@addon.life if you have questions.

Best Regards,

addon.life

ADDON SCIENTIFIC TEAM

Example Nutrition Planning

Jane – Your Personalized Nutrition Plan

Contact	Date Created	Reference #
example@example.com	Dec 30th, 2022	NRSIDD3223

Identified Cancer Risk

Genetically tested ?	:	Yes
Mutated Genes	:	BRCA1

Other Treatment(s)

Nutritional Supplements	:	Aloe Vera and Ashwagandha
Treatment	:	Aspirin

Dietary Preferences

Allergies	:	Gluten Allergy
Dietary Restrictions	:	Coconut and Black Tea
Foods From You	:	Bell Pepper, Cabbage, Canola, Chervil, Sapota, Orange, Apple, Pineapple, Almond and Wheat

Lifestyle / Health Factors

Tobacco Use	:	Yes
Alcohol Intake	:	No
Body Mass Index	:	33.21
Physical activity	:	Some walking around the house

Demographics

Age Group / Gender	:	60 Years and above / Female

Example Nutrition Planning

With The Information We Have

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BUILD YOUR OWN MEAL RECIPES USING THESE FOODS

Chili Pepper
[Vegetables]

Chili Pepper is recommended for you. Chili Pepper has bioactives that inhibits biochemical pathways like DNA Repair (ATM Signaling). DNA Repair (ATM Signaling) is one of the growth drivers of BRCA1 cancer risk.

Jicama
[Vegetables]

Jicama is recommended for you. Jicama has bioactives that inhibits biochemical pathways like Growth Factor Signaling (ERBB2 Signaling). Growth Factor Signaling (ERBB2 Signaling) is one of the growth drivers of BRCA1 cancer risk.

Agave
[Vegetables]

Agave is recommended for you. Agave has bioactives that inhibits biochemical pathways like Stem Cell Signaling. Stem Cell Signaling is one of the growth drivers of BRCA1 cancer risk.

Cassava
[Vegetables]

Cassava is recommended for you. Cassava has bioactives that activates biochemical pathways like Apoptosis (Intrinsic Apoptosis). Increase of Apoptosis (Intrinsic Apoptosis) reduces growth drivers of BRCA1 cancer risk.

Radish
[Vegetables]

Radish is recommended for you. Radish has bioactives that activates biochemical pathways like Cell Cycle Checkpoints (G2M Checkpoint). Increase of Cell Cycle Checkpoints (G2M Checkpoint) reduces growth drivers of BRCA1 cancer risk.

Persimmon
[Fruits]

Persimmon is recommended for you. Persimmon has bioactives that activates biochemical pathways like P53 Signaling. Increase of P53 Signaling reduces growth drivers of BRCA1 cancer risk.

Apple
[Fruits]

Apple is recommended for you. Apple has bioactives that inhibits biochemical pathways like DNA Repair (ATM Signaling). DNA Repair (ATM Signaling) is one of the growth drivers of BRCA1 cancer risk.

Example Nutrition Planning

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EAT THESE FOODS AS MUCH AS YOU CAN

BUILD YOUR OWN MEAL RECIPES USING THESE FOODS

Tamarind
[Fruits]

Tamarind is recommended for you. Tamarind has bioactives that activates biochemical pathways like Apoptosis (Intrinsic Apoptosis). Increase of Apoptosis (Intrinsic Apoptosis) reduces growth drivers of BRCA1 cancer risk.

Lichee
[Fruits]

Lichee is recommended for you. Lichee has bioactives that inhibits biochemical pathways like NFKB Signaling (TNF Signaling). NFKB Signaling (TNF Signaling) is one of the growth drivers of BRCA1 cancer risk and BMI > 30.

Nectarine
[Fruits]

Nectarine is recommended for you. Nectarine has bioactives that inhibits biochemical pathways like MYC Signaling. MYC Signaling is one of the growth drivers of BRCA1 cancer risk.

Cowpea
[Pulses]

Cowpea is recommended for you. Cowpea has bioactives that inhibits biochemical pathways like Angiogenesis. Angiogenesis is one of the growth drivers of BRCA1 cancer risk and BMI > 30.

Millet
[Cereals]

Millet is recommended for you. Millet has bioactives that activates biochemical pathways like Cell Cycle Checkpoints (G1S Checkpoint). Increase of Cell Cycle Checkpoints (G1S Checkpoint) reduces growth drivers of BRCA1 cancer risk.

Walnut
[Nuts]

Walnut is recommended for you. Walnut has bioactives that activates biochemical pathways like Cell Cycle Checkpoints (G1S Checkpoint). Increase of Cell Cycle Checkpoints (G1S Checkpoint) reduces growth drivers of BRCA1 cancer risk.

Black Pepper
[Herbs and Spices]

Black Pepper is recommended for you. Black Pepper has bioactives that inhibits biochemical pathways like Oncogenic Histone Methylation (Histone 3 Lysine 4 Methylation). Oncogenic Histone Methylation (Histone 3 Lysine 4 Methylation) is one of the growth drivers of BRCA1 cancer risk.

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EAT THESE FOODS AS MUCH AS YOU CAN

BUILD YOUR OWN MEAL RECIPES USING THESE FOODS

Onion
[Vegetables]

Onion is recommended for you. Onion has bioactives that inhibits biochemical pathways like MYC Signaling. MYC Signaling is one of the growth drivers of BRCA1 cancer risk.

Rice
[Cereals]

Rice is recommended for you. Rice has bioactives that activates biochemical pathways like Cell Cycle Checkpoints (G2M Checkpoint). Increase of Cell Cycle Checkpoints (G2M Checkpoint) reduces growth drivers of BRCA1 cancer risk.

Lemon
[Fruits]

Lemon is recommended for you. Lemon has bioactives that activates biochemical pathways like P53 Signaling. Increase of P53 Signaling reduces growth drivers of BRCA1 cancer risk.

Quinoa
[Herbs and Spices]

Quinoa is recommended for you. Quinoa has bioactives that activates biochemical pathways like Cell Cycle Checkpoints (G1S Checkpoint). Increase of Cell Cycle Checkpoints (G1S Checkpoint) reduces growth drivers of BRCA1 cancer risk.

Ginger
[Herbs and Spices]

Ginger is recommended for you. Ginger has bioactives that inhibits biochemical pathways like Angiogenesis. Angiogenesis is one of the growth drivers of BRCA1 cancer risk and BMI > 30.

Cinnamon
[Herbs and Spices]

Cinnamon is recommended for you. Cinnamon has bioactives that inhibits biochemical pathways like Stem Cell Signaling. Stem Cell Signaling is one of the growth drivers of BRCA1 cancer risk.

Lentils
[Pulses]

Lentils is recommended for you. Lentils has bioactives that inhibits biochemical pathways like MAPK Signaling. MAPK Signaling is one of the growth drivers of BRCA1 cancer risk.

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EAT THESE FOODS AS MUCH AS YOU CAN

BUILD YOUR OWN MEAL RECIPES USING THESE SPECIALTY FOODS

Kai-lan
[Vegetables]

Kai-lan is recommended for you. Kai-lan has bioactives that inhibits biochemical pathways like DNA Repair (ATM Signaling). DNA Repair (ATM Signaling) is one of the growth drivers of BRCA1 cancer risk.

Swede
[Vegetables]

Swede is recommended for you. Swede has bioactives that inhibits biochemical pathways like MAPK Signaling. MAPK Signaling is one of the growth drivers of BRCA1 cancer risk.

Soursop
[Fruits]

Soursop is recommended for you. Soursop has bioactives that activates biochemical pathways like Cell Cycle Checkpoints (G1S Checkpoint). Increase of Cell Cycle Checkpoints (G1S Checkpoint) reduces growth drivers of BRCA1 cancer risk.

Black Chokeberry
[Fruits]

Black Chokeberry is recommended for you. Black Chokeberry has bioactives that inhibits biochemical pathways like Chemokine Signaling (CXCR4 Signaling). Chemokine Signaling (CXCR4 Signaling) is one of the growth drivers of BRCA1 cancer risk.

Hyacinth Bean
[Pulses]

Hyacinth Bean is recommended for you. Hyacinth Bean has bioactives that inhibits biochemical pathways like Stem Cell Signaling. Stem Cell Signaling is one of the growth drivers of BRCA1 cancer risk.

Buckwheat
[Cereals]

Buckwheat is recommended for you. Buckwheat has bioactives that inhibits biochemical pathways like Angiogenesis. Angiogenesis is one of the growth drivers of BRCA1 cancer risk and BMI > 30.

Beech Nut
[Nuts]

Beech Nut is recommended for you. Beech Nut has bioactives that inhibits biochemical pathways like Growth Factor Signaling (ERBB2 Signaling). Growth Factor Signaling (ERBB2 Signaling) is one of the growth drivers of BRCA1 cancer risk.

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FOODS YOU ENQUIRED ABOUT

ANSWERS TO YOUR FOOD QUESTIONS

Orange [Fruits]	Reduce Intake	Reduce intake of Orange. Orange has bioactives that activates biochemical pathways like NFKB Signaling (TNF Signaling). Increase of NFKB Signaling (TNF Signaling) increases growth drivers of BRCA1 cancer risk and BMI > 30.
Pineapple [Fruits]	Reduce Intake	Reduce intake of Pineapple. Pineapple has bioactives that activates biochemical pathways like Growth Factor Signaling (ERBB2 Signaling). Increase of Growth Factor Signaling (ERBB2 Signaling) increases growth drivers of BRCA1 cancer risk.
Wheat [Cereals]	Reduce Intake	Reduce intake of Wheat. Wheat has bioactives that inhibits biochemical pathways like DNA Repair (Homology Directed Repair). Reduction of DNA Repair (Homology Directed Repair) increases growth drivers of BRCA1 cancer risk.
Bell Pepper [Vegetables]	Continue	Bell Pepper is recommended for you. Bell Pepper has bioactives that activates biochemical pathways like DNA Repair (Homology Directed Repair). Increase of DNA Repair (Homology Directed Repair) reduces growth drivers of BRCA1 cancer risk.
Cabbage [Vegetables]	Continue	Cabbage is recommended for you. Cabbage has bioactives that activates biochemical pathways like Apoptosis (Intrinsic Apoptosis). Increase of Apoptosis (Intrinsic Apoptosis) reduces growth drivers of BRCA1 cancer risk.
Canola [Herbs and spices]	Continue	Canola is recommended for you. Canola has bioactives that inhibits biochemical pathways like Angiogenesis. Angiogenesis is one of the growth drivers of BRCA1 cancer risk and BMI > 30.
Chervil [Herbs and Spices]	Continue	Chervil is recommended for you. Chervil has bioactives that activates biochemical pathways like Cell Cycle Checkpoints (G2M Checkpoint). Increase of Cell Cycle Checkpoints (G2M Checkpoint) reduces growth drivers of BRCA1 cancer risk.

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ANSWERS TO YOUR FOOD QUESTIONS

Sapota [Fruits]	Continue	Sapota is recommended for you. Sapota has bioactives that inhibits biochemical pathways like DNA Repair (ATM Signaling). DNA Repair (ATM Signaling) is one of the growth drivers of BRCA1 cancer risk.
Apple [Fruits]	Continue	Apple is recommended for you. Apple has bioactives that inhibits biochemical pathways like DNA Repair (ATM Signaling). DNA Repair (ATM Signaling) is one of the growth drivers of BRCA1 cancer risk.
Almond [Nuts]	Continue	Almond is recommended for you. Almond has bioactives that inhibits biochemical pathways like MYC Signaling. MYC Signaling is one of the growth drivers of BRCA1 cancer risk.

FOODS YOU ENQUIRED ABOUT

Example Nutrition Planning

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Explanation And Buying Suggestions

NUTRITIONAL SUPPLEMENTS RECOMMENDED

Harmala

Suggested Dose: 250 mg

Amalth Harmala Seed Powder Extract 250 mg

Harmala is recommended for you. Harmala has bioactives that activates biochemical pathways like P53 Signaling. Increase of P53 Signaling reduces growth drivers of BRCA1 cancer risk.

Zeaxanthin

Suggested Dose: 4 mg

Swanson Zeaxanthin 4 mg

Puritan's Pride Zeaxanthin 4 mg

Zeaxanthin is recommended for you. Zeaxanthin inhibits biochemical pathways like MYC Signaling. MYC Signaling is one of the growth drivers of BRCA1 cancer risk.

You may continue taking Aloe Vera and Ashwagandha

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NOT RECOMMENDED NUTRITIONAL SUPPLEMENTS WITHOUT PHYSICIAN CONSULTATION

Note: OK to consume items on this list as part of food recipes - the supplements only are not recommended.

Arnica	Arnica is not-recommended for you. Arnica has bioactives that inhibits biochemical pathways like DNA Repair (Homology Directed Repair). Reduction of DNA Repair (Homology Directed Repair) increases growth drivers of BRCA1 cancer risk.
Cinchona	Cinchona is not-recommended for you. Cinchona has bioactives that activates biochemical pathways like MYC Signaling. Increase of MYC Signaling increases growth drivers of BRCA1 cancer risk.
Chitrak	Chitrak is not-recommended for you. Chitrak has bioactives that activates biochemical pathways like MAPK Signaling. Increase of MAPK Signaling increases growth drivers of BRCA1 cancer risk.
Lecithin	Lecithin is not-recommended for you. Lecithin activates biochemical pathways like Angiogenesis. Increase of Angiogenesis increases growth drivers of BRCA1 cancer risk and BMI > 30.
Feverfew	Feverfew is not-recommended for you. Feverfew has bioactives that inhibits biochemical pathways like Cell Cycle Checkpoints (G1S Checkpoint). Reduction of Cell Cycle Checkpoints (G1S Checkpoint) increases growth drivers of BRCA1 cancer risk. Feverfew has CYP2C9 interactions with Treatment.
Maral	Maral is not-recommended for you. Maral has bioactives that inhibits biochemical pathways like Apoptosis (Intrinsic Apoptosis). Reduction of Apoptosis (Intrinsic Apoptosis) increases growth drivers of BRCA1 cancer risk.
Carrot	Carrot is not-recommended for you. Carrot has bioactives that activates biochemical pathways like DNA Repair (ATM Signaling). Increase of DNA Repair (ATM Signaling) increases growth drivers of BRCA1 cancer risk. Carrot has CYP2C9 interactions with Treatment.

THESE SUPPLEMENTS MAY NOT BE SAFE

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NOT RECOMMENDED NUTRITIONAL SUPPLEMENTS WITHOUT PHYSICIAN CONSULTATION

Note: OK to consume items on this list as part of food recipes - the supplements only are not recommended.

Lemon Peel	Lemon Peel is not-recommended for you. Lemon Peel has bioactives that activates biochemical pathways like Stem Cell Signaling. Increase of Stem Cell Signaling increases growth drivers of BRCA1 cancer risk. Lemon Peel has CYP2C8 and CYP2C9 interactions with Treatment.
Cumin	Cumin is not-recommended for you. Cumin has bioactives that activates biochemical pathways like NFKB Signaling (TNF Signaling). Increase of NFKB Signaling (TNF Signaling) increases growth drivers of BRCA1 cancer risk and BMI > 30. Cumin has CYP2C9 interactions with Treatment.
Ginkgo Biloba	Ginkgo Biloba is not-recommended for you. Ginkgo Biloba has bioactives that activates biochemical pathways like Oncogenic Histone Methylation (Histone 3 Lysine 4 Methylation). Increase of Oncogenic Histone Methylation (Histone 3 Lysine 4 Methylation) increases growth drivers of BRCA1 cancer risk. Ginkgo Biloba has CYP2C8 and CYP2C9 interactions with Treatment.
Parsley	Parsley is not-recommended for you. Parsley has bioactives that inhibits biochemical pathways like Cell Cycle Checkpoints (G2M Checkpoint). Reduction of Cell Cycle Checkpoints (G2M Checkpoint) increases growth drivers of BRCA1 cancer risk. Parsley has CYP2C9 interactions with Treatment.
Rosemary	Rosemary is not-recommended for you. Rosemary has bioactives that inhibits biochemical pathways like DNA Repair (Fanconi Anemia). Reduction of DNA Repair (Fanconi Anemia) increases growth drivers of BRCA1 cancer risk. Rosemary has CYP2C9 interactions with Treatment.
Gotu Kola	Gotu Kola is not-recommended for you. Gotu Kola has bioactives that inhibits biochemical pathways like P53 Signaling. Reduction of P53 Signaling increases growth drivers of BRCA1 cancer risk. Gotu Kola has CYP2C8 and CYP2C9 interactions with Treatment.
Oregano	Oregano is not-recommended for you. Oregano has bioactives that activates biochemical pathways like Growth Factor Signaling (ERBB2 Signaling). Increase of Growth Factor Signaling (ERBB2 Signaling) increases growth drivers of BRCA1 cancer risk. Oregano has CYP2C9 interactions with Treatment.

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REDUCE THE INTAKE OF THESE FOODS IN YOUR MEALS

Parsnip
[Vegetables]

Reduce intake of Parsnip. Parsnip has bioactives that inhibits biochemical pathways like DNA Repair (Homology Directed Repair). Reduction of DNA Repair (Homology Directed Repair) increases growth drivers of BRCA1 cancer risk.

Potato
[Vegetables]

Reduce intake of Potato. Potato has bioactives that inhibits biochemical pathways like DNA Repair (Fanconi Anemia). Reduction of DNA Repair (Fanconi Anemia) increases growth drivers of BRCA1 cancer risk.

Apricot
[Fruits]

Reduce intake of Apricot. Apricot has bioactives that activates biochemical pathways like Oncogenic Histone Methylation (Histone 3 Lysine 4 Methylation). Increase of Oncogenic Histone Methylation (Histone 3 Lysine 4 Methylation) increases growth drivers of BRCA1 cancer risk.

Grapefruit
[Fruits]

Reduce intake of Grapefruit. Grapefruit has bioactives that activates biochemical pathways like Angiogenesis. Increase of Angiogenesis increases growth drivers of BRCA1 cancer risk and BMI > 30.

Mung Bean
[Pulses]

Reduce intake of Mung Bean. Mung Bean has bioactives that activates biochemical pathways like NFKB Signaling (TNF Signaling). Increase of NFKB Signaling (TNF Signaling) increases growth drivers of BRCA1 cancer risk and BMI > 30.

Corn
[Cereals]

Reduce intake of Corn. Corn has bioactives that activates biochemical pathways like MAPK Signaling. Increase of MAPK Signaling increases growth drivers of BRCA1 cancer risk.

Cashew Nut
[Nuts]

Reduce intake of Cashew Nut. Cashew Nut has bioactives that activates biochemical pathways like MYC Signaling. Increase of MYC Signaling increases growth drivers of BRCA1 cancer risk.

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REDUCE THE INTAKE OF THESE FOODS IN YOUR MEALS

Oyster Mushroom
[Vegetables]

Reduce intake of Oyster Mushroom. Oyster Mushroom has bioactives that inhibits biochemical pathways like Apoptosis (Intrinsic Apoptosis). Reduction of Apoptosis (Intrinsic Apoptosis) increases growth drivers of BRCA1 cancer risk.

Jew's Ear
[Vegetables]

Reduce intake of Jew's Ear. Jew's Ear has bioactives that inhibits biochemical pathways like Cell Cycle Checkpoints (G1S Checkpoint). Reduction of Cell Cycle Checkpoints (G1S Checkpoint) increases growth drivers of BRCA1 cancer risk.

Lingonberry
[Fruits]

Reduce intake of Lingonberry. Lingonberry has bioactives that inhibits biochemical pathways like P53 Signaling. Reduction of P53 Signaling increases growth drivers of BRCA1 cancer risk.

Strawberry Guava
[Fruits]

Reduce intake of Strawberry Guava. Strawberry Guava has bioactives that inhibits biochemical pathways like DNA Repair (Fanconi Anemia). Reduction of DNA Repair (Fanconi Anemia) increases growth drivers of BRCA1 cancer risk.

Yellow Wax Bean
[Pulses]

Reduce intake of Yellow Wax Bean. Yellow Wax Bean has bioactives that activates biochemical pathways like Growth Factor Signaling (ERBB2 Signaling). Increase of Growth Factor Signaling (ERBB2 Signaling) increases growth drivers of BRCA1 cancer risk.

Purslane
[Herbs and Spices]

Reduce intake of Purslane. Purslane has bioactives that activates biochemical pathways like Angiogenesis. Increase of Angiogenesis increases growth drivers of BRCA1 cancer risk and BMI > 30.

Ginkgo Nuts
[Herbs and Spices]

Reduce intake of Ginkgo Nuts. Ginkgo Nuts has bioactives that inhibits biochemical pathways like Apoptosis (Intrinsic Apoptosis). Reduction of Apoptosis (Intrinsic Apoptosis) increases growth drivers of BRCA1 cancer risk.

Example Nutrition Planning

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Jane – Your Personalized Nutrition Plan

Contact	Date Created	Reference #
example@example.com	Dec 30th, 2022	NRSIDD3223

EXAMPLE RECIPES BASED ON YOUR RECOMMENDED FOODS

YOUR TARGET CALORIES PER DAY IS 2137 - 2351 kcal

Split Red Lentils With Basmati Rice and Daikon Relish **Featured Foods:** Daikon, Lentils, Basmati, Rice 579.95 kcal	Cauliflower Chickpea Stew **Featured Foods:** Chickpea, Cauliflower, Chili, Tumeric 455.29 kcal	Farm Fresh Vegetable Stew **Featured Foods:** Canned Kidney Beans, Green Bean, Cumin, Onion 263.57 kcal
Broccolini Quinoa Pilaf **Featured Foods:** Broccolini, Quinoa, Walnut, Clove 625.07 kcal	Thai Coconut Curry Soup **Featured Foods:** Lime Juice, Bell Pepper, String Beans, Snow Peas 216.76 kcal	Red Kidney Bean Jambalaya **Featured Foods:** Dried Kidney Beans, Celery, Sage, Red Bell Pepper 551.94 kcal
Hummus Wrap With Carrots and Cucumbers **Featured Foods:** Hummus, Canned Garbanzo Beans, Lettuce, Clove 864.06 kcal	Black Beans & Brown Rice With Garlicky Kale **Featured Foods:** Rice, Kale, Canned Black Beans, Cumin 516.32 kcal	Jicama Cole Slaw **Featured Foods:** Jicama, Yogurt, Pecan, Lemon 185.15 kcal

Note: Calorie information provided per recipe can be adjusted to the caloric requirement for the day based on the list of recommended ingredients and taste preferences.
Disclaimer: Please review meal plan recipes for any allergic ingredients.

MIX AND MATCH FROM EXAMPLE OR ...

Example Nutrition Planning

WHY THESE FOODS ARE RECOMMENDED?

- ✓ **Daikon** is recommended for you. Daikon has bioactives that activates biochemical pathways like Cell Cycle Checkpoints (G2M Checkpoint). Increase of Cell Cycle Checkpoints (G2M Checkpoint) reduces growth drivers of BRCA1 cancer risk.
- ✓ **Lentils** is recommended for you. Lentils has bioactives that inhibits biochemical pathways like MAPK Signaling. MAPK Signaling is one of the growth drivers of BRCA1 cancer risk.
- ✓ **Rice / Basmati** is recommended for you. Rice has bioactives that activates biochemical pathways like Cell Cycle Checkpoints (G2M Checkpoint). Increase of Cell Cycle Checkpoints (G2M Checkpoint) reduces growth drivers of BRCA1 cancer risk.
- ✓ **Cauliflower** is recommended for you. Cauliflower has bioactives that inhibits biochemical pathways like NFKB Signaling (TNF Signaling). NFKB Signaling (TNF Signaling) is one of the growth drivers of BRCA1 cancer risk and BMI > 30.
- ✓ **Chili** is recommended for you. Chili has bioactives that inhibits biochemical pathways like DNA Repair (ATM Signaling). DNA Repair (ATM Signaling) is one of the growth drivers of BRCA1 cancer risk.
- ✓ **Tumeric** is recommended for you. Tumeric has bioactives that inhibits biochemical pathways like MAPK Signaling. MAPK Signaling is one of the growth drivers of BRCA1 cancer risk.
- ✓ **Canned kidney beans / Canned black beans / Dried kidney beans** is recommended for you. Canned Kidney Beans has bioactives that activates biochemical pathways like Cell Cycle Checkpoints (G2M Checkpoint). Increase of Cell Cycle Checkpoints (G2M Checkpoint) reduces growth drivers of BRCA1 cancer risk.
- ✓ **Cumin** is recommended for you. Cumin has bioactives that inhibits biochemical pathways like Angiogenesis. Angiogenesis is one of the growth drivers of BRCA1 cancer risk and BMI > 30.

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WHY THESE FOODS ARE RECOMMENDED?

- ✓ **Onion** is recommended for you. Onion has bioactives that inhibits biochemical pathways like MYC Signaling. MYC Signaling is one of the growth drivers of BRCA1 cancer risk.
- ✓ **Broccolini** is recommended for you. Broccolini has bioactives that activates biochemical pathways like DNA Repair (Homology Directed Repair). Increase of DNA Repair (Homology Directed Repair) reduces growth drivers of BRCA1 cancer risk.
- ✓ **Quinoa** is recommended for you. Quinoa has bioactives that activates biochemical pathways like Cell Cycle Checkpoints (G1S Checkpoint). Increase of Cell Cycle Checkpoints (G1S Checkpoint) reduces growth drivers of BRCA1 cancer risk.
- ✓ **Walnut** is recommended for you. Walnut has bioactives that activates biochemical pathways like Cell Cycle Checkpoints (G1S Checkpoint). Increase of Cell Cycle Checkpoints (G1S Checkpoint) reduces growth drivers of BRCA1 cancer risk.
- ✓ **Clove** is recommended for you. Clove has bioactives that inhibits biochemical pathways like Stem Cell Signaling. Stem Cell Signaling is one of the growth drivers of BRCA1 cancer risk.
- ✓ **String beans / Green bean** is recommended for you. String Beans has bioactives that inhibits biochemical pathways like NFKB Signaling (TNF Signaling). NFKB Signaling (TNF Signaling) is one of the growth drivers of BRCA1 cancer risk and BMI > 30.
- ✓ **Snow peas** is recommended for you. Snow Peas has bioactives that activates biochemical pathways like Apoptosis (Intrinsic Apoptosis). Increase of Apoptosis (Intrinsic Apoptosis) reduces growth drivers of BRCA1 cancer risk.
- ✓ **Celery** is recommended for you. Celery has bioactives that activates biochemical pathways like Cell Cycle Checkpoints (G2M Checkpoint). Increase of Cell Cycle Checkpoints (G2M Checkpoint) reduces growth drivers of BRCA1 cancer risk.

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WHY THESE FOODS ARE RECOMMENDED?

- ✓ **Sage** is recommended for you. Sage has bioactives that inhibits biochemical pathways like DNA Repair (ATM Signaling). DNA Repair (ATM Signaling) is one of the growth drivers of BRCA1 cancer risk.
- ✓ **Red bell pepper / Bell pepper** is recommended for you. Red Bell Pepper has bioactives that activates biochemical pathways like DNA Repair (Homology Directed Repair). Increase of DNA Repair (Homology Directed Repair) reduces growth drivers of BRCA1 cancer risk.
- ✓ **Hummus / Canned garbanzo beans / Chickpea** is recommended for you. Hummus has bioactives that inhibits biochemical pathways like Angiogenesis. Angiogenesis is one of the growth drivers of BRCA1 cancer risk and BMI > 30.
- ✓ **Lettuce** is recommended for you. Lettuce has bioactives that inhibits biochemical pathways like Stem Cell Signaling. Stem Cell Signaling is one of the growth drivers of BRCA1 cancer risk.
- ✓ **Kale** is recommended for you. Kale has bioactives that activates biochemical pathways like DNA Repair (Homology Directed Repair). Increase of DNA Repair (Homology Directed Repair) reduces growth drivers of BRCA1 cancer risk.
- ✓ **Jicama** is recommended for you. Jicama has bioactives that inhibits biochemical pathways like Growth Factor Signaling (ERBB2 Signaling). Growth Factor Signaling (ERBB2 Signaling) is one of the growth drivers of BRCA1 cancer risk.
- ✓ **Yogurt** is recommended for you. Yogurt has bioactives that activates biochemical pathways like Cell Cycle Checkpoints (G2M Checkpoint). Increase of Cell Cycle Checkpoints (G2M Checkpoint) reduces growth drivers of BRCA1 cancer risk.
- ✓ **Pecan** is recommended for you. Pecan has bioactives that inhibits biochemical pathways like MAPK Signaling. MAPK Signaling is one of the growth drivers of BRCA1 cancer risk.

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WHY THESE FOODS ARE RECOMMENDED?

✓ **Lemon / Lime juice** is recommended for you. Lemon has bioactives that activates biochemical pathways like P53 Signaling. Increase of P53 Signaling reduces growth drivers of BRCA1 cancer risk.

Example Nutrition Planning

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Split Red Lentils With Basmati Rice and Daikon Relish

Gluten Free | Dairy Free | Lacto Ovo Vegetarian | Vegan

Lunch | Main Course | Main Dish | Dinner

Featured foods

Daikon

Lentils

Basmati

Rice

Note: Recommended Foods In Meals Are Highlighted.
Disclaimer: Please review meal plan recipes for any allergic ingredients.

Preparation [Serves: 3]

1. lentils
2. In a medium pot, heat olive oil and saute' onions, orange bell pepper, garlic and lentils for 5 minutes.
3. Add water and boil on medium high heat for 15 to 20 minutes, or until the water has cooked into beans. This dish will not be soupy but will be more like a stew. After the beans have cooked for 10 minutes, add the spices so that the flavors will blend.
4. Relish
5. Using a julienne peeler, shred about 3/4 cup daikon and add to a small bowl.
6. Add remaing ingredients and mix well.
7. rice
8. Place rice to a small pot and add water.

Click here for more information

Ingredients

- ✓ 1 cup split red lentils
- ✓ 2 1/2 cups water
- ✓ 1 tablespoon olive oil
- ✓ 1/2 onion, diced
- ✓ 2 garlic cloves, minced
- ✓ 1/2 cup orange bell pepper, diced
- ✓ 1 teaspoon tumeric
- ✓ 1 teaspoon coriander powder
- ✓ 1 teaspoon salt
- ✓ 1 teaspoon cayenne pepper
- ✓ Relish
- ✓ 3/4 cup daikon, shredded
- ✓ 1 teaspoon ume plum vinegar
- ✓ 2 teaspoons gomasio
- ✓ basmati rice
- ✓ 1 cup basmati rice
- ✓ 1/2 teaspoon salt

Nutritional Information

Calories	Fat	Saturated Fat	Carbohydrates	Sugar	Cholesterol	Sodium	Protein	Iron	Calcium
579.95 kcal	7.89 g	0.96 g	103.93 g	3.97 g	0.0 mg	1625.28 mg	21.94 g	8.11 mg	88.4 mg

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nutritionist@addon.life

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Cauliflower Chickpea Stew

Gluten Free | Dairy Free | Lacto Ovo Vegetarian | Vegan

Lunch | Soup | Main Course | Main Dish | Dinner

Featured foods

Chickpea

Cauliflower

Chili

Tumeric

Note: Recommended Foods In Meals Are Highlighted.

Disclaimer: Please review meal plan recipes for any allergic ingredients.

Preparation [Serves: 4]

1. Heat olive oil in large sauce pan on high heat. Crush the garlic and fry it with tumeric, salt and pepper for a minute before adding the brown rice. Fry the rice for another 4-5 minutes before adding the water. Bring the water to a boil and turn down the heat to low-medium, allow to simmer for 30 minutes.

Click here for more information

Ingredients

- ✓ 1 tbsp olive oil
- ✓ 5/4 cup brown rice (240 g)
- ✓ Twice amount of water
- ✓ 2 garlic gloves, crushed
- ✓ 1 tsp tumeric
- ✓ salt & pepper
- ✓ 1 onion, chopped finely
- ✓ 1 can chopped tomatoes (400 g)
- ✓ 2 tbsp tomato puree
- ✓ 3 garlic gloves, crushed
- ✓ 1 cm fresh ginger, grated (about 1 tsp)
- ✓ 1/2-1 fresh chili, chopped finely
- ✓ 1 tsp cinnamon
- ✓ 1 tsp garam masala
- ✓ 1 tsp paprika
- ✓ 1-2 sweet potatoes, cubes
- ✓ 1/2 lemon, juice
- ✓ 1 cup water (240 ml)

Nutritional Information

Calories	Fat	Saturated Fat	Carbohydrates	Sugar	Cholesterol	Sodium	Protein	Iron	Calcium
455.29 kcal	7.76 g	1.16 g	86.28 g	9.48 g	0.0 mg	513.48 mg	13.63 g	4.85 mg	141.16 mg

Example Nutrition Planning

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Farm Fresh Vegetable Stew

Gluten Free | Dairy Free | Lacto Ovo Vegetarian | Vegan

Lunch | Soup | Main Course | Main Dish | Dinner

Featured foods

Canned Kidney Beans

Green Bean

Cumin

Onion

Note: Recommended Foods In Meals Are Highlighted.
Disclaimer: Please review meal plan recipes for any allergic ingredients.

Preparation [Serves: 7]

1. Advanced Prep work
2. Cut an eggplant into rounds.
3. Lay the eggplant on a paper towel and sprinkle with kosher salt. After about 15 minutes, dice and add to the stew.
4. Remove the skins from the tomato. If you have a soft skin peeler, you can use it to remove the skins. Otherwise, you can blanch the tomatoes in boiling water, scoring the tops first, and then removing the skins.
5. Cook the lentils in boiling water for 8 minutes, drain and run under cool water.
6. Cooking Instructions
7. In a large stock pot, heat olive oil on a medium heat.
8. Saute the garlic for just a minute and add the onions. Season with 2 teaspoons of kosher salt and cook for about 10 minutes. Begin adding the other vegetables gradually, starting with the peppers, carrots and squash. When all the vegetables are in the stew, add the thyme, cumin, salt and oregano.

Click here for more information

Ingredients

- ✓ 1/8 cup extra virgin olive oil
- ✓ 10 cloves of garlic, chopped
- ✓ 3 onions, diced
- ✓ 3 cups diced assorted peppers (sweet red Italian, green and red bell)
- ✓ 1 1/2 cups diced carrots
- ✓ 1/2 cup celery (4 stalks)
- ✓ 2 cups diced eggplant (salted)
- ✓ 1/2 cup green beans, roughly cut
- ✓ 2 yellow squash, diced
- ✓ 1 zucchini, diced
- ✓ 4 tomatoes, skins removed and diced
- ✓ 1 teaspoon fresh thyme leaves
- ✓ 1 teaspoon cumin
- ✓ 4 teaspoons kosher salt
- ✓ 1 teaspoon dried oregano
- ✓ 2 cans kidney beans, drained and rinsed
- ✓ 8 ounces of brown lentils, cooked al dente for 8 minutes

Nutritional Information

Calories	Fat	Saturated Fat	Carbohydrates	Sugar	Cholesterol	Sodium	Protein	Iron	Calcium
263.57 kcal	5.17 g	0.81 g	45.14 g	12.83 g	0.0 mg	1698.53 mg	13.42 g	4.18 mg	114.78 mg

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Broccolini Quinoa Pilaf

Gluten Free | Dairy Free | Lacto Ovo Vegetarian | Vegan

Lunch | Main Course | Main Dish | Dinner

Featured foods

Broccolini

Quinoa

Walnut

Clove

Note: Recommended Foods In Meals Are Highlighted.
Disclaimer: Please review meal plan recipes for any allergic ingredients.

Ingredients

- ✓ 1 bunch broccolini, trimmed
- ✓ 1 garlic clove, minced
- ✓ 1 tbsp olive oil
- ✓ ½ cup onion
- ✓ 1 cup quinoa, rinsed
- ✓ 2 cups vegetable broth
- ✓ 2 oz chopped walnuts

Preparation [Serves: 2]

1. In a large pan with lid heat olive oil over medium high heat.
2. Add onions and cook for 1 minute.
3. Add garlic and cook until onions are translucent and garlic is fragrant.
4. Add quinoa to pan, stir to combine. Slowly add in broth and bring to a boil.Cover and reduce heat to low, cook for 15 minutes.In the last 2-3 minutes of cooking add in broccolini on top of the quinoa (do not stir) and cover.Uncover and toss broccolini and quinoa together.Season to taste with salt and pepper.
5. Add walnuts and serve hot.

Click here for more information

Nutritional Information

Calories	Fat	Saturated Fat	Carbohydrates	Sugar	Cholesterol	Sodium	Protein	Iron	Calcium
625.07 kcal	30.69 g	3.32 g	71.66 g	6.45 g	0.0 mg	971.81 mg	19.85 g	5.58 mg	139.72 mg

Example Nutrition Planning

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Thai Coconut Curry Soup

Gluten Free | Dairy Free | Lacto Ovo Vegetarian | Fodmap Friendly | Vegan

Soup

Featured foods

Lime Juice

Bell Pepper

String Beans

Snow Peas

Note: Recommended Foods In Meals Are Highlighted.
Disclaimer: Please review meal plan recipes for any allergic ingredients.

Preparation [Serves: 6]

1. Bring coconut milk and water just to a boil, then reduce heat to a low simmer.
2. Add curry and ginger.
3. Whisk until both are well-incorporated.
4. Add carrots and spices (except basil leaves). Cover and simmer until carrots are almost soft, but take care not to overcook them. Nobody likes a mushy carrot.
5. Add tofu. Cover and simmer a few more minutes.
6. Add all remaining ingredients (except garnishes). Cover and simmer for just a few more minutes, until beans turn bright green but are still crisp.
7. Garnish with bell pepper strips and freshly ground black pepper.
8. Optional addition: If you really like the coconut flavor and want to take it over the top, add a couple of tablespoons of coconut oil when you put in your tofu. It's amazing!

Click here for more information

Ingredients

- ✓ 1 can coconut milk (I don't recommend using light)
- ✓ 2 cans 'worth of water
- ✓ 2 tablespoons red curry paste
- ✓ 1 tablespoon fresh minced ginger, or ginger paste
- ✓ 1 cup heaping fresh snow peas
- ✓ 1 cup string beans, cut in half
- ✓ 1 large carrot, diced
- ✓ Small handful of Thai basil leaves, left whole
- ✓ 1/4 cup lime juice, or more to taste
- ✓ 1 tablespoon low-sodium soy sauce
- ✓ A few 1 tablespoones of sesame oil
- ✓ of chili powder
- ✓ 1 pound firm tofu, lightly pressed and cubed
- ✓ 1/2 teaspoon salt, or more to taste

Nutritional Information

Calories	Fat	Saturated Fat	Carbohydrates	Sugar	Cholesterol	Sodium	Protein	Iron	Calcium
216.76 kcal	15.19 g	5.82 g	11.08 g	3.96 g	0.0 mg	363.81 mg	8.37 g	1.85 mg	125.55 mg

Example Nutrition Planning

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Red Kidney Bean Jambalaya

Gluten Free | Dairy Free | Lacto Ovo Vegetarian | Vegan

Lunch | Main Course | Main Dish | Dinner

Featured foods

Dried Kidney Beans

Celery

Sage

Red Bell Pepper

Note: Recommended Foods In Meals Are Highlighted.

Disclaimer: Please review meal plan recipes for any allergic ingredients.

Preparation [Serves: 6]

1. Rinse the kidney beans and brown rice separately. Cover the kidney beans with water and soak for 8 hours or overnight. In a separate bowl, cover the brown rice with water and soak for 8 hours or overnight.
2. Drain and rinse the kidney beans, then transfer to a medium saucepan and cover with fresh water. Bring to a boil, reduce heat to medium-low, cover, and simmer for 1 hour or until just tender but not falling apart.
3. Drain and set aside.
4. Heat the oil in a large saucepan over medium heat. When hot, add the onion and saut for 5 minutes. Now add the garlic, carrots, celery and green beans, and stir for another 5 minutes. Next add the tomatoes, red pepper, eggplant, sage, thyme, marjoram and celery seed, and continue to stir for another few minutes.

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Ingredients

- ✓ 2/3 cup dried brown rice (2 cups cooked)
- ✓ 2 medium carrots, sliced
- ✓ 2 stalks celery, sliced
- ✓ 1 teaspoon celery seed
- ✓ 2/3 cup dried kidney beans (2 cups cooked)
- ✓ 1 teaspoon dried marjoram
- ✓ 2 teaspoons dried thyme
- ✓ 1 medium eggplant, chopped
- ✓ 2 cloves garlic, minced or crushed
- ✓ 3 handfuls of green beans, chopped
- ✓ fresh ground black pepper
- ✓ 2 teaspoons ground sage
- ✓ 1/2 to 1 teaspoon liquid smoke, to taste
- ✓ 2 tablespoons olive oil
- ✓ 1 red bell pepper, seeded and chopped
- ✓ 1 small white or red onion, diced
- ✓ 1 1/2 teaspoons sea salt, or to taste

Nutritional Information

Calories	Fat	Saturated Fat	Carbohydrates	Sugar	Cholesterol	Sodium	Protein	Iron	Calcium
551.94 kcal	7.62 g	1.19 g	102.94 g	10.47 g	0.0 mg	1113.62 mg	21.45 g	6.9 mg	134.71 mg

Example Nutrition Planning

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Hummus Wrap With Carrots and Cucumbers

Gluten Free | Dairy Free | Lacto Ovo Vegetarian | Vegan

Lunch | Main Course | Main Dish | Dinner

Featured foods

Hummus

Canned Garbanzo Beans

Lettuce

Clove

Note: Recommended Foods In Meals Are Highlighted.

Disclaimer: Please review meal plan recipes for any allergic ingredients.

Ingredients

- ✓ 1/4 cup black olives
- ✓ 1 15-oz can garbanzo beans
- ✓ 1/2 cup shredded carrots
- ✓ 1/2 cup julienned cucumber
- ✓ 1 garlic clove
- ✓ 2 tablespoons hummus
- ✓ 1 tablespoon lemon juice
- ✓ 1/2 cup shredded lettuce
- ✓ 1/2 teaspoon salt
- ✓ 1 1/2 tablespoons Tahini paste
- ✓ 1 10-inch tortilla

Preparation [Serves: 1]

1. Start with hummus. Throw all the ingredients into a food processor and process until smooth. The mixture might be a bit thick and hard to process so you can add few tablespoons of water or a bit more olive oil.Tip: if I dont have tahini at home I simply toast 1 or 2 Tbsp sesame seeds and throw to a food processor instead of tahini.
2. Spread 2 Tbsp hummus in the center of a tortilla leaving about an inch on a top and bottom and few inches on a sides.Follow with the lettuce, carrots, cucumbers and olives.Fold top and bottom edges of the tortilla, turn 90 degrees and wrap the remaining tortilla around the filling. Wrap the tortilla in aluminum foil to hold its shape.

Click here for more information

Nutritional Information

Calories	Fat	Saturated Fat	Carbohydrates	Sugar	Cholesterol	Sodium	Protein	Iron	Calcium
864.06 kcal	34.03 g	5.71 g	112.74 g	7.85 g	0.0 mg	3550.36 mg	34.69 g	10.17 mg	354.91 mg

Example Nutrition Planning

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Black Beans & Brown Rice With Garlicky Kale

Gluten Free | Dairy Free | Lacto Ovo Vegetarian | Vegan

Lunch | Main Course | Main Dish | Dinner

Featured foods

Rice

Kale

Canned Black Beans

Cumin

Note: Recommended Foods In Meals Are Highlighted.

Disclaimer: Please review meal plan recipes for any allergic ingredients.

Ingredients

- ✓ 29 oz. can of black beans – drained
- ✓ 3 cups brown rice (cooked)
- ✓ ½ tsp cumin powder
- ✓ 1 tsp dried garlic*
- ✓ 1 tbsp hemp seeds*
- ✓ 2 cups chopped baby kale
- ✓ Olive oil for drizzling
- ✓ ½ tbsp. crushed pepper
- ✓ 1 tsp salt
- ✓ 1 tsp white sesame seeds

Preparation [Serves: 4]

1. Heat oil in a pan, add garlic and sesame seeds, as soon as they start getting brown slow down the flame and add white portion of the green onions/spring onions/scallions.Saut for few minutes in the low flame and add kale and saut again. Then add black beans.
2. Mix well.
3. Mix in all the spices and saut again for few minutes. Toss in green portion of the green onions/spring onions/scallions and saut again.
4. Add brown rice and mix well so that the rice is fully coated. Cover and cook for 3 minutes or until done.Take it out in a serving plate and garnish with hemp seeds.
5. Serve hot, or at room temperature or can be served cold. Can be prepared a day ahead and refrigerated and consumed the next day.

Click here for more information

Nutritional Information

Calories	Fat	Saturated Fat	Carbohydrates	Sugar	Cholesterol	Sodium	Protein	Iron	Calcium
516.32 kcal	18.33 g	2.55 g	71.43 g	0.3 g	0.0 mg	1391.21 mg	18.49 g	6.18 mg	188.5 mg

Example Nutrition Planning

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Jicama Cole Slaw

Gluten Free | Lacto Ovo Vegetarian

Side Dish

Featured foods

Jicama | Yogurt | Pecan | Lemon

Note: Recommended Foods In Meals Are Highlighted.
Disclaimer: Please review meal plan recipes for any allergic ingredients.

Ingredients

- ✓ 1/2 teaspoon agave sweetener
- ✓ 1 cucumber, peeled, seeded and cut into 1/2-inch matchsticks
- ✓ 1 tablespoon fresh cilantro, chopped
- ✓ 2 small Granny Smith apples, sliced into 1/2-inch matchsticks (about 1 cup)
- ✓ 1 pound jicama, peeled and cut into 1/2-inch matchsticks
- ✓ Kosher salt and freshly ground black pepper
- ✓ 1 teaspoon lemon juice
- ✓ 1 tablespoon mayonnaise
- ✓ 1/3 cup candied pecan halves, chopped
- ✓ 1/4 cup plain yogurt

Preparation [Serves: 4]

1. Preheat the oven to 350 degrees F.
2. Spread the candied pecans on a small baking sheet and toast in the oven for 5 minutes. Set aside.
3. Combine the yogurt, cilantro, mayonnaise, lemon juice and agave sweetener in a medium mixing bowl.
4. Whisk until evenly incorporated. Season with salt and pepper.
5. Combine the yogurt dressing with the jicama, apples and cucumbers. Toss and make sure everything is evenly dressed.
6. Add the pecans and toss to combine. Taste for seasoning and add salt and pepper if needed.
7. Serve immediately or at room temperature.

Click here for more information

Nutritional Information

Calories	Fat	Saturated Fat	Carbohydrates	Sugar	Cholesterol	Sodium	Protein	Iron	Calcium
185.15 kcal	9.41 g	1.3 g	24.83 g	12.77 g	3.46 mg	229.95 mg	2.78 g	1.16 mg	53.44 mg

Example Nutrition Planning

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Frequently Asked Questions

Q1. The addon nutrition plan did not include recommendations for non-vegetarian foods. Can I eat seafood, fish and chicken?

addon personalized nutrition planning for cancer only supports plant-based foods.

Q2. How often should I re-evaluate and re-do my nutrition plan?

The addon personalized nutrition plan is personalized to cancer indication, treatments and other factors. Whenever there is a treatment change or updates to disease condition or further information on tumor genomics - we recommend re-evaluation of the nutrition plan through a new onboarding process. Also if you have completed treatment and are in remission, choose the supportive care option.

Q3. Why does the addon nutrition plan recommend a food but the supplement with the same name is not-recommended?

The bio-actives in foods are in lower concentrations. The supplements are concentrated forms of the foods with the bio-actives present in much higher concentrations. At the higher concentration the bio-actives can interfere with the drug metabolizing enzymes and interfere with the drug action. Hence the distinction between foods and supplements with the same name.

Q4. Is the scientific rationale included in the addon nutrition plan for a food / supplement the complete explanation? For example caffeine in green tea was the rationale for being included in the reduced food list while coffee which also includes caffeine was recommended?

Each food has more than one bio-actives and addon evaluates all of them. The scientific rationale included in the nutrition plan is one of the many reasons for the recommendation.

In this example caffeine is one of the bio-actives in green tea besides many others including 3-hydroxyflavone, apiole, beta-ionone, epicatechin, epicatechin gallate, epigallocatechin, epigallocatechin gallate, geraniin, iso-quercetin, theaflavin and others. Coffee besides caffeine also includes catechol, pyrogallol, caffeic acid, chlorogenic acid, lauric acid, linolenic acid and others. So besides caffeine there are bioactive differences between green tea and coffee - and hence potentially different recommendations.

Example Nutrition Planning

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