



Jane – Nutrition Therapy

Dear Jane,

No two cancers are alike, and hence neither should your nutrition therapy 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?"

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

The nutrition therapy 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 of scientific support for questions on your personalized nutrition therapy. Please note that Jan 14th, 2023 is the end date for addon.life support.

You can contact our team, our email address is nutritionist@addon.life

Best Regards,

addon.life

ADDON SCIENTIFIC TEAM





Cancer Type & Treatment

Diagnosis : ER PR Positive HER2 Negative Breast Carcinoma

Cancer Treatment : Tamoxifen



Other Treatment(s)

Nutritional Supplements : Curcumin and Lions Mane Mushroom

Treatment : Aspirin



Dietary Preferences

Allergies : Tree Nuts Allergy and Peanut Allergy

Dietary Restrictions : Oat

Food you usually eat : Bell Pepper, Cabbage, Canola, Rice Bran Oil, Aloe Vera, Sapota, Orange, Apple, Pineapple, Almond and Wheat



Lifestyle / Health Factors

Tobacco Use : No

Alcohol Intake : No

BMI : 26.71

Exercise : Walking inside and outside house - occasional light exercises



Demographics

Age Group / Gender : Below 60 Years / Female



BUILD YOUR OWN MEAL RECIPES USING THESE FOODS

Sweet Potato [Vegetables]	Sweet Potato is recommended for you. Sweet Potato has bioactives that inhibits biochemical pathways like JAK-STAT Signaling. JAK-STAT Signaling is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Potato [Vegetables]	Potato is recommended for you. Potato has bioactives that inhibits biochemical pathways like Estrogen Signaling. Estrogen Signaling is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Olive [Vegetables]	Olive is recommended for you. Olive has bioactives that inhibits biochemical pathways like Growth Factor Signaling (EGFR Signaling). Growth Factor Signaling (EGFR Signaling) is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Ivy Gourd [Vegetables]	Ivy Gourd is recommended for you. Ivy Gourd has bioactives that inhibits biochemical pathways like Estrogen Signaling. Estrogen Signaling is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Cluster Bean [Vegetables]	Cluster Bean is recommended for you. Cluster Bean has bioactives that inhibits biochemical pathways like Cell Cycle (Proliferation). Cell Cycle (Proliferation) is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Plum [Fruits]	Plum is recommended for you. Plum has bioactives that inhibits biochemical pathways like Estrogen Signaling. Estrogen Signaling is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Apricot [Fruits]	Apricot is recommended for you. Apricot has bioactives that inhibits biochemical pathways like Growth Factor Signaling (PTK6 Signaling). Growth Factor Signaling (PTK6 Signaling) is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.

BUILD YOUR OWN MEAL RECIPES USING THESE FOODS

Cranberry [Fruits]	Cranberry is recommended for you. Cranberry has bioactives that inhibits biochemical pathways like Cell Cycle (Mitotic Cell Cycle). Cell Cycle (Mitotic Cell Cycle) is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Grape [Fruits]	Grape is recommended for you. Grape has bioactives that inhibits biochemical pathways like JAK-STAT Signaling. JAK-STAT Signaling is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Date [Fruits]	Date is recommended for you. Date has bioactives that inhibits biochemical pathways like JAK-STAT Signaling. JAK-STAT Signaling is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Green Bean [Pulses]	Green Bean is recommended for you. Green Bean has bioactives that inhibits biochemical pathways like Growth Factor Signaling (EGFR Signaling). Growth Factor Signaling (EGFR Signaling) is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Rice [Cereals]	Rice is recommended for you. Rice has bioactives that inhibits biochemical pathways like Growth Factor Signaling (PTK6 Signaling). Growth Factor Signaling (PTK6 Signaling) is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Pumpkin Seeds [Nuts]	Pumpkin Seeds is recommended for you. Pumpkin Seeds has bioactives that inhibits biochemical pathways like Estrogen Signaling. Estrogen Signaling is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Turmeric [Herbs and Spices]	Turmeric is recommended for you. Turmeric has bioactives that inhibits biochemical pathways like PI3K-AKT-MTOR Signaling (PI3K-AKT Signaling). PI3K-AKT-MTOR Signaling (PI3K-AKT Signaling) is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.

BUILD YOUR OWN MEAL RECIPES USING THESE FOODS

Garlic [Herbs and Spices]	Garlic is recommended for you. Garlic has bioactives that inhibits biochemical pathways like Growth Factor Signaling (EGFR Signaling). Growth Factor Signaling (EGFR Signaling) is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Coconut [Fruits]	Coconut is recommended for you. Coconut has bioactives that inhibits biochemical pathways like Cell Cycle (Proliferation). Cell Cycle (Proliferation) is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Cumin [Herbs and Spices]	Cumin is recommended for you. Cumin has bioactives that inhibits biochemical pathways like JAK-STAT Signaling. JAK-STAT Signaling is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Cinnamon [Herbs and Spices]	Cinnamon is recommended for you. Cinnamon has bioactives that inhibits biochemical pathways like RAS-RAF Signaling (RAS Signaling). RAS-RAF Signaling (RAS Signaling) is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Ginger [Herbs and Spices]	Ginger is recommended for you. Ginger has bioactives that inhibits biochemical pathways like Growth Factor Signaling (PTK6 Signaling). Growth Factor Signaling (PTK6 Signaling) is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Chia [Herbs and Spices]	Chia is recommended for you. Chia has bioactives that inhibits biochemical pathways like Epithelial to Mesenchymal Transition. Epithelial to Mesenchymal Transition is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Chili Pepper [Vegetables]	Chili Pepper is recommended for you. Chili Pepper has bioactives that inhibits biochemical pathways like Growth Factor Signaling (EGFR Signaling). Growth Factor Signaling (EGFR Signaling) is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.

BUILD YOUR OWN MEAL RECIPES USING THESE SPECIALTY FOODS

Thistle [Vegetables]	Thistle is recommended for you. Thistle has bioactives that inhibits biochemical pathways like WNT Beta Catenin Signaling. WNT Beta Catenin Signaling is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Morchella (morel) [Vegetables]	Morchella (morel) is recommended for you. Morchella (morel) has bioactives that inhibits biochemical pathways like Cell Cycle (Proliferation). Cell Cycle (Proliferation) is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Java Plum [Fruits]	Java Plum is recommended for you. Java Plum has bioactives that inhibits biochemical pathways like WNT Beta Catenin Signaling. WNT Beta Catenin Signaling is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Bayberry [Fruits]	Bayberry is recommended for you. Bayberry has bioactives that inhibits biochemical pathways like JAK-STAT Signaling. JAK-STAT Signaling is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Adzuki Bean [Pulses]	Adzuki Bean is recommended for you. Adzuki Bean has bioactives that inhibits biochemical pathways like RAS-RAF Signaling (RAS Signaling). RAS-RAF Signaling (RAS Signaling) is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Buckwheat [Cereals]	Buckwheat is recommended for you. Buckwheat has bioactives that inhibits biochemical pathways like PI3K-AKT-MTOR Signaling (PI3K-AKT Signaling). PI3K-AKT-MTOR Signaling (PI3K-AKT Signaling) is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Alfalfa [Herbs and Spices]	Alfalfa is recommended for you. Alfalfa has bioactives that inhibits biochemical pathways like Epithelial to Mesenchymal Transition. Epithelial to Mesenchymal Transition is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.

EAT THESE FOODS AS MUCH AS YOU CAN



ANSWERS TO YOUR FOOD QUESTIONS

Orange [Fruits]	Reduce Intake	Reduce intake of Orange. Orange has bioactives that activates biochemical pathways like Growth Factor Signaling (PTK6 Signaling). Increase of Growth Factor Signaling (PTK6 Signaling) increases growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Almond [Nuts]	Reduce Intake	Reduce intake of Almond. Almond has bioactives that activates biochemical pathways like Growth Factor Signaling (PTK6 Signaling). Increase of Growth Factor Signaling (PTK6 Signaling) increases growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Bell Pepper [Vegetables]	Continue	Bell Pepper is recommended for you. Bell Pepper has bioactives that inhibits biochemical pathways like RAS-RAF Signaling (RAS Signaling). RAS-RAF Signaling (RAS Signaling) is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Cabbage [Vegetables]	Continue	Cabbage is recommended for you. Cabbage has bioactives that inhibits biochemical pathways like Estrogen Signaling. Estrogen Signaling is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Canola [Herbs and spices]	Continue	Canola is recommended for you. Canola has bioactives that inhibits biochemical pathways like WNT Beta Catenin Signaling. WNT Beta Catenin Signaling is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Rice Bran Oil [Fats and Oils]	Continue	Rice Bran Oil is recommended for you. Rice Bran Oil has bioactives that inhibits biochemical pathways like Growth Factor Signaling (PTK6 Signaling). Growth Factor Signaling (PTK6 Signaling) is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Aloe Vera [Beverages]	Continue	Aloe Vera is recommended for you. Aloe Vera has bioactives that inhibits biochemical pathways like Epithelial to Mesenchymal Transition. Epithelial to Mesenchymal Transition is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.

Foods You Enquired About



ANSWERS TO YOUR FOOD QUESTIONS

Sapota [Fruits]	Continue	Sapota is recommended for you. Sapota has bioactives that inhibits biochemical pathways like Epithelial to Mesenchymal Transition. Epithelial to Mesenchymal Transition is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Apple [Fruits]	Continue	Apple is recommended for you. Apple has bioactives that inhibits biochemical pathways like WNT Beta Catenin Signaling. WNT Beta Catenin Signaling is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Pineapple [Fruits]	Continue	Pineapple is recommended for you. Pineapple has bioactives that inhibits biochemical pathways like WNT Beta Catenin Signaling. WNT Beta Catenin Signaling is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Wheat [Cereals]	Continue	Wheat is recommended for you. Wheat has bioactives that inhibits biochemical pathways like Epithelial to Mesenchymal Transition. Epithelial to Mesenchymal Transition is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.





NUTRITIONAL SUPPLEMENTS RECOMMENDED

Indole-3-carbinol

Suggested Dose: 200-400 mg

Now Foods Indole-3-Carbinol 200 mg



The Vitamin Shoppe Indole-3-Carbinol 200 mg



Indole-3-carbinol is recommended for you. Indole-3-carbinol inhibits biochemical pathways like Growth Factor Signaling (EGFR Signaling). Growth Factor Signaling (EGFR Signaling) is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.

Birch

Suggested Dose: 450-900 mg

TerraVita Birch Leaf 450 mg



HawaiiPharm Birch Liquid extract 970 mg



Birch is recommended for you. Birch has bioactives that inhibits biochemical pathways like Epithelial to Mesenchymal Transition. Epithelial to Mesenchymal Transition is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.

Vitamin D3

Suggested Dose: 1000 IU

Life Extension Vitamin D3 1000 IU



Bronson Vitamin D3 1000 IU



Tamoxifen for ER PR Positive HER2 Negative Breast Carcinoma causes Vitamin D3 deficiency. Hence Vitamin D3 is recommended.

You may continue taking Lions Mane Mushroom



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.

Curcumin	Curcumin has CYP3A4 interactions which has adverse effect for ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen. Hence Curcumin is not-recommended.
Rutin	Rutin is not-recommended for you. Rutin activates biochemical pathways like Estrogen Signaling. Increase of Estrogen Signaling increases growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Kava	Kava is not-recommended for you. Kava has bioactives that activates biochemical pathways like Estrogen Signaling. Increase of Estrogen Signaling increases growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Ashitaba	Ashitaba is not-recommended for you. Ashitaba has bioactives that activates biochemical pathways like Estrogen Signaling. Increase of Estrogen Signaling increases growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Genistein	Genistein is not-recommended for you. Genistein activates biochemical pathways like Estrogen Signaling. Increase of Estrogen Signaling increases growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen. Genistein has CYP3A4 interactions with Treatment.
Wheatgrass	Wheatgrass is not-recommended for you. Wheatgrass has bioactives that activates biochemical pathways like Estrogen Signaling. Increase of Estrogen Signaling increases growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Chrysin	Chrysin is not-recommended for you. Chrysin activates biochemical pathways like WNT Beta Catenin Signaling. Increase of WNT Beta Catenin Signaling increases growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen. Chrysin has CYP3A4 interactions with Treatment.

THESE SUPPLEMENTS MAY NOT BE SAFE

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.

Bloodroot	Bloodroot is not-recommended for you. Bloodroot has bioactives that activates biochemical pathways like Cell Cycle (Proliferation). Increase of Cell Cycle (Proliferation) increases growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen. Bloodroot has CYP3A4 interactions with Treatment.
Maral	Maral is not-recommended for you. Maral has bioactives that activates biochemical pathways like Growth Factor Signaling (EGFR Signaling). Increase of Growth Factor Signaling (EGFR Signaling) increases growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Ferulic Acid	Ferulic Acid is not-recommended for you. Ferulic Acid activates biochemical pathways like Estrogen Signaling. Increase of Estrogen Signaling increases growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Bael	Bael is not-recommended for you. Bael has bioactives that activates biochemical pathways like Epithelial to Mesenchymal Transition. Increase of Epithelial to Mesenchymal Transition increases growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen. Bael has CYP3A4 interactions with Treatment.
Glehnia	Glehnia is not-recommended for you. Glehnia has bioactives that activates biochemical pathways like Estrogen Signaling. Increase of Estrogen Signaling increases growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen. Glehnia has CYP3A4 interactions with Treatment.
Lecithin	Lecithin is not-recommended for you. Lecithin activates biochemical pathways like PI3K-AKT-MTOR Signaling (PI3K-AKT Signaling). Increase of PI3K-AKT-MTOR Signaling (PI3K-AKT Signaling) increases growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Bakuchi	Bakuchi is not-recommended for you. Bakuchi has bioactives that activates biochemical pathways like Estrogen Signaling. Increase of Estrogen Signaling increases growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.

THESE SUPPLEMENTS MAY NOT BE SAFE



REDUCE THE INTAKE OF THESE FOODS IN YOUR MEALS

Carrot [Vegetables]	Reduce intake of Carrot. Carrot has bioactives that activates biochemical pathways like JAK-STAT Signaling. Increase of JAK-STAT Signaling increases growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Yam [Vegetables]	Reduce intake of Yam. Yam has bioactives that activates biochemical pathways like RAS-RAF Signaling (RAS Signaling). Increase of RAS-RAF Signaling (RAS Signaling) increases growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Lemon [Fruits]	Reduce intake of Lemon. Lemon has bioactives that activates biochemical pathways like WNT Beta Catenin Signaling. Increase of WNT Beta Catenin Signaling increases growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Orange [Fruits]	Reduce intake of Orange. Orange has bioactives that activates biochemical pathways like Growth Factor Signaling (PTK6 Signaling). Increase of Growth Factor Signaling (PTK6 Signaling) increases growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Yardlong Bean [Pulses]	Reduce intake of Yardlong Bean. Yardlong Bean has bioactives that activates biochemical pathways like WNT Beta Catenin Signaling. Increase of WNT Beta Catenin Signaling increases growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Sorghum [Cereals]	Reduce intake of Sorghum. Sorghum has bioactives that activates biochemical pathways like RAS-RAF Signaling (RAS Signaling). Increase of RAS-RAF Signaling (RAS Signaling) increases growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Saffron [Herbs and Spices]	Reduce intake of Saffron. Saffron has bioactives that activates biochemical pathways like Epithelial to Mesenchymal Transition. Increase of Epithelial to Mesenchymal Transition increases growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.

REDUCE THE INTAKE OF THESE FOODS



REDUCE THE INTAKE OF THESE FOODS IN YOUR MEALS

Celeriac [Vegetables]	Reduce intake of Celeriac. Celeriac has bioactives that activates biochemical pathways like WNT Beta Catenin Signaling. Increase of WNT Beta Catenin Signaling increases growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Oyster Mushroom [Vegetables]	Reduce intake of Oyster Mushroom. Oyster Mushroom has bioactives that activates biochemical pathways like Estrogen Signaling. Increase of Estrogen Signaling increases growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Quince [Fruits]	Reduce intake of Quince. Quince has bioactives that activates biochemical pathways like RAS-RAF Signaling (RAS Signaling). Increase of RAS-RAF Signaling (RAS Signaling) increases growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Kumquat [Fruits]	Reduce intake of Kumquat. Kumquat has bioactives that activates biochemical pathways like Growth Factor Signaling (PTK6 Signaling). Increase of Growth Factor Signaling (PTK6 Signaling) increases growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Catjang Pea [Pulses]	Reduce intake of Catjang Pea. Catjang Pea has bioactives that activates biochemical pathways like RAS-RAF Signaling (RAS Signaling). Increase of RAS-RAF Signaling (RAS Signaling) increases growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Spelt [Cereals]	Reduce intake of Spelt. Spelt has bioactives that activates biochemical pathways like Cell Cycle (Mitotic Cell Cycle). Increase of Cell Cycle (Mitotic Cell Cycle) increases growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
Mugwort [Herbs and Spices]	Reduce intake of Mugwort. Mugwort has bioactives that activates biochemical pathways like Cell Cycle (Proliferation). Increase of Cell Cycle (Proliferation) increases growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.

REDUCE THE INTAKE OF THESE FOODS



EXAMPLE RECIPES BASED ON YOUR RECOMMENDED FOODS

YOUR TARGET CALORIES PER DAY IS 1911 - 2102 kcal

<div>Split Red Lentils With Basmati Rice and Daikon Relish</div> <div>Featured Foods: Daikon, Basmati, Rice, Lentils</div> <div>579.95 kcal</div>	<div>Country Breakfast: Tofu and Veggie Scramble With Home Fries</div> <div>Featured Foods: Tumeric, Mushroom, Clove, Garlic</div> <div>443.04 kcal</div>	<div>Thai Coconut Curry Lentil Soup</div> <div>Featured Foods: Turmeric, Ginger, Sweet Potato, Lentils</div> <div>232.79 kcal</div>
<div>Colorful Red Quinoa Not So Tabbouleh Salad</div> <div>Featured Foods: Tumeric, Cumin, Yellow Bell Pepper, Avocado</div> <div>283.32 kcal</div>	<div>Spinach Chickpea - Palak Chana Rice</div> <div>Featured Foods: Spinach, Rice, Chickpea, Cinnamon</div> <div>654.96 kcal</div>	<div>Black Beans & Brown Rice With Garlicky Kale</div> <div>Featured Foods: Rice, Kale, Cumin, Pepper</div> <div>516.32 kcal</div>
<div>Easy Homemade Rice and Beans</div> <div>Featured Foods: Rice, Cumin, Chili Powder, Canned Black Beans</div> <div>445.69 kcal</div>	<div>Chinese Veg Fried rice</div> <div>Featured Foods: Rice, Chilli, Basmati, Garlic</div> <div>430.5 kcal</div>	<div>Black Beans & Green Peas With Rice & Barley</div> <div>Featured Foods: Barley, Rice, Peas, Canned Black Beans</div> <div>562.73 kcal</div>

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 ...



WHY THESE FOODS ARE RECOMMENDED?

- ✓ **Daikon** is recommended for you. Daikon has bioactives that inhibits biochemical pathways like JAK-STAT Signaling. JAK-STAT Signaling is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
- ✓ **Basmati / Rice** is recommended for you. Basmati has bioactives that inhibits biochemical pathways like Growth Factor Signaling (PTK6 Signaling). Growth Factor Signaling (PTK6 Signaling) is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
- ✓ **Lentils** is recommended for you. Lentils has bioactives that inhibits biochemical pathways like PI3K-AKT-MTOR Signaling (PI3K-AKT Signaling). PI3K-AKT-MTOR Signaling (PI3K-AKT Signaling) is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
- ✓ **Tumeric / Turmeric** is recommended for you. Tumeric has bioactives that inhibits biochemical pathways like PI3K-AKT-MTOR Signaling (PI3K-AKT Signaling). PI3K-AKT-MTOR Signaling (PI3K-AKT Signaling) is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
- ✓ **Mushroom** is recommended for you. Mushroom has bioactives that inhibits biochemical pathways like Cell Cycle (Proliferation). Cell Cycle (Proliferation) is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
- ✓ **Clove** is recommended for you. Clove has bioactives that inhibits biochemical pathways like JAK-STAT Signaling. JAK-STAT Signaling is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
- ✓ **Garlic** is recommended for you. Garlic has bioactives that inhibits biochemical pathways like Growth Factor Signaling (EGFR Signaling). Growth Factor Signaling (EGFR Signaling) is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
- ✓ **Ginger** is recommended for you. Ginger has bioactives that inhibits biochemical pathways like Growth Factor Signaling (PTK6 Signaling). Growth Factor Signaling (PTK6 Signaling) is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.



WHY THESE FOODS ARE RECOMMENDED?

- ✓ **Sweet potato** is recommended for you. Sweet Potato has bioactives that inhibits biochemical pathways like JAK-STAT Signaling. JAK-STAT Signaling is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
- ✓ **Cumin** is recommended for you. Cumin has bioactives that inhibits biochemical pathways like JAK-STAT Signaling. JAK-STAT Signaling is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
- ✓ **Yellow bell pepper** is recommended for you. Yellow Bell Pepper has bioactives that inhibits biochemical pathways like Epithelial to Mesenchymal Transition. Epithelial to Mesenchymal Transition is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
- ✓ **Avocado** is recommended for you. Avocado has bioactives that inhibits biochemical pathways like Cell Cycle (Mitotic Cell Cycle). Cell Cycle (Mitotic Cell Cycle) is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
- ✓ **Spinach** is recommended for you. Spinach has bioactives that inhibits biochemical pathways like Cell Cycle (Proliferation). Cell Cycle (Proliferation) is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
- ✓ **Chickpea** is recommended for you. Chickpea has bioactives that inhibits biochemical pathways like Cell Cycle (Proliferation). Cell Cycle (Proliferation) is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
- ✓ **Cinnamon** is recommended for you. Cinnamon has bioactives that inhibits biochemical pathways like RAS-RAF Signaling (RAS Signaling). RAS-RAF Signaling (RAS Signaling) is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
- ✓ **Kale** is recommended for you. Kale has bioactives that inhibits biochemical pathways like PI3K-AKT-MTOR Signaling (PI3K-AKT Signaling). PI3K-AKT-MTOR Signaling (PI3K-AKT Signaling) is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.



WHY THESE FOODS ARE RECOMMENDED?

- ✓ **Pepper / Chili powder / Chilli** is recommended for you. Pepper has bioactives that inhibits biochemical pathways like Growth Factor Signaling (EGFR Signaling). Growth Factor Signaling (EGFR Signaling) is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
- ✓ **Canned black beans** is recommended for you. Canned Black Beans has bioactives that inhibits biochemical pathways like RAS-RAF Signaling (RAS Signaling). RAS-RAF Signaling (RAS Signaling) is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
- ✓ **Barley** is recommended for you. Barley has bioactives that inhibits biochemical pathways like PI3K-AKT-MTOR Signaling (PI3K-AKT Signaling). PI3K-AKT-MTOR Signaling (PI3K-AKT Signaling) is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.
- ✓ **Peas** is recommended for you. Peas has bioactives that inhibits biochemical pathways like Growth Factor Signaling (PTK6 Signaling). Growth Factor Signaling (PTK6 Signaling) is one of the growth drivers of ER PR Positive HER2 Negative Breast Carcinoma with treatment Tamoxifen.





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



Basmati



Rice



Lentils

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](#)

Nutritional Information

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

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





Country Breakfast: Tofu and Veggie Scramble With Home Fries

Gluten Free | Dairy Free | Lacto Ovo Vegetarian | Vegan

Morning Meal | Brunch | Breakfast

Featured foods



Tumeric



Mushroom



Clove



Garlic

Preparation [Serves: 2]

- 1. Tofu and veggie scramble
- 2. Press the tofu for 30 minutes prior to cooking. Chop all the veggies and leave ready to begin cooking process.
- 3. Using a non-stick skillet, heat olive oil on medium heat.
- 4. Add pressed tofu and crumble in large pieces. The tofu will need to cook and dry out a little for 10 to 15 minutes, so meanwhile, add onions and garlic to tofu.
- 5. After those 15 minutes, add asparagus and mushroom and all the rest of the spices plus the water. Cook for 5 minutes and serve hot!
- 6. Home Fries
- 7. Prepare potatoes before starting on tofu scramble.
- 8. Preheat oven to 450F and move oven rack to the next to last highest row. Line a small cookie sheet with parchment paper.

[Click here for more information](#)

Nutritional Information

Magnesium	Iron	Calories	Fat	Saturated Fat	Carbohydrates	Sugar	Cholesterol	Sodium	Protein
31.76 mg	6.18 mg	443.04 kcal	31.79 g	4.25 g	18.83 g	4.85 g	0.0 mg	1765.18 mg	24.58 g

Ingredients

- ✓ Tofu and Veggie Scramble
- ✓ 12 ounces box Mori-Nu tofu
- ✓ 1 tablespoon olive oil
- ✓ 1 cup sliced mushrooms
- ✓ 1 cup asparagus, chopped
- ✓ 1/2 cup onions, chopped
- ✓ 1 garlic clove, minced
- ✓ 1 1/2 teaspoons Italian seasonings
- ✓ 1 1/2 teaspoons tumeric
- ✓ 1/2 teaspoon garlic powder
- ✓ 1/2 teaspoon cayenne pepper
- ✓ 1/2 teaspoon crushed black pepper
- ✓ 2 tablespoons water
- ✓ Home Fries
- ✓ 3 inches red potatoes, diced 1/2 thick
- ✓ 2 teaspoons crushed black pepper
- ✓ 1 1/2 teaspoons salt
- ✓ 2 tablespoons olive oil





Thai Coconut Curry Lentil Soup

Gluten Free | Dairy Free | Lacto Ovo Vegetarian | Vegan

Soup

Featured foods



Turmeric



Ginger



Sweet
Potato



Lentils

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

Preparation [Serves: 5]

- 1. Heat olive oil in a medium saucepan.
- 2. Add the onions, ginger and garlic. Cook over medium heat until softened, about 3-4 minutes. Stir in Thai red curry paste, and cook several minutes or until fragrant.
- 3. Add water, lentils, sweet potatoes and turmeric. Bring to a boil, then reduce heat to medium-low, cover and cook about 20-25 minutes or until lentils and sweet potatoes are soft.
- 4. Add salt and stir in coconut milk. Cook five more minutes.
- 5. Garnish with fresh cilantro.

[Click here for more information](#)

Ingredients

- ✓ 1/4 cup fresh cilantro, chopped
- ✓ 1 teaspoon minced garlic
- ✓ 1 teaspoon minced ginger
- ✓ 1 can coconut milk (I don't recommend using light)
- ✓ 1 tablespoon olive oil
- ✓ 1 cup finely chopped onion
- ✓ 1 cup red lentils, picked through for stones, and rinsed well
- ✓ 1/2 teaspoon salt, or more to taste
- ✓ 1 inch medium sweet potato, cut into 1/2 pieces
- ✓ 2 teaspoons Thai red curry paste (if you like it spicy, use the full 2 teaspoons)
- ✓ 1/4 teaspoon turmeric
- ✓ 6 cups water

Nutritional Information

Magnesium	Iron	Calories	Fat	Saturated Fat	Carbohydrates	Sugar	Cholesterol	Sodium	Protein
50.82 mg	2.92 mg	232.79 kcal	8.47 g	5.61 g	27.81 g	2.27 g	0.0 mg	314.78 mg	9.75 g



Colorful Red Quinoa Not So Tabbouleh Salad

Gluten Free | Dairy Free | Lacto Ovo Vegetarian | Vegan

Side Dish | Salad

Featured foods



Tumeric



Cumin



Yellow Bell
Pepper



Avocado

Preparation [Serves: 4]

1. Wash the 1 cup of quinoa in a colander for several seconds.
2. Add quinoa, water and salt to a small pot and boil for 15 minutes. You will know it is cooked when it becomes soft and you see little white antennas pop from the grain.
3. Meanwhile, wash all your veggies well and chop and dice them accordingly.
4. Add all the veggies to a medium glass bowl and toss. In a small bowl mix the red wine vinegar, olive oil and all the spices and blend well.
5. Add the vinagrette to the salad and enjoy.
6. Will keep for 1 day, but best eaten the same day.

[Click here for more information](#)

Ingredients

- ✓ 1 cup red quinoa
- ✓ 1 1/2 cups water
- ✓ 1 teaspoon salt
- ✓ 1/2 avocado, diced
- ✓ 1/2 tomato, diced
- ✓ 5 red radishes, diced
- ✓ 5 green onions, chopped
- ✓ 1/2 cup parsley, chopped
- ✓ 1/2 cup yellow pepper,diced
- ✓ 1/2 cup English cucumber, diced
- ✓ 1 teaspoon cayenne pepper
- ✓ 1 teaspoon tumeric
- ✓ 1/2 teaspoon cumin
- ✓ 3 1/2 tablespoons red wine vinegar
- ✓ 2 tablespoons extra virgin olive oil

Nutritional Information

Magnesium	Iron	Calories	Fat	Saturated Fat	Carbohydrates	Sugar	Cholesterol	Sodium	Protein
107.94 mg	3.46 mg	283.32 kcal	13.64 g	1.87 g	34.16 g	1.37 g	0.0 mg	601.59 mg	7.59 g





Spinach Chickpea - Palak Chana Rice

Gluten Free | Dairy Free | Lacto Ovo Vegetarian | Vegan

Side Dish

Featured foods



Spinach



Rice



Chickpea



Cinnamon

Preparation [Serves: 2]

1. Grind clean spinach and green chilies into smooth paste and set it aside
2. In a deep heavy bottom pot, warm 2 tbsp of oil, add cinnamon, cloves and cardamom. Wait for 30 to 45 seconds then add sliced onions. Fry onions till they are transparent or light brown. Now add in spinach chili paste. Fry till the oil separates out, add cooked chickpeas, mix well
3. Add grated coconut, fry for 30 seconds. Next add in soaked rice and fry for another 2 minutes, then mix salt.
4. Pour in water and cook till the rice is cooked.
5. Serve with curd or rita. I garnished the food with carrot curls and flower, check this video if you want to learn carrot curls and carrot flowers

[Click here for more information](#)

Ingredients



- ✓ 3 cardamom
- ✓ 100 grams chickpeas (soaked and cooked or canned chick peas)
- ✓ 1 1/2 inches cinnamon stick
- ✓ 2 tablespoons of grated coconut
- ✓ 1 teaspoon ginger garlic paste
- ✓ 2 green chilies
- ✓ 2 tablespoons of oil
- ✓ 1 large onion (sliced)
- ✓ 200 grams basmathi rice (soaked for 30 minutes before cooking)
- ✓ Salt to taste
- ✓ 100 grams fresh spinach leaves
- ✓ 400 milliliters of water (you can add more depending on the rice)

Nutritional Information

Magnesium	Iron	Calories	Fat	Saturated Fat	Carbohydrates	Sugar	Cholesterol	Sodium	Protein
106.93 mg	4.36 mg	654.96 kcal	18.11 g	2.92 g	108.9 g	7.74 g	0.0 mg	407.09 mg	14.33 g





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



Cumin



Pepper

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

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





Easy Homemade Rice and Beans

Gluten Free | Dairy Free | Lacto Ovo Vegetarian | Vegan

Lunch | Main Course | Main Dish | Dinner

Featured foods



Rice



Cumin



Chili Powder



Canned Black Beans

Preparation [Serves: 2]

1. Heat the olive oil in a large pot over medium heat.
2. Add onions and saute until soft, or for about 5 minutes.
3. Add all other remaining ingredients and stir together. Increase the heat to medium high and bring to a boil. Cover and reduce heat to medium low so that the mixture simmers. Cook for 15-20 minutes, or until rice is fluffy and liquid is absorbed.*
4. Serve with salsa, cheese, and sour cream.

[Click here for more information](#)

Ingredients

- ✓ 1 15-ounce can black beans, not drained
- ✓ 1 10-ounce can Rotel tomatoes with diced green chilies, not drained
- ✓ 2 tsp chili powder
- ✓ 1/2 tsp cumin
- ✓ 1/4 tsp ground black pepper
- ✓ optional: 4-5 dashes of hot sauce
- ✓ 1 tsp olive oil
- ✓ 1/4 cup onion, chopped
- ✓ 1/2 cup uncooked rice
- ✓ 3 Tbsp water

Nutritional Information

Magnesium	Iron	Calories	Fat	Saturated Fat	Carbohydrates	Sugar	Cholesterol	Sodium	Protein
122.85 mg	7.13 mg	445.69 kcal	4.09 g	0.7 g	86.11 g	7.35 g	0.0 mg	1058.31 mg	19.14 g





Chinese Veg Fried rice

Gluten Free | Dairy Free | Lacto Ovo Vegetarian | Vegan

Side Dish

Featured foods



Rice



Chilli



Basmati



Garlic

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

Preparation [Serves: 4]

1. Cook the basmati rice with 2 1/2 cups of water and add a tsp of oil too before pressure cooking. After one whistle , take it off and keep the rice cool by fluffing it out with a fork.Chop all vegetables uniformly like long strips. I used red and yellow bell peppers and cut them into strips.I also used fresh corn kernels,French beans,Spring onions.Take a large wok which works best for a good stir fry.
2. Heat the wok well , and add some oil and start by seasoning with chopped green chillies, minced garlic. Stir fry the spring onions,
3. Add the bell peppers and stir briskly on a high flame as we want the vegetables to cook lightly and retain the crunch.

[Click here for more information](#)

Ingredients

- ✓ 2 cups basmati rice or any long grain
- ✓ 1/2 tbsp minced garlic or more if you prefer.
At home garlic is used to a minimum and barely a hint.
- ✓ 2 small green chillies chopped fine
- ✓ 2 tbsp sesame oil or olive oil.
- ✓ 1/4 tsp red pepper flakes
- ✓ 1 tsp white pepper powder,
- ✓ 2 tablespoons salt
- ✓ 1 tbsp soy sauce or more to give a stronger colour but we prefer the rice to remain little white and dont really care for the soy taste.
- ✓ 1 tbsp spring onions finely diced
- ✓ 2 tbsp greens of Spring onions.

Nutritional Information

Magnesium	Iron	Calories	Fat	Saturated Fat	Carbohydrates	Sugar	Cholesterol	Sodium	Protein
27.04 mg	1.06 mg	430.5 kcal	7.78 g	1.15 g	80.88 g	5.17 g	0.0 mg	3907.35 mg	7.35 g





Black Beans & Green Peas With Rice & Barley

Dairy Free | Lacto Ovo Vegetarian | Vegan

Lunch | Main Course | Main Dish | Dinner

Featured foods



Barley



Rice



Peas



Canned Black Beans

Preparation [Serves: 4]

- Place the rice and barley into the rice cooker.
- Place the peas in the steamer. On a heated griddle place the jalapeno and grill on all sides and chop. In a large frying pan heat a few drizzles of olive oil and add the garlic, parsley, celery and scallions.
- Saute for a minute or two and add the cooked rice, barley, Jalapeno, and peas.
- Add the drained black beans and toss.
- Add the seasonings and another drizzle of olive oil.

[Click here for more information](#)

Ingredients

- ✓ 1 pouch of instant barley
- ✓ 29 oz. can of black beans – drained
- ✓ 4 stalks of celery with leaves- chopped
- ✓ 4 cloves of garlic – chopped
- ✓ fresh ground black pepper
- ✓ 1 Jalapeño – grilled& chopped with seeds
- ✓ Olive oil for drizzling
- ✓ 1 healthy handful of fresh Italian parsley – chopped
- ✓ 12 ounces bag of frozen green peas
- ✓ 1 cup of uncooked rice
- ✓ 1 bunch of fresh scallions – chopped
- ✓ sea salt

Nutritional Information

Magnesium	Iron	Calories	Fat	Saturated Fat	Carbohydrates	Sugar	Cholesterol	Sodium	Protein
119.07 mg	5.87 mg	562.73 kcal	15.36 g	2.26 g	86.37 g	5.73 g	0.0 mg	1023.65 mg	20.96 g





FREQUENTLY ASKED QUESTIONS

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

addon.life personalized nutrition therapy for cancer only recommends plant-based foods.

Q2. How often should I re-check and re-do my nutrition therapy?

The addon personalized nutrition therapy 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 therapy 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 therapy 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 there are distinction between foods and supplements.

Q4. Does the scientific rationale included in the addon.life nutrition therapy for a food / supplement explains everything? 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 therapy 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. Besides caffeine there are bioactive differences between green tea and coffee. Hence they are potentially different recommendations.





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