



The Anti-Cancer Diet

**NEW: 31 Quick &
Easy-to-Make Recipes**

2022 Edition

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Is cancer inherited?

Don't get confused.

While cancer may appear to “run in families,” this does not always imply that you inherited it from your parents, as many people believe.

Family members may be diagnosed with cancer not because they share genes, but because they share behaviors.

According to Dr. Joel Furrman, genetic defects account for less than 3% of all cancer cases. The remaining 97% is entirely due to lifestyle choices and habits---including diet.

Therefore, cancer is something people may have control over and could be prevented.

However, 50 years since the U.S. war on cancer was initiated, cancer remains a major cause of death in the U.S. and around the world. ¹

In fact, nearly ten million cancer-related deaths were recorded in 2020 according to the World Health Organization (WHO).

This growing number of cancer cases year by year may be alarming. However, the good news is you don't have to be one of those statistics.

With simple lifestyle changes and practices, you can keep yourself from becoming diagnosed with cancer.

But how?

You can start changing your diet into an anti-cancer diet.

In this e-book, I'm going to share the most effective nutritional, dietary, and lifestyle changes for healing cancer.



¹ <https://www.cancer.gov/about-nci/overview/history/national-cancer-act-1971>

This includes 31 quick and easy plant-based, whole food, organic, and nutrient-dense recipes to help you create lasting and permanent success for your health.

I'll talk more about the anti-cancer diet, along with life-changing and life-saving cancer information to help prevent cancer, at the upcoming Conquering Cancer Summit.

Before we dive in, let's first understand...

The True Causes Of Cancer

According to Dr. Thomas Lodi, cancer is not a disease; it's the body's extraordinary effort to keep you alive.

Sound unbelievable? Let me explain further.

Our body contains little organelles inside the cells that make energy. These are called mitochondria.

Mitochondria use glucose and oxygen to produce ATP or energy. This process triggers the release of Reactive Oxygen Species or ROS, which are eventually converted into free radicals.²

Free radicals play important roles in the modulation of cell death, cell survival, cell signaling, differentiation, and inflammation-related factor production.

However, excess free radicals may result in oxidative stress, which could cause damage to the mitochondria.

Once the mitochondria become dysfunctional, they cannot produce the energy our cells need to survive. As a result, we can die.

To keep us alive, the cells go into a fermentation process.

What is Fermentation?

The fermentation process is the only primordial way of making energy. It is almost like a built-in redundancy to keep us alive.

However, this process is 19 times less efficient when compared to healthy cellular respiration.

² <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5297754/>

Fermentation changes genetic expression. It turns on and off genes. And it can turn cells into cancer cells.

Cancer cells don't die off when they should. Instead, they grow and divide, and uncontrolled growth of these leads to cancer.

They can then spread to surrounding tissue and form tumors.

They can also evade the immune system, making it difficult for the immune system to identify which cells to fight against. When this happens, we become more at risk of a cancer diagnosis.

Similarly, a diet high in fat, sugar, and processed foods also increases a person's risk of long-term oxidative stress, again resulting in cancer.

That's why we need to be adamant about our food choices if we want to live long and cancer-free.

4 Cancer-Promoting Foods

The Standard American Diet (SAD) tastes good and is often inexpensive. However, it can be life-threatening and costly in the long run.

This is because it contains ingredients that, if consumed in excess, such as added sugar, saturated fats, and salt, are risk factors for getting cancer.

If you want to prevent cancer and live healthily, make sure to eliminate the following 4 cancer-promoting foods from your diet.

Fast And Processed Foods

Fast food is ingrained in the American diet. It's typically high in artificial ingredients, including preservatives, colorants, and flavorings.

A study published in the British Medical Journal (BMJ) showed that adding 10% of these fast and processed foods like fizzy drinks, packaged snacks, and sugary cereals to a person's diet can increase the risk of cancer by an alarming 12%.³

Yet Americans spend over \$50 billion annually on fast food.

³ <https://www.bmj.com/content/365/bmj.l2289>

Moreover, 36.6% of adults consume fast food on any given day, according to the National Center for Health Statistics. ⁴

Fast and processed foods you need to avoid include:

- ✗ White flour-baked goods
- ✗ Pizza
- ✗ French fries
- ✗ Corn dogs
- ✗ Hotdogs
- ✗ Sausages
- ✗ Cured bacon
- ✗ Corned beef
- ✗ Ketchup
- ✗ Instant ramen
- ✗ Lunch Meats
- ✗ Most sports drinks
- ✗ Most packaged snacks
- ✗ And many more

Highly Processed Sugary Foods

In addition, Americans consume far too many added sugars in their diet.

From 2017–2018, the average added sugar intake for adults aged 20 and up was 17 teaspoons; far beyond the recommended intake of less than 10% of their daily calories. ⁵

Consuming an excessive amount of sugar calories may result in weight gain, which increases your risk of contracting cancer.

Highly processed sugary foods include:

- ✗ Cookies
- ✗ Soft drinks
- ✗ Canned fruits
- ✗ Fruit juices
- ✗ Energy drinks
- ✗ Energy bars
- ✗ Flavored coffee
- ✗ Ice cream
- ✗ Donuts
- ✗ Sweet rolls
- ✗ And much more



⁴ <https://www.cdc.gov/nchs/products/databriefs/db322.htm>

⁵ <https://www.cdc.gov/nutrition/data-statistics/added-sugars.html>

Meat Cooked At High Temperatures

Processed meat accounts for 22% of all meat consumed in the United States. ⁶

It makes up a significant portion of the average American diet, accounting for more than 15% of people's daily energy intake, 40% of their daily protein intake, and 20% of their daily fat intake.

In addition to processed meat, when so-called "healthy" meat (including red meat) is cooked for an extended period at a high temperature, chemicals are formed that can be carcinogenic.

Considering reducing, or eliminating these meats completely.

Meats cooked at high temperatures include:

- ✗ Barbeque
- ✗ Steak
- ✗ Burgers
- ✗ Pork ribs
- ✗ Chicken
- ✗ Fish
- ✗ Lamb chops
- ✗ Many more

Dairy

On average, Americans spend \$9.21 per trip to the grocery store on dairy products. ⁷

While there are debates about whether too much dairy can directly result in cancer, several studies have shown that eating or drinking too many dairy products can increase your risk of getting breast, ovarian, and prostate cancer.

In an Icelandic study, men who drank milk were shown to be at risk of getting prostate cancer. ⁸



⁶ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3045642/>

⁷ <https://www.statista.com/topics/1284/milk-market/>

⁸ <https://pubmed.ncbi.nlm.nih.gov/16333032/>

Similarly, in another study from Loma Linda University Health, researchers agree that consuming as little as 1/4 to 1/3 cup of dairy milk per day can increase a woman's risk of getting breast cancer by 30. ⁹

To be safe, it's best to minimize or completely eliminate your daily dairy intake.

Dairy products include:

- ✗ Yogurt
- ✗ Cheese
- ✗ Butter
- ✗ Milk
- ✗ Ice cream
- ✗ Cream (heavy cream, sour cream)
- ✗ Curd
- ✗ Custard
- ✗ Whey
- ✗ Gelato
- ✗ Many more

If you want to live a healthy, cancer-free life, you can start by switching your diet from high-processed, high sugar, high meat foods to a whole-food, plant-based, nutrient dense, organic diet aka the Anti-Cancer Diet.

The Anti-Cancer Diet

Most people diagnosed with cancer immediately start to rely on medications with the hopes of preventing further spread.

However, medications can only lower the risk of cancer by 10-15%.

Moreover, those who undergo chemotherapy have only an estimated 2.1% chance of 5-year survival. ¹⁰

But there's one thing you can do to help lower your risk of cancer that's 100 times better than taking medications or undergoing chemotherapy.

It's eating a plant-based diet, specifically what Dr. Joel Fuhrman, MD calls the G-BOMBS diet.



⁹ <https://www.sciencedaily.com/releases/2020/02/200225101323.htm>

¹⁰ <https://pubmed.ncbi.nlm.nih.gov/15630849/>

Introducing G-BOMBS

G-BOMBS is an acronym coined by Dr. Joel Fuhrman to help you remember the six cancer-fighting foods you should eat every day.

It stands for **G**reens, **B**eans, **O**nions, **M**ushrooms, **B**erries, and **S**eeds.

Dr. Fuhrman describes G-BOMBS as the body's "immune system special forces", as they aid in the prevention of cancerous transformation of normal cells.

They also keep the body armed and ready to fight any precancerous or cancerous cells that may attack the body.

In fact, in a study with women who ate G-BOMBS, those who ate them on a regular basis had a 71% lower risk of developing breast cancer. Similarly, those who ate mushrooms regularly had a 64% lower risk of developing breast cancer.

If you or someone you know has cancer and wants to stop or reverse it, it's time to start adding more G-BOMBS to your diet.

So what are the healthy foods included in G-BOMBS?

G - Greens

Growing studies, including those from Harvard and Stanford, have shown that leafy greens can help prevent cancer. However, despite the credibility of such studies, only a few Americans eat their greens every day.

According to a study published by the National Institute of Health, American adults consume only 1.5 cups of vegetables per day; far less than the 2-3 cups of vegetables recommended in the Dietary Guidelines for Americans.¹¹

The thing is, cruciferous vegetables, which is a group of green foods in the cabbage family, contain glucosinolates, a unique chemical that can help fight cancer in several ways.

This helps deactivate carcinogens, reduce inflammation, neutralize oxidative stress, slow the growth of tumors, protect you from free radicals, and kill cancer cells.¹²

¹¹ <https://www.nih.gov/news-events/nih-research-matters/fruit-vegetable-consumption-reduce-risk-death>

¹² <https://www.drfuhrman.com/blog/209/the-cancer-fighting-power-of-cruciferous-vegetables>



Other leafy green vegetables, such as spinach and lettuce, are high in antioxidants like beta-carotene and lutein, which can help stop cancer cells from spreading.

So, to protect yourself against cancer, start eating your greens. Some of the greens to add to your diet include:

- ✓ Broccoli
- ✓ Cabbage
- ✓ Cauliflower
- ✓ Spinach
- ✓ Lettuce
- ✓ Bok choy
- ✓ Kale
- ✓ Brussels sprouts
- ✓ Arugula
- ✓ Watercress
- ✓ And many more

Adding these healthy green to your daily diet is critical for health and healing, and we cover in much more depth during the Conquering Cancer Summit how many servings you should eat for ultimate health, juicing vs smoothies vs salads, how many greens are too many greens, and much more.

B - Beans

Beans are considered a powerhouse of super nutrition.

They are rich in fiber, carbohydrates, and other several potent phytochemicals that can help reduce the risk of a variety of cancers, including colorectal cancer.¹³

In one study of legume consumption patterns in American adults, eating beans, peas, or lentils at least twice a week has been shown to reduce the risk of colon cancer by 50%.¹⁴



¹³ <https://www.ncbi.nlm.nih.gov/pubmed/28064440>

¹⁴ <https://www.drfuhrman.com/blog/62/the-healthiest-anti-cancer-foods-g-bombs>

Another study published in the Journal of Nutrition also shows that out of 1,905 people who had colorectal tumors, those who ate more dried and cooked beans were able to keep themselves healthier. ¹⁵

The Dietary Guidelines for Americans recommends that American adults consume about 3 cups of legumes a week.

However, with the typical American fast-paced lifestyle, only 14% of the population consumes beans on a daily basis.

If you want to protect yourself from getting diagnosed with or stop cancer in its tracks, you should therefore start adding beans to your diet.

Here are some beans to add to your daily meals starting today.

- | | |
|--------------------|---------------|
| ✓ Peas | ✓ Chickpeas |
| ✓ Lentils | ✓ Black beans |
| ✓ Legumes | ✓ Soybeans |
| ✓ Pinto | ✓ Navy beans |
| ✓ Red kidney beans | ✓ And more |

O - Onions

Even though onions are a part of most savory dishes, they are often ignored or tossed aside because of the not-so-ideal taste and smell.

However, onions have been shown to help lower the risk of stomach, colon, esophageal, and breast cancer. ¹⁶

They are high in health-promoting antioxidants, particularly quercetin, which can block carcinogens, slow cancer cell growth, and kill abnormal cells. ¹⁷



¹⁵ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1713264/>

¹⁶ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4366009/>

¹⁷ <https://www.drfuhrman.com/blog/62/the-healthiest-anti-cancer-foods-g-bombs#ui-id-11>

In one study with 543,220 people, Chinese researchers discovered that those who often ate garlic, onions, leeks, and shallots had a lower risk of stomach cancer than those who ate them rarely. ¹⁸

In another study at the National Cancer Institute with 471 Chinese men, those who ate more garlic had a lower risk of prostate cancer. ¹⁹

In addition, researchers from the University at Buffalo, New York discovered that people who regularly ate garlic and onions had a lower risk of developing colorectal tumors. ²⁰

To keep yourself from the risk of cancer, Americans are highly recommended to eat about one cup of onions every day.

However, the average American only eats about 22 pounds, or 9 kilograms of onions, in a year; comparatively, if you ate the recommended amount of only one cup of onions per day, that would equal about 114 pounds per year.

To keep yourself healthy, you need to increase the number of onions you eat. Here are some types of onions you can include in your diet:

- ✓ Spanish onions
- ✓ Shallots
- ✓ White onions
- ✓ Pearl onions
- ✓ Red onions
- ✓ Sweet onions
- ✓ Ramps
- ✓ Scallions
- ✓ Cipolline
- ✓ Garlic
- ✓ And many more

M - Mushrooms

Some people don't like eating fungi such as mushrooms.

When cooked, mushrooms can have a rubbery texture that's interesting to eat.



¹⁸ <https://pubmed.ncbi.nlm.nih.gov/21473867/>

¹⁹ <https://pubmed.ncbi.nlm.nih.gov/12419792/>

²⁰ <https://pubmed.ncbi.nlm.nih.gov/18065596/>

What most people don't know is that mushrooms contain important anti-cancer properties that can help you live healthier and longer.

In fact, in a 2008 Chinese study, women who ate at least 10 grams of fresh mushrooms per day had a 64% lower risk of breast cancer.²¹

And just recently, a massive meta-analysis, looking at thousands of people from 1966 - 2020, participants who eat 18 grams (g) of mushrooms daily, the meta-analysis found a **45% decrease in the relative risk of cancer**, compared with participants who eat no mushrooms.²²

How many mushrooms per day is equivalent to 18 grams? Only about 2 small mushrooms.

Mushrooms are anti-inflammatory. They help stimulate the immune system, prevent DNA damage, slow cancer cell growth, kill cancers, and inhibit the growth of new blood cells.

They also contain aromatase inhibitors, which are largely responsible for lowering estrogen levels in postmenopausal women for breast cancer prevention.

You may dislike mushrooms due to their interesting texture, but they're an important part of your meal plan if you want to protect yourself from the risk of cancer.

And, the good news is, there's lots of ways to cook them to make them taste delicious!

Some mushrooms that make an excellent addition to your diet include:

- ✓ White button
- ✓ Cremini
- ✓ Portobello
- ✓ Oyster
- ✓ Shitake
- ✓ Maitake
- ✓ Reishi
- ✓ Porcini
- ✓ Chanterelle
- ✓ Turkey tail
- ✓ And many more

²¹ <https://www.drfrhman.com/blog/62/the-healthiest-anti-cancer-foods-g-bombs#ui-id-17>

²² <https://pubmed.ncbi.nlm.nih.gov/33724299/>



B - Berries

Berries are among the healthiest foods you need to eat if you have or are wanting to prevent cancer.

Apart from their juiciness, they also contain powerful antioxidants such as anthocyanins, ellagic acid, and resveratrol, which help keep free radicals under control so your body can naturally prevent cancer from growing or spreading.²³

In a study by the Department of Food, Environmental and Nutritional Sciences in Milan, Italy, researchers discovered that men who ate a single 300 gram serving of blueberries helped protect their DNA from free radical damage, thus, it minimized their chances of getting cancer due to DNA damage.²⁴

As part of your anti-cancer diet, you can include any of the following berries in your diet:

- ✓ Blueberries
- ✓ Goji berries
- ✓ Raspberries
- ✓ Strawberries
- ✓ Blackberries
- ✓ Cranberries
- ✓ Currants
- ✓ Lingonberries
- ✓ Bilberries
- ✓ And many more

S - Seeds

Seeds are good sources of healthy fats, plant-based minerals, and fiber. Eating a tiny amount of them can have a massive impact on your health, especially in protecting you from developing cancer.²⁵

²³ <https://pubmed.ncbi.nlm.nih.gov/26501271/>

²⁴ <https://pubmed.ncbi.nlm.nih.gov/23507228/>

²⁵ <https://my.clevelandclinic.org/departments/digestive/depts/nutrition-therapy?>



Seeds are also rich in lignans, which have carcinogen-deactivating and anti-inflammatory properties that help decrease cancer cell growth.²⁶

Furthermore, they are rich in phytate, a rare cancer-fighting compound that reduces the effect of free radicals, thus minimizing the risk of developing cancer.

Seeds like flaxseeds can help reduce markers of tumor growth in women with breast cancer as well as prostate cancer in men, as shown in a research study at the University of Toronto, Canada and Duke University.^{27 28}

If you want to live healthier and longer, make sure you add seeds to your diet to increase your chances of preventing and stopping cancer.

Here are some seeds to incorporate into your anti-cancer diet:

- | | |
|-------------|-----------------|
| ✓ Flaxseed | ✓ Fennel |
| ✓ Sesame | ✓ Cumin |
| ✓ Chia | ✓ Poppy |
| ✓ Hemp | ✓ Mustard |
| ✓ Sunflower | ✓ And many more |
| ✓ Pumpkin | |

You don't have to be sick, suffering, and dependent on medications for the rest of your life.

By changing your diet to a healthier one, you can help protect yourself from cancer and live a long and healthy life.

You can begin by adding G-BOMBS to your daily diet.

More recipes and other natural and healthy anti-cancer practices will be discussed during the Conquering Cancer Summit.

²⁶ <https://health.clevelandclinic.org/the-6-best-seeds-to-eat/>

²⁷ <https://www.ncbi.nlm.nih.gov/pubmed/15897583>

²⁸ <https://www.ncbi.nlm.nih.gov/pubmed/11445478>

You can also catch Dr. Furhman live if you want to know more about G-BOMBS.

And make sure to attend all days of the Conquering Cancer Summit to learn how to enjoy an anti-cancer diet and live a truly anti-cancer lifestyle.

31 Anti-Cancer Recipes For Your Daily Meals

Even though G-BOMBS can help stop and prevent cancer, many people might still find them bland and boring -- great excuses for not eating healthily.

But what if there are ways you could make greens, beans, onions, mushrooms, berries, and seeds exciting and more delicious to eat?

Introducing 31 quick and easy anti-cancer recipes to help you prepare your daily nutritious and sumptuous G-BOMBS meals.

Champagne Mango Compote



Directions:

You'll need two 16oz glasses. Slice both sides of a mango as close to the seed as possible. With a butter knife cut the pulp lengthwise and across into dices without cutting through the peel, then scoop dices of one side to one glass and the other half to the other glass. Dice another mango and set aside.

Add ½ cup walnut pieces to each glass. In the blender add the three remaining mangoes (peel and seeds removed) along with all other ingredients. Blend until smooth and pour ½ and ½ into each glass. Add remaining diced mango, mix and enjoy!

Ingredients:

5 champagne mangoes ripe
1 cup walnut pieces
½ tsp ground cardamom
½ tsp ground cinnamon

1 tsp vanilla extract
1 pinch of Himalayan salt
¼ cup favorite nut milk

Makes 2 Servings

Sweet Chia-Berry Pudding



Directions:

In a high speed blender blend dates, milk and vanilla until smooth and pour into a 5 cup bowl. Stir in the chia seeds and let sit for 15 minutes. Gently mix in the berries. Enjoy!

Ingredients:

8 - 10 deglet pitted dates
1 ½ cup favorite nut milk
1 tsp non-alcohol vanilla extract
5 Tbs chia seeds
½ cup fresh or frozen blueberries
½ cup fresh or frozen raspberries

Makes 2 Servings

Vitamin C Kick Start



Directions:

Peel, seed, and dice the 2 grapefruits, 2 oranges, and 2 tangelos, then add all ingredients sequentially into a large bowl and mix gently. Enjoy!

Ingredients:

2 grapefruits	¼ cup chiffonade mint
2 oranges	1 Tbs fresh lime or lemon juice
2 tangelos	1 tsp Himalayan salt
4 mandarines segmented	
1 garlic clove minced	
1 Tb finely chopped jalapeño (or as much as you can handle)	
¼ cup chiffonade basil	

Makes 2 Servings

Warm Sweet Potato Cereal



Directions:

In a sauce pan add potatoes, water, dates, and salt. Bring to boil on high heat and then turn to medium heat, cover with a lid with vent and cook until soft (about 10 minutes). Add remaining ingredients and warm up for a minute. Enjoy!

Ingredients:

3 cups diced sweet potatoes	¼ cup chopped raw walnuts
3 cups water	¼ cup chopped raw pecans
6 Medjool dates pitted and chopped	½ tsp ground cinnamon
¼ tsp Himalayan salt	
1 cup favorite nut milk	
1 medium green apple diced	

Makes 2 Servings

Hibiscus Infused Water



Directions:

Add two tablespoons of hibiscus, half sliced lemon and one oregano sprig to each jar and fill up with water. Put the lid on and take them outside to sunbath for 3-5 hours or overnight at room temperature. Strain out everything keeping only the infused water. Enjoy at any time!

Ingredients:

- 2 32oz glass jars
- 4 Tbs dried hibiscus flowers
- 1 lemon sliced
- 2 oregano sprigs

Makes 2 32oz Servings

Chickpea Crumbed Tofu



Directions:

Drain and dry the tofu. Set on a cutting board and cut into 8 equal rectangular slices, place in a quarter bag.

In a bowl add all other ingredients and whisk. Add to the tofu in the bag covering every piece to marinate completely. Set in the fridge over night.

In a bowl, add the crumbs and flaxseed and mix well. Bring the tofu out, drain and roll thoroughly in the crumbs. Place them flat in a baking sheet and bake at 400°F for 15 minutes. Flip and bake for 10 more minutes. Enjoy!

Ingredients (Tofu):

1 block super firm tofu
2 Tbs Bragg liquid aminos
2 tsp cold pressed sesame oil
2 Tbs fresh lime juice
2 tsp ground paprika
½ tsp ground black pepper

Ingredients (Crumbs):

½ cup Italian chickpea crumbs
1 Tbs ground flaxseed

Makes 8 Pieces

Costa Rican Gallo Pinto



Directions:

In a big skillet sauté onion with oil on medium hot heat for about 5 minutes. Add the garlic and sauté for about a minute. Add the tomatoes and sauté for about 3 more minutes.

Add the beans, rice, black pepper, cumin, aminos and sauté to heat thoroughly. Remove from heat, add the cilantro and mix it in. Make a bed of watercress on two dinner plates. Spoon gallo pinto on and top with avocado. Enjoy!

Ingredients:

1 cup cooked black or kidney beans
1 cup cooked brown rice or wild rice
1 Tbs cold pressed olive oil
½ cup white onion chopped
3 garlic cloves chopped
2 medium tomatoes chopped

1 tsp ground black pepper
½ tsp ground cumin
¼ cup Bragg liquid aminos
1 cup chopped cilantro
2 bunches watercress (ends trimmed)
1 avocado sliced

Makes 2 Servings

Edamame Falafels



Directions:

Preheat the oven to 350°F. Add garlic and salt to the food processor and pulse to mince. Add edamame and process for about a minute to turn it into a “dough” making sure to not over process it.

Add remaining ingredients and pulse to mix well. To make the balls use a small ice cream scoop. Fill it up to a heaping scoop pressing down and release each ball on a baking sheet leaving about an inch between each other. Bake for 25-30 minutes depending on your sea level. Enjoy!

Ingredients(Tofu):

3 cloves garlic
 $\frac{3}{4}$ tsp Himalayan salt
 1 12oz bag frozen shelled edamame thawed and pat dried
 2 Tbs granulated onion

2 Tbs dried parsley
 1 tsp ground black pepper
 1 tsp ground cumin
 2 tsp ground coriander
 $\frac{1}{4}$ cup chickpea crumbs

Makes 16 Pieces

Spaghetti Squash with Bell Peppers



Directions:

Poke a couple of holes in the squash and bake whole at 400°F for 30 minutes. Let it cool down then cut in half and fork out into a mixing bowl. Add oil, black pepper and salt and gently mix.

In a sauce pan add water, onion, garlic and herbs to water sauté for about 5 minutes. Add bell peppers and aminos and sauté for about 5 more minutes.

Add spaghetti into sauce to warm up for a couple of minutes, serve and top with pine nuts. Enjoy!

Ingredients(Spaghetti):

12 lb spaghetti squash
 1 Tbs extra virgin olive oil
 1 Tbs grind black pepper
 1 Tsp Himalayan salt

Ingredients

(Bell Pepper Marinade):

2 Tbs water
 1 cup yellow onion chopped
 6 garlic cloves minced
 1 Tbs Italian seasoning dried herbs

1 medium red bell pepper seeded and chopped
 1 medium green bell pepper seeded and chopped
 1 medium orange bell pepper seeded and chopped
 1 Tbs Bragg liquid aminos
 1 Tbs Bragg coconut liquid aminos
 $\frac{1}{4}$ cup raw pine nuts

Makes 2 Servings

Vegetable Stir Fry



Directions:

In a wok or large skillet heat the oil at medium high heat, add all vegetables and sauté for about 3 minutes until vegetables are almost tender.

In a small bowl mix all sauce ingredients with a fork and drizzle over the vegetables and sauté for two more minutes. Remove from the heat and incorporate the onion. Serve and garnish with sesame seeds. Pair it with my Herbed Quinoa found in the Side section of this e-book. Enjoy!

Ingredients(Vegetables):

- 1 Tbs sesame oil
- 2 cups broccoli florets
- 1 red bell pepper julienne
- 1 orange carrot sliced
- 1 16oz package of snow peas
- 1 8oz can sliced water chestnuts rinsed
- 1 14oz can sliced bamboo shoots rinsed
- 1 10g package beech mushrooms or sliced baby portobello (about 2 cups)

Makes 3 Servings

Ingredients (Sauce):

- ¾ cup Bragg liquid aminos
- 10 drops stevia
- 4 garlic cloves minced
- 1 tsp ground black pepper
- 1 tsp fresh ginger minced (or ground)
- 1 tsp fresh turmeric minced (or ground)

Ingredients (Garnish):

- 2 green onions sliced
- 1 Tbs raw black or white sesame seeds

Brussels Sprouts Salad



Directions:

Place brussels sprouts, carrot and onion in a mixing salad bowl. Add the rest of ingredients to the blender and blend until smooth. Pour onto the veggies and mix. Eat right away or let the flavors marry for an hour or two. Enjoy!

Ingredients:

- 1 lb brussels sprouts sliced from tips towards end
- 1 medium carrot sliced in rounds
- ½ small red onion sliced
- 1 medium green apple
- 1 Tbs cold pressed olive oil

- 1 Tbs fresh lime juice
- 2 garlic cloves
- 1 tsp ground black pepper
- 2 medjool dates
- ¾ tsp Himalayan salt

Makes 2 Servings

Cabbage Salad with Bite-Size Potatoes



Directions:

Pre-heat the toaster oven to 400°F. Add potatoes to the baking sheet and rub them with the oil and salt. Bake for about 25 minutes or until cooked through. Mix cabbage and cilantro to combine and set aside.

Add all dressing ingredients to the blender and blend until smooth. In two dinner plates add the cabbage mix, potatoes, grapefruit wedges and dressing. Enjoy!

Ingredients (Salad):

12oz .75 lb bite-size potatoes
1 Tbs extra virgin olive oil
¼ tsp Himalayan salt
3 heaping cups shredded green cabbage
1 bunch cilantro chopped
2 grapefruits peeled and wedged

Ingredients (Dressing):

½ cup chopped yellow onion
¼ cup hemp seeds
1 clove garlic
1 tsp ground black pepper
2 Tbs fresh lime juice
¼ cup water
½ tsp Himalayan salt

Makes 2 Servings

Chickpea Arugula Salad



Directions:

Add all salad ingredients to a mixing bowl. Add all dressing ingredients to the blender and blend until smooth. Pour dressing into salad and mix well to combine. Serve and enjoy!

Ingredients (Salad):

2 handfuls of baby arugula
2 cups broccoli florets cut into pieces
½ small onion sliced
1 15.5oz can chickpeas

Ingredients (Dressing):

½ cup soaked cashews
1 Tbs nutritional yeast
1 red bell pepper chopped
1 garlic clove
½ tsp ground cayenne pepper
½ tsp paprika
½ tsp ground black pepper
2 Tbs fresh lime juice

Makes 2 Servings

Mustard Salad with Acorn Squash



Directions:

Preheat the oven to 400°F. Cut the squash in 10 equal slices, place on a rimmed baking sheet, toss with oil and salt and bake flat for 30 minutes then flip and bake for 15 minutes.

In a salad bowl add all ingredients except for the mustard leaves. Toss and let sit for about 10 minutes. Chop the mustard leaves, add to the salad bowl and toss thoroughly.

We paired each meal with 2 tablespoons of organic cultured vegan Cream Cheese from MIYOKO'S Creamery brand.

Enjoy!

Ingredients (Salad):

6 medium garlic cloves
minced
½ small purple onion thinly
wedged
1 tsp ground black pepper
¼ tsp Himalayan salt
2 Tbs extra virgin olive oil

2 Tbs Bragg apple cider
vinager
1 medium bunch mustard
leaves

Ingredients (Squash):

1 about 1.5 lb acorn squash
1 Tbs extra virgin olive oil
¼ tsp Himalayan salt

Makes 3 Servings

Spinach-Kimchi Salad



Directions:

Pre-heat the oven to 400F°. Slice the mushroom(s) about 1/8 inch. Place flat on a baking sheet without overlapping. Drizzle with one teaspoon oil and salt and bake for about 20 minutes.

Divide the spinach on two separate plates. In a cup mix one tablespoon oil and liquid aminos and drizzle on top of the spinach. Top each serving with half cup of kimchi and brine, sesame seeds, and the baked mushrooms. Enjoy!

Note: I use organic spicy napa kimchi from Farm Hand

Ingredients:

1 large portobello mushroom
or 2 small
1 tsp cold pressed sesame oil
1/8 tsp Himalayan salt
4 handfuls baby spinach

1 Tbs cold pressed sesame oil
2 Tbs Braggs coconut liquid
aminos
1 cup favorite kimchi with 2
tbs of its brine
2 tsp black sesame seeds

Makes 2 Servings

Fresh Guacamole



Directions:

In a large bowl smash the avocado with a fork. Add remaining ingredients and mix well. Enjoy!

Ingredients:

2 large avocados peeled and seeded
1 large ripe on the vine tomato diced
¼ cup white onion diced
1 large garlic clove minced
½ tsp cumin powder
½ cup cilantro chopped
½ jalapeño finely diced
3 Tbs fresh lime juice
1 tsp Himalayan salt

Makes About 2 Cups

Herb Quinoa



Directions:

Add quinoa and water to a saucepan and bring to a boil. Reduce the heat, cover and simmer for 15 minutes or until water is down to bubbly.

Remove from heat and let sit for 5 minutes with lid on. Fluff with a fork, add the remaining ingredients and mix well. Enjoy!

Ingredients:

1 cup quinoa rinsed	1 tsp ground black pepper
2 cups water	1 garlic clove minced
½ tsp Himalayan salt	2 Tbs finely chopped white or yellow onion
1 Tbs extra virgin coconut oil	
¼ cup chopped basil	
1 Tbs finely chopped fresh rosemary	

Makes 2 Cups

Roasted Asparagus and Brussel Sprouts



Directions:

Preheat oven to 375°F. Add asparagus and brussels sprouts to a baking sheet. Drizzle with oil and sprinkle with salt and black pepper. Toss to coat and bake for 22-25 minutes. Enjoy!

Ingredients:

1 bunch asparagus (Washed and ends trimmed)
2 cups halved brussels sprouts (Ends trimmed)
1 ½ Tbs cold pressed olive oil
1 tsp Himalayan salt
1 tsp ground black pepper

Makes 2 Servings

Tzatziki Sauce



Directions:

Thoroughly pat dried the cucumber with a super absorbent towel and add to a bowl. Add the rest of the ingredients and stir. Let sit in the fridge overnight for the flavors to marry. Or enjoy right away!

Ingredients:

½ cup grated cucumber
1 scant cup (Forager brand) cashew milk
unsweetened yogurt
2 cloves garlic minced
1 Tbs cold pressed olive oil
2 tsp Apple Cider Vinegar
¾ tsp Himalayan salt
1 Tbs finely chopped dill leaves

Makes 1 Cup

Blueberry, Almond Hemp Seed Smoothie



Directions:

Put everything into a high powered blender and blend until creamy. Keep in refrigerator and drink throughout the day.

Ingredients:

3 large leaves of kale, include stem	18 drops liquid stevia
1 cup fresh blueberries	1 ½ cups organic unsweetened vanilla soy milk
½ cup almonds	1 ½ cups water
1 whole green apple	1 cup ice
3 stalks of celery	
1 TBS of hemp seeds	
¼ tsp of turmeric	

Makes 60 Ounces

Sweet 'n Tangy Green Smoothie



Directions:

Add all ingredients to the power blender and blend until smooth. Enjoy!

Ingredients:

- 2 ripe champagne mangoes (peeled and seeded)
- 2 handfuls baby spinach
- 2 mint sprigs
- 2 basil sprigs
- 2 granny smith apples
- 2 inches green jalapeño
- 1 thumb fresh turmeric
- 1 cup water

Makes 2 16oz Servings

Black-Eyed Peas Soup



Directions:

In a soup pot add oil and onion, and sauté for about 5 minutes. Add garlic and sauté for a couple of more minutes. Add tomatoes and sauté for about 5 more minutes.

Add the broth, peas and salt, bring to a boil and then simmer for about an hour or until peas are almost cooked thoroughly. Add the rest of the ingredients (except for the lime) and simmer for about 20 more minutes. Enjoy

Ingredients:

1 cup dried black-eyed peas (soaked overnight)
1 Tbs cold pressed olive oil
½ cup chopped white onion
3 garlic cloves chopped
2 medium tomatoes chopped
6 cups low sodium vegetable broth
1 tsp Himalayan salt

1 Tbs dried basil or one sprig
1 tsp dried oregano or one sprig
1 tsp dried thyme or one sprig
1 tsp ground black pepper
4 bay leaves
1 bunch lacinato/dinosaur kale chopped
1 lime cut in half (optional but recommended)

Makes 2 Servings

Green Lentil Soup



Directions:

In a 5 quart pot on medium high heat add the oil and onion and sauté for a couple of minutes. Add garlic and sauté for 1 more minute.

Add the rest of the ingredients except the lime. Bring to a boil then reduce heat and simmer for about 25 minutes or until lentils are soft. Serve and squeeze lime. Enjoy!

Ingredients:

1 Tbs extra virgin oil
¾ cup chopped onion
3 garlic cloves sliced
8 cups low sodium vegetable broth
1 ½ cup green lentils well washed
1 bunch curly kale de-stemmed and chopped
1 bunch red Swiss chard chopped

1 bunch red Swiss chard chopped
1 tsp dried basil or fresh sprig
1 tsp dried thyme or fresh sprig
1 tsp dried rosemary or fresh sprig
1 Tbs ground black pepper
1 Tbs minced ginger
2 tsp Himalayan salt
1 lime wedged

Makes 4 Servings

Avocado Toast



Directions:

Place the bread on a dinner plate.

Cut in half and deseed the avocado. Spoon it into a bowl, sprinkle salt on top and mash it lightly with a fork. Spoon it onto each piece of bread. Spoon the salsa fresca on each piece of bread as well. Sprinkle black pepper and enjoy!

Ingredients:

2 pieces of Flax Seed Bread (from Bread section in this book) or your choice of gluten free bread

3/4 cup Salsa Fresca (from the Side section in this book)

1 medium avocado

1 pinch of Himalayan salt

2 pinches of black ground pepper

Makes 2 Pieces

Salsa Fresca



Directions:

Mix all ingredients together and enjoy!

Ingredients:

2 medium ripe on the vine tomatoes diced

1/2 cup chopped red or yellow onion

1/3 cup chopped cilantro

2 Tbs fresh lime juice

1/2 tsp Himalayan salt

Makes about 1-1/2 cups

Carrot Beet Juice



Directions:

Juice the lime using a citrus juicer and set aside. Run everything else through the juicer. Add the lime juice, mix and enjoy!

Optional - strain for a smoother consistency

Ingredients:

- 12 orange carrots chopped
- 1 red beet chopped
- 1 golden beet chopped
- 2 thumb-size fresh turmeric
- 1 heart Romain lettuce
- 1 lime juiced

Makes about 35oz

Green Cabbage Green Grape Juice



Directions:

Run everything through the juicer and enjoy!

Optional - strain for a smoother consistency.

Ingredients:

- 1 medium to large green cabbage chopped
- 3 large celery stalks
- 2 medium red apples cored and quartered
- 2 cups green grapes

Makes about 35oz

Kale Celery Juice



Directions:

Run everything through a juicer. Add lemon juice, mix and enjoy!
Optional - strain for a smoother consistency

Ingredients:

8 large celery stalks chopped
4 medium curly kale leaves
2 cucumbers chopped
2 Granny Smith apples
1 lemon juiced

Makes about 30oz

Flax Seed Bread



Directions:

Pre-heat the oven at 350°F. Grind the flax seeds in a high speed blender and transfer into a mixing bowl. Add coconut flour and mix. Add the rest of the ingredients into the blender and blend until smooth. Pour into the flour and knead into a dough. Make into a long roll. Line a 1/2 size baking sheet with parchment paper and place the dough onto it. Rinse your hands and place another piece of parchment paper on top and roll it evenly down flat to about 1/4" with a rolling pin or a tall round bottle. Peel off the top piece of parchment paper. With a butter knife, cut into squares, rectangles or pizza shape and poke three holes through each piece with a toothpick. Take it into the oven and bake for 18-20 minutes. Check for doneness. You know it is ready when it's not mushy anymore and lightly hard dried on the edges. Cool down on a cooling rack. Enjoy them with dips, as toast, or on the side!

Ingredients:

2 cups brown or gold flax seeds
1/4 cup coconut flour
1 medium red bell pepper seeded and chopped
1/2 small zucchini chopped

3/4 tsp Himalayan salt
2 garlic cloves
1 tsp ground black pepper

Makes 2 Servings

Healing Pho with Tofu and Crispy Portobello



Directions:

We'll start by making the broth. In a soup pot add oil and onion and sauté on medium to high heat until the onion starts to get charred. Add ginger, star anise, cloves, cinnamon, cardamom and coriander and sauté for one more minute. Add vegetable broth, dates and salt. Bring to a boil, then simmer for 30 minutes. Once done, strain out everything keeping only the broth.

While the broth simmers, let's prepare the noodles. If using packaged rice noodles, cook according to the package, when done rinse in cold water put them back in the pot and cover. If using zucchini noodles, use any vegetable noodle maker to make them or slice them lengthwise with a potato peeler and set aside.

On a baking sheet with parchment paper spread the sliced mushrooms, drizzle them with the olive oil and sprinkle with salt, and bake them at 400 °F for 10-15 minutes or until crispy. To assemble, divide noodles in four fairly large bowls, then add all the toppings equally. Pour the broth in each bowl, squeeze lime in, and enjoy!

Ingredients (Broth):

- 1 Tbs sesame oil
- 1 medium white onion roughly chopped
- 3 tsp fresh minced ginger
- 6 star anise
- 6 whole cloves
- 3 2.5" cinnamon sticks
- 1 tsp ground cardamom
- 1 Tbs ground coriander
- 2 32oz cartons low sodium vegetable broth
- 2 pitted medjool dates
- 1 tsp Himalayan salt

Ingredients (Noodles):

You may use rice noodles or zucchini noodles.

- 1 package of gluten free organic rice noodles or
- 4 small to medium zucchinis

Ingredients (Toppings):

- 2 large portobello mushrooms thinly sliced
- 1 Tbs cold pressed olive oil
- ½ tsp Himalayan salt
- 1 block extra firm tofu pat dried and cut into cubes
- 1/2 jalapeño thinly diced

- 2 green onions thinly sliced
- 4 large Thai basil sprigs (leaves chiffonade or chopped)
- 3 cups mung bean sprouts
- 4-6 seaweed sheets chopped
- 4 baby bok choy chopped
- 2 limes wedged or cut in half

Makes About 4 Servings



Now that you have these recipes in your hands, you no longer have an excuse not to eat healthy and delicious anti-cancer meals.

I understand that it can take some time to finally enjoy your new diet, especially if you're used to eating out.

Just give your tastebuds time to adjust to your meals.

What's important is that little by little, you're helping yourself to be cancer-free by shifting your diet.

You can also join us at the Conquering Cancer Summit to discover more healthy and natural ways to stop and prevent cancer.

This is a multi-day event with loads of valuable information from expert practitioners, doctors and cancer conquerors to help you start your journey to a cancer-free life.

If you or someone you know has cancer and wants to stop or prevent it, now is the time to take control of yourself and your future.

Reserve your spot at the Conquering Cancer Summit now.

Nathan Crane & Luz Crane



Nathan is an award-winning author, filmmaker, and health researcher with over 15 years in the health field helping millions of people around the world access leading-edge information, tools, and strategies for taking back control of their health, add more years to their loves, and more quality of life to their years.

Luz grew up living a remote, self-sustained life in Veracruz learning the simple and natural ways of living from her parents who grew and hand-made most of their own food in the tropical jungles of South-Eastern Mexico. She brings her passion for health and sustainable living to the delicious and nutritious recipes you'll find in this recipe guide.

Together, with Nathan's expertise in cancer research and cancer solutions, and Luz's natural ability to make healthy food combinations and turn them into delectable dishes, this guide gives you a quickstart selection of highly nutritious and easy-to-make recipes for helping your body prevent and reverse cancer.

Bon Appetite