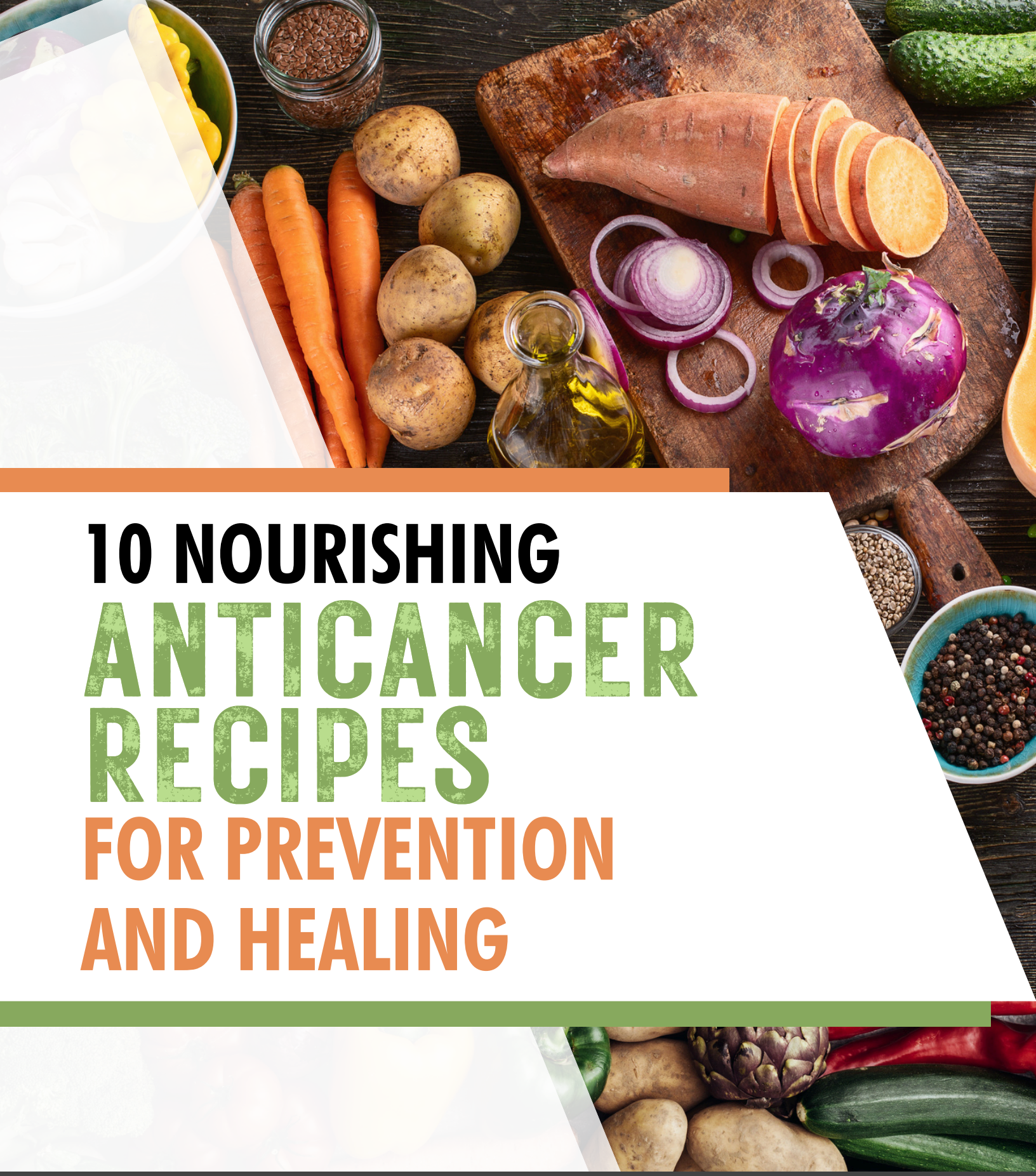

10 NOURISHING ANTICANCER RECIPES FOR PREVENTION AND HEALING

SQUARE ONE
cancer coaching program

CHRIS WARK

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HOW I HEALED STAGE III COLON CANCER WITHOUT CHEMO

Two days before Christmas, December 2003, I was diagnosed with Stage III colon cancer. I was 26 years old.

The doctor said, “We’ve got to get you into surgery right away and get this thing out of you before it spreads and kills you.”

So I was rushed into treatment. They took out a third of my large intestine along with a golf ball sized tumor. When I woke up from surgery, they said it was worse than they thought. They thought I was probably stage II, but it turned out I was stage IIIc.

They said the next step was 9-12 months of chemotherapy.

I went home from the hospital and I started thinking about my life and my future and the idea of poisoning my way back to health did not make sense.

I didn’t know what to do... So I prayed about it. I asked God if there was something besides chemo, please show me.

Two days later, I got a book written by a man who was diagnosed with colon cancer. He refused all treatment and went on a raw food diet instead. After a year on the diet, his tumor was gone.

I thought that made so much sense. I thought, what would happen if I stopped eating all this junk food, processed food, sugary drinks, meat and dairy. And instead, ate a pure diet of organic raw fruits and vegetables from the earth.

After more research and prayer, I made the hardest decision of my life. I chose not to do chemo.

My goal was to help my body by removing anything that could have contributed to my cancer, and to detoxify, repair and regenerate by overdosing on nutrition. I went completely raw for 90 days. I researched the most potent anticancer fruits and vegetables and juiced and ate massive amounts of them every day.

And it started working! I was literally changing my internal environment from one that was pro-cancerous to one that was not hospitable to cancer.

I was able to heal because of the radical changes I made. I didn't get lucky, I took MASSIVE Life-Changing Action!

In 2010, six years after my diagnosis, I began sharing my story of faith, courage, and determination, and my message of hope that many chronic diseases, including many cancers, can be prevented and reversed with a radical transformation of diet and lifestyle.

In the last decade, I've become one of the most well known cancer survivors on the planet and I reach millions of people per year as a blogger, podcaster, speaker and global health coach through my books, my SQUARE ONE Cancer Coaching Program, social media and my website ChrisBeatCancer.com.

This recipe book features the food I ate during my healing journey along with some newer recipes that I enjoy today. These recipes are jam packed with cancer-fighting nutrients that help nourish healthy cells, eliminate cancer cells, detoxify your body, and strengthen your immune system.

The truth is simple, eating whole foods from the earth gives your body vital nutrients that support healing. The food on the end of your fork has the power to promote health or promote disease. The purpose of this guide is to provide easy and delicious whole food plant-based anticancer recipes you can incorporate into your daily diet.

-Chris

Free Access Pass to my SQUARE ONE Cancer Coaching Program

Seven years after beating cancer with a holistic approach, I started coaching cancer patients one-on-one. But as my audience grew, the demand got to be more than I could handle.

So I decided to take everything I have learned from my own experience, from years of research and interviewing integrative doctors and other survivors who've healed naturally and distill it down into a simple, straightforward online coaching program that removes the fear, confusion and overwhelm cancer patients face, and replaces it with hope, clarity, confidence and an action plan.

It's called SQUARE ONE.

SQUARE ONE will take you step-by-step through the healing process. It will eliminate the fear and confusion and show you exactly where to start, and give you a roadmap to radically transform your life and your health.

This month, I'm giving you FREE ACCESS to the entire program! All 10 modules. If you're a patient, a caregiver, or are serious about prevention, this course is for you. SQUARE ONE is where you start.

Details about the SQUARE ONE free screening have been sent to the email address you used to receive this free anticancer recipe guide, including when the free screening starts and how to watch.

I'll see you there!
Chris Wark

MY "GREEN LIGHT" MORNING DRINK

I've been drinking this morning concoction for many years with some variations over time. It's a quick and easy way to get high doses of nutrients into your body first thing in the morning. No juicer required. :)

-20oz of water or cold steeped herbal tea like Jason Winters Tea
-Juice of 1 lemon (I love this Lemon Squeezer)
-1 scoop of organic greens powder (examples below)
-1 tsp of moringa powder
-1 tsp amla powder
-1 tsp matcha green tea powder
-1 tsp spirulina powder
-1/2 tsp organic parsley powder
-1-2 tbsp of apple cider vinegar with the mother
-Optional sweetener: local honey or manuka honey

Recommended: Crush a clove of garlic and down it with this drink

A few examples of organic greens powders I rotate between:
Amazing Grass greens powder
Organifi greens powder
pHresh Greens

PRO TIP: Place ⅛ cup of parsley powder and ¼ cup of the remaining dry ingredients in a Mason jar or resealable container. Shake until they are well mixed. Keep this mixture in your cabinet and each morning scoop out 5-6 tsp for your morning drink.

THE CHRIS BEAT CANCER SQUARE ONE JUICE FORMULA

On my healing journey I drank eight 8 oz glasses of juice everyday. Fresh vegetable juice is medicinal food and supplemental to a healthy diet. Drinking vegetable juice with or between meals will bump you up to 15 to 20 servings of plant food per day. If you are in healing mode, this is what I suggest in order to maximize your anticancer nutrition intake each day. I call this strategy "overdosing on nutrition."

Ingredients

(This yields 1-2 8oz servings depending on your juicer)

-5 carrots
-1-2 ribs of celery
-1/2 beetroot
-1-2 beet greens (optional)
-1 knuckle of ginger root
-1-2 knuckles of turmeric root
-1/4 – 1/2 of a lemon
-1 Granny Smith apple
-1 clove of garlic (can be taken separately)

Directions

1. Feed all of the ingredients into your juicer.
2. Transfer to a glass jar.
3. Gently stir and enjoy!

*Juice is best consumed fresh, but can be stored in the refrigerator for up to 3 days.

Ginger is a very powerful cancer-fighting spice, don't leave it out! Also, don't get too hung up on the formula.

The type of juicer you have will determine how many carrots and celery stalks you'll need to juice to make a glass.

And there are a million different juice combinations out there, so have fun experimenting.

(Watch the ginger…it's strong.)

Straight carrot juice is delicious by itself, but the beet, celery, and ginger add a broad spectrum of powerful nutrients.

DOES JUICE FROM ORGANIC PRODUCE MATTER?

Yes! Make sure you're buying organic produce.

The last thing you need is chemical pesticides in your juice.

You may not like the taste of the juice you make, but it doesn't matter. You're not juicing vegetables for the taste.

Just down it.

I also like to mix in an organic green powders, like pHresh Greens or Amazing Grass.

MY DAILY JUICING ROUTINE

Here's what I did: Every morning I made my juice for the day. This was around 64 oz total or eight 8 oz servings. I stored the juice in air-tight mason jars in the fridge.

You may not need to drink that much. If you're familiar with the Law of Diminishing Returns, you know that there is a point at which you are consuming the maximum amount of nutrients that your body can absorb in one day. It's hard to know where that point is exactly. So, my strategy was to overdose on nutrition, to insure that my body was getting all the nutrients it needed to heal. I suggest 40 ounces of juice per day minimum.

NOTE: I don't juice leafy green vegetables like spinach and kale because they just aren't very juicy. You have to juice like a pound, just to get a few drops! I prefer to blend leafy greens up in a smoothie, that way you don't waste any.

MERRY MARY

If you are in the mood for a non-sweet V8 style juice, my Merry Mary is a savory tomato-based juice packed with anticancer, antioxidant, and anti-inflammatory veggies: celery, peppers, cucumber, carrots, and garlic.

Tomatoes contain a unique anticancer compound called lycopene. And high intake of tomatoes has been associated with a lower risk of multiple types of cancer including prostate, lung, stomach, colorectal, breast, and more. This is a deliciously fun and festive juice. Enjoy!

Ingredients

-1 pound tomatoes
-1 celery stalk, plus small inner ribs for garnish
-1 large cucumber
-1 medium green bell pepper
-4 medium carrots
-1 garlic clove
-1 medium jalapeño pepper
-2 medium limes, cut into wedges
-Black pepper, to taste
-4 to 6 pieces pickled okra 4 to 6 radishes (optional)
-4 to 6 olives (optional)
-4 to 6 radishes (optional)
-4 to 6 grape tomatoes (optional)

Directions

1. Feed the tomatoes, celery, cucumber, bell pepper, carrots, garlic, and jalapeño, if using, into your juicer.
2. Transfer the juice to a 2-quart pitcher and stir together. Divide the juice among 4 to 6 glasses with ice if you like it cold.
3. Garnish with a lime wedge, a sprinkle of black pepper, a rib of celery, a piece of pickled okra, a radish, an olive, and a grape tomato.

THE GIANT CANCER-FIGHTING SALAD

To strengthen your body's ability to fight cancer, you need to eat what I ate:
The biggest, baddest, healthiest salad on the planet!

It consists of raw organic vegetables, sprouts, nuts, seeds, and homemade dressing. This salad is super healthy, and delicious and will fill you up without zapping your energy.

A raw food diet was a huge part of my anticancer strategy and I ate this salad every day, sometimes twice a day, during the first few years of my chemo-free cancer journey.

I wanted to put as many vitamins, minerals, antioxidants, and enzymes into my body as possible and there's no better way than juicing and eating fresh raw organic fruits and vegetables.

There's really no secret formula to this salad, but there are some guidelines to follow:

No meat, cheese, or store-bought salad dressing.

It is important that you use **organic produce** when possible to reduce your exposure to toxic chemical fertilizers and pesticides. And of course, wash your produce before you eat it. Then chop it up and throw it in a bowl!

NOTE: The bowl I use for this salad holds over 6 cups. That's six servings of vegetables! 10+ servings per day of fruits and vegetables is ideal for cancer prevention and healing. That's why I ate the Giant Cancer-Fighting Salad for lunch and dinner every single day.

Salad Recipe

-1 handful of leafy greens: kale, spinach, Swiss chard, watercress, arugula, parsley
-1 handful of broccoli or **Broccoli Sprouts**
(The best source of sulforaphane which promotes liver detoxification, and Indole-3-carbinol, an anticancer compound)
-1 handful of cauliflower
-1 to 3 purple cabbage leaves, torn into smaller pieces
-1 red, yellow, or green pepper sliced
-1 to 2 slices of red, yellow, or green onion
-1/2 leek, sliced, washed, and rinsed in a colander
-1/2 avocado, sliced
-1 handful of raw, unsalted almonds or walnuts, whole or chopped
-1 to 3 tbsp sunflower hearts
-1 to 3 tbsp hemp seeds
-1/2 cup legumes, sprouted (garbanzo beans, lentils, mung beans) or cooked beans (black, garbanzo, kidney beans, ...)

Then I top it off with one of these naturally fermented foods:

Sauerkraut

I like Bubbies Old Fashioned Sauerkraut because it is made with only three ingredients: cabbage, water, and salt. It is fermented and cured with all natural enzymes intact and there is no vinegar added. (Bubbies Kosher dill pickles are super tasty too.) Look for it in the refrigerated section of your local grocer or health food store.

Kimchi

Kimchi is a spicy Korean version of sauerkraut typically consisting of fermented cabbage, onions, garlic, and pepper. Kimchi has high concentrations of Vitamin C and Carotene in addition to Vitamin A, B1, B2, Calcium, Iron and beneficial lactic acid bacteria. Recognized as one of the Top Five "World's Healthiest Foods" by Health magazine. Also in the refrigerated section.

Fermented foods like sauerkraut, kimchi and apple cider vinegar are great for digestion and repopulate your intestinal flora with beneficial bacteria essential for health and a strong immune system.

Drizzle on my **Anticancer Vinaigrette.** **(Recipe on page 12)**

Then shake on my **Anticancer Sprinkle.** **(Recipe on page 12)**

I can't tell you how many times I have eaten this salad! Over a thousand I bet. The Giant Salad was my staple meal to help my body heal cancer and I ate it for lunch and dinner. I didn't mind eating the same thing every day because it was simple and quick to prepare. I didn't have to put any time into planning my meals. I knew exactly what to buy at the grocery store every week, and it was so delicious and full of flavor it never got old!

The salad really doesn't have to be "giant", I make big ones because that's what it takes to fill me up. Not everyone needs to eat that much. Just focus on getting as many nutrient-dense vegetables in there as you can and make it big enough to satisfy your appetite.

And chew your salad well. The better you chew, the more nutrients you absorb!

Turn your salad into soup!
If your digestive system needs time to adapt to eating large amounts of raw vegetables, you can transform this nourishing salad into an Anticancer Soup to ease this transition.

Place all the salad ingredients into a stockpot with 4 cups of vegetable broth and 2 cups of water and bring to a boil. Swap the sprouted chickpeas for 1½ cups of cooked chickpeas. Reduce heat, cover, and simmer for 5 minutes. Ladle the soup into bowls and top with ½ sliced avocado and garnish with almonds, walnuts, sunflower seeds, etc. And don't forget the sauerkraut or kimchi. It really makes this soup pop! Feel free to use the Anticancer Sprinkle to season as well. This soup is a nice option if you are craving warm food during the cold winter months.

ANTICANCER VINAIGRETTE

This salad dressing is customizable to your taste. Drizzle the ingredients to get the balance you like.

Ingredients / Directions
-Add 1 tbsp organic extra virgin olive oil to your salad
-Add 1 tbsp organic cold-pressed flax oil to your salad
-Lightly drizzle organic apple cider vinegar to taste (another super healthy fermented food!)

If you don't like the taste of apple cider vinegar, lemon juice is a great addition or substitute.

FUN FACT: Oil on salad increases the absorption of fat-soluble vitamins and micronutrients. Fresh pressed olive oil contains the highest levels of a unique anticancer compound called oleocanthal. Flaxseeds contain anticancer lignans and are among the highest sources of anti-inflammatory omega-3 alpha linolenic acid in the plant kingdom.

ANTICANCER SPRINKLE

Premix the anticancer sprinkle to save time. This also makes a great seasoning for cooked veggies.

Ingredients (Yield: ½ cup)
-1 tbsp dried oregano
-1 tsp granulated garlic or garlic powder
-1 tbsp curry powder or turmeric
-¼ tsp cayenne pepper
-1 tsp black pepper
-2 tbsp mixed seasoning such as Italian or Bragg Organic Sprinkle, or both
-2 tbsp nutritional yeast

Directions
Place all the ingredients in a small Mason jar or resealable container and shake until they are well mixed. You can keep this mixture in your spice cabinet and put it on everything.

SUPERCHARGED OATMEAL

The humble oat, a nutritious staple in the human diet for thousands of years, has been largely under-appreciated, and even demonized in recent years by people who appear to be terrified by the mere mention of this, or any (gulp) grain.

But the truth is that this Supercharged Oatmeal is truly the breakfast of champions. It's my go-to breakfast at home and when I travel. Oatmeal is easy to make; it will fill you up and give you steady energy all morning, and you can make it a different way every day. The combinations of nuts, seeds, fruits, and spices you can add are endless. Buffet-style oatmeal is great for the family – that way everybody can pick their own toppings.

Oats have the highest soluble fiber content of any grain, and it's a very special fiber. An immune-boosting polysaccharide known as beta-glucans, which are also found in barley, mushrooms and nutritional yeast. I also take a beta-glucans supplement for immune support.

WHICH FORM OF OATS IS BEST?

Oats come four ways: whole oat groats, steel-cut, rolled, and quick oats. Whole oat groats are the edible kernel of an oat with the hull removed, and they look a bit like a cross between a grain of rice and a grain of barley. Steel-cut oats are groats that have been chopped into two or three smaller pieces. Rolled oats are whole oat groats that have been steamed, rolled flat and lightly toasted, which is why they cook faster, in about five minutes. Quick oats are rolled then chopped into smaller bits so they cook the most quickly, after just a couple of minutes in hot water.

The nutrient content among all forms of oats is essentially the same, but because they are precooked, the carbohydrates in rolled oats and quick oats are absorbed more quickly by your body and have been found to raise blood sugar and insulin about 30% more than whole oat groats and steel-cut oats.

Based on that, one could make the case that whole oat groats and steel-cut oats are "healthier", but I often opt for rolled or quick oats due to their super-quick cook time. The most efficient way to prepare steel-cut oats is in a pressure cooker, which takes less than 30 minutes. You can also soak oats overnight in water or your favorite nut milk and serve them cold or warmed on the stove.

A meta-analysis of 12 studies on nearly 800,000 people published by researchers at Harvard found that eating 70 grams of whole grains per day – that's a large bowl of oatmeal – lowers the risk of death from cancer and heart disease by 20%.

Serves 4 (Yields about 6 cups)

Ingredients

-2 cups rolled oats
-2 cups almond milk
-2 cups water
-2-4 tbsp ground flax seeds
-2-4 tbsp whole or ground chia seeds
-1 tsp cinnamon
-1/4 tsp allspice
-Dried fruit options, such as black currants, goji berries, raisins, mulberries, sliced figs, or sliced apricots

-Sweetener, such as black strap molasses, date sugar, or maple syrup, to taste
-Fresh fruit toppings, such as blueberries, raspberries, strawberries, and bananas
-Nut/seed toppings, such as almonds, walnuts, pecans, hemp hearts, pumpkin seeds, or a dollop of nut butter
-Optional: 1 tsp of organic turmeric powder and 1 tsp of nutritional yeast
-For a delicious chocolatey twist, add 1/2 tbsp of raw cacao powder

*If you want to up the calories, add any nut or seed butter.

Directions

1. Whisk together the oats, nut milk, water, flax, chia, cinnamon, allspice, and dried fruit of your choice in a medium pot over medium heat.
2. Cook until heated through and the mixture has thickened to your desired consistency, about 5 minutes.
3. Serve warm with your favorite toppings: sweetener, fresh fruit, nuts, and seeds. Enjoy!

PRO TIP: Flax and chia seeds can be quickly ground in a small coffee grinder before adding to oatmeal for maximum freshness and nutritional potency.

NOTE: To make overnight oats, mix the core ingredients together in a covered bowl or Mason jar, refrigerate overnight, and enjoy cold or warmed up the next morning with fresh toppings.

NUTRITION FACTS:

Organic Hemp Hearts
3 tbsp contains 10 grams of protein, 5 grams of fiber, omega 3 and 6 fatty acids, plus 60% of your daily magnesium, 70% phosphorus, 125% manganese, 13% iron, 37% zinc, 14% B6, 8% folate, and 3% calcium.

Organic Chia Seeds
3 tbsp contains 6 grams of protein, 10 grams of fiber, omega 3 and 6 fatty acids, plus 35% of your daily magnesium and phosphorus, 45% manganese, 27% iron, 17% zinc, 32% B6, 4% folate, and 20% calcium.

Organic Flax Seed
3 tbsp contains 6 grams of protein, omega 3 fatty acids, 8 grams of fiber, plus 39% of your daily magnesium, 8% calcium, and 10% iron.

Organic Blackstrap Molasses
1 tbsp contains 17% of your daily potassium, 4% iron, 20% calcium, 15% B6, and 31% magnesium.

Organic berries
Berries have the highest concentration of antioxidants and anticancer compounds of any fruit. Blueberries, blackberries, raspberries, strawberries, mulberries, black currents, raisins... just get some berries on there!

ANTICANCER BERRY SMOOTHIE

Smoothies are an easy way to blend your way to wellness. I incorporated daily smoothies while on my healing journey. It was a quick grab and go meal jam-packed with loads of antioxidants. Berries are my favorite fruit to add because they are the most potent anticancer fruits.

FUN FACT: Blueberries boost the production of natural killer cells, which are a type of immune cell that fights viral infections and cancer cells. So by adding blueberries to your smoothies, you are boosting your immune system by increasing the number of natural killer cells in your body! So drink up and enjoy!

Ingredients

1-4 cups organic frozen berries (depending on how much you want)
1 cup organic cherries
1-2 handful of organic leafy greens like spinach or kale
1 banana or 3-5 dates
1 lemon, peel included
3 tbsp hemp hearts
Handful of almonds or walnuts, or both
1 tbsp turmeric powder
Water (start with one cup and add more after blending to get the consistency right)

Directions

Put everything into the blender and blend until smooth. Pour into a glass jar and enjoy!

A couple notes on berries
I buy them prepackaged in the frozen section of my local grocery store. They usually contain blueberries, raspberries, blackberries, and strawberries; and a package should have about three servings. Costco also sells big bags of organic berries.

Some of the known anticancer nutrients in these fruits:
Blueberries contain ellagic acid, anthocyanins, OPC, and caffeic acid.
Raspberries and strawberries contain ellagic acid, and laetrile.
Blackberries also contain ellagic acid and have anti-mutagenic effects as they protect cell DNA from damage.

Of course there are lots more ingredients you could add to jazz it up, but that's the basic smoothie I drink nearly everyday.

Enjoy this delicious, super healthy, high antioxidant, cancer-fighting smoothie!

PINEAPPLE AND BASIL RICE

Our non-fried version of Thai fried rice, combining the sweetness of pineapple with spicy hot peppers and aromatic notes of basil, is simply delightful. This is one of our favorite dishes! Have all ingredients ready to go because it cooks quickly.

Yield: 8 cups | Serves 4

Ingredients

-1 tbsp toasted sesame oil (optional)
-3 medium garlic cloves, minced
-1 tsp fresh ginger, grated
-3 cups pineapple chunks
-1 medium red bell pepper, diced
-1/2 cup macadamia nuts
-1 medium serrano pepper, minced (optional)
-1 bunch green onions, sliced, darker green tops reserved for garnish
-3 cups cooked and cooled red rice
-Juice and zest of 1 lime
-1 tbsp coconut aminos, plus more to drizzle
-1 bunch basil leaves, thinly sliced (about 1/2 cup)

Directions

1. Sauté the oil, garlic, and ginger in a wok or large frying pan over high heat for about 30 seconds.
2. Add the pineapple, bell pepper, macadamia nuts, Serrano pepper, white and light green parts of the green onions, rice, lime juice and zest, and coconut aminos, constantly tossing the ingredients. Alternatively, use a large spoon if you're not comfortable with the pan flip.
3. Cook for 4 to 5 minutes, or until everything is heated through.
4. Drizzle coconut aminos over the top and garnish with basil.

* To bulk up the meal, add 1 to 2 cups of cooked black beans or chickpeas in Step 2.

NOTE: This is perfect with any leftover rice. If you don't have leftover rice, make sure to cook and cool rice before you start this recipe. Warm rice will stick to the pan and turn out gummy.

Pineapples contain an anti-inflammatory, anticancer enzyme called bromelain, which has been shown to suppress the growth of many types of cancer cells and improve anticancer immune function.

ETHIOPIAN STYLE BEET AND LENTIL SALAD

I absolutely adore Ethiopian cuisine. This plant-based (vegan) dish combines many of the flavors of a traditional Ethiopian vegetable platter all into one salad. The unique combination of rosemary, jalapeño, and garlic adds a serious wow factor. Enjoy!

Serves 4-6

Ingredients

-3 medium beets
-1 tsp minced ginger
-1/2 tsp minced garlic
-1/2 tsp minced rosemary
-Juice of 1 lemon
-1 tbsp extra-virgin olive oil (optional)
-1/4 tsp sea salt (optional)
-1 pint cherry tomatoes, halved
-1 cup sprouted or cooked lentils
-1 small jalapeño, sliced
-2 cups arugula

Directions

1. Preheat your oven to 350°F.
2. Wrap the beets in parchment paper and place on a baking sheet. Bake for 1 hour. Allow the beets to cool enough to handle.
3. Scrub the beets with a paper towel to remove the skin. Discard the skin.
4. Dice the beets, discarding the top roots.
5. Toss the beets, ginger, garlic, rosemary, lemon juice, olive oil, salt, tomatoes, lentils, and jalapeño together in a large mixing bowl.
6. Place the arugula in a serving bowl or on a platter and top with the beet and lentil mixture.

PRO TIP: If you buy beets with the greens still attached, you can use the greens just like any other green leafy veggie. They're delicious sautéed with some onion and a little olive oil or tossed into a smoothie or salad. Just make sure to clean the beet greens thoroughly to remove the dirt. ;)

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