

NOURISHWELL

Eating through the side effects



Co-funded by
the European Union

*A student recipe collection for eating
challenges during cancer treatment*

NOURISHWELL

*Eating
through the
side effects*



Co-funded by
the European Union

*A student recipe collection for eating
challenges during cancer treatment*

Contents

About the NourishWell project	4
FOOD TECHNOLOGY SCHOOL, ZAGREB	
CHAPTER 01	
Tiredness and extreme fatigue	7
THREE-DAY MENU AND STUDENT RECIPES	
CHAPTER 02	
Loss of appetite	21
THREE-DAY MENU AND STUDENT RECIPES	
CHAPTER 03	
Taste changes	32
THREE-DAY MENU AND STUDENT RECIPES	
CHAPTER 04	
Diarrhoea	47
THREE-DAY MENU AND STUDENT RECIPES	
CHAPTER 05	
Nausea and vomiting	61
THREE-DAY MENU AND STUDENT RECIPES	
HIGH SCHOOL OF HOSPITALITY AND TOURISM "VANCHO PITOSHESKI", OHRID	
CHAPTER 06	
Vancho Pitosheski Secondary School of Hospitality and Tourism	74
THREE-DAY MENU AND STUDENT RECIPES	

About the NourishWell project

NourishWell – Network for Vocational Education Enhancing Nutrition in Cancer Patients – is a vocational education initiative developed by the Institute for Gastroenterological Tumors (IGET), Fundació Alícia - Alimentació i Ciència, Food Technology School, and Vancho Pitosheski Secondary School of Hospitality and Tourism. The programme connects nutrition science, oncology care, food safety, culinary creativity, empathy, and patient-centred design.

Across a four-week course, vocational students studying nutrition, food technology, gastronomy, and related fields move from classroom foundations to teaching-kitchen laboratories. They learn to translate evidence-based principles into practical food choices and to adapt recipes to challenges that can affect eating during cancer treatment.

About this student cookbook

This collection presents the final group assignment developed by vocational students from Food Technology School in Zagreb and Vancho Pitosheski Secondary School of Hospitality and Tourism in Ohrid. Five groups each focused on one treatment-related eating challenge: tiredness or extreme fatigue, loss of appetite, taste changes, diarrhoea, and nausea and vomiting. Each group produced a three-day menu and a set of recipes intended to reflect nutritional adequacy, culinary appropriateness, sensory adaptation, and patient-centred thinking.

The cookbook celebrates the students' learning, teamwork, and culinary ideas. The recipes have been lightly edited only for spelling, grammar, consistency, and book layout. Student ingredients, quantities, food choices, and culinary ideas have been preserved.

IMPORTANT

These recipes are student educational outputs, not individual medical or dietetic advice. Before public use, each recipe should be tested and reviewed by appropriate culinary, nutrition, oncology, and food-safety professionals. Individual needs and tolerances vary during treatment.

The final assignment

The Side Effect-Focused Culinary Care Project asked fixed student groups to develop specialist knowledge and translate it into empathetic culinary solutions. The final recipe collection was built progressively through research, cooking, tasting, peer feedback, and reflection.

PROJECT STEP	WHAT STUDENTS DID
UNDERSTAND THE EATING CHALLENGE	Research what it is, why it may occur, how it affects eating behaviour, and its emotional and social impact.
WORK FROM THE PATIENT PERSPECTIVE	Consider lived experience, daily meal challenges, cultural food background, living situation, routine, and support.
TRANSLATE KNOWLEDGE INTO COOKING	Use texture, temperature, aroma, flavour, volume, timing, and preparation methods as practical design variables.
TEST AND IMPROVE	Prepare dishes in cooking laboratories, taste them, discuss suitability and ease of eating, and document refinements.
PRESENT A COMPLETE OUTPUT	Produce three full days of menus adapted to the assigned eating challenge and explain the culinary reasoning.

01

Tiredness and extreme fatigue

The group explored practical food ideas for days when energy, concentration, and capacity to shop or cook may be limited. The recipes are presented as the students developed them, with light editorial correction and source checks where needed.

Three-day menu at a glance

DAY 1	DAY 2	DAY 3
BREAKFAST Colourful sandwich	BREAKFAST Rice with milk	BREAKFAST Omelette with baby spinach
SNACK Berry Greek yoghurt	SNACK Oven Baked French Toast with cheese	SNACK Microwave chocolate banana and honey cake
LUNCH Chicken breast with vegetables	LUNCH Lentil stew	LUNCH Chicken and rice
DESSERT Pineapple smoothie	DESSERT Banana and peanut butter ice cream	DESSERT "Paška Skuta" with figs
SNACK Vegetable soup with barley	SNACK Tortilla and prosciutto rolls	SNACK Toasted wholemeal bread with hummus
DINNER Tuna/mackerel pâté	SNACK Roasted chickpeas	DINNER Eggs and cottage cheese
	DINNER Lemon ricotta pasta with broccoli	

DAY 1



BREAKFAST

Colourful sandwich

EGG	1
AVOCADO	½
CREAM CHEESE SPREAD	
DARK BREAD WITHOUT FLOUR WITH SEEDS/WHOLE WHEAT/RYE BREAD	

1 Boil the egg for about 8 minutes, cut the hard-boiled egg into slices, cut the avocado into slices, spread the cheese spread on the bread and arrange the eggs and avocado on top.



SNACK

Berry Greek yoghurt

GREEK YOGHURT	200 G
BITTER COCOA	A SPOONFUL
CINNAMON	A PINCH (ON THE TIP OF A TEASPOON)
SEED MIX (CHIA, GROUND FLAX, SESAME)	2 TABLESPOONS
SEASONAL FRUIT (RED BERRIES AT SPRING, STONE FRUITS AT SUMMER, APPLE AND PEARS FOR WINTER AND AUTUMN)	

- 1 Add the seed mix, cocoa, cinnamon, and fruit to the Greek yoghurt.
- 2 Stir and serve in a bowl.



LUNCH

Chicken breast with vegetables

CHICKEN FILLET CUT INTO CUBES/STRIPS	200 G
---	-------

OLIVE OIL	A TABLESPOON
-----------	--------------

FROZEN VEGETABLE MIX	250 G
----------------------	-------

CANNED SWEET CORN	100 G
-------------------	-------

CANNED BEANS	100 G
--------------	-------

DARK BREAD WITHOUT FLOUR WITH SEEDS/WHOLE WHEAT/RYE BREAD/WHOLE WHEAT TORTILLA
--

- 1 Sauté the chicken breast in a tablespoon of olive oil and the frozen vegetables, corn and beans. Sauté until done.
- 2 Serve with a slice of rye/whole wheat bread or tortilla.

DESSERT

Pineapple smoothie

FRESH OR CANNED PINEAPPLE

FROZEN BERRIES

WHOLE MILK

GROUND OATMEAL

ALMONDS	HANDFUL
---------	---------

FRESH BABY SPINACH	A HANDFUL
--------------------	-----------

- 1 Blend pineapple, berries, condensed milk, oatmeal, almonds, baby spinach.
- 2 Serve in a glass.





SNACK

Vegetable soup with barley

ONION	SMALL
FROZEN VEGETABLE MIX	
BARLEY	A HANDFUL
SALT	
PEPPER	
GARLIC IN A GRINDER	
PARSLEY	
EXTRA VIRGIN OLIVE OIL	1 TABLE SPOON

1 Sauté the onion in olive oil, add frozen vegetable mix, barley, water to cover and cook until everything is soft.

DINNER

Tuna/mackerel pâté

CAN OF TUNA/MACKEREL IN PIECES AND OLIVE OIL	
GREEK YOGHURT	
LEMON JUICE	1 LEMON
OLIVES	
CUCUMBER PICKLES	
SALT	
PEPPER	
GARLIC IN A GRINDER	
DARK BREAD WITH SEED FLOUR/ WHOLE WHEAT/RYE BREAD	

- 1 Using a hand blender, chop the tuna, Greek yoghurt, lemon juice, olives, and cucumber pickles.
- 2 Add spices and serve spread on bread.



DAY 2



BREAKFAST

Rice with milk

WHOLE GRAIN RICE	A HANDFUL
------------------	-----------

MILK

HONEY

CINNAMON

- 1 Cook rice in milk, add cinnamon and honey if desired.



SNACK

Oven Baked French Toast with cheese

STALE WHOLEMEAL / RYE BREAD	A FEW SLICES
-----------------------------	--------------

OLIVE OIL

EGG	1
-----	---

MILK	A SPOON
------	---------

SALT

FRESH GRATED CHEESE

- 1 Heat the baking sheet for about 20 minutes in a fan oven at about 210 °C.
- 2 Once the baking sheet is hot, grease/spray it with olive oil.
- 3 Dip the bread in the egg and milk mix together with a pinch of salt.
- 4 Place on the baking sheet and bake for about 5 to 8 minutes.
- 5 Serve with fresh grated cheese.

LUNCH

Lentil stew

ONION	1 SMALL
-------	---------

CARROT	1
--------	---

SPICES – SALT, PEPPER, GARLIC FROM A GRINDER, THYME, BASIL, PARSLEY, CURRY, SWEET PAPRIKA

CANNED BROWN LENTILS

BARLEY/BUCKWHEAT	A HANDFUL
------------------	-----------

TOMATO PUREE

TOMATO CONCENTRATE

- 1 Sauté the onion in olive oil.
- 2 Add finely chopped carrots, and the spices.
- 3 Add washed brown lentils and barley or buckwheat and pureed tomatoes.
- 4 Cook until the grains are soft.

DESSERT

Banana and peanut butter ice cream

BANANAS	2
---------	---

PEANUT BUTTER	2 TABLESPOONS
---------------	---------------

- 1 Slice the bananas and place them in a container in the freezer for at least six hours.
- 2 Once the bananas are frozen solid, place them in a blender, add the peanut butter, and blend until smooth and creamy.
- 3 Pour the blended bananas back into the freezer-safe container and return to the freezer for another two hours.
- 4 Serve in a bowl.



SNACK

Tortilla and prosciutto rolls

TORTILLA	1
----------	---

COTTAGE CHEESE	3 TABLESPOONS
----------------	---------------

AJVAR	1 TABLESPOON
-------	--------------

PROSCIUTTO	SLICES
------------	--------

- 1 Mix the cottage cheese and ajvar. Spread the mixture onto a tortilla, add slices of prosciutto, roll it up, and cut it into smaller pieces.

SNACK

Roasted chickpeas

LEFTOVER COOKED CHICKPEAS

OLIVE OIL

GARLIC POWDER

SWEET/HOT PEPPER

LEMON JUICE AND ZEST

- 1 Dry the chickpeas, mix them with olive oil, garlic and lemon juice and zest.
- 2 Place on a baking sheet lined with baking paper.
- 3 Preheat the oven to 200 °C and bake for 30 to 40 minutes until crispy.
- 4 Serve alone or add to a salad.



DINNER

Lemon ricotta pasta with broccoli

WHOLEMEAL/SPELT/
CHICKPEA/LENTIL FUSILLI

OLIVE OIL

GARLIC CLOVE

FROZEN BROCCOLI FLORETS

RICOTTA/COTTAGE CHEESE/
FRESH CHEESE 250 G

PARMESAN CHEESE TABLESPOON

ORGANIC LEMON JUICE AND ZEST

BLACK PEPPER

- 1 Boil the fusilli in salted water.
- 2 Set aside the water in which the fusilli were cooked.
- 3 Heat the olive oil in a pan over low heat and add the chopped garlic.
- 4 As soon as the garlic is fragrant (about 20–30 seconds), add the broccoli florets and sauté briefly, then add the drained fusilli.
- 5 In a bowl, mix the ricotta or cottage cheese or fresh cheese, parmesan, the juice of one lemon, pepper, lemon zest and pour this and the cooking water over the fusilli.
- 6 Stir briefly in the pan and serve.

DAY 3



BREAKFAST

Omelette with baby spinach

EGGS	2
MILK	A LITTLE
BABY SPINACH	A HANDFUL
BELL PEPPER	STRIPS
GRANULATED CHEESE	
AJVAR (ROASTED RED PEPPER AND EGGPLANT SPREAD)	
SPICES – SALT	
PEPPER	

- 1 Sauté baby spinach in a little olive oil.
- 2 Beat eggs with spices and a little milk.
- 3 Before folding the omelette, add strips of pepper and cover.
- 4 Serve with granulated cheese mixed with ajvar.



SNACK

Microwave chocolate banana and honey cake

EGG	1
OAT FLOUR	2-3 TABLESPOONS
BITTER COCOA	
HONEY	
BANANA	
GROUND ALMONDS	2 TABLESPOONS

- 1 Put the egg, oatmeal, cocoa, honey, mashed banana, ground almonds in a cup and microwave on high for about 2 minutes.
- 2 Serve in a cup.



LUNCH

Chicken and rice

CHICKEN BREAST FILLET

OLIVE OIL

ONION

FROZEN VEGETABLES MIX

PURÉED TOMATO

SPICES – SALT, PEPPER, THYME, BASIL, TURMERIC, MINCED GARLIC, PARSLEY, SWEET PAPRIKA

BROWN RICE

- 1 Sauté the sliced onion in a pan.
- 2 Briefly fry the chicken breast fillet.
- 3 Season to taste.
- 4 Add the rinsed brown rice, tomato purée, frozen vegetables mix and water.
- 5 Cover with the lid and simmer until tender.
- 6 Serve.

DESSERT

“Paška Skuta” with figs

FRESH FIGS (IN SUMMER AND AUTUMN, AT OTHER TIMES, DRIED FIGS – SOAK DRIED FIGS IN WATER FOR ABOUT 15 MINUTES BEFORE USE)

“PAŠKA SKUTA” SHEEP

RICOTTA CHEESE

HONEY

- 1 Place the figs in an ovenproof dish. Cover with sheep ricotta cheese and drizzle the cheese with honey. Bake in the covered dish for about 40 minutes at 200 degrees.





SNACK

Toasted wholemeal bread with hummus

DRIED CHICKPEAS OR COOKED
CANNED CHICKPEAS

OLIVE OIL

GARLIC CLOVE

SALT

PEPPER

TAHINI PASTE

LEMON JUICE

WHOLEMEAL BREAD

- 1 Soak the chickpeas overnight, rinse and cook in salted water.
- 2 Grind with a hand blender, adding the cooking water.
- 3 Add garlic, pepper, a tablespoon of tahini paste, lemon juice and olive oil and continue mixing with a hand blender.
- 4 Spread on toasted bread and serve.

DINNER

Eggs and cottage cheese

OLIVE OIL

EGGS 2

SALT

COTTAGE CHEESE

WHOLE GRAIN BREAD

- 1 Heat the olive oil in a pan.
- 2 Add salt to eggs, beat the eggs, and pour the mixture into the pan.
- 3 Cook until the desired color and level of moistness are achieved.
- 4 Serve with cottage cheese and whole-grain bread.



02

Loss of appetite

The group developed small meals, snacks, soft preparations, and familiar dishes intended to make eating more manageable when appetite is low. The original culinary proposals and level of detail have been preserved.

Three-day menu at a glance

DAY 1	DAY 2	DAY 3
BREAKFAST Oatmeal with banana and almonds	BREAKFAST Semolina with cocoa	BREAKFAST Toast with turkey and cheese
SNACK Forest fruit smoothie	SNACK Fruit yoghurt	SNACK Cottage cheese with cream and parsley
LUNCH Cream of pumpkin soup and minced patties	LUNCH Mashed potatoes and fish	LUNCH Pea stew with beef and dumplings
DESSERT Boiled apple with cinnamon	DESSERT Forest fruit cheesecake	DESSERT Strawberry cake and vanilla pudding
SNACK Rice biscuits with yoghurt	SNACK Cookies in milk	SNACK Crackers with chicken and cheese
DINNER Scrambled eggs with cheese	DINNER Rice with vegetables and chicken	DINNER Cream of broccoli soup

DAY 1



BREAKFAST

Oatmeal with banana and almonds

OATMEAL	50 G
MILK	2.5 DL
BANANA	½
HONEY	1 TEASPOON
GROUND ALMONDS	A FEW

- 1 Cook the oatmeal in milk until soft, stir the mashed banana into the warm mixture.
- 2 Serve in a bowl and finally sprinkle with ground almonds and honey.

SNACK

Forest fruit smoothie

FOREST FRUITS	100 G
GREEK YOGHURT	1 CUP
CHIA SEEDS	
WATER	
MILK	

- 1 Put a handful of forest fruits, one glass of Greek yoghurt and a few chia seeds in a blender, and milk and water if necessary.
- 2 Blend everything together and serve in a glass.

LUNCH

Cream of pumpkin soup and minced patties

BUTTERNUT PUMPKIN	150 G
CARROTS	1
POTATOES	1
OLIVE OIL	3 TEASPOONS
MINCED MEAT	300 G
PARSLEY	
PEPPER	
SALT	

- 1 Cook the vegetables and blend with a hand blender and add a little olive oil.
- 2 Season the minced meat with salt, pepper, parsley, then shape it into small palm-sized patties and fry in olive oil.
- 3 Serve the soup in a deep plate and the patties next to it.



DESSERT

Boiled apple with cinnamon

APPLE	1
CINNAMON	1 TEASPOON
SUGAR	1 TEASPOON

- 1 Boil the apple in a little sugared water.
- 2 Cut the apple into slices and sprinkle with a little cinnamon.



SNACK

Rice biscuits with yoghurt

RICE BISCUITS	4
YOGHURT	1 CUP

- 1 Serve 4 rice crackers on a plate (rice crackers drizzled with chocolate/vanilla can also be used) with a cup of yoghurt.



DINNER

Scrambled eggs with cheese

EGGS	1-2
OIL	
CHEESE	
SEMI-WHITE BREAD	
LETTUCE	150 G
OLIVE OIL	3 TEASPOON
BALSAMIC VINEGAR	3 TEASPOON

- 1 Beat the eggs in a bowl and grate the cheese into it.
- 2 Prepare a hot pan with a little oil and make scrambled eggs, stirring frequently.
- 3 Lightly season the lettuce with olive oil, balsamic vinegar and salt.
- 4 Serve on a plate with a slice of semi-white bread.



DAY 2



BREAKFAST

Semolina with cocoa

SEMOLINA	3 SPOONS
COCOA	3 TEASPOONS
MILK	250 ML
SUGAR	TO TASTE

- 1 Cook the semolina in hot milk with a tablespoon of sugar.
- 2 Serve in a deep plate and sprinkle with cocoa.



SNACK

Fruit yoghurt

FRUIT YOGHURT	1
---------------	---



LUNCH

Mashed potatoes and fish

POTATOES	1
FISH FILLET	1
SWISS CHARD	250 G
OLIVE OIL	4 TEASPOONS
SALT	TO TASTE

- 1 Boil the potatoes and swiss chard in salted water, and when cooked, strain.
- 2 Add the potatoes and swiss chard to the pan with warm olive oil and mash them.
- 3 Boil the fish in water, remove the bones and serve with olive oil and mashed swiss chard and potatoes.

DESSERT

Forest fruit cheesecake

PETIT BEURRE BISCUIT	100 G
BUTTER	20 G
FOREST FRUITS	HANDFUL
CREAM CHEESE	100 G
VANILLA SUGAR	TO TASTE
SUGAR	TO TASTE
GELATIN	
WATER	

- 1 Add melted butter to the crushed biscuits and mix well.
- 2 Put a handful of forest fruits, a little water, half a pack of gelatin and a tablespoon of sugar in a pot.
- 3 Boil it all together and leave to cool.
- 4 Add vanilla sugar and a little regular sugar to the cream cheese and mix.
- 5 In a wide bowl, put the crushed biscuits on the bottom, then the cream cheese and finally the forest fruits.
- 6 Serve in a cup.



SNACK

Cookies in milk

PETIT BEURRE BISCUITS	100 G
MILK	2 DCL

- 1 Heat the milk until warm and crumble the biscuits into it.
- 2 Wait for the biscuits to soften and serve.

DINNER

Rice with vegetables and chicken

RICE	100 G
CARROTS	1
ZUCCHINI	½
PEAS	50 G
POTATOES	½
CHICKEN BREAST	150 G
SALT	TO TASTE
PEPPER	
OLIVE OIL	3 TEASPOON

- 1 Cook the rice in salted water.
- 2 Chop the vegetables and cook.
- 3 When everything is cooked, mix everything together and season lightly with salt.
- 4 Season the chicken breasts with salt and pepper and fry them in a pan in olive oil.

DAY 3



BREAKFAST

Toast with turkey and cheese

BREAD	2 SLICE
DRIED TURKEY	20 G
CHEESE	25 G

- 1 Place a slice of dried turkey and cheese on bread and cover with another slice of bread.
- 2 Toast in a toaster and serve warm.

SNACK

Cottage cheese with cream and parsley

COTTAGE CHEESE	100 G
CREAM	50 G
PARSLEY LEAVES	
TOAST	

- 1 Mix the cottage cheese and cream well, chop the parsley leaves and stir them into the mixture.
- 2 Serve with toast.



LUNCH

Pea stew with beef and dumplings

PEAS	150 G
BEEF	200 G
ONION	1
SALT	TO TASTE
PEPPER	
SEMOLINA	100 G
EGGS	1
FLOUR	3 SPOONS
EXTRA VIRGIN OLIVE OIL	3 SPOONS
WATER	1 L
OLIVE OIL	3 SPOONS

- 1 Finely chop the onion and fry in oil, then add the beef, which needs to be chopped into cubes.
- 2 When everything is fried together, add as much water as needed and add the peas.
- 3 Leave everything to cook together.
- 4 While everything is cooking, make the dumplings.
- 5 Add flour, one egg and semolina to a bowl.
- 6 Leave the mixture to thicken a little.
- 7 When the mixture thickens, add it to the stew with a small spoon and season everything with salt and pepper.
- 8 Leave it to cook a little longer and serve lukewarm.



DESSERT

Strawberry cake and vanilla pudding

STRAWBERRIES	200 G
VANILLA PUDDING	50 G
MILK	0.5 L
PETIT BEURRE BISCUITS	300 G
SUGAR	3 TEASPOONS

- 1 Make vanilla pudding and sweeten with sugar.
- 2 Wait for the pudding to cool and start arranging it like this:
petit biscuits – pudding
– strawberries – pudding –
petit biscuits.

SNACK

Crackers with chicken and cheese

CRACKERS	4 PIECES
CHICKEN SLICED	40 G
CHEESE	24 G

- 1 Serve crackers with chicken sliced and cheese.



DINNER

Cream of broccoli soup

BROCCOLI	250 G
POTATOES	1 PIECE
YOGURT	200 G

- 1 Boil the broccoli and potatoes, blend with a hand blender into a homogeneous mixture.
- 2 Serve in a deep plate and pour over the yogurt.

03

Taste changes

The group explored texture, moisture, serving temperature, flavour, and presentation as ways to respond creatively when food tastes different. The original culinary proposals and level of detail have been preserved.

REDUCED, LOST TASTE: increase seasoning, acidity, herbs, spices, strong cheese, different basic tastes, and favour juicy/liquid foods.

DISTORTED, METALLIC, BITTER TASTE: acidic foods may help; meat, fish and eggs may develop unpleasant flavours and can be masked through marinades, fruit, sauces or mixed preparations; cold/lukewarm foods can be better if smell is also altered; strong-smelling foods may be problematic.

Three-day menu at a glance

DAY 1	DAY 2	DAY 3
BREAKFAST Cereal in a glass	BREAKFAST Creamy scrambled eggs with fresh cheese	BREAKFAST Omelette with cheese and toast
SNACK Crackers	SNACK Homemade cherry compote	SNACK Vanilla pudding
LUNCH Oven-baked chicken breast	LUNCH Homemade meatballs in a mild tomato sauce with mashed potatoes	LUNCH Bean stew with pork
DESSERT Carrot cake	DESSERT Old-fashioned baked apples with honey and walnuts	SNACK Fruit salad
SNACK Smoothie		DINNER Baked cheese strudel
DINNER Hot pasta with avocado cream	SNACK Homemade semolina porridge with forest fruits	
	DINNER Old-fashioned “ajnpren” (scorched) soup with a scrambled egg	

DAY 1





BREAKFAST

Cereal in a glass

GREEK YOGHURT	150 G
OATMEAL	30 G
WALNUTS	10 G
HONEY	10 G
PEACH	100 G
MINT	12 G

- 1 Cook oatmeal and walnuts well (mushy texture), peach peeled and finely chopped or lightly cooked.
- 2 Serve in a glass or bowl, garnish with finely chopped peach and mint leaf.

SNACK

Crackers

CORN FLOUR	100 G
SEEDS (FLAX, SUNFLOWER, SESAME, ETC.)	20 G
SALT	1 G
OLIVE OIL	10 G
SPICES AS NEEDED	12 G

- 1 Mix the corn flour, seeds, salt, olive oil, and selected spices into a homogeneous dough.
- 2 Roll the dough out into a thin layer.
- 3 Cut the dough into small cracker-sized pieces.
- 4 Place the crackers on a baking tray lined with baking paper.
- 5 Bake until golden brown and crispy.
- 6 Allow the crackers to cool before serving.
- 7 Serve the crackers at room temperature, alone or with a suitable dip or spread.



LUNCH

Oven-baked chicken breast

CHICKEN BREAST FILLET	150 G
POTATOES	150 G
CARROTS	60 G
ZUCCHINI	80 G
GARLIC	3 G
OLIVE OIL	10 G
LEMON	10 G
ROSEMARY	1 G

- 1 Chicken breast with spices + lemon, carrots, garlic – bake in the oven with the addition of water, boil potatoes and blend into puree (puree = roasted carrots/garlic/rosemary + boiled potatoes).
- 2 Shred or slice the chicken, pour over the roasting juices and make a “teardrop” of puree.



DESSERT

Carrot cake

CARROT	100 G
LEMON	10 G
FLOUR	40 G
MILK	50 G
EGGS	2
YOGHURT	50 G

- 1 Grate the carrots (preferably very finely), mix the eggs, yoghurt and milk, add the flour and grated carrots, add a little lemon zest or juice (according to tolerance).
- 2 Bake in the oven at 180 °C for about 30–35 minutes.
- 3 Cut into circles, decorate.

SNACK

Smoothie

MILK	200 G
STRAWBERRY	100 G
BANANA	80 G
HONEY	10 G
ICE	50 G

- 1 Wash the strawberries and remove the stems.
- 2 Peel the banana and cut it into pieces.
- 3 Place the milk, strawberries, banana, and honey in a blender. Add a few ice cubes if desired.
- 4 Blend until smooth and creamy.
- 5 Serve chilled in a stemmed glass, preferably immediately after preparation. Garnish with a sliced strawberry or another suitable piece of fruit on top.



DINNER

Hot pasta with avocado cream

PASTA	80 G
AVOCADO	100 G
YOGHURT OR COTTAGE CHEESE	30 G
OLIVE OIL	10 G
ZUCCHINI	80 G
LEMON JUICE	10 G
FRESH BASIL OR PARSLEY	3 G
PARMESAN OR ANOTHER STRONGER-FLAVOURED CHEESE, IF TOLERATED	10 G

- 1 Cook the pasta until tender.
- 2 Lightly cook or sauté the zucchini until soft.
- 3 Blend the avocado, yoghurt or cottage cheese, olive oil and a little lemon juice into a smooth cream. Add fresh basil or parsley according to taste.
- 4 Mix the avocado cream and zucchini with the warm pasta.
- 5 Serve in a bowl or deep plate, garnished with crumbled cottage cheese, grated Parmesan or fresh herbs.

DAY 2





BREAKFAST

Creamy scrambled eggs with fresh cheese

EGGS	2
SOUR CREAM OR MILK	30 G
FRESH CHEESE	50 G
OLIVE OIL	5 G
SALT	1 G
PEPPER, IF TOLERATED	0.2 G
FRESH CHIVES OR PARSLEY	3 G
LEMON JUICE	5 G

- 1 Beat two eggs with one tablespoon of sour cream or milk.
- 2 Add finely chopped fresh chives or parsley and a few drops of lemon juice.
- 3 Cook over low heat in a little olive oil, stirring gently. Remove from the heat while the eggs are still soft, shiny and creamy.
- 4 Add crumbled fresh cheese just before serving.
- 5 Serve warm or lukewarm on a small plate, garnished with fresh herbs. Serve with a glass of kefir if tolerated.

SNACK

Homemade cherry compote

CHERRIES	150 G
SUGAR	10 G
WATER	100 G

- 1 Put water and sugar in a pot and bring to a boil.
- 2 Add cherries, reduce heat and simmer gently for 10 to 15 minutes until cherries are soft.
- 3 Cool and serve.



LUNCH

Homemade meatballs in a mild tomato sauce with mashed potatoes

MINCED VEAL, BEEF OR CHICKEN	150 G
BREAD	30 G
MILK	30 G
TOMATO SAUCE	80 G
POTATOES	150 G
MILK OR SOUR CREAM	30 G
CARROTS OR ZUCCHINI	80 G
OLIVE OIL	10 G
SALT	1 G
PEPPER, IF TOLERATED	0.2 G

- 1 Make soft meatballs from ground veal, beef or chicken.
- 2 Add a small amount of bread soaked in milk to keep the meatballs soft and juicy.
- 3 Cook the meatballs gently in a mild homemade tomato sauce. Avoid strong or spicy seasonings.
- 4 Steam or lightly cook the carrots or zucchini until soft.
- 5 Prepare creamy mashed potatoes with milk or sour cream.
- 6 Serve the meatballs with tomato sauce, creamy mashed potatoes and soft cooked vegetables. Serve warm or lukewarm, according to the patient's preference, with water.

DESSERT

Old-fashioned baked apples with honey and walnuts

APPLES	150 G
HONEY	10 G
NUTS OR HAZELNUTS	15 G

- 1 Bake the apples (cored) in the oven until completely soft.
- 2 Fill the inside with a little honey and finely ground walnuts and a little cinnamon (or hazelnuts).
- 3 Serve warm with mint tea.





SNACK

Homemade semolina porridge with forest fruits

SEMOLINA	30 G
MILK OR WATER	200 G
LEMON	5 G
WILD FRUIT	50 G

- 1 Boil thick semolina in water (or milk), cool it down, make a syrup from lemon juice and frozen forest fruits and pour it over the semolina.
- 2 Serve cold or warm with water.



DINNER

Old-fashioned "ajnpren" soup (brown roux soup) with a scrambled egg

FLOUR	40 G
OLIVE OIL	5 G
WATER	50 G
SALT	1 G
PEPPER, IF TOLERATED	0.2 G
EGG	1
FRESH PARSLEY OR CHIVES	3 G
LEMON JUICE	5 G

- 1 Lightly fry one tablespoon of flour in one tablespoon of olive oil until fragrant, taking care not to burn it.
- 2 Gradually add water, stirring well, and bring to a gentle boil.
- 3 Season lightly with salt and pepper, if tolerated.
- 4 Slowly pour the beaten egg into the hot soup while stirring continuously with a fork to create soft egg ribbons.
- 5 Add finely chopped fresh parsley or chives and a few drops of lemon juice just before serving.
- 6 Serve warm or lukewarm in a soup bowl, garnished with a little fresh parsley or chives. Serve with water.

DAY 3



BREAKFAST

Omelette with cheese and toast

EGGS	2
CHEESE (GOUDA, EDAMER OR SOME MILDER CHEESE)	30-40 G
MILK (OPTIONAL, FOR A SOFTER OMELETTE)	1 TABLESPOON
SALT	A PINCH
OLIVE OIL OR BUTTER	1 TEASPOON
TOAST BREAD	2 SLICES

- 1 Beat the eggs in a bowl, add milk and a little salt.
- 2 Grate or cut the cheese into small cubes.
- 3 Heat a pan over medium heat and add oil or butter.
- 4 Pour the egg mixture into the pan.
- 5 When the eggs begin to set, sprinkle cheese over one half of the omelette.
- 6 Cook for another 1-2 minutes until the cheese starts to melt.
- 7 Fold the omelette over the cheese and cook it for another 30 seconds.
- 8 At the same time, toast the bread in a toaster or on a dry frying pan.
- 9 Served warm
- 10 Offer cold yoghurt or fruit with it.



SNACK

Vanilla pudding

VANILLA PUDDING	1 BAG
MILK	500 ML
SUGAR	2-3 TABLESPOONS

- 1 Separate about 100 ml of cold milk and stir in the pudding powder and sugar.
- 2 Heat the remaining 400 ml of milk until boiling.
- 3 Remove from heat and stir in pudding mixture.
- 4 Return to low heat and cook for 1-2 minutes, stirring constantly, until thickened.
- 5 Pour into a bowl or glass and let cool slightly.
- 6 It can be eaten lukewarm or cold.
- 7 If desired, add a few slices of banana, peach or a little cinnamon.

LUNCH

Bean stew with pork

PORK (SHOULDER OR LEG, CUT INTO SMALL CUBES)	250 G
COOKED BEANS	250 G
CARROTS	2
POTATO	1
ONION	1 SMALL
OLIVE OIL	1 TABLESPOON
WATER	800 ML
FRESH PARSLEY	
LEMON JUICE, IF TOLERATED	A LITTLE
FRESH HERBS, SUCH AS PARSLEY OR CHIVES	A PINCH
SALT	A PINCH

- 1 Briefly sauté the finely chopped onion in olive oil.
- 2 Add the pork and cook gently for a few minutes. Avoid excessive browning which may create a stronger meat aroma.
- 3 Add the diced carrots and potatoes and pour in the water.
- 4 Cook gently for about 40 minutes, until the meat is very tender.
- 5 Add the cooked beans and continue cooking for another 10–15 minutes.

6 Towards the end, add a little salt and finely chopped fresh parsley. If tolerated, add a few drops of lemon juice just before serving to freshen the flavour and help reduce the perception of a metallic meat taste.

7 Serve in a small portion, preferably warm or lukewarm rather than very hot if food smells are unpleasant. Serve with a small slice of bread and, if desired, a light cucumber salad. Additional lemon and fresh herbs may be offered separately so the flavour can be adjusted to individual preference.





SNACK

Fruit salad

BANANA	1
APPLE	1
PEAR	1
STRAWBERRIES	A FEW
LEMON JUICE	1 TEASPOON

- 1 Wash and peel the fruit as needed.
- 2 Cut the banana, apple, pear and strawberries into smaller pieces.
- 3 Put everything in a bowl and mix gently.
- 4 If desired, add a few drops of lemon juice to prevent the fruit from darkening.
- 5 Serve fresh and chilled.
- 6 For more protein, you can add a few tablespoons of Greek yoghurt.



DINNER

Baked cheese strudel

COTTAGE CHEESE	150 G
EGG	1
SOUR CREAM	1 TABLESPOON
SALT	A PINCH
READY-MADE PASTRY SHEETS (OR HOMEMADE DOUGH)	100 G
SOUR CREAM	2 TABLESPOONS
CUCUMBER	½
YOGHURT	A LITTLE
OLIVE OIL	A FEW DROPS

- 1 Mix the cottage cheese, egg, one tablespoon of sour cream and a little salt.
- 2 Spread the filling over the pastry sheets and roll up.
- 3 Cut into smaller pieces and place in a lightly greased baking dish.
- 4 Spread the remaining sour cream over the top.
- 5 Bake in an oven preheated to 180 °C for about 25-30 minutes, until lightly golden.
- 6 Thinly slice the cucumber and mix with a little yoghurt and a few drops of olive oil.
- 7 Serve the cheese strudel warm or lukewarm with a small portion of mild cucumber salad on the side. Serve with a glass of yoghurt or kefir, if tolerated.

04

Diarrhoea

The group designed a three-day menu around gentler preparations and selected ingredients. The recipes are reproduced as student work, with only light editorial correction and source checks.

Three-day menu at a glance

DAY 1	DAY 2	DAY 3
BREAKFAST Orange omelette	BREAKFAST Egg white omelette and chamomile tea	BREAKFAST Semolina cooked in lactose-free milk
SNACK Toast and ginger tea	SNACK Banana mousse	SNACK Ham sandwich
LUNCH White fish in papillote	LUNCH Boiled veal with potatoes, carrots and zucchini	LUNCH Boiled hake with boiled potatoes
DESSERT Apple muffins	DESSERT Peach cake	DESSERT Banana and lactose-free yoghurt cake
SNACK Apple pudding	SNACK Apple and quince compote	SNACK Carob tea with toast
DINNER Vegetable and pasta salad	DINNER Toast with zucchini and lactose-free cheese	DINNER Polenta with lactose-free cottage cheese

DAY 1



BREAKFAST

Orange omelette

EGGS	2
CARROTS	20 G
EXTRA VIRGIN OLIVE OIL	
	1 TABLESPOON
SALT (LIMIT)	
TURMERIC POWDER (OPTIONAL)	
WHITE BREAD TOAST	

- 1 Peel and dice the carrots, add to boiling water and cook for five minutes, until tender.
- 2 Drain well and set aside in the refrigerator.
- 3 Blend the eggs with the carrots until you get a smooth orange mixture.
- 4 Add salt to taste and add a little turmeric for a more intense colour.
- 5 Heat the olive oil in a small pan and fry the egg mixture like an omelette (covered to seal it better).
- 6 Serve warm with white bread toast.



SNACK

Toast and ginger tea

WATER	1 LITRE
GINGER	A
THUMB-SIZED PIECE (ABOUT 5 CM)	
LEMONS	1 ½
HONEY	1 TEASPOON
LEMON JUICE	½ LEMON
ZWIEBACK (TOAST CRACKERS)	

- 1 Peel the ginger and slice it into thin slices.
- 2 Bring the water to a boil, remove from the heat, and add the ginger and lemon zest.
- 3 Cover and let steep for 30–60 minutes.
- 4 Strain the tea through a fine strainer and stir in the honey and lemon juice.
- 5 Stir until the honey has dissolved and serve.
- 6 Serve in a cup or glass.

LUNCH

White fish in papillote

HAKE FILLET (OR OTHER WHITE FISH)	150 G
POTATOES	70 G
ZUCCHINI	80 G
ONION	20 G
CARROTS	80 G
LEMON	1 SLICE
PARSLEY	
EXTRA VIRGIN OLIVE OIL	

- 1 Peel and cut the potatoes, zucchini, onion and carrot into thin slices.
- 2 Arrange the vegetables on baking paper as a base, place the fish fillet and add a slice of lemon.
- 3 Drizzle with a little olive oil and, if desired, add a little water or lemon juice for juiciness.
- 4 Seal the baking paper in a package and fold it tightly to keep the steam inside.
- 5 Bake in the oven at 180 °C for about 20–25 minutes, until the fish and vegetables are completely cooked and soft.
- 6 Serving: carefully open the package, sprinkle with chopped parsley, add a little more lemon juice and serve.

DESSERT

Apple muffins

EGG WHITES (6 EGGS)	180 G
FLOUR	60 G
APPLE	1
SALT	A PINCH
OLIVE OIL FOR GREASING THE MOULD	

- 1 Peel and dice the apple.
- 2 Microwave for 1–2 minutes on high in a microwave-safe bowl.
- 3 Set aside.
- 4 Beat the egg whites with a pinch of salt until stiff peaks form.
- 5 Sift the flour and sprinkle over the egg whites.
- 6 Fold in gently with a rubber spatula.
- 7 Lightly flour the apple cubes and add to the mixture (the flour prevents them from sinking to the bottom).
- 8 Grease the silicone moulds with oil.
- 9 Pour the mixture into the moulds.
- 10 Bake the muffins in the oven at 180 °C for 15–20 minutes.
- 11 Serve chilled, with a cup of tea if desired. Can be lightly sprinkled with cinnamon for extra flavour.

SNACK

Apple pudding

APPLES (1 APPLE)	200 G
EGG	1
SKIMMED MILK (LACTOSE-FREE)	
	50 ML
MUFFIN FROM THE PREVIOUS RECIPE OR ANY OTHER SOFT SPONGE CAKE	30 G

- 1 Peel and cut the apple into small pieces.
- 2 Place the apple in a bowl, add a tablespoon of water, cover with a plate and microwave for 4 minutes on maximum power.
- 3 In another bowl, whisk the egg and milk.
- 4 Add the muffin and leave for a few minutes to soak.
- 5 Drain the apple and add it to the mixture.
- 6 Mix everything together.
- 7 Pour the mixture into a silicone mould suitable for the microwave and cook in the microwave for about 2 minutes and 30 seconds on maximum power.
- 8 Cool, remove from the mould and serve with a mint leaf.



DINNER

Vegetable and pasta salad

PASTA	30 G
CARROTS	75 G
ZUCCHINI	75 G
ONION	20 G
BOILED EGG WHITE	1
FRESH CHIVES	
FRESH GINGER	
APPLE CIDER VINEGAR	
EXTRA VIRGIN OLIVE OIL	

- 1 Finely chop the chives and grate a small piece of ginger.
- 2 Lightly drizzle with olive oil and add a few drops of apple cider vinegar.
- 3 Set aside.
- 4 Peel and dice all the vegetables.
- 5 Cook the vegetables with a piece of ginger until soft.
- 6 Drain the vegetables and remove the ginger.
- 7 Cut the cooked egg white into pieces.
- 8 Fill a large pot with water and bring to a boil.
- 9 Cook the pasta according to the instructions on the package.
- 10 Mix the pasta with the other ingredients and season with the prepared spices.
- 8 Serve lukewarm or cold as a light meal. Add a few fresh chives if desired.

DAY 2



BREAKFAST

Egg white omelette and chamomile tea

EGG WHITES	3
OLIVE OIL	1 TEASPOON
SALT	PINCH
CHAMOMILE TEA	1 BAG
WATER	200 ML

- 1 Lightly beat the egg whites, fry in a non-stick pan with a few drops of olive oil until the omelette has a firm structure.
- 2 Pour hot water over the chamomile and leave for 5–10 minutes.



SNACK

Banana mousse

RIPE BANANA	1
LACTOSE-FREE GREEK YOGHURT	100 G

- 1 Blend the banana and yoghurt into a smooth cream and refrigerate before serving.



LUNCH

Boiled veal with potatoes, carrots and zucchini

LEAN VEAL	150 G
MEDIUM POTATOES	2
SMALL CARROT	1
SMALL ZUCCHINI	1
OLIVE OIL	1 TEASPOON
SALT	PINCH

- 1 Cook the veal in water over low heat for 60–90 minutes, until tender.
- 2 Cut the potatoes, carrots and peeled zucchini into larger pieces and cook until tender.
- 3 Drain the vegetables, pour over olive oil and lightly salt.
- 4 Serve with the cooked veal.

DESSERT

Peach cake

LARGE RIPE PEACH (PEELED,
CUT INTO SMALL PIECES, COOKED
UNTIL SOFT AND THOROUGHLY
DRAINED) 1 (ABOUT 150 G)

SEMOLINA 50 G

SMOOTH WHITE FLOUR 100 G

EGGS 2

LACTOSE-FREE MILK OR WATER
(IF NECESSARY) 50–70 ML

BAKING SODA $\frac{1}{2}$ TEASPOON

- 1 Preheat the oven to 180 °C.
- 2 Whisk the eggs in a bowl.
- 3 Add the fine wheat semolina, plain flour and baking soda to the egg mixture.
- 4 If necessary, add lactose-free milk or water to make a thick but pliable mixture.
- 5 Pour the mixture into a small tin lined with baking paper. Leave the batter to rest for 10 minutes, then gently fold in the cooked peach pieces.
- 6 Bake for 25–30 minutes, or until the cake is golden brown and a toothpick inserted into the centre comes out clean.
- 7 Leave to cool before serving.



SNACK

Apple and quince compote

APPLE 1

QUINCE $\frac{1}{2}$

WATER 400 ML

- 1 Peel the fruit, cut into small pieces and cook for a minute until soft.
- 2 Serve lukewarm.



DINNER

**Toast with zucchini
and lactose-free cheese**

WHITE TOAST	2 SLICES
SMALL ZUCCHINI	$\frac{1}{2}$
LOW FAT OR LACTOSE FREE SEMI- HARD OR COTTAGE CHEESE	40-50 G
OLIVE OIL	1 TEASPOON



- 1 Cut the zucchini into thin slices and sauté briefly until soft.
- 2 Arrange the zucchini and lactose-free cheese on slices of white toast and toast in the oven or toaster for 5-7 minutes, until the cheese melts.

DAY 3



BREAKFAST

Semolina cooked in lactose-free milk

WHEAT SEMOLINA	40 G
LACTOSE-FREE MILK	250 ML
CINNAMON	A PINCH

- 1 Heat the milk to boiling.
- 2 Add the semolina, stirring constantly, and cook for a few minutes until it thickens.
- 3 Sprinkle with cinnamon.



SNACK

Ham sandwich

WHITE TOAST	2 SLICES
COOKED HAM	2 SLICES
LOW-FAT COTTAGE CHEESE OR LACTOSE-FREE COTTAGE CHEESE (OPTIONAL)	

- 1 Place the ham on the bread and, if desired, a thin layer of cottage cheese.
- 2 Serve freshly prepared.



LUNCH

Boiled hake with boiled potatoes

HAKE FILLET	150 G
MEDIUM POTATOES	2
OLIVE OIL	1 TEASPOON
FINELY CHOPPED PARSLEY (OPTIONAL)	A LITTLE

- 1 Steam the hake or cook it in water for 10–15 minutes.
- 2 Boil the potatoes in water, drain and drizzle with a few drops of olive oil.
- 3 Serve with the fish.

DESSERT

Banana and lactose-free yoghurt cake

EGGS	2
RIPE BANANA	1
LACTOSE-FREE GREEK YOGHURT	150 G
SMOOTH WHITE FLOUR	2 TABLESPOONS

- 1 Mash the banana and mix with the eggs, yoghurt.
- 2 Add the flour and mix until smooth.
- 3 Pour into a small baking tin lined with baking paper and bake at 180 °C for about 20–25 minutes.



SNACK

Carob tea with toast

WATER	200 ML
CAROB	2 PIECES

- 1 Break the carob into smaller pieces.
- 2 Boil the carob pieces in water and let them sit until morning.
- 3 Then strain through a thick strainer or filter paper.
- 4 Serve with toast.



DINNER

Polenta with lactose-free cottage cheese

CORN POLENTA	60 G
WATER	250 ML
PINCH OF SALT	
LACTOSE-FREE COTTAGE CHEESE	100 G

- 1 Boil water with salt.
- 2 Add polenta and cook, stirring constantly, until smooth and creamy.
- 3 Serve warm with lactose-free cottage cheese.

05

Nausea and vomiting

The group explored chilled drinks, mild foods, small eating occasions, and different textures. The recipes are reproduced as student work, with only light editorial correction and source checks.

Three-day menu at a glance

DAY 1	DAY 2	DAY 3
BREAKFAST Oatmeal pancakes with boiled egg, cream cheese and baby spinach, mint tea	BREAKFAST Light crackers, Semolina porridge with milk and banana	BREAKFAST Greek yoghurt with oatmeal and banana
SNACK Buckwheat crackers with ginger, water/mineral water with lemon	SNACK Cherry ice cream and chamomile tea	SNACK Mild hummus with rice crackers and lemonade
LUNCH Cream of pumpkin and potato soup, braised chicken breast with rice and vegetables, green salad	LUNCH Hake with boiled potatoes and zucchini salad	LUNCH Light chicken soup with carrots, turkey breast with baby spinach and polenta
DESSERT Vanilla pudding with baked apple	DESSERT Cold apple compote	DESSERT Cold strawberry and blueberry smoothie
SNACK Frozen smoothie with yoghurt, walnuts and blueberries (banana)	SNACK Greek yoghurt and fruit mousse	SNACK Petit biscuits and mint tea
DINNER Crispy toast with creamy egg and avocado spread	DINNER Creamy Polenta with Fresh Cottage Cheese	DINNER Rice pudding with cream cheese, almonds and pear

DAY 1



BREAKFAST

Oatmeal pancakes with ham, cheese and baby spinach, mint tea

OAT FLOUR (OAT FLAKES, GROUND)	120 G
MILK	160 G
EGG	2 PCS
BAKING POWDER	6 G
SALT	2 G
BOILED EGG	1 PIECE
CHEESE	80 G
BABY SPINACH	60 G
MINT TEA	
LEMON SLICE	

- 1 Mix oatmeal, egg, milk, baking powder and a little salt and leave the mixture in the refrigerator for half an hour.
- 2 Bake pancakes from the mixture.
- 3 Shred the cream cheese with a fork, sprinkle lightly with salt and add yogurt if necessary to make a spreadable mixture.
- 4 Top the pancakes with cream cheese, boiled egg cut into thin slices and chopped spinach if tolerated, roll up.
- 5 Cool the previously made unsweetened mint tea and serve with a slice of lemon.
- 6 On a plate, cut into rings and decorated with powdered ginger and spinach leaves.



SNACK

Buckwheat crackers with ginger, water/mineral water with lemon

BUCKWHEAT FLOUR	80 G
WHEAT FLOUR	20 G
FLAX, PUMPKIN AND SESAME SEEDS	10 G
WATER	30 G
OLIVE OIL	20 G
BAKING POWDER	4 G
SALT	2 G
SPICES (GINGER OR DILL) AS DESIRED	
ACCOMPANIMENT: WELL-CHILLED WATER + MINERAL (CARBONATED) WATER (RATIO 1:1) WITH A WHOLE, WASHED ORGANIC LEMON CUT INTO PIECES, A MINT LEAF FOR DECORATION	

- 1 Mix flour, ground seeds, salt and spices.
- 2 Add oil and water, knead.
- 3 Roll out between two sheets of baking paper to a thickness of 2–3 mm.
- 4 Cut into desired shapes (squares, rhomboids, sticks).
- 5 Bake for 15 min at 160 °C.
- 6 Cool and store in a dry place.

LUNCH

Cream of pumpkin and potato soup, braised chicken breast with rice and vegetables, green salad

SOUP

BUTTERNUT SQUASH	100 G
POTATOES	15 G
WATER	100 G
OLIVE OIL	10 G
SALT	3 G
TURMERIC	0.5 G

LIGHT COTTAGE CHEESE AND DILL
FOR DECORATION (IF TOLERATED)

CHICKEN WITH RICE AND VEGETABLES

CHICKEN BREAST	120 G
OLIVE OIL	20 G
RICE	60 G
ONION	10 G
CARROT, RINGS	80 G
ZUCCHINI, DICED	100 G

- 1 Boil the pumpkin and potatoes, blend them and season with salt, olive oil and a pinch of turmeric.
- 2 Cook the rice and rinse with cold water.
- 3 Stir-fry the chicken in olive oil, and when it is done, remove it to the side and in the same pan, first lightly sauté the onion, the carrot cut into thin slices. Add the zucchini dices towards the end, lightly salt and season with dill.

- 4 Serve soup in a glass/thermos container (at work) or in a deep plate decorated with a spoonful of cottage cheese; main course on a shallow plate – chicken cut into 1 cm thick slices, stewed vegetables in the middle and two balls of rice on the other side.



DESSERT

Vanilla pudding with baked apple

APPLE	2 PIECES
MILK	200 G
VANILLA PUDDING, POWDER	20 G
OPTIONAL: WALNUTS, CHOPPED	15 G

- 1 The apple is cored and baked in the oven on baking paper.
- 2 In the meantime, cook the lightly sweetened vanilla pudding and pour it into the middle of the apple while it is still liquid.
- 3 Serve in a glass bowl decorated with a fresh mint leaf.



SNACK

Frozen smoothie with yoghurt, walnuts and blueberries (banana)

BANANA	120 G
YOGHURT	150 G
BLUEBERRIES	80 G
WALNUTS	20 G
HONEY	5 G
CINNAMON	1 G

1 Blend all ingredients, pour into a chilled glass and garnish with a blueberry, walnut or mint leaf.



DINNER

Crispy Toast with Creamy Egg and Avocado Spread

WHITE TOAST	2 SLICES
HARD-BOILED EGG	1
RIPE AVOCADO	40 G
OLIVE OIL	1 TEASPOON
LEMON JUICE	A FEW DROPS, IF TOLERATED
SALT	A PINCH
CHIVES OR PARSLEY	OPTIONAL
A FEW SLICES OF PEELED CUCUMBER OR SEVERAL STICKS OF COOKED CARROT	

- 1 Boil the egg until both the white and yolk are fully cooked.
- 2 Mash the avocado and boiled egg with a fork until creamy. Add a small amount of olive oil, a few drops of lemon juice and a little salt.
- 3 Lightly toast the bread, avoiding excessive crispness.
- 3 Spread the mixture evenly over the toast and, if desired, sprinkle with a small amount of finely chopped parsley or chives.
- 4 Serve the toast cut into triangles and arranged on a small plate with a few thin slices of peeled cucumber or sticks of cooked carrot. Serve lukewarm or at room temperature, depending on what the person tolerates better.

DAY 2



BREAKFAST

Crackers, Semolina Porridge with Milk and banana

CRACKERS	
MILK	200 ML
SEMOLINA	25 G
BANANA	½
CINNAMON	A PINCH, IF TOLERATED

Upon waking: 3 crackers and a small amount of water.

- 1 Heat the milk over low heat until it comes to a boil.
- 2 Gradually add the semolina while stirring continuously to prevent lumps from forming.
- 3 Cook over low heat for 35 minutes, stirring occasionally, until smooth and creamy.
- 4 Remove from the heat and allow to cool briefly. Serve lukewarm or chilled, depending on what the person tolerates better.
- 5 Slice the banana into thin rounds and arrange them on top of the semolina. If desired, add a small pinch of cinnamon, provided its aroma does not trigger nausea.
- 6 Serve in a small bowl or wide cup. Arrange a few thin banana slices on top to make the dish visually appealing. No additional sweetener is needed if the banana provides sufficient sweetness.

SNACK

Cherry-mint-chamomile tea ice cream

CHERRIES	A CUP
CHAMOMILE TEA	
MINT	A FEW LEAVES

- 1 Make cherry compote in a pot.
- 2 Make tea and blend it with cherry compote and mint and freeze.



LUNCH

Hake with boiled potatoes and zucchini salad

HAKE FILLET	150 G
POTATOES, DICED	200 G
ZUCCHINI	200 G
EXTRA VIRGIN OLIVE OIL	
LEMON	
PARSLEY	

- 1 The hake is cooked in a hot air fryer with olive oil, salt and some drops of lemon.
- 2 The potatoes are cut into large cubes, and boiled in water. Season with parsley and salt.
- 3 Zucchini is cut into strips and blanched briefly in boiling water, cooled and served with oil and lemon juice.

DESSERT

Cold apple compote

APPLES	2 PIECES
WATER	2 DCL
SUGAR	10 G
LEMON JUICE	½ TEASPOON

- 1 Peel the apple, remove the inedible parts, chop into cubes and boil in slightly sweetened water.
- 2 After cooking, cool well and season with lemon juice.



SNACK

Greek yoghurt and fruit mousse

GREEK YOGHURT OR SKYR	150 G
PEACHES OR PEARS FROM COMPOTE (WELL DRAINED)	100 G
BANANA	1
HONEY (OPTIONAL)	1 TEASPOON

- 1 Blend all ingredients into an airy mousse and chill well before serving.

DINNER

Creamy Polenta with Fresh Cottage Cheese

CORNMEAL (POLENTA)	50 G
WATER	200 ML
FRESH COTTAGE CHEESE	60 G
OLIVE OIL	1 TEASPOON
SALT	A PINCH
FRESH PARSLEY	OPTIONAL

- 1 Lightly salt the water and bring it to a boil.
- 2 Gradually add the cornmeal while stirring continuously to prevent lumps from forming.
- 3 Cook over low heat according to the instructions for the type of polenta used, stirring occasionally, until soft and creamy.
- 4 Remove from the heat and stir in a small amount of olive oil.
- 5 Serve the polenta warm or lukewarm, topped with a few spoonfuls of fresh cottage cheese. Add a small amount of finely chopped parsley if desired.
- 6 Shape the polenta into a small, neat portion on a plate and place the fresh cottage cheese on top. Serve lukewarm, without strong spices or intense aromas.

DAY 3





BREAKFAST

Greek yoghurt with oatmeal and banana

OATMEAL, SMALL	40 G
GREEK YOGHURT	150 G
BANANA, RIPE	1 PC
HONEY	
CINNAMON AS DESIRED	

- 1 Cook the oatmeal with water or herbal tea for 5–7 minutes, stirring occasionally, until you get a thick and creamy porridge.
- 2 When it has cooled down, stir in the Greek yoghurt.
- 3 Cut the banana into slices or mash it and stir it into the porridge.
- 4 If desired, add a little honey and a pinch of cinnamon.

SNACK

Mild hummus with rice crackers

CHICKPEAS, COOKED	100 G
EXTRA VIRGIN OLIVE OIL	10 G
SALT	2 G
LEMON JUICE AS DESIRED	
PARSLEY LEAF	
RICE CRACKERS	

- 1 Blend the chickpeas with oil, salt and lemon juice, adding a little water if necessary.
- 2 Serve with rice crackers.



LUNCH

Light chicken soup with carrots, turkey breast with baby spinach and polenta

CHICKEN BROTH	150 G
CARROTS, DICED	20 G
MILLET	10 G
EXTRA VIRGIN OLIVE OIL	20 G
TURKEY BREAST	150 G
POLENTA	50 G
BABY SPINACH	80 G

- 1 Lightly sauté the carrots and cook for about 10 minutes with the millet in a salted broth.
- 2 Fry the salted and olive oil-coated turkey breasts in a hot air fryer and cut them into slices after cooling.
- 3 Cook the polenta in salted water with a little olive oil (if you can tolerate it).
- 4 Blanch the spinach and season with olive oil and lemon.
- 5 Serve the sliced turkey breast, creamy polenta and blanched baby spinach on a large shallow plate.
- 6 Serve a bowl of warm chicken soup with carrots with the main course.

DESSERT

Cold strawberry and blueberry smoothie

YOGHURT	150 G
STRAWBERRIES	100 G
BLUEBERRIES	100 G

- 1 Blend all ingredients.
- 2 Serve fresh and cold, adding mint as a garnish.



SNACK

Petit biscuits and mint tea

PETIT BEURRE BISCUITS 2-3 PIECES

MINT TEA (HONEY IF NEEDED)

- 1 Brew some mint tea, let it cool, serve with a few cookies.



DINNER

Rice pudding with cream cheese, almonds and pear

ROUND GRAIN RICE	50 G
MILK	150 G
LOW FAT COTTAGE CHEESE	50 G
PEAR, COMPOTE OR BOILED	80 G
ALMONDS, PEELED	10 G

- 1 Cook the rice with a pinch of salt in water and milk until creamy.
- 2 When cool, stir in the cottage cheese and add sugar/honey if desired.
- 3 Place in a bowl and add the cooked pear cut into cubes, garnish with chopped almonds and cinnamon if desired.



Credits

NourishWell – Network for Vocational Education
Enhancing Nutrition in Cancer Patients

Curriculum partners: Institute for Gastroenterological Tumors (IGET);
Fundació Alícia – Alimentació i Ciència; Food Technology School;
Vancho Pitosheski Secondary School of Hospitality and Tourism.

Student recipe collection: vocational students from Food Technology School,
Zagreb, developed as the final Side Effect-Focused Culinary Care Project.

06

SCHOOL CONTRIBUTION

Vancho Pitosheski

Secondary School of Hospitality and Tourism

Ohrid

This section presents three menus developed by vocational students from Vancho Pitosheski Secondary School of Hospitality and Tourism in Ohrid. The source document contains Macedonian text together with an English version; for this cookbook, the recipes have been presented in consistent British English and lightly edited only for spelling, grammar, clarity, units, and book layout. Student ingredients, quantities, energy values, food choices, and culinary ideas have been preserved.

The source labels the three sets as Menu 1, Menu 2, and Menu 3. They are presented here as Day 1, Day 2, and Day 3 to match the structure of the existing NourishWell student cookbook. The source does not identify a specific treatment-related side effect for these menus, so no symptom category has been assigned editorially.

Three-day menu at a glance

DAY 1	DAY 2	DAY 3
BREAKFAST Swiss chard omelette	BREAKFAST Semolina porridge with water	BREAKFAST Oatmeal with blueberries
SNACK Chia pudding with blueberries	SNACK Baked apple	SNACK Fresh apple
LUNCH Vegetable lasagne (vegetarian)	LUNCH Boiled turkey with bulgur	LUNCH Baked salmon with quinoa and broccoli
SNACK Pear	SNACK Fruit smoothie	SNACK Mixed nuts (almonds and cashews)
DINNER Polenta with low-fat cheese	DINNER Zucchini risotto	DINNER Vegetable soup

DAY 1





BREAKFAST

Swiss chard omelette

EGGS	2 (100 G)
SWISS CHARD	50 G
WHOLE-GRAIN BREAD	25 G

- 1 Blanch the Swiss chard in boiling water.
- 2 Beat the eggs and add the blanched Swiss chard.
- 3 Cook the mixture in a non-stick frying pan without oil or seasonings.
- 4 Serve the omelette with the whole-grain bread.

ENERGY VALUE Approximately 310 kcal (student submission).

SNACK

Chia pudding with blueberries

CHIA SEEDS	30 G
OAT MILK	200 ML
BLUEBERRIES	80 G

- 1 Mix the chia seeds with the oat milk and blueberries.
- 2 Leave for 30-60 minutes, until the chia seeds absorb the liquid and the mixture thickens.
- 3 Garnish with fresh blueberries before serving.

ENERGY VALUE Approximately 330 kcal (student submission).



LUNCH

Vegetable lasagne (vegetarian)

LASAGNE SHEETS	2 × 40 G
MUSHROOMS	80 G
ZUCCHINI	80 G
TOMATOES	120 G
MOZZARELLA CHEESE	50 G

- 1 Prepare the vegetable filling in advance as a sauce for the lasagne.
- 2 Arrange a lasagne sheet, add the vegetable filling and a little mozzarella, and repeat the layers if desired.
- 3 Bake for 30-35 minutes at 180 °C, until the cheese is melted and golden brown.

ENERGY VALUE Approximately 480 kcal (student submission).

SNACK

Pear

PEAR	150 G
------	-------

- 1 Wash the pear thoroughly.
- 2 Serve whole or sliced into pieces, according to preference.

ENERGY VALUE Approximately 120 kcal (student submission).



DINNER

Polenta with low-fat cheese

CORNMEAL POLENTA	200 G
LOW-FAT CHEESE	40 G

- 1 Bring water to the boil and gradually add the polenta while stirring.
- 2 Cook for 3-5 minutes, or according to the package instructions, until smooth and creamy.
- 3 Transfer to a plate and top with 40 g low-fat cheese.

ENERGY VALUE Approximately 280 kcal (student submission).



DAY 2



BREAKFAST

Semolina porridge with water

SEMOLINA	40 G
WATER	250 ML
HONEY	1 TABLESPOON

- 1 Bring the water to the boil.
- 2 Gradually add the semolina while stirring continuously and cook for 3–5 minutes, until smooth and creamy.
- 3 Sweeten with one tablespoon of honey.
- 4 If desired, garnish with fresh fruit such as blueberries, raspberries, or sour cherries.

ENERGY VALUE Approximately 240 kcal (student submission).



SNACK

Baked apple

APPLE	150 G
-------	-------

- 1 Bake the apple in a preheated oven at 180 °C for approximately 15 minutes, or until soft and tender.
- 2 Allow to cool slightly before serving.

ENERGY VALUE Approximately 90 kcal (student submission).

LUNCH

Boiled turkey with bulgur

TURKEY BREAST	100 G
BULGUR	120 G

- 1 Boil the turkey breast for approximately 30 minutes, or until fully cooked and tender.
- 2 Cook the bulgur in boiling water for approximately 15 minutes, or according to the package instructions, until soft.
- 3 Serve the turkey and bulgur warm.

ENERGY VALUE Approximately 310 kcal (student submission).

SNACK

Fruit smoothie

APPLE	60 G
CHERRIES, RASPBERRIES, OR BLUEBERRIES	60 G
PLANT-BASED MILK (OAT, ALMOND, OR SOY)	100 ML

- 1 Place all the ingredients in a blender and blend until smooth.
- 2 Serve immediately.

ENERGY VALUE Approximately 120 kcal (student submission).



DINNER

Zucchini risotto

RICE	100 G
ZUCCHINI	100 G

- 1 Cook the rice in boiling water for approximately 15 minutes, or until tender.
- 2 Cut the zucchini into small cubes and boil until soft.
- 3 Combine the cooked rice and zucchini, mix gently, and serve warm.

ENERGY VALUE Approximately 270 kcal (student submission).

DAY 3





BREAKFAST

Oatmeal with blueberries

OATS	50 G
BLUEBERRIES	100 G
PLANT-BASED MILK	150 ML

- 1 Pour the plant-based milk into a saucepan and heat over low heat until it begins to boil.
- 2 Add the oats and half of the blueberries and stir gently for about 1 minute.
- 3 Remove from the heat, transfer to a serving bowl, and top with the remaining blueberries.

ENERGY VALUE Approximately 280 kcal (student submission).

SNACK

Fresh apple

FRESH APPLE

1

- 1 Wash the apple thoroughly.
- 2 Serve whole, sliced into wedges, or cut into a decorative shape, such as a swan.

ENERGY VALUE Approximately 80 kcal (student submission).





LUNCH

Baked salmon with quinoa and broccoli

QUINOA	70 G
BROCCOLI	150 G
SALMON FILLET	120 G

- 1 Place 200 ml water in a saucepan and add the quinoa and broccoli cut into small florets.
- 2 Simmer over low heat for approximately 20 minutes, or until the quinoa and broccoli are tender.
- 3 Wrap the salmon fillet in baking paper, folding the edges to create a sealed parcel.
- 4 Place the parcel in a small baking tray containing 100 ml water and bake for 15 minutes at 180°C.
- 5 Serve the salmon with the quinoa and broccoli.

ENERGY VALUE Approximately 420 kcal (student submission).

SNACK

Mixed nuts (almonds and cashews)

RAW ALMONDS

RAW CASHEW NUTS

- 1 Serve the nuts raw, either separately or mixed together.

ENERGY VALUE Approximately 120 kcal (student submission).



DINNER

Vegetable soup

CARROT	50 G
BROCCOLI	50 G
POTATO	50 G
WATER	300 ML

- 1 Cut all the vegetables into small pieces.
- 2 Cook in 300 ml water over low heat for approximately 20 minutes, or until tender.
- 3 Blend until smooth and serve in a deep bowl.
- 4 Serving: the student source suggests garnishing with a carrot cut into a flower shape and a sprig of fresh parsley.

ENERGY VALUE Approximately 140 kcal (student submission).



RECIPE	MAIN CHECKS TO CONSIDER
SWISS CHARD OMELETTE	Taste changes: too mild/no seasoning. Diarrhoea: wholegrain bread + Swiss chard are not ideal during active diarrhoea. Nausea: egg smell may be problematic for some people.
CHIA PUDDING WITH BLUEBERRIES	Diarrhoea: chia and berries make this a high-fibre preparation.
VEGETABLE LASAGNE	Fatigue: relatively labour-intensive. Diarrhoea: vegetable/fibre load and dairy need review. Nausea: hot tomato, mushroom and melted cheese may be more aromatic/heavy.
PEAR	Loss of appetite: fruit alone is a low-density snack. Diarrhoea: raw pear as written is not ideal; peeled/cooked would fit better.
POLENTA WITH LOW-FAT CHEESE	Loss of appetite: low-fat cheese unnecessarily reduces energy density and dinner lacks vegetables. Diarrhoea: cheese should be selected according to lactose tolerance.
SEMOLINA PORRIDGE WITH WATER	Loss of appetite: low protein/nutritional density if made with water. Diarrhoea: honey and optional fresh berries should be avoided during active diarrhoea.
BAKED APPLE	Loss of appetite: low-density snack on its own. Diarrhoea: specify peeled apple.
BOILED TURKEY WITH BULGUR	Loss of appetite: missing vegetable. Taste changes: plain boiled turkey may accentuate unpleasant protein flavours. Diarrhoea: replace bulgur with a lower-fibre starch.
FRUIT SMOOTHIE	Loss of appetite: potentially low in protein, especially with oat/almond drink. Diarrhoea: raw apple/berries and overall fibre need tolerance testing.

RECIPE	MAIN CHECKS TO CONSIDER
ZUCCHINI RISOTTO	Loss of appetite: no protein-rich component. Taste changes: very mild. Diarrhoea: potentially very suitable if white rice + peeled, well-cooked courgette are used.
OATMEAL WITH BLUEBERRIES	Diarrhoea: oats + blueberries increase fibre. Taste changes: could offer optional flavour enhancement if taste is reduced.
FRESH APPLE	Loss of appetite: fruit alone is a low-density snack. Diarrhoea: raw apple with skin is inappropriate during active diarrhoea. Fatigue: decorative cutting is unnecessary.
BAKED SALMON WITH QUINOA AND BROCCOLI	Fatigue: multi-component preparation. Taste changes: salmon may be problematic with dysgeusia/smell alteration. Diarrhoea: salmon + quinoa + broccoli are poorly suited to the active phase. Nausea: oily fish and broccoli may generate unpleasant smells.
MIXED NUTS	Diarrhoea: nuts are high in fibre and should be avoided during active diarrhoea. Nausea: potentially useful as a small dry snack if tolerated.
VEGETABLE SOUP	Fatigue: cutting/cooking/blending requires some work. Loss of appetite: lacks protein and is low in energy density. Taste changes: very mild. Diarrhoea: replace broccoli with a better-tolerated low-fibre vegetable. Nausea: serve lukewarm if odours are problematic.

NOURISHWELL

Eating through the side effects

AUTHORS

Naum Nikoloski, Nikola Kitanov, Ivona Apostolova, Emanuela Grizoska, Ivona Kocovska, Mario Zdraveski, Antonio Josifoski, Martina Joveska, Aida Ramadan, Leo Jordanoski, Valentin Nikoloski, Stefan Veljanoski, Martin Slaveski, Gjorgi Nastov, Naum Blazeski, Ivona Ilijovska, Gabriela Gjoreska, Ana Stojanoska, Nikola Kraljevski, Mario Anakieski, Severgan Mustafoski, Elena Stamenkoska, Leonid Veleski, Kristijana Veljanoska, Hristijan Jovanoski (Ohrid)

Hanna Grbac, Ema Koledić, Nika Josić, Filip Škvorc, Maja Radić, Mija Crnić, Sara Hadžiosmanagić, Dora Kolar, Dora Rak, Erika Polašek, Eva Stanić, Fatima Mehmedović, Gabrijela Santro, Iva Martinuš, Ivana Pavlic, Klaudija Benić, Klaudija Halar, Korina Jamić, Laura Sertić, Lucija Jerelle, Lucija Matija, Lucija Tomina, Mateo Vasiljević, Magdalena Tomić, Marija Paver, Marta Kaluder, Sara Combaj

PUBLISHER

IGET – Institut za gastroenterološke tumore
(Institute for gastroenterological Tumors)

FOR THE PUBLISHER

Nourishwell – Erasmus plus project

REVIEWS

Ira Renko

ENGLISH TRANSLATION

Vjeko Vacek

PHOTOGRAPHS

Generated based on the dishes description / www.magnific.com

GRAPHIC DESIGN

Ivana Čukelj / We wish to thank the *Iće&piće* magazine for providing the design elements.

PRINTED BY

KERSCHOFFSET d.o.o.

PRINT RUN

50

Zagreb, 2026

COPYRIGHT © 2026 by IGET

ISBN 978-953-7822-42-2



Co-funded by
the European Union

Iget

Erasmus+

alicia



Prehrambeno
Tehnološka
Škola



Funded by the European Union. Views and opinions expressed are, however, those of the author(s) only and do not necessarily reflect those of the European Union or Agency for Mobility and EU Programmes (AMEUP). Neither the European Union nor AMEUP can be held responsible for them.