

A RECIPE COLLECTION · DIANE MURPHY

Eating for Breast Cancer Recovery

Comforting, healing, hearty soups — gentle on the body, generous with nourishment, made for the days you most need to be cared for.

RECIPES

PLUS

SERVES

Six

Bone broth

You first

Diane Murphy

RNCP · ROHP · NUTRITIONIST



Creamy Mushroom Soup

200 CAL · ~2 CUPS · 1 MEAL

Velvet-soft · pureed · gentle on digestion

Use organic butter to avoid pesticides and added hormones. To keep this fully dairy-free, saute the mushrooms in soup stock instead — the flavour stays deep and earthy.

01 INGREDIENTS

- **3 Tbsp** organic butter (or ½ cup soup stock)
- **1** onion, diced
- — sprinkle of sea salt & ground pepper
- **2¼ cups** mushrooms — button, portobello, or cremini, roughly chopped
- **3 sprigs** fresh thyme
- **3 cups** bone broth or soup stock
- **½ tsp** Bragg's or tamari (optional)
- — additional sea salt to taste



02 DIRECTIONS

- 1 Melt butter or warm soup stock on low-medium heat. Add onions and cook until translucent.
- 2 Add salt and pepper, then mushrooms. Coat with butter and let them soften.
- 3 Stir in the fresh thyme.
- 4 Pour in broth and Bragg's. Bring to a boil, then simmer 10–15 minutes.
- 5 Remove from heat. Purée with a hand blender to your preferred consistency — silky, or with texture left in.

WHY THIS SOUP

Mushrooms contain beta-glucans and selenium — nutrients researched for their supportive role in immune function during and after treatment.

Fish & Kale Chowder

392 CAL · ~2 CUPS · 1 MEAL

Hearty · protein-forward · omega-3 rich

If you prefer to skip the fish, the chowder is just as satisfying on its own — or stir in your favourite organic tofu before the final simmer.

01 INGREDIENTS

- **4 Tbsp** organic butter
- **1½ cups** (350ml) onion, chopped
- **1** leek, white to light-green parts, chopped
- **2** large red bell peppers, thinly sliced
- **4 cups** (1L) kale, chopped
- **6 cups** chicken or vegetable stock
- **1** small sweet potato, peeled and cubed
- **2 cups** parsnips, peeled and chopped
- **2 Tbsp** water
- **18 oz** (500g) red snapper, haddock, or sole — bite-sized pieces



02 DIRECTIONS

- 1 In a large pot on low-medium heat, melt butter. Add onions and leeks; cook until soft (about 5 minutes). Stir in peppers and kale.
- 2 Cook and stir for 5 minutes.
- 3 Add broth, sweet potatoes, and parsnips. Bring to a boil.
- 4 Reduce heat and simmer for 15 minutes.
- 5 Purée with a hand blender to your preferred consistency. (No hand blender? Blend 2 cups in a regular blender and return to the pot.)
- 6 Add fish and parsley.
- 7 Simmer over low heat until the fish is just cooked through — about 5 minutes.
- 8 Taste and add sea salt as needed — start with 1 tsp, or season each bowl separately.

Mild Coconut Curry Lentil Soup

396 CAL · ~2 CUPS · 1 MEAL

Plant-protein · turmeric · deeply satisfying

Lentils bring protein, iron, and fibre — a quiet, steady kind of nourishment that keeps you satiated through the afternoon. Turmeric and ginger lean in for warmth and gentle anti-inflammatory support.

01 INGREDIENTS

- **2 Tbsp** coconut oil (or olive oil)
- **1** large onion, chopped
- **2** cloves garlic, minced
- **1 Tbsp** fresh ginger, minced
- **2 Tbsp** tomato paste
- **2 Tbsp** curry powder
- **1 Tbsp** turmeric
- **¼ tsp** black pepper
- **4 cups** GoBio yeast-free vegetable bouillon or homemade stock



02 DIRECTIONS

- 1 In a large pot, heat coconut oil on low-medium heat. Add onions until translucent (about 3 minutes), then add garlic and ginger.
- 2 Add the tomato paste, curry powder, and turmeric. Cook for thirty seconds.
- 3 Pour in broth, diced tomatoes, and lentils. Cover and bring to a boil, then simmer on low heat for 20–30 minutes, until the lentils are very tender. Stir in the coconut milk.
- 4 Add spinach and cilantro. Season with salt to taste.

WHY THIS SOUP

Black pepper paired with turmeric significantly improves curcumin absorption — a small detail that makes the anti-inflammatory benefit far more available to your body.

Mild Curry Squash Soup

310 CAL · ~2 CUPS · 1 MEAL

Vitamin A · vitamin C · potassium

A nutrient-dense, beautifully coloured soup — fibre, vitamin A, vitamin C, potassium, and a quiet supporting cast of minerals. The kind of bowl that makes you feel cared for from the first spoonful.

01 INGREDIENTS

- **3 Tbsp** extra-virgin olive or coconut oil
- **1** medium onion, diced
- **3** cloves garlic, minced
- **1 Tbsp** fresh ginger, minced
- **1 tsp** turmeric powder
- **2 tsp** curry powder
- **4 cups** chicken or vegetable broth
- **1** butternut squash, peeled and cubed
- — handful fresh cilantro



02 DIRECTIONS

- 1 Cook the onions in oil on medium heat until translucent.
- 2 Add garlic and ginger; stir for one minute.
- 3 Add turmeric and curry powder; stir for thirty seconds.
- 4 Pour in broth and squash. Bring to a boil.
- 5 Simmer for 15 minutes, or until the squash is soft.
- 6 Add coconut milk and cilantro.
- 7 Purée with a hand blender (or in a regular blender once cooled). Thin with more broth if needed.
- 8 Season with salt and pepper to taste.

SOURCE NOTE

Adapted from [whfoods.com](https://www.whfoods.com) — kept simple, kept nourishing.

Chicken & Vegetable Soup

202 CAL · ~2 CUPS · 1 MEAL

Restorative · gentle · don't forget the greens

Sometimes nothing hits home like a nourishing bowl of homemade chicken soup. Add as many vegetables as you like — and don't forget the greens.

01 INGREDIENTS

- 1 whole organic chicken, raw
- 6–7 cups water
- 2 bay leaves
- 3 garlic cloves, pressed
- 2 carrots, sliced
- 1 large zucchini, sliced
- 2 celery stalks, chopped
- 3 cups bok choy
- 1 medium-large onion, chopped
- 1 cup mushrooms, sliced



02 DIRECTIONS

- 1 Place the chicken in a large pot with garlic, onions, bay leaves, and any herbs you're using. Add enough water to cover the chicken.
- 2 Bring to a boil, then simmer covered for 1 to 1½ hours.
- 3 Add the remaining vegetables. Cook for 30 minutes with the lid off.
- 4 Remove the chicken bones. Return as much of the meat to the pot as you'd like — set the rest aside for leftovers.
- 5 Season with sea salt and pepper to taste.

A SMALL ADDITION

A good handful of spinach added near the end of cooking lifts the nutritional value — and barely changes a thing about the soup you already love.

Bone Broth

TWO VERSIONS · BEEF & CHICKEN

Slow-simmered · mineral-rich · cup or base

Two simple versions, kept honest. The Instant Pot is faster; a slow stovetop simmer (8–10 waking hours) gives more layered flavour. Both are good.

VERSION A

Beef Bone Broth

Deep, mineral, sweater-weather food.

- **6–8 lbs** grass-fed beef bones — neck, knuckles, marrow, mixed soup bones
- — filtered water
- **½ cup** apple cider vinegar
- **1** onion, quartered
- **3** garlic cloves, pressed and halved
- **1** medium-large carrot, in thirds
- **2** celery stalks, halved
- **2 sprigs** fresh rosemary
- — few sprigs of fresh thyme

VERSION B

Chicken Bone Broth

Lighter and clean — onions and garlic are plenty; veggies optional.

- **4 lbs** mixed chicken bones — carcass, feet, neck
- — filtered water
- **3 Tbsp** apple cider vinegar
- **1** onion, quartered
- **3** garlic cloves, pressed and halved
- **1** medium-large carrot, in thirds (optional)
- **2** celery stalks, halved (optional)
- **2 sprigs** fresh rosemary (optional)
- — few sprigs of fresh thyme (optional)

DIRECTIONS — SAME FOR BOTH

Add water to the pot so it covers the ingredients by an inch. Add vinegar and let sit for one hour. Set the Instant Pot to manual for 120 minutes. Let cool, then strain into mason jars and refrigerate overnight. The next morning, lift off the fat layer and discard. Your broth should be gently jiggling — that's the gelatin, and it means you nailed it. Season with sea salt and pepper to taste.

LET'S TALK · ONE HUMAN, ONE BOWL AT A TIME

If you're living with or recovering from breast cancer — **I'd love to hear from you.**

Food can do quiet, powerful work alongside your medical care. If you'd like personalised support — meal plans built around your treatment phase, your appetite, and what your body is actually telling you — please reach out.

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The right bowl, at the right moment, is its own kind of medicine — quiet, repeatable, and entirely on your terms.

— A NOTE FROM DIANE

The recipes in this booklet are nutritional and culinary support — they are not medical treatment. Please share any meaningful dietary changes with your oncology team, especially if you're managing treatment side effects, medication interactions, or specific clinical guidance. You are the expert on your body. I am here to help you feed it well.