

# *meals for* **managing**

nausea and vomiting





# cooking for nausea or vomiting

**The recipes in this booklet were created by our team of registered dietitians, especially for people affected by nausea and/or vomiting.**

Certain conditions, as well as medications, can make nausea and vomiting worse. The recipes and information within this booklet are designed to help provide some relief from these symptoms. Always talk to your health care team about your symptoms as well.

For more information on the role of nutrition in managing your condition, please visit our website. You'll find tools and resources like shopping lists, meal plans and delicious recipes. Don't miss the *Empower Your Well-Being* section focusing on sleep, stress management and movement. You can find all of this and more at [meijerspecialtypharmacy.com](https://meijerspecialtypharmacy.com)

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### food safety tips

To help keep you and your loved ones free from foodborne illness, we've included food safety tips. These tips are noted in **red font** in both the ingredients and instructions.

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# Basic Overnight Oats

Breakfast

🕒 5 Mins Prep • 4 Hrs (Minimum) Set • 4 Hrs 5 Mins Total    👤 2 Servings

Hot oatmeal gets a make-over with this energy saving, easy-to-make breakfast dish.

## Ingredients

2 Cups Rolled Oats 🍴

Pinch of Salt

1½ Cups Almond Milk

### Optional Toppings

Fresh or Dried Fruit

Nuts

Seeds

Ground Cinnamon, Ground Ginger

## what you'll need

Measuring Cups

Medium-Sized Bowl with Lid

Spoon

## nutritional info

193 Calories    4g Fat

30g Carbs    6g Protein

## allergen swap

**Gluten:** Oats are naturally gluten-free, but for those with celiac disease, look for certified gluten-free oats.

**Nuts:** Replace almond milk with a nut-free milk, such as cow or soy milk.



# Basic Overnight Oats

## instructions

### 1. Wash Hands

Wash hands with soap and warm water.

### 2. Combine Ingredients

Add the oats and salt to a medium-sized bowl. Add milk and mix to combine.

### 3. Refrigerate

Cover with a lid and refrigerate for a minimum of 4 hours or overnight.

### 4. Stir & Enjoy

Once set, stir oats and add more milk, if necessary. Enjoy as is or incorporate other toppings (fresh or dried fruit, nuts, cinnamon, etc.), if desired.

### 5. Wash Hands

Wash hands with soap and warm water.

Recipe created by **Meijer Registered Dietitians**

## Nourishment Note



### ♥ Cool Foods

Cool foods are often better tolerated than warm or hot foods when experiencing nausea. Warm foods generally have more odor, which can also cause queasiness in some people.



### ♥ Bland Foods

Bland foods, such as this oatmeal recipe, may be better tolerated when feeling nauseous.

## fatigue buster

**Ask for Assistance:** Ask a friend or family member to help prepare this dish.





# Lemon Poppy Seed Muffins

Breakfast

🕒 15–20 Mins Prep • 15–25 Mins Cook • 30–45 Mins Total    👤 12 Servings

Light and fresh, these muffins are bursting with citrus flavors in every bite.

## ingredients

- ½ Cup + 1 Tbsp Cane Sugar
- 2 Medium Lemons, zested (scrub lemons under running water before zesting) 🍋
- 1½ Cups White Whole Wheat Flour 🍷
- ¼ Cup Poppy Seeds
- 1½ Tsp Baking Powder
- ¼ Tsp Baking Soda
- ½ Tsp Kosher Salt
- 5 Tbsp Pasteurized, Unsalted Butter, melted & cooled
- ¾ Cup Pasteurized, Plain Greek Yogurt
- 1 Large, Pasteurized Egg
- 1 Tsp Vanilla Extract
- Juice of 1 Lemon (use one you zested) 🍋

## nutritional info

157 Calories    7g Fat  
21g Carbs    4g Protein

## what you'll need

- |                          |                |
|--------------------------|----------------|
| Measuring Cups           | Large Spoon    |
| Measuring Spoons         | Cupcake Papers |
| Cutting Board            | Muffin Tin     |
| Knife                    | Cookie Scoop   |
| Citrus Zester            | Oven Mitts     |
| Small-Sized Mixing Bowl  | Toothpick      |
| Medium-Sized Mixing Bowl | Cooling Rack   |
| Whisk                    |                |

## allergen swap

**Gluten:** Replace the white whole wheat flour with a gluten-free, cup-for-cup version.

**Dairy:** Replace the butter with a dairy-free version; Replace the Greek yogurt with a dairy-free yogurt.

**Eggs:** Replace the egg with an egg replacer such as flax or chia seeds. 1 egg = 1 tablespoon flax or chia seeds mixed with 3 tablespoons of water.



# Lemon Poppy Seed Muffins

## Instructions

### 1. Wash Hands

Wash hands with soap and warm water.

### 2. Preheat Oven

Preheat oven to 375°F. Line muffin tin with papers.

### 3. Combine Dry Ingredients

Combine the sugar and lemon zest in a medium-sized mixing bowl. Whisk the mixture together. Add the flour, poppy seeds, baking powder, baking soda and salt. Whisk until combined.

### 4. Combine Liquid Ingredients

In a small mixing bowl, whisk together the butter, yogurt, egg, vanilla and lemon juice.

### 5. Wash Hands

Wash hands and any surfaces that came in contact with raw egg.

### 6. Combine Dry & Liquid Ingredients

Pour the liquid ingredients into the dry ingredients. Use a large spoon to mix the two together. Stir only until the flour is fully incorporated into the liquid.

### 7. Divide Batter Into Tins

Use a cookie scoop, if available, to evenly divide the batter into 12 muffins.

**Note:** The batter will be thick.

### 8. Bake Muffins

Bake muffins for 16 to 19 minutes, until tops are golden brown and toothpick inserted in the center comes out clean.

### 9. Allow Muffins to Cool

Remove from oven and allow the muffins to cool for 5 minutes in the muffin pan. Then carefully transfer the muffins to a cooling rack to cool completely.

### 10. Wash Hands

Wash hands with soap and warm water.

Recipe adapted from [cookieandkate.com](http://cookieandkate.com)

## Nourishment Note



### ♥ Lemon

Citrus foods, such as lemons and limes, along with other tart-flavored foods, can be easy on the stomach and may help relieve nausea symptoms.



### ♥ White Whole Wheat Flour

White whole wheat flour is made from a white wheat plant. This type of flour produces a mild and less sweet flavor than regular whole wheat flour. Mild-flavored foods are typically better tolerated with nausea.

## fatigue buster

**Ask for Assistance:** Ask a friend or family member to help prepare this recipe.

**Freeze Extra:** Extras can be frozen for up to 3 months.

**Lemon Juice:** Replace the squeezed lemon juice with bottled lemon juice.





# Mint Pesto Linguine with Peas

Dinner

🕒 10 Mins Prep • 12 Mins Cook • 25 Mins Total    👤 4 Servings

Keep nausea at bay with this combination of mint and lemon.

## Ingredients

12 oz Linguine 🍴

1 Cup Peas, fresh or frozen (gently wash fresh peas under running water before using)

1½ Cups Fresh Mint Leaves, packed (gently wash under running water before using) 🍴

¼ Cup Extra Virgin Olive Oil

2 Cloves Garlic

⅓ Cup Pine Nuts

1 Cup Freshly Grated, Pasteurized Parmesan Cheese

1 Lemon, juiced (scrub under running water before juicing) 🍴

## nutritional info

445 Calories    26g Fat

39g Carbs    13g Protein

## what you'll need

Knife

Cutting Board

Food Processor

Large Pot

Measuring Cups

Measuring Spoons

Colander

Large Bowl

Tongs

## allergen swap

**Gluten:** Omit traditional linguine and use gluten-free pasta.

**Nuts:** Omit pine nuts and use sunflower seeds.

**Dairy:** Omit Parmesan cheese and use 3-4 Tbsp nutritional yeast.

# Mint Pesto Linguine with Peas

## instructions

### 1. Wash Hands

Wash hands with soap and warm water.

### 2. Boil Water

Put a large pot of water to boil on the stove over high heat.

### 3. Make Pesto

To a food processor, add the mint, garlic, pine nuts, Parmesan cheese and lemon juice. Process ingredients while slowly adding olive oil. Process until pesto is completely smooth.

### 4. Cook Pasta

Once water is boiling, add pasta and cook according to package directions. Three minutes before pasta is done, add the peas to the water to cook. When pasta and peas have finished cooking, drain in a colander and place in a large bowl.

### 5. Toss Pesto with Pasta & Serve

Toss pesto with pasta and peas using tongs until thoroughly coated. Serve and enjoy.

### 6. Wash Hands

Wash hands with soap and warm water.

Recipe created by **Meijer Registered Dietitians**

## Nourishment Note



### ♥ Mint

Mint has long been a remedy for queasiness. The active ingredient in mint, menthol, may help to relax gastric muscles, reducing nausea.



### ♥ Lemon

Citrus foods, such as lemons and limes, along with other tart-flavored foods, can be easy on the stomach and may help relieve nausea symptoms.



### ♥ Pasta

Low-fiber, slightly bland, carbohydrate-based foods, such as pasta, can be more tolerable on the stomach when feeling queasy.

## fatigue buster

**Ask for Assistance:** Ask a friend or family member to help make this dish.

**Pesto:** Make a double batch of pesto and freeze half for an easy meal at a later date.





# Pasta al Limone

Lunch • Dinner

🕒 5-7 Mins Prep • 15-20 Mins Cook • 20-27 Mins Total

👤 6 Servings

Buttery spaghetti lightly tossed in a lemon-citrus sauce.

## ingredients

**1 Package** Spaghetti, or any pasta noodle 🌱

**2 Tbsp** Pasteurized Butter

**2 Tbsp** Extra Virgin Olive Oil

**¼ Cup** Low-Sodium Vegetable Broth

**3 Tbsp** Bottled Lemon Juice 🌱

**½ Tsp** Dried Basil

Salt, to taste

Pasteurized Parmesan Cheese, for topping (optional)

## what you'll need

Measuring Cups

Measuring Spoons

Small-Sized Sauce Pan

Medium-Sized Pot

Colander

Mixing Spoon

## nutritional info

**256** Calories   **9g** Fat

**37g** Carbs   **6g** Protein

## allergen swap

**Gluten:** Replace the regular noodles with a gluten-free version.

**Dairy:** Replace the butter with a vegan butter or use equal parts Extra Virgin Olive Oil.

# Pasta al Limone

## instructions

### 1. Wash Hands

Wash hands with soap and warm water.

### 2. Cook Pasta

Bring a large pot of salted water to a boil. Cook the pasta according to package instructions. Once cooked, drain pasta then add back to pot.

### 3. Prepare Sauce

While the pasta is cooking, prepare the sauce. Over medium heat, melt the butter in a sauce pan. Add the olive oil, vegetable broth, lemon juice, basil and salt.

### 4. Cook Sauce

Bring to a simmer then reduce heat to medium-low. Cook for about 5-7 minutes, stirring occasionally.

### 5. Add Sauce to Noodles & Serve

Pour sauce over cooked noodles and toss to combine. Noodles can be enjoyed at room temperature or chilled.

### 6. Wash Hands

Wash hands with soap and warm water.

Recipe adapted from [allrecipes.com](https://www.allrecipes.com)

## Nourishment Note



### 🍋 Citrus Foods

Citrus foods, such as lemons and limes, along with other tart-flavored foods, can be easy on the stomach and may help relieve nausea symptoms.



### 🍝 Pasta

Low-fiber, slightly bland, carbohydrate-based foods, such as pasta, can be more tolerable on the stomach when feeling queasy.

## fatigue buster

**Ask for Assistance:** If feeling tired, ask a friend or family member to help prepare this dish.

**Make Extra:** Make a large batch and keep in the fridge to enjoy all week.





# Perfectly Poached Chicken

Lunch • Dinner

🕒 2 Mins Prep • 20 Mins Cook • 22 Mins Total

👤 2 Servings

Nothing is easier and more versatile than perfectly poached chicken.

## ingredients

**2** Boneless, Skinless Chicken Breasts (~6 oz each) (Do not rinse raw poultry) 🇺🇸

**1 Tsp** Peppercorns

**1 Clove** Garlic, peeled and smashed

**½** Onion, peeled and quartered

**1 Sprig** Fresh Thyme (gently wash under running water before using)

**1 Sprig** Fresh Rosemary (gently wash under running water before using)

**1** Bay Leaf

**4 Cups** Low-Sodium Chicken Broth

## what you'll need

Knife

Cutting Board

Measuring Cups

Measuring Spoons

Shallow Pan with Lid

2 Forks (optional)

## nutritional info

**199** Calories   **5g** Fat

**0g** Carbs   **36g** Protein

# Perfectly Poached Chicken

## instructions

### 1. Wash Hands

Wash hands with soap and warm water.

### 2. Add Ingredients to Pan

Place all ingredients in a shallow pan.

### 3. Bring to a Boil

Bring to a boil, then reduce heat and simmer, uncovered, for approximately 5 minutes.

### 4. Wash Hands & Surfaces

Use soap and warm water to wash hands and surfaces that came in contact with raw chicken.

### 5. Turn Off Heat

Turn off heat, cover pan and allow chicken to sit until internal temperature reaches 165°F on a food thermometer, about 15 minutes.

### 6. Slice or Shred Chicken & Enjoy

Remove chicken from pan. When cool enough to handle, slice chicken or shred with two forks. Reserve broth for use in future recipes or serve with chicken. Enjoy!

### 7. Wash Hands

Wash hands with soap and warm water.

Recipe adapted from [spendwithpennies.com](https://spendwithpennies.com)

## Nourishment Note



### Lean Protein

Various studies have found that meals which incorporate a lean protein source, like chicken, may help to significantly reduce or suppress nausea symptoms.

## fatigue buster

**Dried Herbs:** Use 1 tsp each of dried herbs instead of fresh.





# Banana Yogurt Pops

Snack

🕒 10 Mins Prep • 3 Hrs 30 Mins Freeze • 3 Hrs 40 Mins Total

👤 6 Servings

Cool and refreshing, these healthy banana pops will have you returning to the freezer again and again!

## Ingredients

3 Bananas, halved 🍌

1/3 Cup Chopped Almonds

1 Cup Pasteurized, Low-Fat Vanilla Yogurt

1/3 Cup Coconut Flakes

## what you'll need

Knife

Cutting Board

Small Baking Sheet

3 Small Bowls

Butter Knife

Popsicle Sticks

## nutritional info

157 Calories 6g Fat

24g Carbs 3g Protein

## allergen swap

**Dairy:** Omit traditional yogurt and substitute with a dairy-free alternative.

**Nuts:** Omit almonds and top with roasted sunflower seeds.

# Banana Yogurt Pops

## instructions

### 1. Wash Hands

Wash hands with soap and warm water.

### 2. Create Banana Pops

Push a popsicle stick into the cut end of each banana half. Place the banana halves on a baking sheet and freeze until frozen throughout, about 2 hours.

### 3. Add Toppings & Freeze

Place almonds, yogurt and coconut into small bowls. When bananas are frozen through, spread each banana with vanilla yogurt. Sprinkle with chopped almonds and coconut. Repeat with remaining bananas. Place coated bananas back on the baking sheet and return to the freezer for another 1 ½ hours.

### 4. Remove from Freezer & Enjoy

When toppings are frozen, remove banana pops from freezer and enjoy!

### 5. Wash Hands

Wash hands with soap and warm water.

Recipe created by **Meijer Registered Dietitians**

## Nourishment Note



### ♥ Cool Foods

Cool foods are often better tolerated than warm or hot foods when experiencing nausea. Warm foods generally have more odor, which can also cause queasiness in some people.



### ♥ Bananas

Bananas are a key component of the “BRAT” diet that is often used to help fight nausea. BRAT stands for Bananas, Rice, Applesauce and Toast.

## fatigue buster

**Almonds:** Purchase pre-sliced or slivered almonds.





# Cool as a Cucumber Salad

Side

🕒 12 Mins Prep • 0 Mins Cook • 12 Mins Total

👤 6 Servings

Refreshing and cool, this herb-filled salad is a great side item for when your stomach isn't feeling its best.


## Ingredients

**¼ Cup** Pasteurized, Plain Low-Fat Greek Yogurt

**2 Tbsp** Fresh Dill, coarsely chopped (gently wash under running water before chopping)

**½** Lemon, juiced (scrub under running water before juicing)

**1 Tbsp** Extra Virgin Olive Oil

**2 Tbsp** Fresh Mint, coarsely chopped  (gently wash under running water before chopping)

**2 Tsp** Dijon Mustard

**¼ Tsp** Sugar

**2 Cloves** Garlic

**2** Large English Cucumbers, thinly sliced (scrub under running water before slicing)

Salt and Pepper, to taste

## what you'll need

Food Processor

Measuring Cups

Measuring Spoons

Knife

Cutting Board

Large Bowl

Spoon

## nutritional info

**54** Calories

**3g** Fat

**6g** Carbs

**2g** Protein

## allergen swap

**Dairy:** Substitute a plant-based plain yogurt for the plain Greek yogurt.

# Cool as a Cucumber Salad

## instructions

### 1. Wash Hands

Wash hands with soap and warm water.

### 2. Blend Yogurt Dressing

Combine the first 8 ingredients (Greek yogurt–garlic) in a food processor and process until well blended.

### 3. Toss Cucumbers with Dressing & Enjoy

Place the sliced cucumbers in a large bowl and drizzle with yogurt dressing. Toss until evenly coated. Season with salt and pepper, to taste. Enjoy!

### 4. Wash Hands

Wash hands with soap and warm water.

\* This salad should not be made in advance due to the moisture in the cucumbers.

Recipe adapted from [myrecipes.com](https://www.myrecipes.com)

## Nourishment Note



### ♥ Mint

Mint has long been a remedy for queasiness. The active ingredient in mint, menthol, may help to relax gastric muscles, reducing nausea.



### ♥ Cool Foods

Cool food are often better tolerated than warm or hot foods when experiencing nausea. Warm foods generally have more odor, which can also cause queasiness in some people.

## fatigue buster

**Lemon:** Purchase pre-squeezed lemon juice. (¼ Cup = half a lemon)

**Mandoline:** Use a mandoline to quickly and evenly slice cucumbers.





# Crunchy Snack Mix

Snack

🕒 5-7 Mins Prep • 6 Mins Cook • 11-13 Mins + Cool Time Total    👤 10 Servings

Ready in about 15 minutes, this is a tasty snack you can enjoy anytime, anywhere.

## Ingredients

**3 Cups** Corn Chex™ Cereal

**3 Cups** Rice Chex™ Cereal

**3 Cups** Cheerios™

**1 Cup** Mini Pretzels

**1 Cup** Regular-Sized Bagel Chips, broken into small pieces

**5 Tbsp** Pasteurized Butter

**2 Tbsp** Worcestershire Sauce

**1½ Tsp** Seasoned Salt

## Nutritional Info

**178** Calories

**7g** Fat

**26g** Carbs

**3g** Protein

## What You'll Need

Measuring Cups

Measuring Spoons

Small Microwave-Safe Bowl

Large Microwave-Safe Bowl

Mixing Spoon

Paper Towel

2 Large Cookie Sheets

Oven Mitts

## Allergen Swap

**Gluten:** Replace the bagel chips and pretzels with a gluten-free option; some Worcestershire sauces may contain gluten, look for a gluten-free version.

**Fish:** Worcestershire sauce contains fish, replace with a fish-free version.

**Dairy:** Replace the butter with a dairy-free version.

# Crunchy Snack Mix

## instructions

### 1. Wash Hands

Wash hands with soap and warm water.

### 2. Combine Dry Ingredients

In a large, microwave-safe mixing bowl, combine the cereals, pretzels and bagel chips. Set aside.

### 3. Make Sauce

To a small, microwave-safe mixing bowl add butter. Melt in the microwave for about 40-45 seconds. Stir in the Worcestershire sauce and seasoned salt.

### 4. Pour Sauce Over Mixture

Pour sauce over cereal mixture and stir to evenly coat.

### 5. Microwave Snack Mix

Microwave for 6 minutes on a high setting, stirring thoroughly every 2 minutes.

### 6. Let Cool & Enjoy

Carefully remove from microwave and cool in an even layer on two paper towel-lined cookie sheets.

### 7. Wash Hands

Wash hands with soap and warm water.

Recipe adapted from [chex.com](https://www.chex.com)

## Nourishment Note



### 🍷 Carbohydrates

Low-fiber, slightly bland, carbohydrate-based foods, such as this mix, can be more tolerable on the stomach when feeling queasy.

## fatigue buster

**Ask for Assistance:** Ask a friend or family member to help prepare this dish.

**Microwave:** Quickly cooking this recipe in the microwave, as opposed to baking in the oven, helps save time and energy.

**Large Batch:** This recipe makes a large batch that can be enjoyed throughout the week.





# Lemon-Zing Energy Bites

Snack

🕒 15-20 Mins Prep • 0 Mins Cook • 15-20 Mins Total

👤 15 Servings • 3 Bites Serving Size

Tart lemon blends with sweet coconut and dates to create a delectable, yet soothing treat. A perfect grab-and-go snack for when you're feeling under the weather.

## Ingredients

**1 Package (13 oz)** Date Paste  
(puréed dates)

**1 Cup** Rolled Oats

**½ Cup** Sweetened, Shredded  
Coconut Flakes

**2 Tbsp** Chia Seeds

**2** Lemons, zested (scrub lemon under  
running water before zesting) 🍷

Juice from 1 lemon (scrub lemon under  
running water before juicing) 🍷

**1 Tsp** Vanilla Extract

**2 Tbsp** Water

Pinch of Salt

## what you'll need

Measuring Cups

Measuring Spoons

Citrus Zester

Lemon Juicer (optional)

Food Processor or Blender

Cookie Scoop

Spoon

## nutritional info

**313** Calories **7g** Fat

**56g** Carbs **5g** Protein

## allergen swap

**Nuts:** Omit the coconut.

**Gluten:** Oats are naturally gluten-free, but for those with celiac disease, look for certified gluten-free oats.

# Lemon-Zing Energy Bites

## Instructions

### 1. Wash Hands

Wash hands with soap and warm water.

### 2. Blend Ingredients

In a food processor or blender, add all the ingredients. Pulse on high until well-mixed and contents begin to turn into a ball.

### 3. Shape Mixture into Balls

Scoop the mixture out with a cookie scoop or spoon, and shape into 2 tablespoon-sized balls.

### 4. Store

Store in the refrigerator for 1 week, or in the freezer for up to 1 month.

### 5. Wash Hands

Wash hands with soap and warm water.

Recipe adapted from [fitlivingeats.com](https://fitlivingeats.com)

## Nourishment Note



### ♥ Lemon

Citrus foods, such as lemons and limes, along with other tart-flavored foods, can be easy on the stomach and may help relieve nausea symptoms.

## fatigue buster

**Double Batch:** When energy levels are high, make a double batch and freeze to enjoy anytime.

**Lemon Juice:** Replace the fresh lemon juice with a bottled version to cut back on preparation time and kitchen tools used.

**Ask for Assistance:** Ask a friend or family member to help make this recipe.





# Mango Frozen Yogurt

Snack

🕒 5-7 Mins Prep • 0 Mins Cook • 5-7 Mins Total

👤 6 Servings • ½ Cup Serving Size

Cool, creamy and refreshing.  
An enjoyable treat that's not  
overly sweet.

## Ingredients

**4½ Cups** Diced, Frozen Mango (16 oz bag), keep frozen until use

**1½ Cups** Pasteurized Non-Fat, Plain Greek Yogurt 🌱

**¼ Cup** Granulated Sugar

## what you'll need

Measuring Cups

Spatula

Food Processor or Blender

## nutritional info

**111** Calories **1g** Fat

**24g** Carbs **6g** Protein

## allergen swap

**Dairy:** Replace the yogurt with a dairy-free version.

# Mango Frozen Yogurt

## instructions

### 1. Wash Hands

Wash hands with soap and warm water.

### 2. Combine Ingredients

Combine mango, yogurt and sugar into a food processor or blender.

### 3. Blend Until Smooth

Blend on high, scraping down sides as necessary, until mixture is smooth and creamy.  
Enjoy right away!

### 4. Wash Hands

Wash hands with soap and warm water.

Recipe adapted from the book: **Nourish, by Joyce Hendley, M.S.**

## Nourishment Note



### ♥ Frozen Yogurt

When experiencing nausea, cold foods and beverages, such as this snack, are often better tolerated compared to hot foods.

## fatigue buster

**Ask for Assistance:** Ask a friend or family member to help prepare this recipe.

**Frozen Mango:** Frozen mango can also be used in smoothies or enjoyed right out of the freezer bag for a cool snack.





# Quick No-Knead Bread

Breakfast • Lunch  
Dinner • Snack

🕒 4 Hrs 40 Mins Prep & Rising • 45-60 Mins Cook • 5 Hrs Total    👤 8 Servings

Cut bread making time in half  
with this delicious and easy  
no-knead bread!

## ingredients

**3 Cups** Bread Flour

**1 Packet (0.25 oz)** Instant Yeast

**1½ Tsp** Salt

**1½ Cups** Water

Oil, as needed

## what you'll need

Large Bowl

Measuring Cups

Measuring Spoons

Rubber Scraper

Oven Mitts

Plastic Wrap

Heavy Covered Pot (Dutch  
oven, cast iron, enamel, etc.)

## nutritional info

**165** Calories    **0g** Fat

**33g** Carbs    **6g** Protein

## allergen swap

**Gluten:** Swap traditional flour  
for gluten-free flour, however  
quality of bread may be  
compromised.



# Quick No-Knead Bread

## instructions

### 1. Wash Hands

Wash hands with soap and warm water.

### 2. Combine Ingredients & Let Rise

In a large bowl, combine the bread flour, yeast, salt and water. Stir until well blended, dough will look stringy. Cover bowl with plastic wrap and leave to rise, in a warm place, for about 4 hours.

### 3. Fold Dough

Clean and lightly oil a workspace. Take risen dough out of bowl and fold on itself once or twice. Cover loosely with plastic wrap and let rise for an additional 30 minutes.

### 4. Heat Oven & Place Dough in Pot

At least 30 minutes before baking, heat oven to 450°F. Put an empty 6-8-quart heavy covered pot in the oven to preheat. When dough is ready, carefully remove the hot pot from the oven. Slide your hand under the dough and place in pot, seam side up. Carefully shake pan 1-2 times if dough isn't evenly distributed.

### 5. Bake Bread

Cover pot with lid and bake for 30 minutes, remove lid and bake for an additional 15-30 minutes, or until golden brown.

### 6. Let Cool & Enjoy

Cool on rack. Enjoy warm or toasted.

### 7. Wash Hands

Wash hands with soap and warm water.

Recipe adapted from [cooking.nytimes.com](https://cooking.nytimes.com)

## Nourishment Note



### 🍷 Bread

Low-fiber, carbohydrate-based foods, such as white bread, can be more tolerable on the stomach when feeling queasy.



### 🍷 Toast

Toast is a key component of the “BRAT” diet that is often used to help fight nausea. BRAT stands for Bananas, Rice, Applesauce and Toast.

## fatigue buster

**Ask for Assistance:** Have a friend or family member make this bread for you.





# Replenish Pops

Snack

🕒 10 Mins Prep • 3 Hrs Freeze • 3 Hrs 10 Mins Total    👤 8 Popsicle Servings

A deliciously cool way to stay hydrated and keep nausea at bay.

## ingredients

3 Cups 100% Coconut Water 🍹

1 Cup Pasteurized 100% Pineapple Juice

2 Tbsp Honey

¼ Tsp Sea Salt

4 Cups Water

## what you'll need

Measuring Cups

Measuring Spoons

Large Pitcher

Spoon

Popsicle Molds

Popsicle Sticks

## nutritional info

54 Calories    0g Fat

14g Carbs    0g Protein

# Replenish Pops

## instructions

### 1. Wash Hands

Wash hands with soap and warm water.

### 2. Mix Ingredients

Mix all ingredients in a large pitcher until honey and sea salt are completely dissolved.

### 3. Pour Mixture Into Molds & Freeze

Carefully pour mixture into popsicle molds with popsicle sticks. If you don't have popsicle molds, paper cups work well too. Freeze popsicles for at least 3 hours or until frozen through. Remove from freezer and enjoy.

### 4. Wash Hands

Wash hands with soap and warm water.

Recipe created by **Meijer Registered Dietitians**

## Nourishment Note



### Coconut Water

Coconut water helps to hydrate the body and replenish electrolytes that may have been lost due to vomiting.



### Popsicles

It may be easier to tolerate cold foods, rather than warm foods, when feeling nauseous. Warm foods often have stronger odors which can trigger nausea.

## fatigue buster

**Serve as Beverage:** Don't freeze into popsicles, simply serve as a beverage.





# Nausea-Busting Ginger Orange Tea

Drink

🕒 1 Min Prep • 9 Mins Cook • 10 Mins Total

👤 2 Servings

Fresh ginger and orange tea help to beat nausea and soothe an upset stomach.

## ingredients

2 Cups Water

**2-Inch Piece** Fresh Ginger, unpeeled & sliced (¼") (scrub under running water before cutting) 🍷

**1** Navel Orange, halved (scrub under running water before cutting) 🍷

Honey, to taste

## what you'll need

Measuring Cups

Knife

Small Cup

Cutting Board

Small Saucepan

Fine Mesh Sieve

Spoon

## nutritional info

18 Calories

0g Fat

4g Carbs

0g Protein

# Nausea-Busting Ginger Orange Tea

## instructions

### 1. Wash Hands

Wash hands with soap and warm water.

### 2. Slice & Juice Orange

Slice ½ of the orange into rounds. Juice second half of orange into a small cup and set aside.

### 3. Combine Ingredients in Saucepan

In a small saucepan, combine the water, sliced ginger and sliced orange. Heat over high heat. Bring the mixture to a simmer and gently simmer for 5 minutes.

### 4. Serve & Enjoy

Remove saucepan from heat. Pour tea through sieve into mugs. Add half of the orange juice to each mug. Sweeten with honey, to taste. Serve and enjoy hot.

### 5. Wash Hands

Wash hands with soap and warm water.

Recipe adapted from [cookieandkate.com](https://www.cookieandkate.com)

## Nourishment Note



### ♥ Ginger

Ginger has long been used as a remedy to fight against nausea. Gingerol, the bioactive ingredient in ginger, may also be beneficial as an antioxidant and anti-inflammatory agent.



### ♥ Citrus

Citrus foods, such as lemons, limes and oranges, along with other tart-flavored foods, can be easy on the stomach and may help relieve nausea symptoms.

## fatigue buster

**Orange Juice:** Use pre-squeezed orange juice.

**Ginger Paste:** Use ginger paste instead of cutting ginger.





# Watermelon Ginger Cooler

Drink

🕒 5 Mins Prep • 0 Mins Cook • 5-10 Mins Total

👤 1 Large Pitcher • 4 Servings

Sweet watermelon blends with the kick of ginger and refreshing lime to make this the perfect tummy-taming beverage.

## ingredients

**4 Cups** Cubed Seedless Watermelon  
(scrub watermelon under running water before cutting) 🍷

**6 oz** Pasteurized 100% Pineapple Juice

**¼ Cup** Minced Ginger (or 2 Tbsp for a milder ginger flavor) 🍷

Zest of 1 Lime (scrub lime under running water before zesting) 🍷

Juice of 1 Lime, use zested lime 🍷

Ice, for serving 🍷

## what you'll need

Measuring Cups

Cutting Board

Knife

Citrus Zester

Blender or Food Processor

## nutritional info

**52** Calories   **0g** Fat

**12g** Carbs   **1g** Protein

# Watermelon Ginger Cooler

## instructions

### 1. Wash Hands

Wash hands with soap and warm water.

### 2. Combine Ingredients

Combine all ingredients into a blender or food processor.

### 3. Blend

Blend until smooth.

### 4. Serve & Enjoy

Serve immediately over ice.

### 5. Wash Hands

Wash hands with soap and warm water.

Recipe created by **Meijer Registered Dietitians**

## fatigue buster

**Ask for Assistance:** If feeling tired, ask a friend or family member to help prepare this beverage.

**Lime Juice:** Use bottled lime juice instead of freshly squeezed.

**Ginger:** Use refrigerated ginger paste instead of mincing fresh ginger by hand to help reduce the amount of prep work.

## Nourishment Note



### ♥ Ginger

Ginger has long been used as a remedy to fight against nausea. Gingerol, the bioactive ingredient in ginger, may also be beneficial as an antioxidant and anti-inflammatory agent.



### ♥ Watermelon

Watermelon is primarily composed of water and can help prevent dehydration when you're not feeling well. Watermelon also contains important minerals to help your body feel its best, including potassium, vitamin A and vitamin C.



### ♥ Citrus Foods

Citrus foods, such as lemons and limes, along with other tart-flavored foods, can be easy on the stomach and may help relieve nausea.



### ♥ Ice

Cold foods and beverages, such as this drink, are often better tolerated compared to hot foods when experiencing nausea.





## tools to help manage your nausea and vomiting

- 64** Managing with Nutrition
- 65** Clear Liquid Diet
- 66** Full Liquid Diet
- 67** Foods that are Easy on the Stomach

# nausea and vomiting

Nausea happens when you feel “sick to your stomach” or queasy. You may also experience a watery mouth, dizziness or fast heartbeat.

When you don’t feel your best, it can be difficult to get the nourishment that your body needs. A weak appetite can lead to weight loss and may affect your health. It’s important to discuss with your doctor if you are experiencing prolonged nausea.

## Managing with Nutrition:

- Eat small, frequent meals throughout the day. Often this looks like 5 to 6 small meals instead of 3 large meals.
- Do not skip meals or snacks. Even if you don’t feel hungry, you should still eat. An empty stomach can make nausea worse. Set an alarm as a reminder to eat every 2-3 hours.
- Room-temperature and cool foods are often well-tolerated.
- When you’re not feeling well, avoid eating your favorite foods. This may cause you to link them to feeling sick.
- Stay hydrated. Drink liquids throughout the day.
- If you have nausea in the morning, try keeping crackers next to the bed and eat a few before even getting out of bed.
- Try resting after eating.
- Wear loose and comfortable clothing.
- Avoid strong food and drink smells. Strong smelling foods include coffee, fish, onions and garlic.

# clear liquid diet

## Managing Nausea or Vomiting

If you’re experiencing nausea or vomiting, a clear liquid diet may be recommended. This diet includes fluids and foods that are transparent (you can see through them). This diet does not provide enough nutrients to meet your body’s nutrition needs long term. Talk to your doctor or a registered dietitian about when you can go back to your usual diet.

The following foods and beverages may help if you’re experiencing nausea or vomiting and are advised by a healthcare provider to be on a clear liquid diet. If experiencing vomiting, wait until it stops before eating anything.

| Soups                    |
|--------------------------|
| Fat-Free Bone Broth      |
| Fat-Free Chicken Broth   |
| Fat-Free Vegetable Broth |

| Drinks                      |
|-----------------------------|
| Clear, Carbonated Beverages |
| Coffee                      |
| Fruit-Flavored Drinks       |
| Fruit Punch                 |
| Ice Chips                   |
| Sports Beverages            |
| Tea                         |
| Water, Plain                |
| Water with Lemon            |

| Sweets                                  |
|---|
| Fruit Ice, without milk or fruit pieces |
| Hard Candy                              |
| Jello-O®                                |
| Popsicles                               |
| Sorbet, without fruit pieces            |

| Meal Replacements  |
|--|
| Clear Nutritional Supplements (Carnation Instant Breakfast Juice®) |

| Fruit  |
|--|
| Translucent Fruit Juices, without pulp (apple, cranberry, grape) |

\*Avoid use of artificial sweeteners in drinks because there is a risk they could make symptoms worse.



## full liquid diet

### Managing Nausea or Vomiting

A full liquid diet includes mostly liquids (including milk) and some foods with small amounts of fiber. A full liquid diet can provide many of the nutrients your body needs, but it may not give enough vitamins, minerals and fiber. Foods included in a full liquid diet are anything that is liquid or anything that would melt if left at room temperature. Talk to your doctor or a registered dietitian about when you can go back to your regular diet.

The following foods and beverages may help if you're experiencing nausea or vomiting and are advised to be on a full liquid diet. If experiencing vomiting, wait until it stops before eating anything.

| Hot Cereals          |
|----------------------|
| Thin Cream of Wheat® |
| Thin Cream of Rice®  |

| Soups                            |
|----------------------------------|
| Broth (bone, chicken, vegetable) |
| Soup, strained or pureed         |

| Sweets and Snacks                                       |
|---|
| Custard, baked  |
| Frozen Yogurt   |
| Fruit Puree   |
| Ice Cream, without chunks (cookie, fruit or nut pieces) |
| Ice Milk  |
| Milkshakes  |
| Pudding   |
| Sherbet   |
| Sorbet  |
| Yogurt, without nuts, seeds or fruit                    |

| Drinks   |
|--|
| Carbonated Beverages                               |
| Coffee   |
| Fruit Drinks                                       |
| Fruit Punch  |
| Fruit Juice, without pulp                          |
| Lemonade   |
| Limeade  |
| Milk Alternatives (soy milk or nut milk varieties) |
| Milk, Liquid Creamer                               |
| Smoothies  |
| Sports Beverages                                   |
| Tea  |
| Tomato Juice                                       |
| Vegetable Juice                                    |
| Water  |
| Ice Cubes, Ice Chips                               |

| Meal Replacements  |
|--|
| <b>Clear Nutritional Supplements:</b><br>Ensure Clear®           |
| <b>Instant Breakfast Drinks:</b><br>Carnation Instant Breakfast® |
| <b>Liquid Meal Replacements:</b><br>Boost®, Ensure®              |

## easy on the stomach

### Managing Nausea or Vomiting

When you're feeling nauseous it can be challenging to eat. Certain foods can help to calm nausea and some just feel easier sitting in the stomach. Below are foods to eat to stay nourished, even when your stomach is feeling queasy. If you're throwing up, it is best to wait until your vomiting has stopped before eating.

| Beverages                        |
|----------------------------------|
| Clear, Flat Carbonated Beverages |
| Cranberry Juice                  |
| Fruit Punch                      |
| Lemonade                         |
| Limeade                          |
| Sports Drinks                    |
| Tea                              |
| Vegetable Juice                  |
| Water                            |

| Fruits and Vegetables                     |
|---|
| Bananas                                   |
| Canned Fruit (applesauce, peaches, pears) |
| Potatoes, baked or broiled, no skin       |

| Meal Replacements  |
|--|
| <b>Instant Breakfasts:</b><br>Carnation Instant Breakfast®   |
| <b>Liquid Meal Replacement:</b> Ensure®  |
| <b>Clear Nutritional Supplements:</b><br>Resource Breeze®, Carnation Instant Breakfast Juice®, Ensure Clear® |

| Other  |
|--|
| Ginger and Ginger-Flavored Foods (ginger chews, ground ginger, ginger gum, etc.) |

| Proteins   |
|--|
| Chicken or Turkey, baked or broiled without skin |
| Eggs   |
| Fish, poached or broiled                         |

| Desserts and Sweets |
|---------------------|
| Angel Food Cake     |
| Jell-O®             |
| Low-Fat Ice Cream   |
| Lemon Drops         |
| Popsicles           |
| Sherbet             |
| Sorbet              |

| Grains   |
|--|
| Crackers, plain  |
| Noodles, plain   |
| Pretzels   |
| Refined, Cold Cereals (Corn Flakes®, Rice Krispies®, Rice Chex®) |
| Rice   |
| Bread/Toast, plain   |

# we're here for you.

If you have any nutritional questions related to  
nausea and/or vomiting, please email our registered  
dietitians at: [MSP.Dietitians@Meijer.com](mailto:MSP.Dietitians@Meijer.com)



[MeijerSpecialtyPharmacy.com](https://MeijerSpecialtyPharmacy.com)



Nausea/Vomiting