



Chicken Fajita Egg White Frittata

- 1.5 chicken breast
- 1/2 yellow bell pepper
- 1/2 orange bell pepper
- 1/2 onion
- 1 clove garlic
- 2 tsp fajita seasoning
 - cumin (1/4 tsp)
 - cayenne (1/4 tsp)
 - black pepper (1/4 tsp)
 - garlic powder (1/4 tsp)
- 2 cups egg Whites
- 4 egg yolks
- Handful cilantro leaves, torn 1 tsp/serving
- Less than 1 handful shredded cheddar or pepper jack cheese
- 2 tsp olive oil

Sides-

- Wheat Toast 5 thin slices, cut into strips
- 3 cups yellow corn, cooked
- 2 cups black beans, canned
- 1.75 cups potatoes, diced
- 2 tsp olive oil

Nutrition for 1 serving: 645 cal, 76.8 g Carb, 57.8 g Protein, 14 g Fat, 3.8 g Sat fat, 17.3 g Fiber, and 375mg Sodium

*Serves 4-6 people

Instructions:

Frittata:

Preheat oven to 325° and rub inside of skillet with olive oil so the frittata will come out easily. Slice chicken into fajita strips. Heat skillet over medium heat and place chicken strips inside.

Add one of the teaspoons of fajita seasoning and stir. Cook chicken for 3-4 minutes, then add the slices of bell peppers and onions. Add the second teaspoon of fajita seasoning and cook for a few minutes, until the vegetables begin to soften. When the vegetables are almost done, add the chopped garlic and cook for about 30 seconds.

Combine eggs whites and yolks by beating them together

Remove the skillet from the heat and add in the eggs, cilantro, and cheese and give it a stir. Place skillet in the oven and bake for about 30 minutes, or until the eggs are set.

Remove from oven and let cool before slicing.

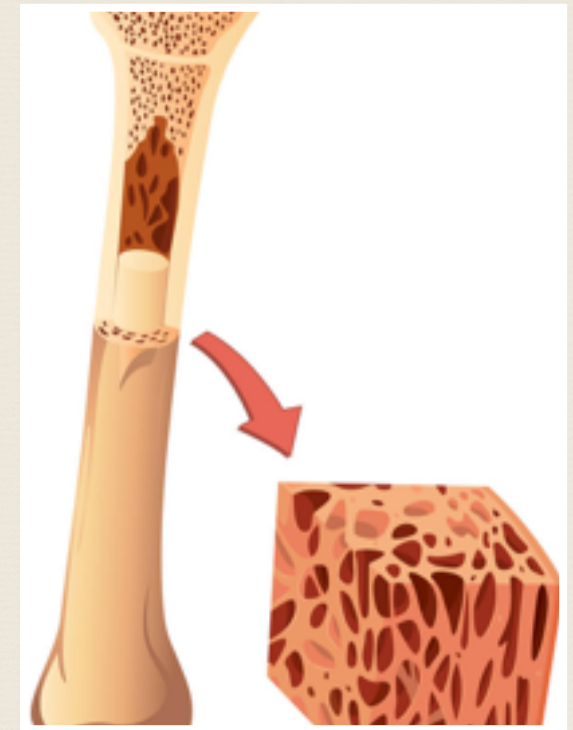
Sides:

Yellow corn and black beans: Heat in separate pots and serve

Potatoes: Coat in 2 teaspoons olive oil and bake for 25 minutes

Wheat Toast: Heat each slice of wheat bread in toaster

BMT: DIET CONCERNS



Basic information about a bone marrow transplant and your post transplant nutrition needs





After a BMT an individual's diet is extremely important in protecting their diminished immunity. To help prevent damaging infections a patient will be put on a low-microbial or neutropenic diet. Some steps on how to follow this are detailed to the right.

Overall, it is important to meet your caloric intake goals to combat wasting and to help provide your body with all necessary nutrients. The most important nutrient to focus on at this time, especially in the first 100 days is protein.

Your dietician will review with you what level of calorie intake is right for you and from that can determine how much protein you need to consume. While it is important to take a daily multivitamin supplement after a BMT some vitamins and minerals may interact with certain medications and thus it is important to also consult your doctor about this.

For more information visit:

<https://medlineplus.gov/ency/article/003009.htm>

<https://www.mskcc.org/cancer-care/patient-education/low-microbial-diet>

BMT AND DIETARY CONCERNS

Bone marrow is the fatty tissue that is inside of your bones. It's primary responsibility is to produce new blood cells. Stem cells are the immature cells in the bone marrow that precede the production of all your different blood cells. In the case that this marrow becomes damaged a bone marrow transplant may become necessary.

FRUITS AND VEGETABLES:

- NO RAW FRESH FRUITS OR VEGETABLES
- FRUIT THAT COMES WITH A THICK SKIN, SUCH AS BANANAS MAY BE EATEN
- COOK ALL FOODS THOROUGHLY BEFORE CONSUMING



MEAT AND DAIRY PRODUCTS:

- NO COLD CUTS OR RAW MEAT/FISH/EGGS PRODUCTS DURING THIS TIME
- AVOID SOFT CHEESES SUCH AS BLUE CHEESE OR BRIE
- LIMIT LACTOSE HEAVY DAIRY PRODUCTS SUCH AS MILK

NO



OK

PROPER SANITATION :

- AVOID WELL WATER
- FOLLOW STRICT SANITATION PROCEDURES SUCH AS WASHING HANDS, CLEANING SURFACES, AND PROPERLY HEATING FOODS
- AVOID EATING OUT

