

# Cooling Cucumber Avocado Protein Bowl



Shared by Jen Nolan of Remission Nutrition

## A refreshing, protein-balanced summer bowl.

This light summer bowl is designed to feel refreshing and easy to eat when heat, fatigue, or treatment-related side effects make appetite low.

### Ingredients

- 1 cucumber, chopped
- 1 avocado, diced
- 1 cup cooked & cooled riced cauliflower
- Handful of chopped arugula
- 1-2 tablespoons pumpkin seeds or hemp hearts
- 1-2 tablespoons extra virgin olive oil
- Juice of 1/2 lemon or lime
- Fresh herbs, such as parsley, mint, basil, or cilantro
- Generous pinch of sea salt
- 4-6 oz lightly grilled chicken or 2 hard-boiled eggs
- Organic ingredients, when possible

### Directions

Add the cucumber, avocado, cauliflower rice, arugula, seeds, and herbs to a bowl. Drizzle with olive oil and lemon or lime juice. Sprinkle with sea salt and gently toss.

Top with lightly grilled chicken or hard-boiled eggs. Serve chilled.

### Why This Supports the Body

Cucumber offers cooling hydration. Avocado provides healthy fats, potassium, and magnesium. Pumpkin seeds or hemp hearts add healthy fat, protein, minerals and crunch. Olive oil supports satiety, while lemon or lime and fresh herbs help brighten flavor without making the meal feel heavy.

Jen recommends adding high-quality protein, such as lightly grilled chicken or hard-boiled eggs, to support steady energy, muscle maintenance, blood sugar balance, and overall nourishment during the cancer journey.

## Gentle Tip

When appetite is low, think small, cool, and nutrient-dense. You do not have to force a large meal.

A chilled, balanced bowl like this can be a simple way to offer your body hydration, minerals, healthy fats, and protein in a more approachable form.

