

Honey Salmon Salad

 Serves 2 |  Prep time 10 min |  Cook time 10–12 min

 Symptom support **High Protein** | **Gentle Digestion** | **Weight Gain**

How this recipe supports cancer health

This recipe supports recovery through a balance of lean protein, omega-3 fatty acids, and antioxidant-rich produce. Salmon provides high-quality protein to rebuild muscle and tissue after treatment, helping preserve strength and support immune repair. The omega-3s (EPA and DHA) found in salmon have been shown to reduce inflammatory markers and may help ease fatigue and joint discomfort linked to certain therapies. The combination of healthy fats and fiber also promotes steady blood sugar and supports a calmer digestive system, which is often disrupted during or after treatment.

Ingredients

- 2 salmon fillets or 1 pouch/can salmon (drained)
- 1 tbsp honey
- 1 tbsp soy sauce (low sodium)
- 1 tsp vinegar or lemon juice
- 1 tbsp olive or sesame oil
- 2 cups mixed greens or spinach
- 1 small zucchini, thinly sliced or spiraled
- ½ cup blackberries or blueberries
- Optional: 2 tbsp chopped cashews or almonds



Instructions

1. If using fillets, whisk honey, soy sauce, vinegar, and oil. Brush over salmon and bake or pan-sear 10–12 minutes, until cooked through.
2. If using canned salmon, mix it with the honey, soy sauce, and vinegar.
3. In a large bowl, toss greens, zucchini, and berries.
4. Top with salmon and sprinkle with cashews.

Vegan Swap

Use tofu or chickpeas instead of salmon for plant-based protein and fiber.

Nutrition Info (per serving)

Approx. 440 kcal | 30g protein | 5g fiber
15g fat | Low sodium

Notes