

An elderly couple is smiling and taking a selfie in a kitchen. The man, on the right, has a white beard and is wearing a red button-down shirt. The woman, on the left, has grey curly hair and is wearing a grey sweater. They are both looking at a white smartphone held by the man. In the foreground, there are fresh vegetables, including leafy greens and carrots, on a wooden cutting board. The background shows wooden kitchen cabinets.

I'M IN

to savor each moment

RECIPE BOOK

 **IMFINZI[®]**
durvalumab
Injection for Intravenous Use 50 mg/mL



This Recipe Book is designed to help you eat well during your treatment journey. It contains nutritious and delicious recipes from The Cancer Wellness Cookbook that can help you get the nutrients you need and manage eating well while undergoing treatment.

Since what you eat can have a big impact on how you feel, maintaining a healthy diet is key!

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TALK WITH YOUR HEALTHCARE TEAM

Everyone has different nutritional needs. Make sure you talk to your doctor about what is right for you. Also, be sure to communicate with your healthcare team any problems you have with eating during treatment. They may suggest seeing a dietitian for more comprehensive nutritional support.



Yogurt Protein Shake

Makes 1 shake

- ½ cup nonfat or low-fat Greek yogurt
- 1½ teaspoons protein powder (made with whey, soy, or egg)
- ½ cup chopped fresh or frozen fruit, such as cherries, berries, peaches, or melon
- 1 banana, sliced
- ¼ cup or more fruit juice
- 1 or 2 pitted dates (optional)

Directions:

Combine all the ingredients in a blender, mixing until smooth. Add more fruit juice, if necessary, to reach the desired consistency.

Per serving:

294 calories, 3 g fat, 10 g protein, 65 g carbohydrates, 5 g fiber, 110 mg sodium



Tasty tip: Protein powders come from different sources, including whey, soy, and rice. Whey is derived from dairy sources, so avoid it if you have problems digesting those foods. Soy provides good-quality protein, equivalent to animal protein.



Banana Bran Muffins

Makes 10 muffins

- | | |
|------------------------------------|------------------------------|
| ½ cup whole wheat pastry flour | 1 ripe banana, mashed |
| ½ cup unbleached all-purpose flour | ¼ cup nonfat or low-fat milk |
| ¼ cup sugar | 2 tablespoons canola oil |
| 2½ teaspoons baking powder | 1½ teaspoons ground cinnamon |
| ½ teaspoon kosher salt | 1 teaspoon vanilla extract |
| 1 cup wheat bran | |
| 1 large egg, well beaten | |

Directions:

- Preheat the oven to 400 degrees Fahrenheit. Spray 10 muffin cups with nonstick cooking spray or line with paper baking cups
- In a large mixing bowl, sift together the whole wheat and all-purpose flours, sugar, baking powder, and salt. Stir in the bran
- Add the egg, banana, milk, oil, cinnamon, and vanilla and stir until just moist
- Pour the batter into the prepared muffin pan, filling each cup halfway
- Bake for 20 to 25 minutes, or until the muffins spring back when touched in the center. Remove from the pan and let cool

Per serving (1 muffin):

125 calories, 4 g fat, 4 g protein, 21 g carbohydrates, 4 g fiber, 264 mg sodium



Breakfast Burritos

Makes 4 servings

- | | |
|--|---|
| 2 teaspoons extra-virgin olive oil | One 15-ounce can nonfat refried beans |
| ½ cup chopped onion | 4 whole wheat tortillas |
| ½ green or red bell pepper, chopped | ½ cup plain nonfat yogurt or low-fat sour cream |
| 2 cloves of garlic, minced | Salsa to taste |
| ½ teaspoon ground cumin | |
| 4 large eggs, beaten (or use 3 egg whites and 1 whole egg) | |

Directions:

- Preheat the oven to 350 degrees Fahrenheit
- In a large skillet, heat the oil over medium heat. Add the onion, bell pepper, and garlic. Sauté until tender. Add the cumin and remove from the heat
- Pour the beaten eggs over the vegetables. Return the skillet to medium heat and carefully stir until the eggs are soft and well scrambled
- Warm the beans in a small saucepan
- Wrap the tortillas in aluminum foil and warm them in the oven for about 10 minutes
- Fill each tortilla with a quarter of the eggs and beans. Top with yogurt or sour cream. Add salsa to taste. Roll up the tortillas, folding in the ends to form burritos. Serve immediately

Per serving (1 burrito):

361 calories, 10 g fat, 20 g protein, 54 g carbohydrates, 12 g fiber, 623 mg sodium



Crispy Mock Chicken Salad

Makes 4 servings

- 2 tablespoons canola or coconut oil
- One 8-ounce package tempeh, crumbled
- 1 cup chopped celery
- ½ cup chopped carrot
- ½ cup minced fresh parsley
- 2 tablespoons finely diced red or yellow onion
- ½ cup low-fat mayonnaise
- ¼ cup raw cashews
- 1 tablespoon currants or raisins
- 1 teaspoon curry powder
- Kosher salt and freshly ground black pepper

Directions:

- Heat the oil in a large heavy pan over medium-high heat. Add the crumbled tempeh to the pan and cook for 3 to 4 minutes, or until crispy and golden brown
- Transfer the tempeh to a large bowl and stir in the remaining ingredients. Season to taste with salt and pepper

Per serving (1 cup):

430 calories, 32 g fat, 17 g protein, 25 g carbohydrates, 3 g fiber, 290 mg sodium



Tasty tip: Choose whole grain breads and cereals. These include high-fiber breads and cereals, brown rice, barley, and oats.



Three-Bean Vegetarian Chili

Makes 6 servings

2 tablespoons extra-virgin olive oil
 ½ cup chopped onion
 4 cloves garlic, minced
 1 green bell pepper, diced
 1 zucchini, diced
 2 tablespoons chili powder
 1 teaspoon ground cumin
 1 teaspoon dried oregano
 One 15-ounce can low-sodium pinto beans
 One 15-ounce can low-sodium black beans
 Half 15-ounce can low-sodium garbanzo beans
 One 15-ounce can tomato sauce
 Hot chilis, chopped
 Grated cheddar cheese

Directions:

- Heat the oil in a Dutch oven or large saucepan over medium heat. Add the onion, garlic, bell pepper, and zucchini and sauté for 5 minutes
- Add the chili powder, cumin, oregano, beans, and tomato sauce. Simmer for 30 minutes to combine the flavors. Season to taste with hot chilis. Serve in bowls with a sprinkling of cheese

Per serving:

338 calories, 7 g fat, 17 g protein, 55 g carbohydrates,
 17 g fiber, 500 mg sodium



Waldorf Salad

Makes 6 to 8 servings

¾ cup plain nonfat yogurt
 ¼ cup low-fat sour cream
 ¼ cup low-fat mayonnaise
 Juice from 1 medium orange (about ¼ cup)
 ¼ teaspoon ground nutmeg
 2 red or Golden Delicious apples, cored and chopped
 2 Fuji or Granny Smith apples, cored and chopped
 2 celery stalks, chopped
 1 cup red or green seedless grapes
 ½ cup walnuts, chopped
 ½ cup raisins
 4 to 6 cups salad greens

Directions:

- To make the dressing, in a small bowl, whisk together the yogurt, sour cream, mayonnaise, orange juice, and nutmeg
- To assemble the salad, in a medium bowl, combine the apples, celery, grapes, walnuts, and raisins
- Toss the dressing with the apple mixture. Chill
- Serve the salad on a bed of greens

Per serving:

205 calories, 8 g fat, 5 g protein, 32 g carbohydrates,
 3 g fiber, 80 mg sodium



Turkey Meat Loaf

Makes 6 servings

- 1 pound ground turkey breast, or ½ pound ground turkey and one 10-ounce package tofu, drained
- 1 medium onion, chopped
- 2 cloves garlic, diced
- 1 medium carrot, peeled and coarsely grated
- ½ cup rolled oats, quick-cooking or regular
- 2 large eggs
- Half 14-ounce can low-sodium stewed tomatoes, chopped or coarsely pureed
- ½ teaspoon freshly ground black pepper (optional)

Directions:

- Preheat the oven to 350 degrees Fahrenheit
- Mix the turkey in a large bowl with the onion, garlic, carrot, oats, and eggs. Add the chopped tomatoes and pepper and stir well
- Shape the mixture into a loaf and transfer to a 9-by-5-inch loaf pan
- Cover the loaf with aluminum foil and bake for 60 minutes. Remove the foil and cook for about 15 minutes more, or until browned. Check that the internal temperature is 160 degrees Fahrenheit
- Let stand 10 minutes before cutting into slices to serve

Per serving (1 slice):

219 calories, 9 g fat, 19 g protein, 15 g carbohydrates, 3 g fiber, 125 mg sodium



Cottage-style Macaroni and Cheese

Makes 4 servings

- 2 cups whole wheat elbow macaroni
- 1 cup low-fat cottage cheese
- 1½ cups grated reduced-fat sharp or extra-sharp cheddar cheese
- ½ cup reduced-fat milk
- ½ onion, minced or pulsed in a food processor
- Salt and freshly ground black pepper

Directions:

- Preheat the oven to 350 degrees Fahrenheit
- In a large pot, cook the macaroni according to package directions. Drain
- Put the macaroni in a mixing bowl. Add the cottage cheese, cheddar, milk, onion, and salt and pepper to taste. Mix well
- Transfer the macaroni to a baking dish and bake for about 30 minutes, or until the cheese is completely melted

Per serving:

374 calories, 11 g fat, 27 g protein, 48 g carbohydrates, 5 g fiber, 251 mg sodium



Tasty tip: Snack smarter. Keep both store-bought and homemade snacks on hand, so you can choose a healthy snack when you feel hungry. Examples of high-protein snacks to help beat that mid-afternoon energy slump include whole-grain crackers or celery with a little peanut butter.



Easy Vegetable Stir-Fry with Black Bean Sauce

Makes 2 servings

- 1 tablespoon peanut oil
- 1 teaspoon chopped fresh ginger
- 1 teaspoon chopped garlic
- One 16-ounce package fresh or frozen stir-fry vegetables
- 4 ounces chopped mushrooms
- 1 tablespoon low-sodium soy sauce
- 1 tablespoon black bean sauce
- 1 teaspoon Asian chili sauce
- ¼ cup low-sodium vegetable stock or water
- 1 teaspoon cornstarch
- 2 tablespoons water
- 2 teaspoons toasted sesame oil
- ¼ cup chopped green onions (optional)

Directions:

- Heat the peanut oil in a wok or large skillet over medium-high heat. Add the ginger and garlic and stir-fry for 30 seconds. Add the vegetables, mushrooms, soy sauce, black bean sauce, chili sauce, and stock. Stir-fry for 3 minutes
- Whisk the cornstarch with the water in a small bowl. Add to the stir-fry, along with the sesame oil. Toss well. Serve and garnish with green onions

Per serving:

190 calories, 12 g fat, 7 g protein, 20 g carbohydrates, 6 g fiber, 480 mg sodium



Chocolate Chip Cookies

Makes 30 cookies

- ½ cup (1 stick) butter or no-trans-fat margarine
- ¼ cup date sugar
- ¼ cup firmly packed brown sugar
- 2 egg whites
- ½ teaspoon vanilla extract
- ¾ cup whole wheat pastry flour
- ¼ cup plus 2 tablespoons oat flour (you can make oat flour by pulsing quick or rolled oats in a blender until it becomes fine)
- ½ teaspoon salt
- ½ teaspoon baking soda
- ½ cup nuts (walnuts or pecans are best), chopped
- ½ cup chocolate chips

Directions:

- Preheat the oven to 375 degrees Fahrenheit
- In a mixing bowl, blend the butter and date and brown sugars together until creamy. Beat in the egg whites and vanilla
- In a separate bowl, sift together the whole wheat and oat flours, salt, and baking soda. Stir into the butter mixture
- Stir in the nuts and chocolate chips
- Drop the dough by teaspoonfuls onto a nonstick baking sheet, spacing them several inches apart. Bake for about 10 minutes

Per serving:

71 calories, 4 g fat, 2 g protein, 9 g carbohydrates, 1 g fiber, 70 mg sodium



Very Berry Fruit Crisp

Makes 6 servings

- 3 cups fresh or frozen berries (raspberries and marionberries are especially good)
- 1 to 2 tablespoons cornstarch
- $\frac{3}{4}$ cup unbleached all-purpose flour
- $\frac{1}{2}$ cup rolled oats (regular or quick-cooking)
- $\frac{1}{2}$ cup nuts (such as pecans, walnuts, almonds, or hazelnuts), chopped
- $\frac{1}{2}$ cup firmly packed brown sugar
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup (1 stick) butter or no-trans-fat margarine
- Vanilla low-fat frozen yogurt

Directions:

- Preheat the oven to 350 degrees Fahrenheit
- Place the berries in an 8-inch square baking dish. Mix in 1 tablespoon cornstarch if using fresh berries, or 2 tablespoons if using frozen
- Combine the flour, oats, nuts, brown sugar, cinnamon, and salt in a mixing bowl. Using clean hands or a fork, work in the butter until the consistency is crumbly. Sprinkle the topping over the berries
- Bake for 45 minutes, or until golden brown and bubbly. Serve warm, topped with frozen yogurt

Per serving:

388 calories, 22 g fat, 5 g protein, 46 g carbohydrates, 2 g fiber, 335 mg sodium



Baked Custard

Makes 5 servings

- 2 cups reduced-fat milk
- $\frac{1}{4}$ to $\frac{1}{2}$ cup honey
- $\frac{1}{8}$ teaspoon salt
- 2 large eggs
- 1 teaspoon vanilla extract
- Ground nutmeg

Directions:

- Preheat the oven to 325 degrees Fahrenheit. Place 5 custard cups into a baking pan
- In a medium saucepan over medium-low heat, warm the milk, honey, and salt, stirring until the honey is dissolved
- In a medium bowl, beat the eggs lightly, then slowly add the warmed milk mixture, whisking constantly. Stir in the vanilla
- Pour the mixture into the custard cups. Sprinkle with nutmeg. Pour hot water around the cups to a depth of 1 inch
- Bake for 45 to 60 minutes. The custard is done when a knife blade inserted in the center comes out clean

Per serving:

142 calories, 4 g fat, 6 g protein, 22 g carbohydrates, 0 g fiber, 126 mg sodium



Tasty tip: Limit high-fat dairy products. Select skim milk, low-fat yogurt, and reduced-fat cheeses.

MORE HEALTHY EATING

There are many resources to help you prepare healthy recipes. Check out the following websites to get ideas for nutritious meals you can make at home.

EAT TO BEAT CANCER

eattobeat.org

This organization works with chefs, scientists, and other experts to help make food part of the fight against cancer. You'll find practical recipes that are simple and delicious.

AMERICAN INSTITUTE OF CANCER RESEARCH (AICR)

AICR.org/healthyrecipes

The AICR offers a whole collection of recipes developed with cancer care in mind.

IMPORTANT SAFETY INFORMATION

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT IMFINZI® (durvalumab) AND IMJUDO® (tremelimumab-actl)?

IMFINZI and IMJUDO are medicines that may treat certain cancers by working with your immune system. IMFINZI and IMJUDO can cause your immune system to attack normal organs and tissues in any area of your body and can affect the way they work. These problems can sometimes become severe or life-threatening and can lead to death. You can have more than one of these problems at the same time. These problems may happen anytime during treatment or even after your treatment has ended.

Call or see your healthcare provider right away if you develop any new or worsening signs or symptoms, including:



Lung problems: cough, shortness of breath, and chest pain



Intestinal problems: diarrhea (loose stools) or more frequent bowel movements than usual; stools that are black, tarry, sticky, or have blood or mucus; and severe stomach-area (abdomen) pain or tenderness



Liver problems: yellowing of your skin or the whites of your eyes, severe nausea or vomiting, pain on the right side of your stomach area (abdomen), dark urine (tea colored), and bleeding or bruising more easily than normal



Hormone gland problems: headaches that will not go away or unusual headaches; eye sensitivity to light; eye problems; rapid heartbeat; increased sweating; extreme tiredness; weight gain or weight loss; feeling more hungry or thirsty than usual; urinating more often than usual; hair loss; feeling cold; constipation; your voice gets deeper; dizziness or fainting; and changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness



Kidney problems: decrease in your amount of urine, blood in your urine, swelling of your ankles, and loss of appetite

For additional Important Safety Information, please see pages 18-22.

IMPORTANT SAFETY INFORMATION (cont'd)



Skin problems: rash; itching; skin blistering or peeling; painful sores or ulcers in mouth or nose, throat, or genital area; fever or flu-like symptoms; and swollen lymph nodes



Pancreas problems: pain in your upper stomach area (abdomen), severe nausea or vomiting, and loss of appetite



Problems can also happen in other organs and tissues. These are not all of the signs and symptoms of immune system problems that can happen with IMFINZI and IMJUDO. Call or see your healthcare provider right away for any new or worsening signs or symptoms, which may include: Chest pain, irregular heartbeats, shortness of breath or swelling of ankles; confusion, sleepiness, memory problems, changes in mood or behavior, stiff neck, balance problems; tingling, numbness or weakness of the arms or legs; double vision, blurry vision, sensitivity to light, eye pain, changes in eye sight; persistent or severe muscle pain or weakness, muscle cramps, joint pain, joint stiffness or swelling; and low red blood cells and bruising



Infusion reactions that can sometimes be severe or life-threatening. Signs and symptoms of infusion reactions may include: chills or shaking, itching or rash, flushing, shortness of breath or wheezing, dizziness, feel like passing out, fever, and back or neck pain



Complications, including graft-versus-host disease (GVHD), in people who have received a bone marrow (stem cell) transplant that uses donor stem cells (allogeneic). These complications can be serious and can lead to death. These complications may happen if you underwent transplantation either before or after being treated with IMFINZI. Your healthcare provider will monitor you for these complications

Getting medical treatment right away may help keep these problems from becoming more serious. Your healthcare provider will check you for these problems during your treatment with IMFINZI and IMJUDO. Your healthcare provider may treat you with corticosteroid or hormone replacement medicines. Your healthcare provider may also need to delay or completely stop treatment with IMFINZI and IMJUDO if you have severe side effects

Before you receive IMFINZI and IMJUDO, tell your healthcare provider about all of your medical conditions, including if you:

- have immune system problems such as Crohn's disease, ulcerative colitis, or lupus
- have received an organ transplant
- have received or plan to receive a stem cell transplant that uses donor stem cells (allogeneic)
- have received radiation treatment to your chest area
- have a condition that affects your nervous system, such as myasthenia gravis or Guillain-Barré syndrome
- are pregnant or plan to become pregnant. IMFINZI and IMJUDO can harm your unborn baby

Females who are able to become pregnant:

- Your healthcare provider will give you a pregnancy test before you start treatment with IMFINZI and IMJUDO.
- You should use an effective method of birth control during your treatment and for 3 months after the last dose of IMFINZI and IMJUDO. Talk to your healthcare provider about birth control methods that you can use during this time.
- Tell your healthcare provider right away if you become pregnant or think you may be pregnant during treatment with IMFINZI and IMJUDO.
- are breastfeeding or plan to breastfeed. It is not known if IMFINZI and IMJUDO pass into your breast milk. Do not breastfeed during treatment and for 3 months after the last dose of IMFINZI and IMJUDO.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

For additional Important Safety Information, please see pages 17 and 20-22.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF IMFINZI AND IMJUDO?

IMFINZI and IMJUDO can cause serious side effects (see above):

The most common side effects of IMFINZI when used alone in adults with NSCLC that cannot be removed by surgery include cough, feeling tired, inflammation in the lungs, upper respiratory tract infections, shortness of breath, and rash.

The most common side effects of IMFINZI when used with platinum-containing chemotherapy in adults with NSCLC that can be removed by surgery include low red blood cells (anemia), nausea, constipation, feeling tired, muscle or bone pain, and rash.

The most common side effects of IMFINZI when used in combination with IMJUDO and platinum-containing chemotherapy in adults with metastatic NSCLC include nausea, feeling tired or weak, muscle or bone pain, decreased appetite, rash, and diarrhea.

The most common side effects of IMFINZI when used alone in adults with limited-stage small cell lung cancer (LS-SCLC) include inflammation in the lungs and feeling tired or weak.

The most common side effects of IMFINZI when used with other anticancer medicines in adults with extensive-stage small cell lung cancer (ES-SCLC) include nausea, hair loss, and feeling tired or weak.

The most common side effects of IMFINZI when used with other anticancer medicines in adults with biliary tract cancer (BTC) include feeling tired, nausea, constipation, decreased appetite, stomach (abdominal) pain, rash, and fever.

The most common side effects of IMFINZI and IMJUDO in adults with unresectable hepatocellular carcinoma (uHCC) include rash, diarrhea, feeling tired, itchiness, muscle or bone pain, and stomach (abdominal) pain.

The most common side effects of IMFINZI when used with

For additional Important Safety Information, please see pages 17-19 and 22.

carboplatin and paclitaxel in adults with endometrial cancer

include inflammation of the nerves causing numbness, weakness, tingling or burning pain of the arms and legs, muscle or bone pain, nausea, hair loss, feeling tired, stomach (abdominal) pain, constipation, rash, decreased level of magnesium in the blood, increased liver function tests, diarrhea, vomiting, cough, decreased level of potassium in the blood, shortness of breath, headache, and increased level of alkaline phosphate in the blood.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of IMFINZI and IMJUDO. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects related to AstraZeneca products. If you prefer to report these to the FDA, either visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

WHAT ARE IMFINZI AND IMJUDO?

IMFINZI and IMJUDO are prescription medications that may treat certain cancers.

IMFINZI is used to treat adults with **a type of lung cancer called NSCLC.**

- IMFINZI may be used alone when your NSCLC has not spread outside your chest, cannot be removed by surgery, **and** has responded or stabilized with initial treatment with chemotherapy that contains platinum, given at the same time as radiation therapy.
- IMFINZI may be used in combination with chemotherapy that contains platinum prior to surgery and alone after surgery when your NSCLC is able to be removed by surgery, **and** your tumor does not have an abnormal "EGFR" or "ALK" gene.
- IMFINZI may be used in combination with IMJUDO and chemotherapy that contains platinum when your NSCLC has spread to other parts of your body (metastatic) **and** your tumor does not have an abnormal "EGFR" or "ALK" gene.

IMPORTANT SAFETY INFORMATION (cont'd)

IMFINZI is used to treat adults with **a type of lung cancer called SCLC**.

- IMFINZI may be used alone when your LS-SCLC cannot be removed by surgery **and** has responded or stabilized after initial treatment with chemotherapy that contains platinum, given at the same time as radiation therapy.
- IMFINZI may be used with the chemotherapy medicines etoposide and either carboplatin or cisplatin as your first treatment when your SCLC has spread within your lungs or to other parts of the body (extensive-stage small cell lung cancer, or ES-SCLC).

IMFINZI is used to treat adults with **a type of cancer called BTC**, including cancer of the bile ducts (cholangiocarcinoma) and gallbladder cancer. IMFINZI may be used in combination with chemotherapy medicines gemcitabine and cisplatin when your BTC has spread to nearby tissues (locally advanced), **or** has spread to other parts of the body (metastatic).

IMFINZI is used in combination with IMJUDO to treat adults with **a type of liver cancer that cannot be removed by surgery (unresectable hepatocellular carcinoma or uHCC)**.

IMFINZI is used in combination with the chemotherapy medicines carboplatin and paclitaxel followed by IMFINZI alone to treat adults with **a type of uterine cancer called endometrial cancer** that has spread (advanced) or has come back (recurred) and a laboratory test shows that your tumor is mismatch repair deficient (dMMR).

It is not known if IMFINZI and IMJUDO are safe and effective in children.

Please see additional Important Safety Information throughout and Full Prescribing Information including Medication Guide for IMFINZI and IMJUDO.

**For additional Important Safety Information,
please see pages 17-21.**



**AstraZeneca wants you
to have the best support
options available**

The AstraZeneca Access 360™ program
can help you get started with IMFINZI.

For more information:

Call 1-844-ASK-A360 (1-844-275-2360),

Monday-Friday from 8 AM–6 PM ET

Visit [MyAccess360.com](https://myaccess360.com).



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