

High Calorie High Protein Meal Ideas

Maintaining your weight during and after cancer treatment is an important part of taking care of your health. When you have cancer and when you're undergoing cancer treatment, your body needs more energy. You may also have a poor appetite or difficulty eating which can reduce the energy you give your body.

Incorporating high calorie, high protein foods when you do eat will close this energy gap and help you maintain your weight during and after treatment.

Fruits and Vegetables

Fruits and vegetables are rich sources of vitamins, minerals and fiber. Canned and frozen fruits and vegetables are comparable nutritionally to fresh and can be less expensive and readily available at grocery stores, convenience stores, food banks and more.

Ways to add energy and protein to fruits and vegetables:

- Use nut/seed butter as a dip for fruit and vegetables
- Add butter or vegetable oil to cooked vegetables
- Pair fruit with cheese or whole milk yogurt
- Blend fruit and/or vegetables into a smoothie with nut/seed butter and whole milk (add heavy cream or half & half if additional energy is needed)

Grains

Grains provide the body with energy, vitamins and minerals, and fiber. Examples include:

- Rice
- Pasta
- Oats
- Quinoa
- Bread
- Fortified cereals

Ways to add energy and protein to grains:

- Add nut/seed butters to oatmeal, bread, crackers
- Add vegetable oils or butter to pasta, rice, breads, crackers
- Use whole fat dairy milk when baking or eating cereal or oatmeal
- Top whole milk yogurt with granola or other cereal
- Pair beans with rice and add butter and/or vegetable oil
- Serve pasta with ground beef, chicken, Italian sausage, tempeh; coat pasta with oil or butter prior to topping with protein and sauce

Fats

Fats can add more energy to your diet and help food taste good/better.

Ways to add fat to foods:

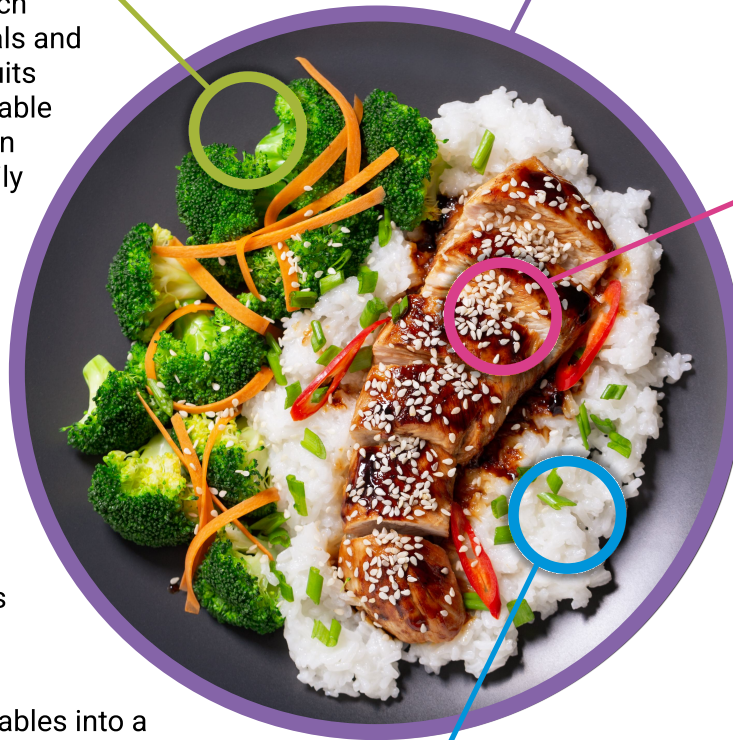
- Sauces
- Butter & oils (vegetable, canola, olive, avocado)
- Use full fat dairy products

Protein

Protein is found in foods like fish, poultry, meat, tofu, tempeh, eggs, dairy, nuts and nut butters, beans, peas, and lentils.

Lower cost foods that are high in protein include:

- Canned beans
- Canned fish (choose canned *in oil* for more calories)
- Canned chicken (use in salads, soups or sandwiches)
- Nut and seed butters
- Dairy products
- Frozen edamame

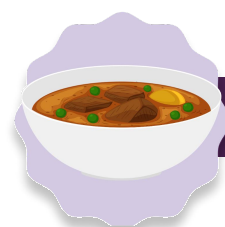


Easy Meal & Snack Ideas



Incorporate high calorie, high protein food into dishes.

- Melt or grate cheese into sandwiches, vegetables, eggs, or casseroles.
- Add cottage or ricotta cheese to casseroles or egg dishes.
- Use milk in place of water or broth in beverages, cooking, or puddings.
- Mix nuts into smoothies.
- Spread nut butters onto muffins, crackers, waffles, or fruit.
- Add beans and legumes to dishes that already contain cheese and meat.



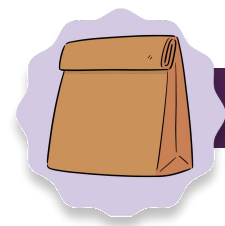
Soft meal ideas

- French toast
- Chicken salad, tuna salad
- Lentil stew or dal
- Meatloaf
- Khichri/kichdi
- Macaroni and cheese
- Lasagna or other pasta
- Soups (bean, cream, chicken noodle or matzo ball soup)
- rice porridge such as congee, jook, kanji
- Soft cooked rice, beans, or curry



Snack ideas

- Crackers and cheese or nut/seed butter
- Quesadilla - tortilla with melted cheese (add beans and/or chicken for additional protein)
- Yogurt - add fruit and/or cereal for additional nutrients
- Cottage Cheese - add fruit for additional nutrients
- Hard boiled eggs
- Trail mix - mix up nuts, seeds, dried fruit, chocolate chips, pretzels
- Apple or banana with nut/seed butter
- Roll ups - deli meat rolled with cheese
- Smoothies or lassi using frozen or canned fruit and yogurt



Easy to prepare or grab & go snack/meal options

- Cheese sticks
- Trail mix
- Granola bars (choose soft/chewy style for those with mouth pain)
- Protein bars
- Salad kits (look for them on sale) - top with canned tuna, chicken, beans
- Canned soups with crackers
- Sandwiches - nut/seed butter, tuna, chicken salad, cheese
- Mini muffins