

Sample High Protein, High Calorie Menu Plan

Below is a 1-day high protein, high calorie menu that has been adapted from the [Example of a Completed Regular Menu Plan](#) in section 2.5 of the toolkit. Changes made to fit the high protein, high calorie diet are shown in **bold**.

Meal	Menu Item	Portion Size
Breakfast	Coffee/tea and water	1 cup / 250 mL
	100% apple juice	½ cup/ 125 mL
	Banana	1 medium
	Bran cereal with raisins	¾ cup/ 175 mL
	Whole grain toast with extra margarine, peanut butter, or cheese	2 slices (1 oz/ 35 g each)
	Boiled egg	1egg
	High protein milk/ soy beverage	1 cup/ 250 mL
	Peanut butter	1 package (1 Tbsp/ 15 mL)
Lunch	Water and coffee/tea	1 cup/ 250 mL
	Beef barley soup	1 cup/ 250 mL
	Crackers, saltines	1 package (2 crackers)
	Turkey sandwich wrap (made with mayonnaise)	2–3 oz/ 60–90 g lean turkey breast
	Pita bread, whole grain whole wheat, spread with extra margarine, mayonnaise, or hummus	1 whole (2 oz/ 70 g)
	Romaine lettuce, tomato in wrap	1 piece of romaine 2 slices of tomato
	Carrot sticks, served with Ranch dip	5–6 pieces (3 inches/ 7 ½ cm long)
	Tossed salad	½ cup/ 125 mL
	High protein milk/ soy beverage	1 cup/ 250 mL
	Grapes	½ cup/ 125 mL
Afternoon Snack	Water and coffee/tea	1 cup/ 250 mL
	Apple	1 medium
	Cheddar cheese slice	1 ½ oz/ 50 g

Meal	Menu Item	Portion Size
Dinner	Water and coffee/tea	1 cup/ 250 mL
	Meatloaf, served with extra gravy	1 slice (2 x 4 x ½ inch/ 5 x 10 x 1 ½ cm)
	Baked potato, served with margarine, sour cream, and grated cheese	1 medium
	Green beans	½ cup/ 125 mL
	Whole grain tray bun (with margarine or cheese)	1 bun (1 oz/ 35 g)
	High protein milk/ soy beverage	1 cup/ 250 mL
	Baked apple with cinnamon	1 medium
	Pudding	½ cup/ 125 mL
Evening Snack	Water and coffee/tea	1 cup/ 250 mL
	Salmon salad sandwich	½ sandwich (1–1 ½ oz/ 30–45 g salmon salad)
	Whole wheat bread	1 slice (1 oz/ 35 g)