

High Protein, High Calorie Meal and Snack Ideas

Adding extra protein and calories to your diet may help you gain strength, and gain or stop losing weight. It may also help you heal and recover sooner.

Use the ideas and tips in this handout to help you get the protein and calories you need.

Meal tips

- If your appetite is poor, eat smaller meals more often and eat snacks between meals.
- Include protein at each meal. Some foods with protein are beans, cheese, eggs, fish, lentils, meat, milk, poultry, tofu, and yogurt.
- Prepare and freeze meals in smaller portions when you are feeling well. Use them on days when you don't have the energy to cook.
- Plan to use leftovers so you don't have to cook every day. Store leftovers in the fridge right away. Use within 2–3 days, or freeze for later.
- Use ready-made foods when it's too hard to cook. Try frozen entrees, pizza, meat pies, hamburger patties, stews, soups, or roasted chicken. Add fruit, vegetables, and milk or yogurt to balance the meal.
- Enjoy foods when they seem appealing. Try breakfast foods for lunch, or eat supper leftovers at breakfast.



Recipes

Visit www.ahs.ca/nutrition/Page16043.aspx for recipes to help you get more calories and protein, including recipes for the foods in **bolded text** in this handout.

Meal ideas

These meals provide about 400–500 calories and at least 20 grams of protein.

- 1 serving meatloaf, such as **Mini Meatloaf**, ½ cup (125 mL) rice, and ½ cup (125 mL) cooked carrots
- 2 scrambled eggs with 2 Tbsp (30 mL) grated cheese, ½ cup (125 mL) cucumber, and 1 slice of toast with 1 tsp (5 mL) butter
- 1½ cups (375 mL) lentil soup, such as **Squash, Lentil, and Chickpea Soup**, a bun, and 1 tsp (5 mL) soft margarine
- 2½ oz (75 g) roasted chicken with skin, 1 cup (250 mL) mashed potatoes, such as **Creamy Mashed Potatoes**, and ½ cup (125 mL) peas
- 1½ cups (375 mL) meat and vegetable stew (made with beef, bison, goat, moose, pork, or venison) and a piece of bannock or flatbread
- 1 serving of meat, potato, and vegetable casserole, such as **Shepherd's Pie**
- 1 cup (250 mL) creamy pasta, such as **Fettuccini Alfredo**, with 1 cup (250 mL) steamed broccoli



Snack ideas

These snacks provide about 150–300 calories and about 5–10 g protein.

- ½ cup (125 mL) pudding, such as **Super Pudding**
- 4 slices melba toast with ¼ cup (60 mL) tuna salad
- 1 Tbsp (15 mL) wheat germ or ground flax mixed into ½ cup (125 mL) Greek yogurt
- ½ cup (125 mL) cottage cheese with ½ cup (125 mL) canned peaches
- 1 slice of toast with 1 tsp (5 mL) butter and 1 poached or hard-boiled egg
- 1 cup (250 mL) smoothie, such as **Fruity Tofu Smoothie**
- ½ cup (125 mL) dry cereal with ½ cup (125 mL) milk and 2 Tbsp (30 mL) skim milk powder
- 3 energy balls, such as **Peanut Butter Power Balls**
- ½ English muffin with 1 tsp (5 mL) butter and 1 oz (30 g) of cheese
- ¼ cup (60 mL) mixed nuts
- ½ pita with ¼ cup (60 mL) hummus
- 1 banana with 2 Tbsp (30 mL) peanut butter

