

High-calorie, High-protein Meal Plan

2500 calories and 140 grams protein a day

You may not feel like eating when you are sick. But it is important to eat small amounts during the day, even if you are not hungry.

- Aim for 5 to 6 small meals, or 3 meals and 3 snacks.
- Eat by the clock: eat breakfast, lunch, dinner and snacks at the same time everyday.

Breakfast

- 1 scrambled egg (add milk and shredded cheese)
- 1 slice whole-wheat toast (add 1 tablespoon peanut butter)
- 8 ounces whole milk or high-protein milk

Morning snack

- ½ cup yogurt with fruit (add 2 tablespoons granola)

Lunch

- 1 cup cream soup
- ½ sandwich made with:
 - 1 slice bread
 - 2 to 3 ounces protein (such as egg, chicken or tuna salad, sliced turkey, ham, beef, cheese or peanut butter)
 - butter, margarine or mayonnaise.
- ½ cup fresh or canned fruit
- 1 cup whole milk or high-protein milk

If you are slowly losing weight, a diet that's high in calories and protein will help you maintain your weight.

Afternoon snack

- ½ cup cottage cheese or 2 pieces of string cheese

Dinner

- 2 to 3 ounces roasted chicken
- Small baked potato (add butter and sour cream)
- ½ cooked carrots in cream sauce (or glazed with butter and brown sugar) or ½ cup broccoli with cheese sauce
- 1 cup whole milk or high-protein milk
- ½ cup pudding (add whipped topping)

Evening snack

- Milk shake made with whole milk or high-protein milk, ice cream and choice of flavorings