

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.

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

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

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)
- 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

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