

# High-calorie, High-protein Meal Plan

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You may not feel like eating when you're sick. But it's important to eat small amounts during the day, even if you're 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 every day.

## 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 salad, tuna salad, sliced turkey, ham, beef, cheese or peanut butter)
  - butter 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 cup 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