

## HIGH PROTEIN FOODS TO KEEP ON HAND

Protein is needed for growth, replacement of body tissue, and allows the body to heal and recover faster.

- Milk, yogurt, cream, half and half
- Nonfat dry milk powder
- Yogurt
- Meat sandwiches
- Fish/ Tuna/ Salmon
- Beans and peas (kidney, pinto, red, white, etc.)
- Cheese or cottage cheese
- Eggs or egg substitute
- Peanut butter
- Nuts
- Soy foods (tofu, soy milk, soybeans, soy-nuts)

## HIGH CALORIE FOODS TO KEEP ON HAND

Foods high in calories help maintain or gain body weight and promote energy and strength.

- Margarine, butter, oil
- Nuts
- Gravies, sauces
- Sugar, honey, jams, jellies
- Dried fruit
- Mayonnaise, salad dressing, sour cream
- Cream cheese
- Granola
- Avocado
- Cream, half and half or whole milk
- Custards and puddings
- Ice cream
- Milkshakes

## ADDITIONAL FOODS TO KEEP ON HAND

- Soups (broth, creamed, potato, split pea)
- Casseroles
- Crackers
- Jell-O with fruit
- Unsweetened applesauce
- Sandwiches
- Pasta Salads
- Grits/ Cream of Wheat/ Oatmeal
- Vegetables (Ready to eat)
- Popsicles
- 100% Fruit Juice
- Sweet Potato/ Yams

## SAMPLE EATING SCHEDULE

### 8:00 AM BREAKFAST

Oatmeal with  
butter, condensed milk  
Scrambled eggs  
Grape juice  
Coffee  
Water

### 10:00 AM SNACK

Yogurt with fruit  
Water

### NOON LUNCH

Peanut butter sandwich  
Vegetable soup  
Apple or applesauce  
Fruit punch  
Water

### 2:30 PM SNACK

Chocolate milk with  
whipped cream on top

### 5:00 PM DINNER

Baked chicken  
Baked sweet potato  
Steamed broccoli and cheese  
Lemon pudding  
Sweet tea

### 7:30 PM SNACK

Jell-O w/ fruit or  
Ice Cream  
Water