**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

- **11:00 AM  Snack**
  - 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

- **8:00 AM  Breakfast**
  - Oatmeal with peanut butter, Jell-O w/ fruit or whipped cream on top
  - Coffee
  - Water

- **10:00 AM  Snack**
  - Yogurt with fruit
  - Water