

# High Calorie, High Protein Liquid and Semi-Solid Diet

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Some health conditions may cause:

- **Increased calorie and protein needs.** You may need to eat more nutrients than normal to support your body.
- **Challenges with eating.** This can make it hard to eat enough. For example, patients going through cancer treatment often have fatigue while eating and may feel full faster.
- **Diet restrictions.** You may need to follow a liquid or soft diet due to problems with chewing or swallowing. You may find it easier to eat foods that do not need much chewing.

This diet can help you get enough calories and protein to maintain your weight and strength until you are able to eat your normal diet again.

This diet is often only used for a short period of time. **Talk to your healthcare provider or dietitian about how long you should follow this diet and if you should take a multivitamin supplement.**

## Menus

Follow the menu checked in this handout to get the nutrients your body needs. An asterisk (\*) symbol means that the recipe is included in this handout.

### ☐ **1,800 to 2,000 calories, 72 to 100 grams of protein**

#### **Breakfast:**

- 1 soft scrambled egg with ¼ cup cheddar cheese in 1 tablespoon butter
- Nutritional supplement like Carnation Breakfast Essentials with whole milk or 1 cup 4% cottage cheese (or whole milk yogurt) with ½ cup canned crushed pineapple, canned peaches or canned mandarin oranges

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**This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.**

**Lunch:**

- Maryland cream of crab soup\* (½ serving)
- ½ banana apple shake\* or ½ chocolate peanut butter milkshake\*

**Dinner:**

- Twice baked potato\*
- Banana pudding\* or high calorie, high protein baked custard\*

**❑ 2,100 to 2,300 calories, 105 to 134 grams of protein****Breakfast:**

- 2 soft scrambled eggs with ¼ cup cheddar cheese in 1 tablespoon butter
- Nutritional supplement like Carnation Breakfast Essentials with whole milk or 1 cup 4% cottage cheese (or whole milk yogurt) with ½ cup canned crushed pineapple, canned peaches or canned mandarin oranges

**Lunch:**

- Twice baked potato\*
- Banana apple shake\* or chocolate peanut butter milkshake\*

**Dinner:**

- Maryland cream of crab soup\* (½ serving)
- Banana pudding\* or high calorie, high protein baked custard\*

**❑ 2,300 to 2,600 calories, 127 to 156 grams of protein****Breakfast:**

- 3 soft scrambled eggs with ½ cup cheddar cheese and ½ avocado (mashed) in 2 tablespoons butter
- Nutritional supplement like Carnation Breakfast Essentials with whole milk or 1 cup 4% cottage cheese (or whole milk yogurt) with ½ cup canned crushed pineapple, canned peaches or canned mandarin oranges

**Lunch:**

- Twice baked potato\*
- Banana apple shake\* or chocolate peanut butter milkshake\*

**Snack:**

- High calorie, high protein gelatin dessert\*

**Dinner:**

- Maryland cream of crab soup\* (½ serving)
- Banana pudding\* or high calorie, high protein baked custard\*

**Take out meal ideas**

Here are some meal ideas if you are out or want to pick up something to go.

**Soups (calories/grams of protein)**

- Panera Baked Potato Soup (330/9)
- Panera Broccoli Cheddar Soup (360/14)

**Shakes/Smoothies (calories/grams of protein)**

- Baskin Robbins Chocolate Chip Milkshake, Small (690/15)
- Baskin Robbins Chocolate Chip Cookie Dough Milkshake, Small (760/14)
- Cold Stone Creamery Vanilla Shake, Medium (740/15)
- Jamba Juice Peanut Butter Moo'd Smoothie, Medium (730/23)
- Jamba Juice PB & Chocolate Smoothie, Medium (670/23)
- McDonald's Chocolate Shake, Medium (630/14)
- McDonald's Mocha Frappe, Large (660/11)
- Planet Smoothie Chocolate Elvis, 20 ounce (600/14)
- Planet Smoothie PBJ, 20 ounce (602/17)
- Steak n' Shake Banana Milkshake, Regular (700/40)
- Steak n' Shake Nutella Milkshake, Regular (820/40)
- Steak n' Shake Reese's Peanut Butter Milkshake, Regular (900/47)
- Wendy's Large Classic Chocolate Frosty (407/12)
- Wendy's Large Vanilla Frosty (398/11)
- White Castle Large Chocolate Shake (910/30)
- White Castle Large Strawberry Shake (920/25)

## **Recipes**

### **Maryland Cream of Crab Soup**

4 tablespoons unsalted butter or margarine

2 tablespoons flour

1 teaspoon seafood seasoning like Old Bay

1 teaspoon minced onion

1 tablespoon freshly squeezed lemon juice

6 ounces crab meat

16 ounces light cream

Parsley (optional)

1. In a saucepan over medium heat, melt the butter. Add Old Bay, minced onion and lemon juice. Stir thoroughly.
2. Add the flour, stirring constantly. Gradually add the light cream, continuing to stir.
3. Add the crab meat and let simmer for about 15 minutes. Do not allow the soup to boil.
4. Serve garnished with a dash of Old Bay and parsley flakes.

Makes 2 servings.

Nutrition information per serving: Calories: 790, Total fat: 70 grams (g), Saturated fat: 43 g, Sodium: 460 milligrams (mg), Carbohydrates: 16 g, Fiber: 0 g, Protein: 26 g

### **Super Cream Soup**

10.5-ounce can condensed cream soup, such as cream of chicken or cream of mushroom

12-ounce can evaporated milk

1 small jar strained turkey or chicken (baby food)

1. Wash lids of cans and jar before opening.
2. Place all ingredients in blender. Blend until smooth.

Makes 3 servings

Nutrition information per serving: Calories: 290, Total fat: 17 g, Saturated fat: 8 g, Sodium: 950 mg, Carbohydrates: 20 g, Fiber: 0 g, Protein: 15 g

## **Homemade Smoothies and Milkshakes**

You can make homemade smoothies and milk shakes that are high in calories and protein with a blender. Try adding some of the following foods for more variety:

- Sherbert and ice cream
- Yogurt, cottage cheese, custard, pudding
- Whole milk (plain or flavored), juice, frozen juice concentrate, whipping cream or half-and-half
- Fresh, frozen or canned fruit
- Dry milk powder to increase calories and protein. Add 1 cup powder to 4 cups milk and mix well.

### **Banana Apple Shake**

1 banana

½ cup vanilla yogurt

½ cup applesauce

½ cup any liquid (milk, soy milk, rice milk, Boost, Ensure, Boost Plus or Ensure Plus, or a generic version of one of these products) – use more than ½ cup if needed to blend

1 tablespoon honey or brown sugar

2 tablespoons oat bran

1 tablespoon ground flaxseeds or other nut

1. Place all ingredients in blender. Blend until smooth.
2. Add more liquid if needed.

Makes 1 serving

Nutrition information per serving: Calories: 400, Total fat: 4.5 g, Saturated fat: 2 g, Sodium: 170 mg, Carbohydrates: 88 g, Fiber: 8 g, Protein: 6 g

## **Chocolate Peanut Butter Milkshake**

2 cups chocolate ice cream

½ cup half-and-half

2½ tablespoons smooth peanut butter

3 tablespoon chocolate syrup

1 serving (about 2 teaspoons) Beneprotein or whey protein supplement

1. Blend together.

Makes 2 servings

Nutrition information per serving: Calories: 590, Total fat: 35 g, Saturated fat: 16 g, Sodium: 210 mg, Carbohydrates: 55 g, Fiber: 2 g, Protein: 16 g

## **Twice Baked Potatoes**

4 large baking potatoes

8 slices bacon

1 cup regular sour cream

½ cup whole milk

4 tablespoons butter or margarine

½ teaspoon salt

½ teaspoon pepper

1 cup shredded Cheddar cheese, divided

8 green onions, sliced, divided

1. Preheat oven to 350 degrees.
2. Bake potatoes for 1 hour or until cooked through.
3. Cook bacon over medium high heat until evenly brown. Drain, crumble and set aside.
4. When potatoes are done, allow them to cool for 10 minutes. Slice potatoes in half lengthwise and scoop the flesh into a large bowl. Save the skin shells to refill.
5. To the potato flesh, add sour cream, milk, butter, salt, pepper, ½ cup cheese and ½ the green onions.
6. Mix with a hand mixer until well blended and creamy.
7. Spoon the mixture into the potato skins and top each with remaining cheese, green onions and bacon.
8. Bake for another 15 minutes.

Makes 8 servings

Nutrition information per serving: Calories: 420, Total fat: 27 g, Saturated fat: 27 g, Sodium: 450 mg, Carbohydrates: 34 g, Fiber: 3 g, Protein: 11 g

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## **Banana Pudding**

2 bags (about 15 ounces) shortbread cookies

6 to 8 bananas, sliced

2 cups whole milk

1 (5-ounce) box instant French vanilla pudding

1 (8-ounce) package regular cream cheese, softened

1 (14-ounce) can sweetened condensed milk

1 (12-ounce) container frozen whipped topping, thawed, or equal amount sweetened whipped cream

1 serving (about 2 teaspoons) Beneprotein or whey protein supplement

1. Line the bottom of a 13 by 9 by 2-inch dish with 1 bag of cookies and layer bananas on top.
2. In a bowl, combine the milk, pudding mix, Beneprotein and blend.
3. Using another bowl, combine the cream cheese and condensed milk together and mix until smooth.
4. Fold the whipped topping into the cream cheese mixture.
5. Add the cream cheese mixture to the pudding mixture and stir until well blended.
6. Pour the mixture over the cookies and bananas. Refrigerate until ready to serve.

Makes 12 servings

Nutrition information per serving: Calories: 560, Total fat: 26 g, Saturated fat: 15 g, Sodium: 450 mg, Carbohydrates: 75 g, Fiber: 2 g, Protein: 11 g

## **High Calorie, High Protein Baked Custard**

2 cups whole milk

1 cup half-and-half

5 eggs

$\frac{2}{3}$  cup sugar

$\frac{1}{4}$  teaspoon salt

1 teaspoon vanilla

1. Preheat oven to 350 degrees F.
2. Mix milk and cream in saucepan. Heat until mixture steams but does not boil. Remove from heat and cool.

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3. Place eggs, sugar, and salt in a bowl and mix well.
4. Pour cooled milk slowly into the mixture and mix well.
5. Fill 4 single-serving baking dishes  $\frac{3}{4}$  full.
6. Set dishes in a baking pan and put in the oven.
7. Pour hot water into the baking pan (do not add water to the custard dishes). The water level should be even with the custard. This helps custard to bake evenly and have a smooth texture.
8. Bake about 50 minutes or until a knife inserted in the custard comes out clean.
9. Serve warm or cool.
10. Store in the refrigerator.

Makes 4 servings

Nutrition information per serving: Calories: 380, Total fat: 18 g, Saturated fat: 9 g, Sodium: 310 mg, Carbohydrates: 42 g, Fiber: 0 g, Protein: 14 g

### **High Calorie, High Protein Gelatin Dessert**

$\frac{1}{2}$  cup hot water

1 small box gelatin dessert mix (such as Jell-O), any flavor (not sugar-free)

12-ounce can evaporated milk

1. Dissolve gelatin mix in hot water.
2. Wash the lid on the can of milk. Then add milk to gelatin. Mix.
3. Pour into 4 dishes. Refrigerate until set and ready to serve.

Makes 4 Servings

Nutrition information per serving: Calories: 210, Total fat: 28 g, Saturated fat: 4 g, Sodium: 160 mg, Carbohydrates: 28 g, Fiber: 0 g, Protein: 8 g

### **Chocolate Avocado Pudding**

2 ripe, medium avocados

$\frac{1}{4}$  cup of unsweetened cocoa powder

$\frac{2}{3}$  cup of full fat coconut milk

$\frac{1}{4}$  cup of agave nectar, honey, or maple syrup

$\frac{1}{2}$  teaspoon of vanilla extract

\*\* Add 1 serving of whey protein powder for an extra 65 calories and 15 g of protein (nutrition based off of brand)

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1. In a blender or food processor, combine peeled avocados, cocoa powder, coconut milk, honey, and vanilla extract.
2. Blend on a medium speed until all of the ingredients are combined and a desired texture is reached.
3. Add additional milk or sweetener based off of preference.
4. Store in a covered container in the refrigerator for 30 minutes.
5. Serve chilled.

Makes 2 servings

Nutrition information per serving: Calories: 453, Total fat: 28 g, Carbohydrates: 55 g, Protein: 5 g, Fiber: 12 g, Sodium: 27 mg

### **Cheesy Everyday Polenta**

2 cups of whole milk

2 cups of water

1 cup of ground cornmeal or polenta, dry

3 tablespoons of butter

⅓ cup of shredded cheddar cheese + 2 tablespoons for topping

1 teaspoon of salt

½ teaspoon of pepper

1. On the stove, heat the water, milk, and salt until it starts to bubble. Slowly add in the cornmeal while whisking.
2. Reduce the heat to a gentle simmer and continue to whisk every so often for 10-15 minutes.
3. Once thickened, add in the butter and cheese. Let sit covered for 5 minutes.
4. Serve warm and top with 2 tablespoons of cheese. Extra toppings like sour cream, crumbled bacon, and Parmesan cheese can be added.

Makes 2 servings

Nutrition information per serving: Calories: 596, Total fat: 33 g, Carbohydrates: 59 g, Protein: 17 g, Fiber: 3 g, Sodium: 412 mg

## **Mashed Egg Salad**

5 hard boiled eggs

$\frac{3}{4}$  cup of whole milk plain Greek yogurt

1 tablespoon of mayonnaise

3 tablespoons of mustard

3 tablespoons of diced green onion

$\frac{1}{4}$  teaspoon of paprika

$\frac{1}{2}$  teaspoon of dried dill

1 tablespoon of dried parsley

Salt and pepper to taste

1. In a large bowl, mashed the hard-boiled eggs with the back of a fork.
2. Add in the Greek yogurt, mayonnaise, mustard, paprika, dill, parsley, salt, and pepper. Mix well so that the eggs are covered in the yogurt and the mixture is creamy.
3. Taste and add additional salt and pepper if needed.
4. Fold in the diced green onions.
5. Chill in the fridge for 30 minutes and serve cold.

Makes 2 servings

Nutrition information per serving: Calories: 310, Total fat: 21 g, Carbohydrates: 6 g, Protein: 22.5 g, Fiber: 1 g, Sodium: 455 mg