

Recipes and High Protein Snacks for People with ALS

High Protein Snacks

- 1 slice whole grain toast with 2 tbsp. nut butter (peanut, almond)
- Whole grain wrap filled with chocolate peanut butter, strawberries, & banana
- 1 cup Greek yogurt (plain or flavored) with fruit (canned or fresh)
 - Or try yogurt with cereal, granola, nuts, or 1 tbsp. chia seeds mixed in
- ½ cup hummus with pita bread or veggies to dip
- 2 ounces of cheese with crackers or melted on ½ slice of whole grain bread
- ½ cup homemade black bean dip with tortilla chips
 - *mix in avocado to black bean dip for more healthful calories
- 1 protein bar (Clif Bar®, Nature Valley®, Pure Protein®, Quest Bar®)
 - *spread on nut butter or Nutella for more calories
- 1 cheese stick wrapped with 2 slices of deli meat
- 1 scrambled egg or mashed hardboiled egg on a whole grain bagel or toast
- ½ cup cottage cheese with sliced banana or other favorite fruit, jam or jelly
- ½ cup pudding or custard
- 2-3 tbsp. peanut butter with apple or banana
- 1 scoop protein powder blended with 1 cup milk, ½ cup ice cream, pudding, or apple sauce



Resources for recipes:

- Eating Well Website: <http://eatingwell.com>
- All Recipes Website: <http://www.allrecipes.com>
- Nutrition.Gov Website: <http://www.nutrition.gov>
- USDA Choose My Plate Website: <http://www.choosemyplate.gov>
- ALS Association High Calorie and Easy to Chew Recipes:
<http://www.alsa.org/als-care/resources/publications-videos/factsheets/recipes.html>
- Meals for Easy Swallowing:
https://www.mda.org/sites/default/files/publications/Meals_Easy_Swallowing_P-508.pdf
- *The Dysphagia Cookbook*, by Elayne Achilles (recipes for people with swallowing problems)

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