

Ideas for a High Calorie, High Protein Diet

Why should I follow a high calorie, high protein diet?

Eating a high calorie, high protein diet can help you:

- Get enough calories and protein to help you reach and stay at your goal weight, or to prevent weight loss
- Include high protein foods in your diet to help support wound healing, maintain your muscle mass, and support immune system functioning

What are some general guidelines and tips for this diet?

- You don't always have to eat a lot, but try to eat often. Try eating 6 times a day, or every 2-3 hours. Every bite counts.
- Watch the clock! Eat based on the time (for example, eat at 9:00 AM, 12:00 PM, 3:00 PM, 6:00 PM, etc.), even if you are not hungry.
- Drink fruit juice, milk, or other drinks with calories instead of water.
- Double or triple the portion sizes of added fats and oils (like butter, margarine, cream cheese, sour cream, and avocado).
- Try using nutrition drinks and shakes like Ensure[®], BOOST[®], or similar generic options (available in grocery stores and drug stores) between meals to get more nutrition.

What are some suggested foods for this diet?

Food type	Suggestions for meal preparation
Cheese	<ul style="list-style-type: none"> • Melt on sandwiches, meats, fish, vegetables, and eggs. • Grate in sauces, casseroles, mashed potatoes, rice, pastas, and breads. • Stuff into vegetables, burgers, and meatloaf.

Food type	Suggestions for meal preparation
	<ul style="list-style-type: none"> • Spread cream cheese on sandwiches, bagels, sliced fruit, and crackers. • Mix cottage cheese in pastas, gelatins, pancake batter, and egg dishes.
Powdered milk	<ul style="list-style-type: none"> • Blend 1 cup powdered milk into 1 quart whole milk to make it higher in protein and calories. • Add to meatloaf, casseroles, sauces, cream soups, and shakes.
Whole milk and cream	<ul style="list-style-type: none"> • Add or substitute for water when preparing food. • Serve cream sauces on vegetables, eggs, pastas, or rice. • Pour cream on cereals, fruits, or desserts. • Top desserts, fruits, and hot beverages with whipped cream.
Ice cream, yogurt, and Greek yogurt (full-fat)	<ul style="list-style-type: none"> • Spread between cookies, cake slices, or graham crackers. • Blend into shakes and sodas. • Mix with nutrition drinks like Ensure® or BOOST®. • Make into smoothies or milkshakes with protein powders, nutrition drinks, fruit, nut butters, etc. • Add to cereals, granola, fruits, gelatins, desserts, and pies. • Top with fruit, nuts, syrups, sauces, whipped cream, and nut butters.
Eggs	<ul style="list-style-type: none"> • Slice hard-boiled eggs and top on salads, vegetables, casseroles, soups, stews, pastas, and potatoes. • Add pasteurized egg substitute into mashed potatoes, vegetable purees, shakes, and malts. • Do not eat raw eggs.
Nuts and nut butter (peanut, almond,	<ul style="list-style-type: none"> • Spread nut butters on sandwiches, toast, muffins, crackers, fruit slices, pancakes, and waffles. • Use as a dip for raw vegetables and fruit.

Food type	Suggestions for meal preparation
cashew, sunflower)	<ul style="list-style-type: none"> • Add to meatloaf, cookies, bread, muffins, vegetables, and salads. • Blend nut butters with milk drinks, or swirl through ice cream and yogurt. • Top cookies or cakes with nut butters. • Serve nuts as snacks.
Meat and fish	<ul style="list-style-type: none"> • Use in omelets, soufflés, quiches, sandwich fillings, and poultry stuffing. • Add to vegetable salads, casseroles, soups, stuffed baked potatoes, and biscuits. • Wrap in pie crust or biscuit dough as turnovers.
Beans, peas, and plant-based foods	<ul style="list-style-type: none"> • Add peas, beans, lentils or tofu to soups, chili, pastas, casseroles, omelets, meat or milk-based dishes, vegetable salads, tacos, quesadillas, etc. • Mash with cheese and milk, or blend into dips. • Add textured vegetable protein to burgers, meatloaf, spaghetti sauce, casseroles, or sandwiches.

What are some snack ideas for this diet?

250 calorie snacks	350 calorie snacks
<ul style="list-style-type: none"> • 8 buttery style crackers, 1 ounce (oz) cheddar cheese, or 1 tablespoon peanut butter • ½ sandwich: 1 slice bread, 2 oz cheese or meat, 1 teaspoon mayonnaise • Quesadilla: 1 tortilla, 2 oz cheese, salsa 	<ul style="list-style-type: none"> • 10 buttery style crackers, 2 oz cheddar cheese, or 2 tablespoons of peanut butter • ½ sandwich: 1 slice bread, 2 oz meat or cheese, 2 teaspoons mayonnaise, 1 slice avocado • 1 tortilla, 2 oz cheese, salsa, 1 cup orange juice

250 calorie snacks	350 calorie snacks
<ul style="list-style-type: none"> • Whole apple (sliced) with 2 tablespoons peanut butter • 1 cup pudding or fruit yogurt • 1 slice pizza with extra cheese • 1 cup whole milk mixed with 1/3 cup dry skim milk powder • 8 oz carton of 1 mL/kcal liquid nutritional supplement (about 250 calories per 8 oz serving) 	<ul style="list-style-type: none"> • Whole banana with 2 tablespoons peanut butter • 1 packet of Carnation Breakfast Essentials® powder with 10 oz whole milk • Shake made with 1 cup whole milk and ½ cup ice cream • 1 carton regular yogurt (not low fat), with 1/3 cup granola or trail mix • 8 oz carton of 1.5 calories/mL liquid nutritional supplement (about 350 calories per 8 oz serving)

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