High Calorie, High Protein Liquid and Semi-Solid Diet

Some health conditions increase your calorie and protein needs while also making it harder to eat more. For example, patients going through cancer treatment often get tired easily while eating and may get full faster than usual. If you have these problems, you may find it easier to eat and drink high calorie foods and beverages that don’t require 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 usual diet again. This type of diet is usually only for short periods of time. Talk to your doctor or dietitian about how long you should follow this diet and if you should take a multivitamin supplement.

Menu Ideas

Below are menu ideas you can follow to get in certain calorie and protein amounts. Follow the menu your dietitian checks below to get in the amount of calories and protein you need.

An asterisk (*) symbol means the recipe is included in this handout.

- **1800 to 2000 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 Instant Breakfast with whole milk or 1 cup 4% cottage cheese (or whole milk yogurt) with ½ cup crushed pineapple
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*

☐ 2100 to 2300 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 Instant Breakfast with whole milk or 1 cup 4% cottage cheese (or whole milk yogurt) with ½ cup crushed pineapple

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*

Also see the handout, High Calorie, High Protein Diet, for more information on increasing the calorie and protein value in foods.

High calorie, high protein meals on-the-go
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 (350/9)
- Panera Broccoli Cheddar Soup (290/12)
**Shakes/Smoothies** (calories/grams of protein)
- Wendy’s Large Original Chocolate Frosty (520/13)
- Wendy’s Large Vanilla Bean Frosty Shake (510/9)
- McDonald’s Large Frappe Caramel (680/10)
- White Castle Large Chocolate Shake (1040/27)
- White Castle Large Strawberry Shake (1010/27)
- Planet Smoothie – PBJ (500/13)
- Planet Smoothie – Chocolate Elvis (440/14)
- Cold Stone Creamery Milkshakes (Any) (1090 to 2010/16 to 46)
- Cold Stone Creamery – Pineapple, Coconut Orange, Gotta Have It (600/4) (additional protein supplement packets available)
- Panera Frozen Mocha, Grande (570/7)
- Panera Frozen Carmel, Grande (600/5)

**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 crabmeat  
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 crabmeat 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 milkshakes 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 & 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

**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
- ¾ cup sugar
- ¼ 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.
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 ¾ 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: 0g, Protein: 14 g

High Calorie, High Protein Gelatin Dessert

- ½ 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: 0g, Protein: 8 g