

Protein Boosters



Without adequate protein, your body cannot build and repair tissues. Make a special effort to include high protein foods in your diet.

Cheese

- Use diced cheese or string cheese as a high protein snack.
- Add sliced cheese to apples, bananas or fruit of choice.
- Add to multigrain crackers for a light, high protein snack.
- Melt on sandwiches, bread, muffins, tortillas, hamburgers, hot dogs, other meats.
- Grate and add to soups, sauces, casseroles, vegetable dishes, mashed potatoes, rice, noodles or meatloaf.

Caution: While undergoing treatment, avoid aged cheeses such as Brie, Camembert, Blue, Roquefort, Sharp Cheddar, or Stilton.

Cottage Cheese or Ricotta Cheese

- Mix with or use to stuff fruits and vegetables.
- Add to casseroles, spaghetti, and egg dishes, such as omelets.
- Use in gelatin, pudding type desserts, and cheesecake and pancake batter.
- Use to stuff crepes and pasta shells or manicotti.

Milk

- Use whole milk in beverages and in cooking when possible.
- Use in preparing hot cereal, soups, cocoa, and pudding.
- Add cream sauces to vegetables and other dishes.
- Use dry milk to add protein without increasing liquid.

Yogurt, Ice Cream, & Frozen Yogurt

- Add greek yogurt to granola for a high protein snack.
- Use plain yogurt in place of sour cream in your recipes.
- Blend yogurt with active cultures and fruit to make a fruit smoothie.
- Add to cereals, gelatin desserts, and pies; blend or whip with soft or cooked fruits.
- Sandwich ice cream or frozen yogurt between cake, cookies or graham crackers.

Eggs

- Add chopped, hard-cooked eggs to salads, dressings and casseroles.
- Add extra egg whites to scrambled eggs and omelets.
- Make rich custard with eggs, high protein-milk, and sugar.
- Add extra hard cooked yolks to deviled egg filling and sandwich spreads.
- Place hard boiled eggs in the refrigerator for an easy high protein snack.
- Make egg salad or add eggs to your tuna, ham, or chicken salad.

Caution: While undergoing treatment, avoid eating raw or undercooked eggs.

Nuts, seeds, wheat germ

- Add to casseroles, breads, muffins, pancakes, cookies and waffles.
- Make trail mix with a variety of nuts and seeds.
- Sprinkle on fruit, cereal, ice cream, yogurt and salads.
- Blend with parsley, spinach or herbs and cream for a sauce.
- Eat a handful of nuts and dried fruit for a snack.

Peanut Butter

- Spread on sandwiches, toast, muffins, crackers, waffles, pancakes and fruit slices.
- Use as a dip for raw vegetables such as carrots, cauliflower, and celery.
- Blend with milk drinks and beverages.
- Swirl through soft ice cream and yogurt.
- Try using almond, soy, or cashew butter for a variety in place of peanut butter.

Meat, Poultry, & Fish

- Add chopped, cooked meat, poultry, or fish to salads, casseroles, and soups.
- Use in omelets, sandwich fillings, and stuffings.
- Wrap in piecrust and biscuit dough as turnovers.
- Add to stuffed baked potatoes.

Beans/Legumes

- Add dried peas, legumes and beans in soups, casseroles and pastas.
- Mash with cheese and milk.

Tofu

- Cut into 1" cubes and boil, stir-fry or bake.
- It may be added to casseroles, soups, smoothies, or stews.

Caution: If you have breast cancer or have a history of breast cancer, it is currently recommended that you avoid all soy products.

Oral Supplements

- Use alone or mix with ice cream, milk, peanut butter, fruit or flavorings for a high protein milkshake (i.e. Boost High Protein, Ensure, Slim Fast, Glucerna).
- Pour canned products into a cup to reduce the altered or metallic taste common with conventional treatment.
- Protein bars are available for a high protein snack or meal replacement.

Protein Powders

- Protein powders can be found at most grocery or health food store.
- Add to milk, water, or juice for a healthy high protein snack or meal replacement.
- Mix into fruit smoothies.
- Sprinkled into soups, casseroles, cereals, oatmeal, mashed potatoes, macaroni and cheese, gravy, yogurt, puddings, and shakes to increase the protein content.