

HIGH-PROTEIN SAMPLE MENUS

High-Protein Sample Menus

Cancer and treatments can increase the need for protein in your day. Ask your healthcare team or a registered dietitian how many protein grams and calories you need daily. If you need more protein grams, add more meat, fish, eggs, milk products, cheese, and vegetable proteins to your meals.

If you struggle to get enough protein through food alone, a protein supplement may be useful. Protein supplements are found both in powder and liquid form. Protein powder can be mixed into a milkshake, milk, smoothies, juices, other beverages, foods, desserts, and side dishes. Also, liquid protein can be purchased in ready-to-drink liquid nutrition supplements or protein drinks.

Ask your healthcare team for a referral to a registered dietitian (RD) who can help you plan meals and snacks within your lifestyle and who can suggest which protein supplement is appropriate for you.

Below are three sample meal plans that each provides about 150 grams of protein a day.

High-Protein Sample Menu: Day 1

MEAL	SUGGESTED ITEMS	NOTES
BREAKFAST Protein 23 grams	2 eggs, scrambled 1 slice toast 1/2 cup fruit cup 2 tsp. canola oil or margarine 8 oz. milk	To add extra protein, stir a scoop of protein powder (about 6 grams) into scrambled eggs.
MORNING SNACK Protein 20 grams	1 protein bar 8 oz. beverage	Look for protein bars at the grocery, drug store, or health food store. Stir a scoop of protein powder into your beverage.
LUNCH Protein 33 grams	3 oz. Lemony Honey Glazed Roasted Chicken* 1 dinner roll 1/2 cup green beans 2 tsp. canola oil or margarine 1/2 cup mandarin orange sections 6 oz. pudding or custard 8 oz. tea	Vegetables have 3 grams protein per serving. Stir a scoop of protein powder, if needed, into creamy items like yogurt and pudding. Try yogurt with live and active cultures.
AFTERNOON SNACK Protein 15 grams	8 oz. creamy Greek yogurt 8-10 animal crackers 8 oz. lemonade	Add a scoop of protein powder to yogurt or your beverage for extra protein.
DINNER Protein 45 grams	3 oz. lean beef roast 1/2 cup Braised Kale with Black Beans and Tomatoes* 1/2 cup mashed potatoes 1 dinner roll 1 Tbsp. canola oil or margarine 8 oz. milk	Choose lean beef. Try sweet or red potatoes, peeled. Add a protein powder to potatoes or to milk if needed.
BEDTIME SNACK Protein 18 grams	smoothie with 8 oz high-protein liquid nutrition supplement, 1 Tbsp. peanut butter, and 1/2 banana	Freeze the beverage in a cup for a treat that tastes like ice cream. Blend the supplement with sliced fruit, peanut butter, and 2-3 ice cubes for a bedtime smoothie.

* Denotes a PearlPoint recipe.

High-Protein Sample Menu: Day 2

MEAL	SUGGESTED ITEMS	NOTES
BREAKFAST Protein 22 grams	grilled cheese on English muffin 1 orange 2 tsp. canola oil or margarine 8 oz. milk	To add extra protein, stir a scoop of protein powder (about 6 grams) into milk.
MORNING SNACK Protein 20 grams	1 cup trail mix: nuts, high protein dry cereal, dried fruit, and sunflower seeds 8 oz. beverage	Make your own trail mix with favorite nuts, cereals, and dried fruit; or buy mix at the grocery, drug store, or health food store.
LUNCH Protein 35 grams	club sandwich: 3 oz. meat (1 oz each of sliced chicken, beef, and turkey), 2 oz. Swiss cheese, sliced tomatoes, lettuce, avocado, 2 tsp. salad dressing or mayonnaise on a hoagie roll 2 pear halves 8 oz. tea	
AFTERNOON SNACK Protein 17 grams	½ cup cottage cheese 3 graham crackers ½ cup berries	
DINNER Protein 35 grams	3 oz. pork chop 1/2 cup slaw 1/2 cup cooked pasta with sauce 1 dinner roll 1 Tbsp. oil or margarine 8 oz. milk	Choose a lean pork loin chop for a heart-healthy menu. Add a protein powder to milk if needed.
BEDTIME SNACK Protein 21 grams	frozen treat: 8 oz. high-protein liquid nutrition supplement with 1/4 cup almonds sliced and 2 Tbsp. chocolate or strawberry syrup	Freeze the beverage in a cup for a treat that tastes like ice cream. Sprinkle almonds on top of the frozen supplement. Drizzle syrup on top.

High-Protein Sample Menu: Day 3

MEAL	SUGGESTED ITEMS	NOTES
BREAKFAST Protein 33 grams	1 pkg. oatmeal with scoop protein powder 2 oz. lean ham 1 slice toast ½ cup sliced apples 2 tsp. canola oil or margarine 8 oz. milk	To add extra protein, stir extra scoop of protein powder (about 6 grams) into oats.
MORNING SNACK Protein 12 grams	2 oz. cheddar cheese 6 crackers 8 oz. juice or beverage	Stir a scoop of protein powder into juice if extra protein is needed.
LUNCH Protein 38 grams	<i>Chicken and Cantaloupe Strawberry Salad*</i> with dressing 3-4 breadsticks ½ cup sherbet fig cookie 8 oz. tea	
AFTERNOON SNACK Protein 18 grams	½ cup lemon pudding with scoop of protein powder 3 gingersnap cookies 8 oz. beverage with scoop of protein powder	Make pudding with milk fortified with a scoop of protein powder for extra protein.
DINNER Protein 33 grams	<i>Turkey Pot Pie with Cornbread Crust*</i> tossed salad with dressing ½ cup cranberry sauce baked sweet potato with pecans 1 Tbsp. oil or margarine 8 oz. milk	Use light-meat turkey for heart health. Add a protein powder to cranberry sauce or to milk if needed.
BEDTIME SNACK Protein 18 grams	8 oz high-protein liquid nutrition supplement 1 Tbsp. cream cheese 1 Tbsp. jelly ½ bagel	Spread cream cheese and jelly on toasted bagel. Enjoy a chilled glass of high protein liquid nutrition supplement.

* Denotes a PearlPoint recipe.

Lemony Honey Glazed Roasted Chicken

This recipe has only 5 ingredients, but creates a delicious, flavorful roast chicken. Lemon juice, warm honey and aromatic herbs give roast chicken the perfect balance of spicy sweetness and tang. Pair your chicken with a side of roasted vegetables and brown rice, and you've got a tasty, nutritious meal.

INGREDIENTS

- 1 1/2 cup fresh lemon juice
- 1 (3 1/2 – 4 lbs.) whole roasting chicken
- 1 Tbsp. dried Italian herbs (or 1/2 Tbsp. dried oregano and 1/2 Tbsp. dried basil)
- Salt and freshly ground pepper to taste
- 4-5 sprigs fresh thyme
- 1/3 cup honey

DIRECTIONS

Pour lemon juice in large bowl. Place chicken in juice. Cover with plastic wrap and refrigerate at least 1 hour. Turn chicken over and let marinate an additional hour.

Preheat oven to 450 degrees. Remove chicken from marinate. Sprinkle on Italian herbs. Salt and pepper to taste. Place thyme sprigs in cavity of chicken.

Place chicken breast side up on a rack in roasting pan. Roast uncovered for 15 minutes. Reduce heat to 375 degrees and roast for an additional 30 minutes.

Heat honey and with pastry brush thoroughly coat chicken all over. Lower heat to 350 degrees. Continue to cook until well browned, about 45 minutes, occasionally basting chicken with the natural juices and recoating it with honey. Use a meat thermometer to make sure chicken is fully cooked, 170 degrees.

If desired, use gravy separator to remove fat from pan juices and ladle juice over brown rice.

Makes 6 servings.

Per 4oz serving: 225 calories, 7 g total fat (2 g saturated fat), 16 g carbohydrate, 25 g protein, 0 g dietary fiber, 76 mg sodium.



Braised Kale with Black Beans and Tomatoes

Dark leafy greens, like kale, are excellent sources of iron, folic acid, fiber, and carotenoids. Black beans are an excellent source of protein and fiber. Incorporate these foods into your diet with this recipe for Braised Kale with Black Beans and Tomatoes.



INGREDIENTS

- 1 bunch kale (about 8-10 leaves)*
- 2 tsp. extra virgin olive oil
- 1 large onion, diced
- 5 large or 6 medium plum tomatoes, seeded and diced (2 cups)
- 2 garlic cloves, halved lengthwise
- 1 can (15 1/2 oz.) black beans, rinsed and drained
- 1½ cups fat-free, reduced-sodium
- Chicken or vegetable broth
- Salt and freshly ground black pepper, to taste

DIRECTIONS

Using a sharp paring knife, slice off the hard, central vein of each kale leaf. Stacking 3 to 4 leaves at a time, cut them crosswise into half-inch strips. Rinse in a colander or sieve and shake well, leaving some moisture clinging to leaves.

In a large Dutch oven or heavy pot, heat oil over medium-high heat. Sauté onion until translucent, about 4 minutes. Add kale and mix until wilted, about 3 minutes. Add tomatoes and garlic. Cook, stirring, until tomatoes soften slightly, about 3 minutes. Add beans and broth. Bring to a boil, reduce heat and simmer until kale is tender, about 30 minutes. Season to taste with salt and pepper.

Serve as a side dish or over brown rice for a main course.

Makes 4 servings.

Per serving: 177 calories, 4 g. total fat (less than 1 g. saturated fat), 28 g. carbohydrate, 10 g. protein, 8 g. dietary fiber, 591 mg. sodium.

Chicken and Cantaloupe Strawberry Salad

For a lite, refreshing lunch, check out this Chicken and Cantaloupe Strawberry Salad. This salad is packed with nutritious foods including, fruits, veggies, lean protein, and dairy. Fruits and vegetables offer the body antioxidants, which can help fight against cancer. Choose a variety of colorful fruits and vegetables to get the greatest benefit. Aim to eat a minimum of 5 servings of whole fruits and vegetables daily. With this salad, you will be well on your way to reaching this goal!



INGREDIENTS

- 1/4 cup chopped walnuts, toasted
- 1/4 cup reduced-fat sour cream
- 2 Tbsp. plain Greek yogurt
- 2 Tbsp. fruit flavored vinegar (apple or raspberry work well)
- 1 tsp. poppy seeds
- Freshly ground pepper to taste
- 1/4 tsp. sea salt
- 8 cups salad greens
- 2 cups cooked skinless chicken breasts, cubed
- 2 cups cantaloupe, cubed
- 1 cup strawberries, halved
- 1/4 cup feta cheese, crumbled

DIRECTIONS

In small skillet, toast walnuts over medium heat for 2-3 minutes, until lightly browned. Remove from heat and set aside.

Combine sour cream, yogurt, vinegar, poppy seeds, salt and pepper in large mixing bowl and whisk until smooth. Reserve 1/4 cup of dressing in separate bowl. Add the greens to dressing in large bowl and toss to coat.

Divide coated greens among 4 salad plates and top with chicken, melon, strawberries, feta and walnuts. Drizzle each serving with 1 tablespoon of the reserved dressing and serve.

Makes 4 servings.

Per serving: 295 calories, 12 g fat, 15 g carbohydrate, 32 g protein, 4 g dietary fiber, and 320 mg sodium.

Turkey Pot Pie with Cornbread Crust

Turkey pot pie with cornbread crust is the ultimate comfort food, and this recipe is a healthy version with less than 300 calories per serving! Tip: If you are short on time, try using frozen vegetables instead of fresh. It's often easier to keep frozen veggies on hand.

INGREDIENTS

Pie Filling:

- 1/2 cup sliced carrots, in 1/2-inch slices
- 1/2 cup sliced celery, in 1/2-inch slices
- 1 cup frozen pearl onions
- 2 cups fat-free, reduced-sodium chicken broth
- 1 Tbsp. extra virgin olive oil
- 1 1/2 Tbsp. rice flour
- 1 cup low-fat (1 percent) milk, at room temperature
- 1 tsp. dried thyme
- 2 cups cooked diced turkey breast, in 3/4-inch pieces
- 1 cup green peas, fresh or frozen
- Salt and freshly ground pepper, to taste

DIRECTIONS

Preheat oven to 350 degrees F.

In medium saucepan, simmer carrots, celery and onions in chicken broth until they are tender-crisp, about 5 minutes. With slotted spoon, remove vegetables and set aside. Boil broth until it is reduced to 1 1/4 cups, about 5 minutes. Set broth aside.

In heavy saucepan, heat oil over medium heat. Mix in rice flour and whisk constantly for 1 minute as it bubbles. Do not let it color. Slowly add 1/2 cup of reduced broth and whisk until combined with flour mixture. Gradually add remaining broth while whisking vigorously. Add milk and cook sauce for 5 minutes, whisking often, until it has consistency of light creamed soup. Mix in thyme, turkey, green peas and reserved vegetables. Season filling to taste with salt and pepper. Spread filling in 8-inch square baking dish and set aside.

For topping, in microwavable bowl, melt butter. Add milk and egg and mix with fork to beat egg. Stir in cornbread mix. Spoon topping over pot pie filling in baking dish, dropping it in dollops to leave room around edges of pan and between dollops.

Bake pot pie for 30-35 minutes, or until topping feels firm to touch, is lightly browned, and filling is bubbling. Let sit for 15 minutes before serving.

Per 1 1/2 cup serving: 270 calories, 7 g fat (2.5 g sat fat), 34 g carbohydrates, 19 g protein, 3 g fiber, 460 mg sodium.



Topping:

- 5 tsp. unsalted butter
- 3/4 cup low-fat (1 percent) milk
- 1 large egg
- 1/2 package (10 oz.) gluten-free cornbread mix