

# Soft and Moist, High-Protein Menu Ideas

Your body needs more protein during treatment to stay strong and maintain your muscle. The following list has foods that are easy to eat, soft, and moist, and also have a lot of protein.

## Eggs and Egg Dishes

- Hard-boiled eggs
- Scrambled eggs
- Poached eggs
- French toast
- Custard
- Deviled eggs
- Egg salad
- Quiche
- Eggs Benedict
- Omelet
- Soufflé

Other: \_\_\_\_\_

## Meat Salads

- Chicken salad
- Ham salad
- Roast beef salad
- Seafood salad
- Tuna salad
- Turkey salad

Other: \_\_\_\_\_

## Soft Meats

- Beef stew
- Chicken pot pie
- Flaked fish with dill sauce
- Meatloaf with gravy
- Chicken and dumplings
- Shredded pot roast
- Ground hamburger in creamy sauce

Other: \_\_\_\_\_

## Soft Cheese Foods

- Cheesecake
- Cheese cubes, string cheese
- Ricotta cheese
- Macaroni and cheese
- Cottage cheese
- Cheese fondue
- Grated cheese on top of soup or casserole
- Cheese topping on baked or mashed potato
- Cheese sauce on vegetables

Other: \_\_\_\_\_

## Milk and Dairy Foods

- Whole or reduced-fat (2%) milk
- Chocolate milk
- Creamy hot cereals
- Eggnog (pasteurized)
- Dry milk mixed into casseroles
- Hot cocoa made with milk
- Ice cream
- Malts
- Milkshakes
- Mousse
- Frozen yogurt
- Pudding
- Pudding pops
- Gelato
- Smoothies
- Yogurt, Greek yogurt

Other: \_\_\_\_\_

\*Use reduced-lactose milk if it works better for you.

## Soups

- Bean soup
- Cream of asparagus
- Cream of broccoli
- Cream of celery
- Cream of chicken
- Cream of mushroom
- Cream of tomato
- Split pea soup
- New England clam chowder
- Potato soup

Other: \_\_\_\_\_

## Vegetarian Options

- Baked beans
- Lentils
- Edamame
- Refried beans
- Hummus
- Pinto beans
- Protein-enriched plant milks
- Peanut butter
- Chickpeas
- Split peas
- Nut butters
- Veggie burgers
- Soy yogurt
- Tofu
- Tempeh
- Soy milk

Other: \_\_\_\_\_

## Protein-Fortified Milk

- 4 cups (1 quart) whole milk**
- 1 cup nonfat instant dry milk**

Pour liquid milk into a deep bowl. Add dry milk and beat slowly with mixer until dry milk is dissolved (usually less than 5 minutes). Refrigerate and serve cold.

*Yield:* four (4) 1-cup servings

*Nutrition information per serving:* 211 calories, 14 grams protein