

## **Meal Plan for High Calorie High protein**

6 – 8 feedings daily small amounts high in calories and protein low insoluble fiber

See list provided

Put something in your mouth every 2 hours while awake!!!!

See: How to Increase calorie and protein list.

### **Starch and vegetables:**

Avoid high fiber foods such as whole grain breads and cereals

Use instead white breads, cheerios, rice krispies or rice puffs, white rice,

Cook all vegetables and fruits except banana or apple sauce

Use soft vegetable such as carrots, English peas, potatoes,

Avoid peelings of fruits and vegetables

### **Meats and protein sources:**

Eat at least 1 egg daily if concerned with cholesterol use egg beaters or egg whites

2 oz of protein sources at least 4 times per day

Eat tender meats such as fish, chicken and tender

(Beef and pork such as those with the loin in the name)

Drink milk if tolerated 2- 3 times daily and use boost or ensure 2 cans daily.

Activity

Normal walking so heavy lifting or heavy cardio to avoid weight loss

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