

# *meals for* **managing**

unintentional weight loss



# cooking for unintentional weight loss

**The recipes in this booklet were created by our team of registered dietitians, especially for people affected by unintentional weight loss.**

Certain conditions, as well as medications, can make unplanned weight loss worse, either by the condition itself or by a loss in appetite. The recipes and information within this booklet are designed to help you maintain your weight. Always talk to your health care team about your weight loss as well.

For more information on the role of nutrition in managing your condition, please visit our website. You'll find tools and resources like shopping lists, meal plans and delicious recipes. Don't miss the *Empower Your Well-Being* section focusing on sleep, stress management and movement. You can find all of this and more at **[meijerspecialtypharmacy.com](https://meijerspecialtypharmacy.com)**

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### **food safety tips**

To help keep you and your loved ones free from foodborne illness, we've included food safety tips. These tips are noted in **red font** in both the ingredients and instructions.



# recipes to help manage your unintentional weight loss

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Cocoa Cake Brownies





# Creamy Cherry Smoothie

Breakfast • Snack

🕒 10 Mins Prep • 0 Mins Cook • 10 Mins Total

👤 2 Servings

Cool, sweet and creamy, this smoothie is so thick you may need a spoon!

## ingredients

**2 ½ Cups** Frozen, Dark Cherries (~1 bag)

**2 Cups** Vanilla Almond Milk

**1 Cup** Pasteurized Full-Fat Vanilla Greek Yogurt 🍷

**½** Very Ripe Avocado, pitted and diced 🍷  
(scrub under running water before cutting)

**¼ Cup** Chia Seeds 🍷

## what you'll need

Measuring Cups

Blender

Cutting Board

Knife

Spoon

## nutritional info

**517** Calories   **20g** Fat

**70g** Carbs   **17g** Protein

## allergen swap

**Nuts:** Replace the almond milk with a nut-free milk, such as cow's milk or soy milk.

**Dairy:** Replace the yogurt with a dairy-free version.

# Creamy Cherry Smoothie

## instructions

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### 1. Wash Hands

Wash hands with soap and warm water.

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### 2. Add Ingredients to Blender

Combine all ingredients in a blender.

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### 3. Blend Smoothie

Blend on high speed until smooth and creamy.

---

### 4. Wash Hands

Wash hands with soap and warm water.

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Recipe created by *Meijer Registered Dietitians*



## Nourishment Note



### ♥️ Avocado

Avocados are a high-calorie food. High-calorie foods may be necessary when experiencing unwanted weight loss. Avocados also provide monounsaturated fats. Monounsaturated fats can help to lower LDL cholesterol, reduce the risk of heart disease and help reduce inflammation in the body.



### ♥️ Full-Fat Dairy

Full-fat dairy products, such as cheese, cream and whole milk, are high in calories. A high-calorie diet may be necessary if unwanted weight loss is occurring. Full-fat dairy also provides important nutrients such as calcium, potassium and vitamin D.



### ♥️ Chia Seeds

Chia seeds contain omega-3 fatty acids, to help promote heart health, and nearly 39% of your daily fiber needs in just one serving.

## fatigue buster

**Ask for Assistance:** Ask a friend or family member to help make this recipe.

**Frozen Avocado:** Replace the fresh avocado with frozen avocado to avoid using a cutting board and knife.



# Decadent Lemon Blueberry Parfait

Breakfast • Snack • Dessert

🕒 15 Min Prep • 0 Mins Cook • 15 Mins Total

👤 1 Serving

Tart lemon curd, sweet blueberries and creamy yogurt layered between buttery muffins. A wonderful dish perfect for dessert, a snack, even breakfast!

## ingredients

½ Cup Pasteurized Full-Fat Vanilla Greek Yogurt 🍴

3 Tbsp Pasteurized Lemon Curd

2 Mini Lemon Poppyseed Muffins, diced

½ Cup Fresh Blueberries (gently wash blueberries under running water)

1 ½ Tbsp Chia Seeds 🍴

1 ½ Tbsp Slivered Almonds 🍴

## nutritional info

652 Calories 17g Fat

52g Carbs 17g Protein

## what you'll need

Measuring Cups	Measuring Spoons
Knife	Cutting Board
Spatula	Colander
Spoon	Small Mixing Bowl

Small Serving Bowl

## allergen swap

**Gluten:** Replace the muffins with a gluten-free version. Nutritional information will vary.

**Dairy:** Replace the yogurt with a dairy-free version.

**Eggs:** The lemon curd contains eggs. There is no substitute for lemon curd.

**Nuts:** Replace the almonds with an additional serving of chia seeds, or omit altogether.

# Decadent Lemon Blueberry Parfait

## instructions

---

### 1. Wash Hands

Wash hands with soap and warm water.

---

### 2. Make Lemon Yogurt

In a small dish, mix together the Greek yogurt and 2 Tbsp lemon curd. Set aside.

---

### 3. Layer Ingredients in Bowl

Layer one-third of the diced muffin pieces on the bottom of a small serving bowl. Spoon half of the yogurt mixture over top. Layer roughly 2 ½ Tbsp blueberries, ½ Tbsp chia seeds and ½ Tbsp slivered almonds.

---

### 4. Add Toppings & Enjoy

Repeat this process for another layer. Top the mixture with the remaining muffin pieces, blueberries, chia seeds, slivered almonds and a drizzle of the lemon curd.

---

### 5. Wash Hands

Wash hands with soap and warm water.

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Recipe created by **Meijer Registered Dietitians**



## Nourishment Note



### Full-Fat Dairy

Full-fat dairy products, such as cheese, cream and whole milk, are high in calories. A high-calorie diet may be necessary if unwanted weight loss is occurring. Full-fat dairy also provides important nutrients such as calcium, potassium and vitamin D.



### Chia Seeds

Chia seeds contain omega-3 fatty acids, to help promote heart health, and nearly 39% of your daily fiber needs in just one serving.



### Almonds

Almonds are considered a high-calorie food. Additional calories may be necessary if unwanted weight loss is occurring. Almonds also contain antioxidants to help protect healthy cells from becoming damaged and a type of fat that helps to lower LDL (bad) cholesterol levels.

## fatigue buster

**Ask for Assistance:** Ask a friend or family member to help prepare this dish.



# Taste of the Islands Toasted Coconut Pancakes

Breakfast

🕒 10 Mins Prep • 15 Mins Cook • 25 Mins Total

👤 4-6 Servings

Start your day off right with these delicious, paradise-inspired pancakes!

## Ingredients

**2 Cups** White Whole Wheat Flour

**¼ Cup** Unsweetened Shredded Coconut

**2 Tbsp** Sugar

**4 Tsp** Baking Powder

**½ Tsp** Salt

**1 Can** Light Coconut Milk 🍷

**½ Cup** **Pasteurized** Pineapple Juice

**2** **Pasteurized** Eggs

Coconut Oil (if necessary, for pan or griddle)

### Toasted Coconut

**1 Cup** Unsweetened Shredded Coconut

### Additional Toppings

Chopped Mango (**scrub under running water before chopping**), Chopped Banana, **Pasteurized** Vanilla Yogurt

## what you'll need

Measuring  
Cups

Non-Stick  
Skillet

Measuring  
Spoon

Whisk

Can Opener

Spoon

Rimmed  
Baking Sheet

Medium Mixing  
Bowls (2)

Spatula

Oven Mitt

## nutritional info

**444** Calories **17g** Fat

**57g** Carbs **13g** Protein

\*Nutrition info does not include additional toppings

## allergen swap

**Gluten:** Swap the traditional flour for a cup-for-cup gluten-free alternative.

**Egg:** Replace egg with a commercial egg replacement product.

# Taste of the Islands Toasted Coconut Pancakes

## instructions

---

### 1. Wash Hands

Wash hands with soap and warm water.

---

### 2. Preheat Oven

Preheat oven to 350°F.

---

### 3. Combine Dry Ingredients

Mix all dry ingredients (flour, ¼ cup shredded coconut, sugar, baking powder and salt) in a medium mixing bowl.

---

### 4. Combine Liquid Ingredients

In a second medium mixing bowl, whisk together the liquid ingredients (coconut milk, pineapple juice and eggs). Wash hands and any surfaces that may have come into contact with raw eggs.

---

### 5. Combine Dry & Liquid Ingredients

Pour the wet ingredients into the dry and whisk well.

---

### 6. Cook Pancakes

Heat a non-stick skillet over medium-low heat. When hot, add ¼ cup scoops of batter to the skillet. Cook pancakes for 2-3 minutes or until small bubbles form on the surface of the pancakes, then flip. Cook for an additional 1-2 minutes.

---

### 7. Repeat

Repeat the process with the remaining batter.

---

### 8. Toast Coconut

Thinly spread 1 cup coconut flakes into an even layer on a rimmed baking sheet. Toast for approximately 4 minutes in the preheated oven. Keep a close eye on the coconut, as it can burn easily!

---

### 9. Plate & Serve

Plate pancakes and sprinkle with toasted coconut. Enjoy with additional toppings as well!

---

### 10. Wash Hands

Wash hands with soap and warm water.

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## Nourishment Note



### ♥ Coconut Milk

Coconut milk is high in calories and fat. A high-calorie diet may be necessary if unwanted weight loss is occurring. Coconut milk is also high in many important minerals, including manganese, selenium and copper.

## fatigue buster

**Shredded Coconut:** Top pancakes with untoasted shredded coconut.

**Freeze Leftovers:** Freeze leftover pancakes in an airtight container for up to 2 months.

Recipe adapted from [cookieandkate.com](https://cookieandkate.com)



# Browned Butter Walnut Gnocchi

Dinner

🕒 10 Mins Prep • 15 Mins Cook • 25 Mins Total

👤 4 Servings

With the warming flavors of browned butter, sage and brown sugar, you'll be lucky if there's enough for leftovers!

## Ingredients

1 (16 oz) Package Gnocchi

5 Tbsp Pasteurized, Unsalted Butter 🍴

1 Tbsp Brown Sugar

½ Tbsp Dried Sage

Zest of 1 Lemon (gently wash lemon under cold running water)

Salt and Pepper, to taste

½ Cup Walnuts, coarsely chopped 🍴

¼ Cup Pasteurized Parmesan Cheese, shredded 🍴

## Nutritional Info

492 Calories

27g Fat

56g Carbs

11g Protein

## What You'll Need

Cutting Board

Knife

Saucepan

Colander

Large Skillet

Measuring Cups

Measuring Spoons

Microplane

Cheese Grater

Mixing Spoon

## Allergen Swap

**Gluten:** Substitute gluten-free gnocchi for traditional gnocchi.

**Nuts:** Omit walnuts, add sunflower seeds instead.

**Dairy:** Replace regular butter with a vegan butter. Omit Parmesan cheese, try topping with nutritional yeast instead.

# Browned Butter Walnut Gnocchi

## instructions

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### 1. Wash Hands

Wash hands with soap and warm water.

---

### 2. Cook Gnocchi

In a saucepan, cook gnocchi according to package directions. When finished cooking, reserve ½ cup cooking water, then drain in a colander. Set gnocchi aside.

---

### 3. Cook Browned Butter Sauce

In a large skillet, melt butter over medium-high heat. Add the brown sugar, dried sage, lemon zest and a pinch each of salt and pepper. Cook until flavors begin to meld, about 3 minutes.

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### 4. Add Walnuts

Add the walnuts to the skillet and cook for an additional 2-3 minutes. Slowly add the reserved gnocchi water until the mixture becomes saucy.

---

### 5. Add Gnocchi & Cheese to Sauce

Stir in the cooked gnocchi and Parmesan cheese. Continue to cook for an additional 2-3 minutes, stirring frequently.

---

### 6. Serve & Enjoy

Serve immediately and enjoy!

---

### 7. Wash Hands

Wash hands with soap and warm water.

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Recipe adapted from *California Walnuts*



## Nourishment Note



### Walnuts

Walnuts are high in healthy omega-3 fatty acids. These types of fats are important for heart and brain health, as well as reducing inflammation within the body. Because they are high in fat, walnuts are also high in calories.



### Full-Fat Dairy

Full-fat dairy products, such as cheese, cream and whole milk, are high in calories. A high-calorie diet may be necessary if unwanted weight loss is occurring. Full-fat dairy also provides important nutrients such as calcium, potassium and vitamin D.

## fatigue buster

**Walnuts:** Purchase pre-chopped walnuts.

**Parmesan Cheese:** Purchase pre-shredded Parmesan cheese.



# Buffalo Chickpea Wraps

Lunch • Dinner

🕒 20 Mins Prep • 30 Mins Chill • 50-60 Mins Total

👤 6 Servings

**The ultimate sandwich wrap!**  
**Plus, it's gluten-free and vegan!**

## ingredients

**⅓ Cup** Frank's RedHot Original Sauce®

**2 Tbsp** Pasteurized Butter

**½** Red Onion, diced

**1** Large Ripe Avocado, pitted and diced (scrub clean under running water before cutting) 🥑

**2 (15 oz) Cans** Chickpeas, drained & rinsed

**1** Jalapeño, seeds removed & chopped (gently rub under running water before chopping)

**2** Green Onions, chopped (gently rub under running water before chopping)

**2 Tbsp** Cilantro, roughly chopped (gently rub under running water before chopping)

**¼ Cup** Vegan Mayonnaise 🥒

**½ Tsp** Garlic Powder

**½ Tsp** Ground Black Pepper, or more to taste

**6** Tortilla Wraps

**2 Handfuls** Baby Spinach (gently rinse under running water if not pre-washed)

**¼ Cup** Shredded Red Cabbage (gently rub under running water before shredding)

### Sauce

**1 Cup** Full-Fat, Pasteurized Greek Yogurt

**¼ Cup** Frank's RedHot Original Sauce®, or more to taste

## what you'll need

Knife

Cutting Board

Food Processor

Measuring Cups

Measuring Spoons

Spatula

Large Mixing Bowl

Small, Microwave-Safe Bowl

## nutritional info

**328** Calories

**23g** Fat

**29g** Carbs

**13g** Protein

# Buffalo Chickpea Wraps

## instructions

---

### 1. Wash Hands

Wash hands with soap and warm water.

---

### 2. Make Buffalo Sauce

In a microwave-safe bowl, melt 2 tablespoons of butter in the microwave. Remove from microwave and stir in 1/3 cup Frank's RedHot Original Sauce®. Set aside.

---

### 3. Mash Avocado

Add avocado to the food processor and pulse until mashed, but not creamy.

---

### 4. Mash Chickpeas

Add the chickpeas to the food processor with the avocado and pulse a couple of times to mash.

---

### 5. Add Remaining Ingredients

Add the red onion, jalapeño, green onions, cilantro, buffalo sauce, vegan mayo, garlic powder and black pepper to the food processor. Pulse until mixture is nearly smooth with some lumps. Adjust seasoning as needed.

---

### 6. Refrigerate

Place in the refrigerator for 30 minutes to allow the flavors to settle.

---

### 7. Add Filling to Tortilla

To assemble the sandwich wraps, spread an even layer of filling to the outer edges of the tortilla. Top half of the filling with spinach and cabbage.

---

### 8. Assemble Wraps

Starting at the end with the spinach, tightly roll up the tortilla until you reach the other end. Use a sharp knife and cut in half to enjoy as a wrap or make several cuts to enjoy as a pinwheel snack.

---

### 9. Add Sauce & Enjoy

Mix together sauce ingredients to enjoy with the wrap. Enjoy right away or place in an airtight container in the fridge until ready to serve.

---

### 10. Wash Hands

Wash hands with soap and warm water.

---



## Nourishment Note



### ♥ Avocado

Avocados are a high-calorie food. High-calorie foods may be necessary when experiencing unwanted weight loss. Avocados also provide monounsaturated fats. Monounsaturated fats can help to lower LDL cholesterol, reduce the risk of heart disease and help reduce inflammation in the body.



### ♥ Mayonnaise

Mayonnaise is a high-calorie food. Additional calories may be necessary when experiencing unintentional weight loss. Vegan mayonnaise is free from eggs, which makes it a better alternative, compared to regular mayonnaise, for those who have egg allergies or intolerances.

## allergen swap

**Dairy:** Replace butter with a vegan butter. Replace Greek yogurt with a dairy-free version.

**Gluten:** Replace the wrap with a gluten-free version.

## fatigue buster

**Prep Ahead of Time:** Prep ingredients ahead of time to help make assembling the recipe even easier. Ingredients can be chopped up to a day ahead and stored in the refrigerator until ready to use.

**Pre-Prepared Ingredients:** If available and able, buy pre-prepared ingredients at the store such as shredded, bagged cabbage and diced red onion.

**Forget the Wrap:** Instead of making a wrap, the filling can be used as a base for tacos, a dip with vegetables or tortilla chips, or smeared on regular bread as a sandwich.



# Chicken Tikka Masala

Dinner

🕒 15 Mins Prep • 30 Mins Cook • 45 Mins Total

👤 4 Servings

**Bursting with exciting  
flavors in each bite!**

## Ingredients

Curry Paste	
<b>1</b> Medium Yellow Onion, peeled and quartered	<b>3 Tbsp</b> Garam Masala
<b>1</b> Shallot, peeled and halved	<b>2 Tsp</b> Ground Turmeric
<b>6 Cloves</b> Garlic, peeled	<b>2 Tsp</b> Salt
<b>2 (1-inch)</b> Fresh Ginger Pieces, peeled	<b>1 Tsp</b> Crushed Red Pepper Flakes (to taste)

**Zest** of 1 Lemon (gently wash lemon under cold running water)

Chicken
<b>1 ½ lbs.</b> Boneless, Skinless Chicken Breasts, cubed (do not rinse raw poultry)
<b>½ Cup</b> Pasteurized, Full-Fat Plain Greek Yogurt 🥛
<b>1 (14 oz)</b> Can Full-Fat, Unsweetened Coconut Milk 🥥
<b>1 (6 oz)</b> Can Tomato Paste

To Serve (optional)
Chopped Cilantro (gently wash under cold running water), Cooked Rice, Naan Bread

## what you'll need

Knife
Cutting Board
Vegetable Peeler
Measuring Cups
Measuring Spoons
Microplane
Food Processor or Blender
Gallon Sized Zip-Top Bag
Large Skillet with Lid
Spoon

## allergen swap

**Dairy:** Omit plain Greek yogurt and replace with a plain, plant-based yogurt.

## nutritional info

<b>569</b> Calories	<b>19g</b> Fat
<b>76g</b> Carbs	<b>24g</b> Protein

\*Nutrition information includes ¾ cup cooked rice per person

# Chicken Tikka Masala

## instructions

---

### 1. Wash Hands

Wash hands with soap and warm water.

---

### 2. Make Curry Paste

To a blender or food processor, add the onion, shallot, garlic, ginger, spices (garam masala, turmeric, salt, red pepper flakes) and lemon zest. Blend until a smooth paste forms, about 1 minute.

---

### 3. Marinate Chicken

In a large zip-top bag, combine 2 Tbsp of the curry paste, chicken and yogurt. Reserve the rest of the curry paste for later use. Seal the bag and massage the mixture so the chicken is completely coated. Marinate for 30 minutes or up to overnight. Wash hands and any surfaces that may have touched raw chicken.

---

### 4. Cook Chicken

Heat a large skillet over medium heat. Add ¼ cup of the reserved curry paste and cook for about 1 minute. Add the marinated chicken, coconut milk and tomato paste. Stir thoroughly. Cover and cook until the internal temperature of the chicken reaches 165°F on a food thermometer, 15-20 minutes. Remove the lid and simmer for an additional 5 minutes, or until the sauce is slightly thickened.

---

### 5. Serve & Enjoy

Serve with cooked rice, naan bread and chopped cilantro. Enjoy!

---

### 6. Wash Hands

Wash hands with soap and warm water.

---

Recipe adapted from *Half Baked Harvest Super Simple Cookbook*



## Nourishment Note



### ♥ Full-Fat Dairy

Full-fat dairy products, such as cheese, cream and whole milk are high in calories. A high-calorie diet may be necessary if unwanted weight loss is occurring. Full-fat dairy also provides important nutrients such as calcium, potassium and vitamin D.



### ♥ Coconut Milk

Coconut milk is high in calories and fat. A high-calorie diet may be necessary if unwanted weight loss is occurring. Coconut milk is also high in many important minerals, including manganese, selenium and copper.

## fatigue buster

**Curry:** Buy pre-made curry paste.

**Ginger:** Use 2 Tbsp ginger paste instead of fresh ginger.

**Double Up:** Double the curry paste recipe and store in a covered container in the freezer for up to 4 months.



# Creamy Roasted Tomato Soup with Pesto

Lunch • Dinner

🕒 5 Mins Prep • 20 Mins Roast • 5 Mins Cook • 30 Mins Total

👤 4 Servings

Easy and on the table in 30 minutes or less!

## ingredients

1 Can (28 oz) Whole Peeled Tomatoes

1 Onion, peeled and quartered

3 Tbsp Pasteurized Butter 🍴

10 Sprigs Fresh Thyme (gently wash thyme under cold running water)

Salt and Pepper, to taste

1 Cup Pasteurized Half and Half 🍴

6 Tbsp Pesto 🍴

### Optional Toppings

Croutons

Pasteurized Shredded Cheese

Drizzle of Extra Virgin Olive Oil

## nutritional info

337 Calories

26g Fat

16g Carbs

9g Protein

## what you'll need

Dutch Oven

Can Opener

Cutting Board

Knife

Measuring Cups

Measuring Spoons

Blender

Kitchen Towel

Spoon

Oven Mitts

## allergen swap

**Dairy:** Omit butter and half and half, substitute with olive oil and plain, dairy-free milk, respectively. Use a dairy-free pesto.

**Nuts:** Use a nut-free pesto.

**Gluten:** Use a gluten-free crouton or omit.

# Creamy Roasted Tomato Soup with Pesto

## instructions

---

### 1. Wash Hands

Wash hands with soap and warm water.

---

### 2. Preheat Oven

Preheat the oven to 425°F.

---

### 3. Roast Soup

In a large Dutch oven or oven-proof pot with a lid, combine the tomatoes, onion, butter, thyme sprigs and a generous pinch each of salt and pepper. Roast tomato mixture in the oven until onions are soft and fragrant, about 20 minutes.

---

### 4. Blend Soup

Allow tomato mixture to cool slightly and remove thyme sprigs. Transfer to a blender. Allow blender top to vent, covering with a clean kitchen towel, and blend until smooth, about 2 minutes.

---

### 5. Add Final Ingredients, Heat & Serve

Transfer mixture back to the pot and add the half and half and pesto. Heat on the stove for an additional 5 minutes or until heated throughout. Taste and adjust seasoning as needed. Serve hot with optional toppings, like croutons, shredded cheese or a drizzle of olive oil. Enjoy!

---

### 6. Wash Hands

Wash hands with soap and warm water.

---

Recipe adapted from *Half Baked Harvest Super Simple Cookbook*

## Nourishment Note



### ♥ Full-Fat Dairy

Full-fat dairy products, such as cheese, cream and whole milk are high in calories. A high-calorie diet may be necessary if unwanted weight loss is occurring. Full-fat dairy also provides important nutrients such as calcium, potassium and vitamin D.



### ♥ Pesto

Pesto provides disease-fighting antioxidants as well as heart-healthy fats due to the olive oil and nuts it contains.

## fatigue buster

**Ask for Assistance:** Ask a friend or family member to help make this soup.

**Thyme:** Use 2 Tsp (more or less, to taste) dried thyme instead of fresh.





# Extra Creamy Macaroni and Cheese

Lunch • Dinner

🕒 5 Min Prep • 15-20 Mins Cook • 20-25 Mins Total

👤 4-6 Servings

A warm, peppery cheese sauce that perfectly coats every noodle. This recipe is sure to wow the family.

## ingredients

Salt, to taste

**1 (1 lb) Box** Small Shell Pasta

**1 Stick** **Pasteurized** Unsalted Butter, chilled 🍴

**2 Tsp** Coarsely Ground Black Pepper

**1 Cup** **Pasteurized** Whole Milk 🍴

**5 oz** **Pasteurized** Parmesan Cheese, grated 🍴

## allergen swap

**Dairy:** Replace the butter with a dairy-free version; replace the whole milk with coconut milk; replace the parmesan cheese with a dairy-free cheese.

**Gluten:** Replace the noodles with a gluten-free version.

## what you'll need

Knife

Cutting Board

Measuring Cups

Measuring Spoons

Large Pot with Lid

Colander

Large Bowl

Mixing Spoon

Oven Mitts

Whisk

## nutritional info

**553** Calories   **33g** Fat

**43g** Carbs   **19g** Protein

\*Nutrition based on 6 servings

# Extra Creamy Macaroni and Cheese

## instructions

---

### 1. Wash Hands

Wash hands with soap and warm water.

---

### 2. Cook Pasta

Generously salt a large pot of water. Bring to a boil over medium-high heat. Cook pasta according to package instructions.

---

### 3. Drain Pasta

Before draining pasta, carefully remove 2 cups of pasta water. Set aside. Drain pasta and set aside in a large bowl.

---

### 4. Cut & Melt Butter

Cut the stick of butter into 8 pieces. To the large pot, heat 2 Tbsp of butter and 2 Tsp of ground black pepper, stirring occasionally, until butter is melted and foaming, about 1 minute.

---

### 5. Add Milk

Add 1 cup of milk and bring to a simmer.

---

### 6. Melt Additional Butter

Whisk in 1 Tbsp of butter. Allow the butter to melt completely, then continue with the remaining 5 Tbsp. Be sure all the butter has melted in the pot.

---

### 7. Add Pasta to Mixture

Add the pasta to the milk and butter mixture. Stir with a mixing spoon until all noodles are coated, about 30 seconds.

---

### 8. Add Cheese & Water

Add one-third of the Parmesan cheese to the mixture, stirring vigorously to melt. Add about ½ cup pasta water and continue to stir. Continue this step two more times until the cheese is melted. \*Note: all the pasta water may not be used. Mixture should look creamy and noodles well-coated. Add additional salt and pepper to taste, if desired.

---

### 9. Wash Hands

Wash hands with soap and warm water.

---

## Nourishment Note



### Full-Fat Dairy

Full-fat dairy products, such as cheese, cream and whole milk are high in calories. A high-calorie diet may be necessary if unwanted weight loss is occurring. Full-fat dairy also provides important nutrients such as calcium, potassium and vitamin D.

## fatigue buster

**Ask for Assistance:** Ask a friend or family member to help prepare this dish.

**Pre-Grated Cheese:** If available, buy pre-grated Parmesan cheese to help reduce the amount of prep time.







# Mexican Street Corn Tostadas

Lunch • Dinner

🕒 10 Mins Prep • 5 Mins Cook • 15 Mins Total

👤 4 Servings • 2 Tostadas Serving Size

A festive and fun dinner that's gluten-free, vegetarian and 100% delicious!

## ingredients

**1 (15 oz) Can** Whole Kernel Corn, drained

**¼ Cup** Vegan Mayonnaise 🥰

**¼ Cup** Red Onion, finely chopped

**½ Cup** Cilantro, chopped, plus extra for topping (gently wash under running water)

**2 Tbsp** Bottled Lime Juice

**¼ Tsp** Salt, more to taste

**2 Tbsp** Crumbled Pasteurized Feta Cheese, plus extra for topping

**1 (15 oz) Can** Vegetarian Refried Beans (we used a lime and black bean variety)

**8** Tostada Shells

## nutritional info

**450** Calories

**22g** Fat

**54g** Carbs

**11g** Protein

## what you'll need

Can Opener

Colander

Measuring Cups

Measuring Spoons

Small Saucepan

2 Mixing Spoons

Large Mixing Bowl

Oven Mitt

## allergen swap

**Dairy:** Replace the feta cheese with a vegan cheese, nutritional yeast or omit.

**Gluten:** Use a corn tostada or corn tortillas.

# Mexican Street Corn Tostadas

## instructions

---

### 1. Wash Hands

Wash hands with soap and warm water.

---

### 2. Heat Beans

Heat refried beans in a small saucepan over medium-low heat.

---

### 3. Create Corn Mixture

While beans are heating, in a large bowl combine the corn, mayonnaise, red onion, cilantro, lime juice, salt and feta cheese. Mix well to combine all ingredients.

---

### 4. Assemble Tostadas

Once refried beans are heated, assemble tostadas. Spread 3 to 4 tablespoons of refried beans on each tostada shell. Top each shell with the corn mixture.

---

### 5. Add Toppings & Enjoy

Sprinkle with additional cilantro, cheese and salt, if desired.

---

### 6. Wash Hands

Wash hands with soap and warm water.

---

Recipe adapted from [isabeleats.com](https://isabeleats.com) • Image Credit: [Isabel Eats](#)

## Nourishment Note



### **Mayonnaise**

Mayonnaise is a high-calorie food. Additional calories may be necessary when experiencing unintentional weight loss. The vegan mayonnaise is free from eggs, a better alternative if someone has an egg allergy.

## fatigue buster

**Canned Goods:** Using canned goods, such as the beans and corn, helps reduce the amount of prep work required to make this recipe.

**Electric Can Opener:** Although costly, an electric can opener may be beneficial to those who have difficulty using a manual can opener.

**Ask for Assistance:** Ask a friend or family member to help prepare this dish.

**Pre-Diced Onion:** Look for pre-diced red onion at the grocery store. Red onion can also be chopped up to one day in advance.



# Lebanese Avocado Salad with Tahini Dressing

Side

🕒 10 Mins Prep • 0 Mins Cook • 10 Mins Total

👤 4 Servings

Dress up silky avocados with a delicious lemony tahini dressing.

## ingredients

**1** Lemon (gently wash lemon under cold running water)

**2** Ripe Avocados, peeled, pitted and diced (scrub under running water before cutting) 🥑

**1 Tbsp** Extra Virgin Olive Oil

**2 Tbsp** Tahini (sesame seed paste), well-stirred

**1 Clove** Garlic, peeled and minced

**¼ Tsp** Salt

**1 Tbsp** Cold Water

Pepper, to taste

Toasted Sesame Seeds, optional

## what you'll need

Serving Plate

Cutting Board

Knife

Small Bowl

Whisk

Spoon

Measuring Spoons

Small Skillet

## nutritional info

**204** Calories   **19g** Fat

**7g** Carbs   **3g** Protein



# Lebanese Avocado Salad with Tahini Dressing

## instructions

---

### 1. Wash Hands

Wash hands with soap and warm water.

---

### 2. Drizzle Avocados with Oil & Lemon Juice

Place diced avocados on a serving plate. Cut lemon in half and squeeze half of the lemon over the avocados. Drizzle the avocados with olive oil.

---

### 3. Whisk Together Dressing

In a small bowl, whisk together the tahini, minced garlic, salt and 1 Tbsp cold water. Season dressing, to taste, with lemon juice or additional salt.

---

### 4. Toast Sesame Seeds

In a dry skillet, add 1 Tbsp sesame seeds and toast over medium heat until golden-brown, about 2 minutes.

---

### 5. Assemble Salad & Serve

Drizzle tahini dressing over avocados. Top with pepper and a sprinkle of toasted sesame seeds. Enjoy!

---

### 6. Wash Hands

Wash hands with soap and warm water.

---

Recipe adapted from *Rose Water and Orange Blossoms Cookbook*

## Nourishment Note



### ♥ Avocados

Avocados are a high-calorie food. High-calorie foods may be necessary when experiencing unwanted weight loss. Avocados also provide monounsaturated fats. Monounsaturated fats can help to lower LDL cholesterol, reduce the risk of heart disease and help reduce inflammation in the body.

## fatigue buster

**Sesame Seeds:** Sprinkle with untoasted sesame seeds.

**Ask for Assistance:** Ask a friend or family member to help prepare this salad.



# Whipped Ricotta Toast with Thyme Roasted Mushrooms

Snack • Side

🕒 25 Mins Prep • 20 Mins Cook • 45 Mins Total

👤 4 (2 Piece) Servings

**A delightful and unexpected combination of flavors for the taste buds!**

## ingredients

### Whipped Ricotta

**1 ½ Cups** Pasteurized Whole Milk Ricotta Cheese 🍷

**2 Tbsp** Extra Virgin Olive Oil

### Thyme Roasted Mushrooms

**16 oz** Baby Bella Mushrooms, quartered (gently washed under cold running water)

**8 Sprigs** Thyme (gently washed under cold running water)

**8 Cloves** Garlic, peeled and smashed

**2 Tbsp** Extra Virgin Olive Oil

**2 Tsp** Balsamic Vinegar

Salt and Pepper, to taste

### Assembly

**1** Baguette, sliced into 8 pieces

**¼ Cup** Honey

Flaky Sea Salt

## what you'll need

Electric Mixer

Bowl

Rubber Scraper

Measuring Cups

Measuring Spoons

Baking Sheet

Spoon

Knife

Cutting Board

Toaster

## nutritional info

**561** Calories **27g** Fat

**61g** Carbs **20g** Protein

# Whipped Ricotta Toast with Thyme Roasted Mushrooms

## instructions

---

### 1. Wash Hands

Wash hands with soap and warm water.

---

### 2. Roast Mushrooms

Preheat oven to 325°F. While oven heats, combine mushrooms, thyme sprigs and smashed garlic on a rimmed baking sheet. Drizzle with olive oil and sprinkle with salt and pepper. Toss to coat and then spread mushrooms into an even layer. Transfer to oven and roast for 20 minutes.

---

### 3. Whip Ricotta

While mushrooms are roasting, whip ricotta with an electric mixer in a large bowl, about 2 minutes. In the final 15 seconds, drizzle in the olive oil and mix until well incorporated.

---

### 4. Toast Baguette

Slice the baguette and toast slices in the toaster.

---

### 5. Drizzle Mushrooms with Balsamic

When the mushrooms have finished roasting, remove thyme sprigs and discard. Drizzle mushrooms with balsamic vinegar and stir to gently coat.

---

### 6. Assemble & Enjoy

To assemble, spread toast with whipped ricotta, top with roasted mushrooms. Drizzle ½ Tbsp honey over each slice and sprinkle with flaky sea salt. Enjoy immediately.

---

### 7. Wash Hands

Wash hands with soap and warm water.

---



## Nourishment Note



### ♥ Full-Fat Dairy

Full-fat dairy products, such as cheese, cream and whole milk are high in calories. A high-calorie diet may be necessary if unwanted weight loss is occurring. Full-fat dairy also provides important nutrients such as calcium, potassium and vitamin D.

## allergen swap

**Gluten:** Use gluten-free bread or crackers.

**Dairy:** Top bread with a vegan cream cheese.

## fatigue buster

**Mushrooms:** Purchase pre-washed, sliced mushrooms.

**Baguette:** Purchase pre-made crostini which eliminates the bread cutting and toasting steps.



# Cocoa Cake Brownies

Dessert

🕒 15 Mins Prep • 30-35 Mins Cook • 45-50 Mins Total

👤 12 Servings

**Fluffy, cake-like brownies made with rich ingredients. A delightful treat that's so yummy you wouldn't know there's a secret ingredient!**

## ingredients

**4** Large **Pasteurized** Eggs

**1 Cup** Granulated Sugar

**8 oz** Dark Chocolate Chips

**½ Cup** Dark Chocolate Cocoa Powder

**½ Tsp** Salt

**1 Tsp** Vanilla Extract

**½ Cup** Whole Wheat Flour

**2** Large Avocados (scrub clean under running water before cutting) 🥑

**½ Cup** Chopped Walnuts 🥜

## allergen swap

**Gluten:** Replace the whole wheat flour with a gluten-free, cup-for-cup version.

**Nuts:** Omit the walnuts.

**Eggs:** Replace the eggs with an egg substitute, such as flax seed or chia seeds.

## what you'll need

2 Mixing Bowls

Small Microwave-Safe Bowl

2 Spoons

Spatula

Potato Masher, optional

Measuring Cups

Measuring Spoons

8" x 8" Cake Pan

Parchment Paper

Cooking Spray

Oven Mitts

Wire Cooling Rack

Electric Mixer

## nutritional info

**286** Calories   **16g** Fat

**35g** Carbs   **6g** Protein

# Cocoa Cake Brownies

## instructions

---

### 1. Wash Hands

Wash hands with soap and warm water.

---

### 2. Preheat Oven & Prepare Cake Pan

Preheat oven to 350°F. Line an 8"x8" cake pan with parchment paper and spray with cooking spray.

---

### 3. Mash Avocados

If a potato masher is available, mash avocados in a mixing bowl until creamy. A fork will also work well.

---

### 4. Beat Eggs & Sugar

In a separate mixing bowl, beat eggs and sugar with an electric mixer at medium speed until fluffy.

---

### 5. Wash Hands

Wash hands, counters and utensils after touching raw egg.

---

### 6. Melt Chocolate Chips

Place chocolate chips in a microwave-safe bowl and microwave on high for 20 seconds. Stir well, then microwave again for 20 seconds until chips are melted.

---

### 7. Mix Together Batter

With mixer running, add chocolate to egg mixture. With a spoon, fold in cocoa powder, salt, vanilla and whole wheat flour. Add avocado and walnuts and mix well.

---

### 8. Bake Brownies

Pour batter into prepared cake pan and bake for 30 minutes, or until a toothpick is inserted in the center and comes out clean.

---

### 9. Let Cool & Serve

Let cool on wire cooling rack before slicing.

---

### 10. Wash Hands

Wash hands with soap and warm water.

---

Recipe adapted from [Avocados From Mexico](#)

## Nourishment Note



### Avocado

Avocados are a high-calorie food. High-calorie foods may be necessary when experiencing unwanted weight loss. Avocados also provide monounsaturated fats. Monounsaturated fats can help to lower LDL cholesterol, reduce the risk of heart disease and help reduce inflammation in the body.



### Walnuts

Walnuts are high in healthy omega-3 fatty acids. These types of fats are important for heart and brain health, as well as reducing inflammation within the body. Because they are high in fat, walnuts are also high in calories.

## fatigue buster

**Pre-chopped Walnuts:** Purchase walnuts that are already chopped to reduce the amount of preparation time.

**Potato Masher:** Using a potato masher to mash the avocados can help reduce the amount of preparation. A food processor can also be used to blend the avocados into a creamy texture.

**Ask for Assistance:** Ask a friend or family member to help prepare this dish.







# tools to help manage your unintentional weight loss

- 56** Low Appetite/Weight Loss Overview
- 57** Snack Ideas for Appetite Loss
- 58** Tips for Adding Calories
- 62** Tips for Adding Protein

# low appetite/weight loss

**Appetite loss is when you lose interest in eating or you don't want to eat very much. It is very common and can occur for a lot of reasons.**

Reasons include fatigue, pain, certain medications, emotional issues or side effects from certain conditions. A low appetite can vary in length. Having a low appetite for a long time can lead to poor nutrient intake and cause unwanted weight loss.

## Managing with Nutrition:

- Try a liquid or powdered meal replacement, like Boost®, Ensure® or Carnation Instant Breakfast®.
- Instead of eating 3 large meals a day, try to eat 5-6 smaller meals throughout the day.
- Eat your largest meal when you are hungriest. For many people, this is in the morning.
- Start your meal with high-protein foods, when appetite is the strongest. See *Tips for Adding Protein* for ways to incorporate more protein into your meals.
- Keep snacks handy. See *Snack Ideas for Appetite Loss* for some tasty and easy snack suggestions.
- Drink high-calorie beverages, like milkshakes, smoothies, juices or soups.
- If you don't feel like eating, or it's difficult to remember, set a timer to remind you.
- Try to eat a bedtime snack. This will provide extra calories, but will not affect your appetite for the next day.
- Eat soft, cool, or frozen foods like popsicles, sorbet or yogurt.
- Drink liquids throughout the day. Avoid drinking large amounts of liquids at meals, as this could make you feel full very quickly and reduce the amount of food you are able to eat.

---

## Additional Tips:

- Try eating every 2 ½–3 hours.
- Set an alarm to remind you to snack.
- Try to be physically active, this can help to stimulate appetite.
- Recruit the help of friends or family members to help you purchase and/or prepare food.
- Your doctor may be able to prescribe medications to help improve appetite.
- Try to keep mealtimes relaxed and pleasant.
- Talk with your doctor if emotional issues, like depression or anxiety, may be affecting your appetite.

# snack ideas for appetite loss

**When you don't have an appetite, it may be hard to think of easy snack ideas.**

However, snacks are an important part of staying nourished when you may not feel like eating a large meal. For quick and easy snack ideas, check out the list below.

## Dairy

- Cheese
- Chocolate milk
- Cottage cheese
- Frozen yogurt
- Ice cream
- Kefir
- Milk
- Milkshakes
- Puddings
- Yogurt

## Drinks

- Hot chocolate
- Instant breakfast drinks
- Juice
- Liquid meal replacements
- Smoothies

## Dips

- Guacamole
- Hummus
- Salad dressings
- Tzatziki

## Grains

- Bagels
- Bread/Toast
- Cereals
- Crackers
- Granola
- Granola bars
- Muffins
- Oatmeal
- Pancakes
- Pita bread
- Popcorn
- Pretzels
- Tortillas
- Waffles

## Fruits & Vegetables

- Applesauce
- Canned fruit
- Dried fruit
- Fresh fruit
- Fresh vegetables
- Fruit leathers

## Protein

- Fruit and nut bars
- Hard-boiled eggs
- Nut or seed butters
- Nuts and seeds
- Trail mix

## Other

- Sandwiches
- Soups
- Wraps

# tips for adding calories

## To help maintain your weight, try to get enough calories in your diet.

See the tips below for ideas to increase the number of calories you eat and prevent weight loss.

### Tips for Adding Calories:

- Aim for 3 meals and 3 snacks daily.
- Limit the amount of liquid you drink at meals to avoid filling up too fast. Drink more between meals instead.
- Add additional calories to at least one food item at each meal and snack.
- Always have favorite snack foods available.
- Eat your largest meal when appetite is the strongest. Often this is in the morning.
- Add sweeteners like sugar, brown sugar, maple syrup or honey to cereal, oatmeal or hot beverages.
- Set up an eating schedule and set reminders to eat.
- Add butter, oil, cheese or cream to foods.
- Add nut butters to foods like fruit, yogurt or ice cream.
- Add extra gravies, sauces or salad dressings to foods.
- Use 2% or full-fat dairy products, including milk, yogurt, cheese and cottage cheese.
- Use higher calorie cooking methods, like sautéing or frying foods.



## tips for adding calories

Foods	Serving / Calories	Suggestions
<b>Avocado</b>	$\frac{1}{3}$ avocado = 80 calories	<ul style="list-style-type: none"> <li>• Slice for sandwiches or salads</li> <li>• Stir into dips</li> <li>• Make guacamole</li> <li>• Serve with eggs</li> </ul>
<b>Butter</b>	1 tsp = 45 calories	<ul style="list-style-type: none"> <li>• Add to soups, potato dishes, hot cereals, grits, rice, noodles and cooked vegetables</li> <li>• Top muffins, crackers, rolls or toast</li> <li>• Stir into cream soups, sauces and gravies</li> <li>• Combine with spices and herbs and spread on cooked meats, fish, hamburgers and egg dishes</li> <li>• Use melted butter on vegetables or seafood</li> </ul>
<b>Cream Cheese</b>	1 oz = 100 calories	<ul style="list-style-type: none"> <li>• Spread on breads, muffins, crackers or fruit slices</li> <li>• Add to vegetables and casseroles</li> <li>• Roll into balls and coat with chopped nuts, shredded coconut, herbs or granola</li> <li>• Soften and season with cinnamon and sugar to eat as a fruit dip</li> </ul>
<b>Dried Fruits</b>	$\frac{1}{2}$ cup = 100-200 calories	<ul style="list-style-type: none"> <li>• Serve in breakfast dishes, as a dessert or eat for a snack</li> <li>• Add to muffins, cookies, breads, cakes, rice and grain dishes, cereals, puddings and stuffing</li> <li>• Combine with sweeter vegetables, such as cooked carrots, sweet potatoes, yams, acorn squash or butternut squash</li> <li>• Combine with nuts and/or granola for snacks</li> </ul>
<b>Dry Pudding Mix</b>	Calories vary per serving and variety	<ul style="list-style-type: none"> <li>• Add dry mixes when baking cakes, muffins or sweet breads</li> <li>• Add to shakes and smoothies</li> </ul>

## tips for adding calories

Foods	Serving / Calories	Suggestions
<b>Granola</b>	½ cup = 300 calories	<ul style="list-style-type: none"> <li>• Use in cookie, muffin and sweet bread batters</li> <li>• Sprinkle on yogurt, ice cream, pudding, custard, frozen yogurt or fruit</li> <li>• Layer with fruit and bake</li> <li>• Mix with dried fruits and nuts for a snack</li> <li>• Use instead of bread or rice in pudding recipes</li> </ul>
<b>Greek Yogurt</b>	5-6 oz = 150 calories	<ul style="list-style-type: none"> <li>• Use in place of regular yogurt in recipes</li> <li>• Serve with fruit for a snack</li> <li>• Add to shakes and smoothies</li> <li>• Freeze in popsicle molds for a cool treat</li> </ul>
<b>Half-and-Half or Cream</b>	1 Tbsp = 30-50 calories	<ul style="list-style-type: none"> <li>• Use on hot or cold cereals</li> <li>• Use in milkshakes or smoothies</li> <li>• Use in place of milk for creamy soups and sauces</li> <li>• Mix with pasta, rice or mashed potatoes</li> <li>• Pour on chicken or fish while baking</li> <li>• Substitute for milk in recipes</li> <li>• Make hot chocolate with cream and add marshmallows</li> </ul>
<b>Honey, Jam, Sugar</b>	1 Tbsp = 60 calories	<ul style="list-style-type: none"> <li>• Add to bread, cereal, oatmeal, milk drinks and fruit or yogurt desserts</li> <li>• Use as a glaze for meats, such as chicken or pork</li> </ul>
<b>Hot Fudge or Caramel</b>	1 Tbsp = 65 calories	<ul style="list-style-type: none"> <li>• Serve over dessert</li> <li>• Add to puddings, cheesecakes and prepared items</li> <li>• Add to coffee</li> </ul>

**Source:** Academy of Nutrition and Dietetics. Nutrition Care Manual.  
<http://nutritioncaremanual.org>. Accessed May 29, 2019.

## tips for adding calories

Foods	Serving / Calories	Suggestions
<b>Nut Butters</b>	2 Tbsp = 190 calories	<ul style="list-style-type: none"> <li>• Add to shakes or smoothies</li> <li>• Stir in hot cereal</li> <li>• Spread on muffins, waffles, pancakes, English muffins or French toast</li> <li>• Spread on bread or crackers for snacks</li> <li>• Use as a dip for fruit or veggies</li> <li>• Make a nut butter-based sauce</li> </ul>
<b>Nuts &amp; Seeds</b>	¼ Cup = 200 calories	<ul style="list-style-type: none"> <li>• Serve as a snack</li> <li>• Use to make fudge, candy or special desserts</li> <li>• Crush and make a coating for fish or chicken</li> <li>• Add to salads or grain-based dishes</li> </ul>
<b>Oils</b> (olive oil, canola oil, grapeseed oil)	1 Tbsp = 120 calories	<ul style="list-style-type: none"> <li>• Add to flavor most menu items and dressings</li> <li>• Use to pan fry meats, seafood, poultry or vegetables</li> <li>• Finish soups, pastas and salads with a drizzle of high-quality oil</li> <li>• Use as a dip for bread</li> <li>• Use to make a grain-based salad</li> </ul>
<b>Salad Dressings &amp; Mayonnaise</b>	1 Tbsp = 60-100 calories	<ul style="list-style-type: none"> <li>• Spread on sandwiches and crackers</li> <li>• Combine with meat, fish, eggs or vegetables</li> <li>• Use in sauces</li> <li>• Use liberally for dipping vegetables</li> </ul>
<b>Sour Cream</b>	1 Tbsp = 30 calories	<ul style="list-style-type: none"> <li>• Add to creamy soups, baked or mashed potatoes, macaroni and cheese, vegetables, sauces, salad dressings, stews, baked meats and fish</li> <li>• Make a dip for vegetables</li> <li>• Scoop on fresh fruit with brown sugar</li> </ul>

# tips for adding protein

To help stay nourished, try to get enough protein in your diet. Protein is important to help maintain muscle mass and grow new and healthy cells.

See below for ideas on how to add more protein to your diet.

## Dairy - Melt Cheese On:

Bagels	Pita Bread
Chicken	Sandwiches
Crackers	Tortilla Chips
Eggs	Tortillas
English Muffins	Tuna
Hamburgers	Vegetables

## Dairy - Grate Cheese Over:

Breadsticks	Salads
Casseroles	Sauces
Mashed Potatoes	Soups
Pastas	Tacos
Pizza	Vegetable Dishes
Rice	

## Dairy - Cottage & Ricotta Cheese:

Use as a dip for fruits and vegetables

Add to casseroles, egg dishes (omelets, frittatas, scrambled eggs), pancake/muffin batter, pasta, polenta or smoothies

## Dairy - Milk:

Use milk to replace water in cooking

Use in hot soups, cereal, hot cocoa and pudding

Mix into smoothies or stir into coffee

## Dairy - Nonfat Instant Dry Milk:

Add to milk or milk drinks, such as milkshakes, protein shakes or eggnog

Add to breads, cream-based soups, custards, macaroni & cheese, mashed potatoes, muffins, puddings or sauces

## Dairy - Meal Substitution & Protein Powders:

Use instant breakfast powder in milk, milk drinks and desserts

Mix with fruit, yogurt and ice for a high protein smoothie

Add to baked goods, coffee, ice cream, oatmeal or pudding

## tips for adding protein

### Dairy - Greek Yogurt:

Mix with fruit and granola

Use to replace sour cream in dishes

Add to smoothies

Freeze to make popsicles

Use in baked goods

### Eggs:

Add chopped hard-boiled eggs to salads

Breakfast Burritos

Breakfast Sandwiches

Egg Salad

Frittatas

Make a custard with milk, eggs and sugar

Muffin Tin Eggs

Omelets

Quiches

Scrambled Eggs

### Beans, Legumes & Tofu

Make hummus

Add to casseroles, grain dishes, pasta, salads, soups, stir-fries or tacos

### Nuts & Seeds:

Add to breads, cookies, muffins, pancakes, smoothies, trail mix or waffles

Sprinkle on cereal, ice cream, oatmeal, salads, vegetable dishes or yogurt

### Nut Butters:

Swirl through yogurt or oatmeal

Add to smoothies

Spread on crackers, fruit or veggie slices, muffins, pancakes, sandwiches, toast or waffles

### Meat, Poultry & Fish

Add cooked, chopped meat, poultry or fish to casseroles, omelets, pasta, quiches, rice, salads, sandwiches, soups or vegetables





# we're here for you.

If you have any nutritional questions related to  
unintentional weight loss, please email our registered  
dietitians at: [MSP.Dietitians@Meijer.com](mailto:MSP.Dietitians@Meijer.com)



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Unintentional Weight Loss

