

Radiation Oncology Recipes



Soups, Smoothies, and Deliciously Soft Foods

The Power of Eating Well

Your body needs a healthy diet to function at its best. A healthy diet will give you reserves to keep up your strength, rebuild tissue, and protect you against infection. People who eat enough calories and protein can handle the side effects of treatment better.

Suggestions for Boosting Your Nutrition

- Have a cooler bag and water bottle on hand. Bring snacks for long days away from home.
- Eat several small meals and snacks throughout the day.
- Eat your biggest meal when you feel hungriest.
- Try to take a walk or do light exercise to boost your appetite.
- Rinse your mouth before eating to help clear “off tastes” from your taste buds.
- Try room-temperature or cool foods, especially if you have nausea or changes in your sense of smell or taste. They may be easier to handle than warm or hot foods.
- Instead of skipping a meal when you are not feeling hungry, drink a nourishing beverage, like a fruit smoothie.
- Eat favorite foods anytime of the day.
- If possible, try having a snack at bedtime. It won't affect your appetite for the next meal. Avoid eating before going to bed if you often have heartburn.
- If you are fatigued, try softer foods or beverages, like cottage cheese or milk. They are easier to eat.
- Keep nutritious snacks handy. Also have prepackaged convenience foods on hand. Try string cheese sticks or small containers of pudding or rice pudding.



Instead of skipping a meal when you are not feeling hungry, drink a nourishing beverage, like a fruit smoothie.



Use fortified milk instead of regular milk to boost the protein content of milkshakes.

- Use drinks that contain extra calories and protein to stay hydrated. These include whole milk, protein shakes, protein waters, nectars, and juices. (See the chapter “Convenience Supplements.”)
- Use *fortified milk* in place of regular milk in recipes, like in scrambled eggs or oatmeal. To make fortified milk:
 - Whisk 1 cup dried milk powder into 1 quart of whole milk.
 - Refrigerate until needed.
 - Use in cooking and shakes in place of regular milk.
- Add a protein powder, like nonfat dried milk powder, to boost the protein content of foods like yogurt, hot cereal, soups, scrambled eggs, or mashed potatoes.
- Use plastic utensils to reduce metallic flavors.
- Use straws when you drink to avoid sore spots in your mouth.
- Try using covered cups to hide beverage smells.

Nutritious Snack Ideas

- Whole milk yogurt, whole milk Greek yogurt, or strained yogurt
- Whole milk cottage cheese
- Hard-boiled eggs
- Pudding, custards, and mousses
- Sherbets and ice cream
- Angel food cake
- Whole milk
- Eggnog
- Individually-packaged whole milk cheese
- Nut butters made from peanuts, almonds, or cashews
- Seed butters made from sunflower or sesame seeds
- Oatmeal cooked with whole milk
- Dips made with sour cream, cream cheese, whole milk yogurt, beans, and cheese
- Fruit nectars and juices
- Homemade milkshakes and smoothies
- Bananas, berries, or other fruit with cream
- Store-bought nutrition drink supplements like Boost Plus, Ensure Plus, and others (See the chapter “Convenience Supplements.”)



Build your own smoothie using your favorite fruits and flavorings.

Build Your Own Favorite Smoothie

The sky is the limit when it comes to making smoothies. You can start with fortified milk, whole milk, milk substitutes, plain or vanilla yogurt, or ice cream and then add your favorite fruits and flavorings. Here are some ideas for smoothie ingredients:

- Fruits such as bananas, pears, apples, and berries
- Half-and-half
- Chocolate syrup
- Caramel sauce
- Malt flavoring
- Almond or vanilla extract
- Peanut butter
- Whipping cream
- Coconut milk
- Instant coffee, decaffeinated
- Flax seed or canola oil to add calories
- Citric acid powder if you like a sour flavor
- A pinch of salt if the smoothie is too sweet
- Protein powders, dried milk powder, or dried egg whites
- Nutrition special additives such as Benecalorie (see the chapter “Convenience Supplements”)
- Try blending in a commercial drink like Ensure Plus (see the chapter “Convenience Supplements”)

Store-Bought High-Calorie, High-Protein Drinks and Additives

- Ensure Plus
- Boost Plus
- EAS Myoplex
- TwoCal HN
- Resource 2.0
- Carnation Instant Breakfast Essentials

Flavored Protein Waters and Protein-fortified Fruit Drinks

- Isopure Plus
- Muscle Milk Protein H2O
- Gatorade G3 Protein Water
- Ensure Clear
- Resource Fruit Beverage

Low-Sugar Drinks

- Glucerna Shake
- Boost Glucose Control
- Premier Protein Shake
- Carnation Instant Breakfast Sugar Free

Calorie Enhancers

- Benecalorie
- Oils: olive oil, flaxseed, canola
- Whipping cream, half-and-half, butter

Protein Enhancers

- Powdered Carnation Instant Breakfast (flavored)
- Beneprotein (unflavored)
- Dried milk powder (unflavored)
- Dried egg whites (unflavored)
- Pasteurized liquid egg whites
- Thorne Protein Powder (unflavored): available at www.thorne.com
- Unjury Protein Powder (unflavored): available at www.unjury.com
- Biotics Research Whey Protein Isolate (unflavored): available at www.pureformulas.com

Fiber Supplements

- Benefiber
- FiberPlus
- Metamucil

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Nutrition Clinic:
206-598-3004

Sweet, Savory, and Special Recipes

From your Radiation Oncology team

Soups

Cheddar Broccoli	Egg Drop
Chicken Orzo	Greek Egg Lemon
Chinese Chicken and Rice Porridge (Congee)	Indian Dahl
Classic Chicken Noodle	Miso with Tofu
Cream of Potato	Spinach and Zucchini
Creamy French Lentil	Thai Spiced Pumpkin
	Vegetarian Autumn Mushroom

Dips, Spreads, and Side Dishes

Artichoke Dip	Guacamole
Butternut Squash Purée	Hummus
Classic Mashed Potatoes	Kalamata Olive Tapenade
Creamed Corn	Secret Recipe Mashed Potatoes
Edamame Spread	

Easy Main Dishes

Asparagus Quiche	Decadent Scrambled Eggs
Chicken Salad	Marinated Tofu
Creamy Macaroni and Cheese	Tuna Chickpea Salad

On the Sweeter Side

Sweet and Tart Fruit Treats and Smoothies

Bananas and Cream	Raspberry Frost
Banana Buttermilk Custard	Sunshine Lemon Smoothie
Indian Mango Lassi	Vanilla Honey Yogurt and Blended Fruit
Indian Raspberry Lassi	
Orange Dreamsicle	



Ethiopian Aja

Non-Fruit Smoothies

Anne's Amazing Apple Pie a la Mode	Fam's Not Quite-As-Famous Snickers Delight
Chocolate Peanut Butter Shake	Michael's Smoothie
Fam's Famous Oreo Cookie Shake	Vintage Chocolate Malt

Three Low-Sugar, High-Calorie, High-Protein Smoothies

Banana Smoothie	Zeus Berry Smoothie
Peanut Butter and Berry Smoothie	

Classic Favorites

Best Oatmeal	Ralph's German Chocolate Cake
Chocolate Malted Pudding	Rice Pudding
Classic Tapioca Pudding	Simple Custard
Easiest Egg Nog	Vanilla Lush
Ethiopian Aja	Very Easy Crème Brûlée
Flan	

Special Solutions

Fortified Milk Recipe

To Help with Thick Secretions

Drinks to Buy	Lemon-Lime Spritzer
Caribbean Burst	Tropical Saliva Buster

To Help with Constipation

Drinks to Buy
Wendy's Wicked "The Bomb" Fruit Paste

To Help with Dry Mouth

Foods to Buy
Berry Fruit Slush

To Help with Taste Changes

Foods to Buy
Cleaning "Swish"

Protein Waters and Fruit Drinks

Ensure Clear	Muscle Milk Protein H2O
Gatorade G3 Protein Water	Resource Fruit Beverage
Isopure Plus	

Additives and Special Supplements

Low-Sugar Shakes

Carnation Instant Breakfast Sugar Free	Glucerna Shake
	Premier Protein Shake

Protein Supplements

Beneprotein (unflavored)	Pasteurized liquid egg whites
Dried egg whites (unflavored)	Powdered Carnation Instant Breakfast (flavored)
Dried milk powder (unflavored)	

Calorie Enhancers

Benecalorie	Oils: Olive, flaxseed, canola
Butter	Whipping cream
Half-and-half	

Fiber Supplements

Benefiber	Metamucil
FiberPlus	

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Non-Fruit Smoothies

Sweet indulgences





Vintage Chocolate Malt

Makes 1 serving

Nutrition Information

1 serving using whole milk:	1 serving using Fortified Milk:
300 calories	330 calories
8 grams protein	13 grams protein

Ingredients

- 1 cup chocolate ice cream
- ¼ cup chocolate whole milk or Fortified Milk (see recipe for “Fortified Milk” in *Special Solutions* section)
- 1 teaspoon malted-milk powder

Directions

Blend ice cream, milk, and malted-milk powder in a blender until smooth. Serve right away



Chocolate Peanut Butter Shake

Makes 2 servings

Nutrition Information

491 calories

12 grams protein

Ingredients

- 2 cups ice cream
- ½ cup half and half
- 1 teaspoon vanilla
- 2½ tablespoons smooth peanut butter
- 3 tablespoons chocolate syrup

Directions

Blend everything together and serve cold.



Fam's Famous Oreo Cookie Shake

Makes 1 serving

Nutrition Information

1 serving using whole milk:	1 serving using Fortified Milk:
660 calories	750 calories
15 grams protein	24 grams protein

Ingredients

- 3 Oreo cookies
- 1½ cups vanilla ice cream
- ¾ cup milk or Fortified Milk (see recipe for “Fortified Milk” in *Special Solutions* section)

Directions

Combine ice cream and milk in a blender and mix on low until smooth. Crush Oreos and add to blender. Mix on low for 10 seconds or until cookies are well-blended.



Fam's Not-Quite-as-Famous Snickers Delight

Makes 2 servings

Nutrition Information

1 serving using whole milk:	1 serving using Fortified Milk:
395 calories	510 calories
10 grams protein	22 grams protein

Ingredients

- 1 regular sized Snickers bar, chopped
- 1½ cups vanilla ice cream
- ½ tablespoon smooth peanut butter
- 1 cup milk or Fortified Milk (see recipe for “Fortified Milk” in *Special Solutions* section)

Directions

Blend all ingredients in a blender on medium-high until mixed well. For a smoother texture, keep blending on low.



Nutrition Information

1 serving:
893 calories
40 grams protein

Michael's Smoothie

Makes 1 serving

Ingredients

- 4 tablespoons unsweetened whey protein powder
- 8 ounces milk (or 4 ounces milk and 4 ounces Ensure Plus)
- $\frac{1}{4}$ cup natural creamy peanut butter
- $\frac{1}{2}$ frozen banana
- $\frac{1}{3}$ cup Greek whole milk yogurt, frozen
- 2 tablespoons chocolate syrup
- 1 tablespoon flax oil
- $\frac{1}{2}$ teaspoon salt

Directions

Combine all ingredients in blender. Blend until smooth. Serve right away.

On the Sweeter Side

Sweet and tart fruit treats and smoothies





Bananas and Cream

Makes 1 serving

Nutrition Information

1 serving:
120 calories
5 grams protein

Ingredients

- 1 banana
- 2 tablespoons sugar
- 2 ounces heavy cream

Directions

Peel and cut the banana into thick slices and sprinkle sugar on top. In a small saucepan, warm the cream and let it stand for 5 minutes. Then pour cream over the sugared banana and serve.



Vanilla Honey Yogurt and Blended Fruit

Makes 1 serving

Nutrition Information

1 serving:

215 calories

20 grams protein

Ingredients

- ½ banana
- ¼ cup blueberries
- ¼ cup strawberries
- 1 cup vanilla whole milk Greek yogurt
- 1 tablespoon honey

Directions

Blend together banana, blueberries, and strawberries. Mix blended fruit with yogurt and top with honey.



Banana Buttermilk Custard

Makes 6 servings

Nutrition Information

1 serving:
300 calories
9 grams protein

Ingredients

- 1 large banana
- 1½ cups heavy cream
- ½ cup buttermilk
- ¾ cup sugar
- 8 egg yolks
- 2 teaspoons vanilla

Directions

Preheat oven to 325°F. | Peel banana and cut lengthwise, then crosswise into half-circle slices. Spray inside of a 1½ quart baking dish with cooking spray. Line the bottom with banana slices. | In a saucepan, heat cream and buttermilk until hot. Add sugar and stir until dissolved. | Beat egg yolks well with vanilla. Spoon a few tablespoons of cream mixture into yolks, whisking well. Slowly pour in rest of the cream mixture, stirring constantly. Pour mixture over bananas. | Place baking dish inside a larger dish. Fill larger container with water halfway up the side of the baking dish. Bake 1 hour to 1 hour and 15 minutes, until set.



Raspberry Frost

Makes 1 serving

Nutrition Information

1 serving using whole milk:	1 serving using Fortified Milk:
200 calories	260 calories
11 grams protein	15 grams protein

Ingredients

- ½ cup (4 ounces) plain or vanilla whole milk yogurt
- 1 cup fresh or frozen raspberries
- ½ cup milk or Fortified Milk (see recipe for “Fortified Milk” in *Special Solutions* section)

Directions

Place all ingredients in a blender and blend until smooth and creamy. To thicken the smoothie more, use frozen milk cubes instead of liquid milk. Double the batch and share with your family – they will love this one!



Indian Mango Lassi

Makes 2 servings

Nutrition Information

1 serving:
220 calories
6 grams protein

Ingredients

- 1 cup peeled, sliced mango
- $\frac{1}{3}$ cup peach sorbet
- $\frac{1}{2}$ cup whole milk yogurt
- $\frac{1}{4}$ cup orange juice
- 1 drop orange extract OR $\frac{1}{8}$ teaspoon orange-flower water, optional (*orange-flower water is a perfumed distillation of bitter-orange blossoms*)

Directions

Place mango in a blender and pulse twice to chop. Add the rest of the ingredients and blend until smooth.



Indian Raspberry Lassi

Makes 2 servings

Nutrition Information

1 serving:

220 calories

6 grams protein

Ingredients

- 1 cup raspberries
- $\frac{1}{3}$ cup raspberry sorbet
- $\frac{1}{2}$ cup vanilla yogurt
- $\frac{1}{4}$ cup orange juice
- 1 drop orange extract OR $\frac{1}{8}$ teaspoon orange-flower water, optional (*orange-flower water is a perfumed distillation of bitter-orange blossoms*)

Directions

Place all ingredients in a blender and blend until smooth.



Orange Dreamsicle

Makes 1 serving

Nutrition Information

1 serving using whole milk:	1 serving using Fortified Milk:
360 calories	475 calories
15 grams protein	27 grams protein

Ingredients

- 1 cup whole milk or Fortified Milk (see recipe for “Fortified Milk” in *Special Solutions* section)
- 6 ounces vanilla whole milk yogurt
- $\frac{1}{3}$ cup frozen orange juice concentrate
- $\frac{1}{4}$ teaspoon vanilla extract
- 2 to 3 ice cubes

Directions

Combine milk, yogurt, orange juice concentrate, and vanilla extract in blender. Blend 15 seconds to combine ingredients. Add ice cubes and blend about 20 seconds to crush ice. Serve right away.



Sunshine Lemon Smoothie

Makes 1 serving

Nutrition Information

1 serving using whole milk:	1 serving using Fortified Milk:
300 calories	415 calories
17 grams protein	29 grams protein

Ingredients

- 1 cup milk or Fortified Milk (see recipe for “Fortified Milk” in *Special Solutions* section)
- 1 cup lemon whole milk yogurt
- 2 to 3 ice cubes
- 1 to 2 tablespoons fresh-squeezed lemon juice

Directions

In a blender, combine all ingredients and blend until the mixture is smooth and creamy. Serve in a tall glass and garnish with lemon wedge or zest, if desired.



Anne's Amazing Apple Pie a la Mode Smoothie

Makes 2 servings

Nutrition Information

1 serving:
380 calories
11 grams protein

Ingredients

- 2 cups vanilla frozen yogurt
- $\frac{3}{4}$ cup unsweetened applesauce
- $\frac{1}{4}$ cup apple juice, chilled
- 1 cup apple, peeled and diced
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{4}$ teaspoon ground nutmeg

Directions

Combine the frozen yogurt, applesauce, and apple juice in a blender. Add the apple, cinnamon, and nutmeg. Blend until smooth.

On the Sweeter Side

Classic favorites





Chocolate Pudding

Makes 4 servings

Nutrition Information

1 serving:
210 calories
5 grams protein

Ingredients

- ½ cup sugar
- ⅓ cup unsweetened cocoa powder
- 3 tablespoons cornstarch
- 2 cups whole milk
- 2 teaspoons vanilla extract

Directions

In a saucepan, whisk together sugar, cocoa powder, and cornstarch. Over low-medium heat, whisk in the milk a little at a time to avoid clumping. Keep stirring until pudding is shiny and thick. Remove from heat and stir in vanilla. | Pour pudding into a bowl. Place a piece of plastic wrap directly on the surface of pudding to prevent a skin from forming. Chill in the refrigerator until the pudding sets. Serve cold.



Ralph's German Chocolate Cake

Makes 12 servings

Nutrition Information

1 serving:
321 calories
5 grams protein

Ingredients

- 1 box German chocolate cake mix
- 16 ounces sour cream
- 2 eggs
- $\frac{1}{4}$ cup oil
- $\frac{1}{2}$ cup Kahlua liqueur
- 16 ounces semisweet chocolate chips

Directions

Preheat oven to 350° F. | Pour cake mix into large bowl. Add sour cream, eggs, oil, and Kahlua. Mix on high for 2 minutes, scraping the sides of the bowl from time to time. Stir in chocolate chips. | Pour batter into a greased Bundt pan and bake for 50 minutes or until toothpick inserted in center comes out clean. (If you are making cupcakes, decrease baking time to 30 to 35 minutes.)



Rice Pudding

Makes 4 servings

Nutrition Information

1 serving:
365 calories
9 grams protein

Ingredients

- $\frac{3}{4}$ cup uncooked white rice
- 2 cups milk, divided
- $\frac{1}{3}$ cup white sugar
- $\frac{1}{4}$ teaspoon salt
- 1 egg, beaten
- 1 tablespoon butter
- $\frac{1}{2}$ teaspoon vanilla extract

Directions

In a medium saucepan, bring $1\frac{1}{2}$ cups water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes.

| In another saucepan, combine $1\frac{1}{2}$ cups cooked rice, $1\frac{1}{2}$ cups milk, sugar, and salt. Cook over medium heat until thick and creamy, 15 to 20 minutes. Stir in remaining $\frac{1}{2}$ cup milk and beaten egg. Keep stirring and cook 2 minutes more. Remove from heat, and stir in butter and vanilla. Serve warm.



Very Easy Crème Brûlée

Makes 6 servings

Nutrition Information

1 serving:
450 calories
8 grams protein

Ingredients

- 4 cups heavy cream
- 1 teaspoon vanilla
- ½ cup sugar (plus extra for topping finished crème brûlée)
- 6 large egg yolks
- Boiling water

Directions

Preheat oven to 300°F. | In a small saucepan, bring cream and vanilla to a simmer on low. Remove from stove and let cool for 10 minutes. | In a medium bowl, beat together egg yolks and sugar until creamy and light yellow. Beat in cooled cream mixture. | Place 6 ramekins in a baking dish with a small towel lining the bottom. Pour the cream mixture into the ramekins. Fill the baking dish halfway with the boiling water. | Place in oven for 30 to 40 minutes or until crème brûlée is mostly firm and jiggles only slightly. Remove from oven. Remove the ramekins from the baking pan and cool in refrigerator for 2 to 3 hours. | If you have a cooking torch, when ready to serve, top each crème brûlée with a layer of sugar. Brown tops with cooking torch.



Nutrition Information

1 serving:
275 calories
25 grams protein

Best Oatmeal

Makes 2 servings

Ingredients

- 2 $\frac{1}{4}$ cups Fortified Milk (see recipe for “Fortified Milk” in *Special Solutions* section)
- Dash salt
- 1 cup regular rolled oats
- $\frac{1}{2}$ teaspoon cinnamon
- 1 tablespoon vanilla extract
- 1 cup whole milk

Directions

Pour the Fortified Milk into a small saucepan. Add the salt and turn the heat to high. Before it starts boiling, turn the heat to low and add oatmeal. Stir over low until the milk is just absorbed, about 5 minutes. Add vanilla. | Stir in cinnamon, cover pan, and turn off heat. Let set for 5 minutes. Serve with milk.



Classic Tapioca Pudding

Makes 6 servings

Nutrition Information

1 serving:
210 calories
7 grams protein

Ingredients

- 3 cups whole milk
- ½ cup quick-cooking tapioca
- ½ cup white sugar
- ¼ teaspoon salt
- 2 eggs, beaten
- ½ teaspoon vanilla extract

Directions

Beat the eggs in a medium mixing bowl. Stir together milk, tapioca, sugar, and salt in a medium saucepan. Keep stirring while bringing to a boil over medium heat. Reduce heat to low, cook while stirring 5 minutes more. | Two tablespoons at a time, whisk 1 cup of the hot mixture into the beaten eggs until well mixed. Stir this mixture back into the saucepan until well mixed. Bring the pudding to a gentle simmer over medium-low heat. Cook and stir 2 minutes more until the pudding becomes thick enough to evenly coat the back of a metal spoon. Remove from the heat and stir in the vanilla. | Serve hot or pour into serving dishes and chill for a few hours.



Simple Custard

Makes 2 servings

Nutrition Information

1 serving:
120 calories
7 grams protein

Ingredients

- 1 cup whole milk
- 1 egg yolk
- 2 tablespoons sugar
- ¼ teaspoon cornstarch
- 1 teaspoon flavoring such as instant coffee, vanilla extract, or orange liqueur (Grand Marnier)

Directions

Heat milk in the microwave for 2 minutes on high, or in a small saucepan over medium heat until small bubbles appear around the inside of the pan. | In another small saucepan, over medium-low heat, whisk the egg yolk with the sugar and cornstarch and slowly add the warm milk. Whisk constantly, until the mixture thickens to the consistency of heavy cream and coats a spoon lightly. *Do not boil or simmer or the egg will scramble.* | Remove from heat. Stir in the flavoring. Pour the custard into a small bowl. Serve warm or chilled. To chill, cover and refrigerate at least 1½ hours or up to 1 day.



Flan

Makes 8 servings

Nutrition Information

1 serving:

490 calories

10 grams protein

Ingredients

- $\frac{2}{3}$ cup sugar
- 1 can (14 ounces) sweetened condensed milk
- 2 cups heavy cream
- 1 cup whole milk
- 5 eggs
- 2 teaspoons vanilla extract

Directions

Preheat oven to 350° F. | In a small nonstick saucepan, heat sugar over medium heat. Shake and swirl from time to time to distribute sugar until it is dissolved and begins to brown. Lift the pan 4 to 6 inches over the heat and keep browning it until it is a dark golden brown. Slightly stir while cooking – too much stirring will make it form crystals. Pour caramelized sugar into $1\frac{1}{2}$ quart casserole dish or a large loaf pan. Swirl to coat the bottom of the pan evenly. | In a blender, combine sweetened condensed milk, cream, milk, eggs, and vanilla. Blend on high for 1 minute. Pour over the caramelized sugar. | Place the filled casserole dish into a larger pan and add 1 inch of HOT water to the outer pan. Bake in preheated oven 50 to 60 minutes, or until set.



Vanilla Lush

Makes 10 servings

Nutrition Information

1 serving:

225 calories

8 grams protein

Ingredients

- 1 cup flour
- ½ cup butter
- ¼ cup chopped almonds, pecans or walnuts (more for topping, if desired)
- 1 cup powdered sugar
- 1 12-ounce container Cool Whip
- 1 cup softened cream cheese
- 3 boxes of instant pudding mix (1 ounce each, vanilla or any flavor)
- 3 cups cold whole milk

Directions

Preheat oven to 325° F. | Mix flour and butter together until crumbly, as if making a pie crust. Add nuts. Press into a 9-inch by 13-inch baking dish. Bake for 25 to 30 minutes, until light brown. Cool. | Mix cream cheese, powdered sugar, and 1 cup Cool Whip. Spread on crust. | Stir pudding mix into milk. Spread on top of cream cheese mixture. Top with the rest of the Cool Whip. Garnish with nuts, if desired. *You can also use 3 different flavors of instant pudding – lemon, vanilla, and chocolate. Mix each one separately and add one at a time over the cream cheese mixture.*



Ethiopian Aja

Makes 2 servings

Nutrition Information

1 serving using whole milk:	1 serving using Fortified Milk:
235 calories	410 calories
12 grams protein	26 grams protein

Ingredients

- 2 cups uncooked oatmeal
- 3 cups milk or Fortified Milk (see recipe for “Fortified Milk” in *Special Solutions* section)
- 2 tablespoons brown sugar
- 1 teaspoon vanilla extract

Directions

Simmer oats in milk for 10 minutes. Strain the milk and throw away the oats. Warm the oatmeal milk on the stove and add brown sugar and vanilla. Let thicken and drink warm.

Soups





Classic Chicken Noodle Soup

Makes 8 servings

Nutrition Information

1 serving:

355 calories

21 grams protein

Ingredients

- 8 cups chicken broth
- 4 cups water
- 1 store-bought roasted chicken
- 3 tablespoons olive oil
- 2 large onions, diced
- 2 large carrots, peeled and cut to bite-size
- 2 large stalks celery, cut to ¼ inch thick
- 1 teaspoon dried thyme
- 3 cups egg noodles
- 1 cup fresh or frozen green peas
- ½ cup fresh parsley, chopped
- Salt and pepper

Directions

Place broth and water in a large pot. Bring to a simmer over medium-high heat. | Remove chicken meat from skin and bones. Add skin and bones to the broth. Reduce heat to low, partly cover and simmer 20 to 30 minutes. | Strain broth through a colander into a large container. Throw away the skin and bones. | Return pot to stove and set on medium-high. Add oil, onions, carrots, and celery. Sauté 8 to 10 minutes, until soft. Add chicken meat, broth, and thyme. Bring to a simmer. Add egg noodles and simmer until tender, 10 to 20 minutes. | Stir in green peas and chopped fresh parsley, then remove from heat. Add salt and pepper to taste.



Chicken Orzo Soup

Makes 2 servings

Nutrition Information

1 serving:

175 calories

18 grams protein

Ingredients

- 2 tablespoons olive oil
- 3 ounces boneless, skinless chicken breast, sliced
- 1 can (14½ ounces) chicken broth
- 1 cup water
- ⅔ cup shredded carrot
- ⅓ cup sliced green onion
- ¼ cup uncooked orzo pasta
- 2 teaspoons lemon juice
- Dash black pepper

Directions

Heat oil in medium saucepan. Add chicken. Cook over medium-high heat 2 to 3 minutes. Remove chicken from the saucepan and set aside. | In the same saucepan, combine broth, water, carrot, green onion, and orzo. Bring to a boil. Reduce heat and simmer, covered, 8 to 10 minutes or until orzo is tender. Stir in chicken and lemon juice. Cook until hot. Season to taste with pepper. | Ladle into serving bowls. Top with more chopped green onions, if desired.



Miso Soup with Tofu

Makes 4 servings

Nutrition Information

1 serving:
185 calories
11 grams protein

Ingredients

- 3 cups water or *dashi* soup stock (found in Japanese or specialty grocery stores)
- 1 block firm tofu
- 3 to 4 tablespoons miso paste
- ½ cup green onion, chopped
- 1 cup fresh spinach leaves

Directions

Put dashi soup stock in a medium size pot and bring to a boil. Cut tofu into small cubes and add them to the soup. Simmer for a few minutes on low heat. | Scoop out some soup stock from the pan and dissolve miso in it. Gradually return the miso mixture in the soup, stirring gently. | Turn off heat and add chopped green onion and spinach leaves.

Note: Do not boil the soup after you add miso or the flavor will be altered.

Photo by Riana Giusti



Cheddar Broccoli Soup

Makes 6 servings

Nutrition Information

1 serving using whole milk:	1 serving using Fortified Milk:
335 calories	400 calories
16 grams protein	21 grams protein

Ingredients

- ¼ cup butter
- 1 medium onion, diced
- 1 large garlic clove, chopped
- ½ teaspoon ground pepper
- 1½ pounds chopped broccoli
- 4 cups broth (chicken or vegetable)
- 3 tablespoons all-purpose flour
- 1½ cups milk or Fortified Milk (see recipe for “Fortified Milk” in *Special Drinks* section)
- Salt to taste
- 8 ounces sharp cheddar cheese, shredded

Directions

Melt butter in a large pot over medium heat. Add onion and cook until soft. Add garlic and pepper. Cook for 1 minute. Stir in broccoli and chicken broth. Bring to a boil. Simmer until broccoli is tender, 10 to 15 minutes. | In a bowl, whisk flour into milk until smooth. Stir this mixture into soup until thick. Reduce heat. Stir in cheese until melted and soup is heated through. Add salt to taste.



Vegetarian Autumn Mushroom Soup

Makes 4 servings

Nutrition Information

1 serving:
120 calories
4 grams protein

Ingredients

- ½ pound button mushrooms, chopped
- ½ pound shitake mushrooms, chopped
- 2 Portobello mushrooms, chopped
- 4 tablespoons butter
- 2 shallots, chopped
- 2 cloves of garlic, chopped
- 2 cups vegetable stock
- 1 cup water
- 4 tablespoons sour cream (optional)

Directions

Melt butter in a large pot on low heat. Add shallots and garlic. Sauté until shallots are clear. | Add all of the mushrooms. Stir until coated with butter. Add water and cover with lid. Stir every couple of minutes until the mushrooms are soft. They will shrink a lot. | Cook for another 10 to 15 minutes and add the stock. Turn up the heat and bring to a boil. Boil for 5 minutes. | Remove from heat and pour entire contents of pot into a blender. Blend until smooth and return to low heat. | Serve hot with a dollop of sour cream, if desired.



Cream of Potato and Leek Soup

Makes 3 servings

Nutrition Information

1 serving:
180 calories
7 grams protein

Ingredients

- 1 leek, chopped
- 2 potatoes, peeled and chopped to half-inch cubes
- 2 teaspoons unsalted butter
- 2 teaspoons olive oil
- 3 cups chicken broth
- $\frac{3}{4}$ cup half-and-half
- $1\frac{1}{2}$ tablespoons fresh chives (*optional*)
- salt and pepper to taste

Directions

Heat the butter and oil in a saucepan. Add the leeks and cook covered over low heat until softened, 7 to 8 minutes. Add the potatoes and sauté 2 to 3 minutes. Pour in the broth. Season with salt and pepper. | Bring to a boil, then lower the heat. Cover and simmer until the potatoes are softened, about 25 minutes. | Purée the soup in a blender or food processor. Reheat gently and stir in half-and-half. | Ladle the soup into bowls. Sprinkle each bowl with minced chives (*optional*).



Creamy French Lentil Soup

Makes 4 servings

Nutrition Information

1 serving:

390 calories

20 grams protein

Ingredients

- 3 strips bacon, cut into small pieces
- 1 large onion, diced
- 2 medium carrots, diced
- 3 cloves garlic, crushed
- 1 can (14 ounces) diced tomatoes
- 1 cup French green lentils, washed
- 4½ cups vegetable broth
- 1½ cups water
- ¼ cup white wine
- 1 bay leaf
- 2 teaspoons fresh thyme, roughly chopped
- 1½ teaspoons balsamic vinegar
- Salt (about 1 teaspoon) and pepper to taste
- Parsley (optional)
- Sour cream (optional)

Directions

Fry bacon until crispy. In a large soup pot, place bacon, onion, carrots, and garlic. Cook for a few minutes. Add tomatoes and lentils and cook on medium-low heat for 8 to 10 minutes. | Add wine, bring to a simmer, then pour in broth and water. Add bay leaf and thyme. Cook, partly covered, for 30 minutes on low heat. | Transfer in small batches to a blender. Add balsamic vinegar and purée. Add salt and pepper to taste. Garnish each serving with fresh parsley and sour cream, if desired.



Nutrition Information

1 serving:

215 calories

15 grams protein

Indian Dahl

Makes 4 servings

Ingredients

- 1 cup yellow split peas
- 6 cups water, vegetable broth, or chicken broth
- 1 teaspoon turmeric
- 1 teaspoon salt (or to taste)
- ½ onion, finely chopped
- 2 garlic cloves
- 1 to 2 teaspoons mustard seeds, black if available
- 1 teaspoon chili powder (or to taste)
- 1 tablespoon oil
- 4 tablespoons fresh cilantro, chopped
- 2 tablespoons spiced ghee

Directions

Place split peas, water, turmeric, and salt in a large saucepan and bring to boil. Turn down heat and simmer until peas are tender, about 45 to 60 minutes. | While the peas are cooking, heat oil in a small saucepan and gently sauté onion and garlic until slightly brown. Add mustard seeds and chili powder and cook 2 to 3 minutes longer. | Add onion mixture to soup. Garnish each serving with spiced ghee and chopped cilantro.



Greek Egg Lemon Soup

Makes 4 servings

Nutrition Information

1 serving:

530 calories

23 grams protein

Ingredients

- 2 cups whole milk
- 2 tablespoons cornstarch
- 6 egg yolks
- 8 cups chicken stock
- ½ cup orzo pasta
- ¼ cup butter
- ½ cup fresh lemon juice
- Zest of 1 large lemon
- Salt

Directions

Combine milk, cornstarch, and egg yolks in a small bowl. Set aside. | Bring the chicken stock to a boil in a large soup pot. Add the orzo pasta and let it cook, covered, until tender, about 9 to 12 minutes. When the pasta is tender, remove pot from heat and add the egg mixture and butter. Stir slowly until blended together. | Return the pot to heat and continue to cook the soup on low. It will thicken slightly. | When soup is thickened, remove from heat and add lemon juice and lemon zest. Serve with pita bread.



Thai Spiced Pumpkin Soup

Makes 4 servings

Nutrition Information

1 serving:
300 calories
5 grams protein

Ingredients

- 2 acorn squash, small pumpkins, or other small winter squash
- 4 tablespoons unsalted butter, at room temperature
- 1 can (14 ounces) coconut milk
- 1 teaspoon (or more) red Thai curry paste
- 1 to 4 cups water
- 2 teaspoons salt (or to taste)

Directions

Preheat oven to 375° F and place the racks in the middle of the oven. | Cut each squash into halves or quarters. Rub butter on each piece of squash and sprinkle with salt. Place on a baking sheet with skin sides down, and put in the oven. Roast for about 1 hour or until the squash is tender, and remove from oven. | When the squash is cool enough to handle, scoop it into a large soup pot. Turn heat to medium-high. Add coconut milk and curry paste and stir to mix well. Bring to a simmer. | Remove from heat and purée in a blender or food processor – it will be very thick. Add water 1 cup at a time, puréeing between additions until the soup is the thickness you want. Bring soup back to a simmer. Add salt and more curry paste, if desired.



Spinach and Zucchini Soup

Makes 4 servings

Nutrition Information

1 serving:
200 calories
5 grams protein

Ingredients

- 3 tablespoons extra-virgin olive oil
- 2 cloves garlic, chopped
- 2 medium onions, roughly chopped
- Big pinch of salt
- 2½ cups potatoes (2 medium) cut into ½-inch cubes
- 2½ cups zucchini (2 medium), chopped
- 4 cups vegetable stock
- 4 cups fresh spinach leaves, loosely packed
- 1 cup cilantro, loosely chopped
- Lemon juice
- 4 tablespoons sour cream

Directions

Add the olive oil to a large pot over medium-high heat. When the oil is hot (but not smoking) add the garlic, onions, and salt. Sauté for a few minutes, just until the garlic and onions are soft. | Stir in the potatoes and zucchini. Add the stock. Bring to a simmer and cook until potatoes are soft, about 10 to 15 minutes. | Stir in the spinach, and wait for it to wilt, about 10 seconds. Next, stir in the cilantro. | Place in a blender (in batches) and purée until smooth. Return all the soup to the pot. Whisk in a big squeeze of lemon juice. | Taste and add more salt if needed. Top each serving with a dollop of sour cream.



Nutrition Information

1 serving:
300 calories
8 grams protein

Egg Drop Soup

Makes 3 servings

Ingredients

- 5 cups chicken stock or water
- 1 teaspoon soy sauce
- 2 tablespoons medium-dry sherry
- 1 (2-inch) piece fresh ginger, thinly sliced
- 1 garlic clove, smashed
- 1 cup (1 ounce) dried fine egg noodles
- 2 large eggs, lightly beaten
- 1 to 2 scallions, thinly sliced
- 1½ teaspoons Asian sesame oil, or to taste

Directions

Bring stock, soy sauce, sherry, ginger, and garlic to a boil in a 2-quart heavy saucepan. Remove ginger and garlic with a slotted spoon and discard. Stir in noodles and simmer, uncovered, until tender, about 4 minutes. | Stirring soup in a circular motion, add eggs in a slow, steady stream. Simmer, undisturbed, until strands of egg are cooked, about 1 minute. | Remove from heat and stir in scallions and sesame oil (to taste). Season with salt.



Chinese Chicken and Rice Porridge (Congee)

Makes 6 servings

Nutrition Information

1 serving:

300 calories

16 grams protein

Ingredients

- Whole chicken, cut into serving pieces
- 10 cups chicken stock
- 3 tablespoons Chinese rice wine or medium-dry sherry
- 1 (¼-inch thick) slices fresh ginger
- 3 scallions, cut in half crosswise and smashed with the flat side of a heavy knife
- ½ teaspoon salt
- 1 cup long-grain rice
- Fine julienne of fresh ginger, thinly sliced scallions, Asian sesame oil (optional)

Directions

Bring chicken and water to a boil in a 5-quart heavy pot. Add wine, ginger, scallions, and salt. Cook at a low simmer, uncovered, 20 minutes, or until meat is just cooked through. Transfer a breast half to a bowl. Keep cooking stock at a simmer. Skim froth as needed. | Pour stock through a large sieve into a large bowl and discard solids. Return stock to cleaned pot and add rice. Bring to a boil and stir. Reduce heat to low and simmer, covered, until consistency of oatmeal, about 1¾ hours. Stir often during last ½ hour of cooking. | Congee will thicken as it stands. Thin with water if needed. | Season with salt. Serve topped with chicken and optional items, as desired.

Easy Main Dishes





Asparagus Quiche

Makes 6 servings

Nutrition Information

1 serving:

335 calories

12 grams protein

Ingredients

- ½ pound fresh asparagus, trimmed and cut into ½-inch pieces
- 5 slices bacon
- 1 (8-inch) unbaked pie shell
- 1 egg white, lightly beaten
- 2 eggs
- ¾ cup heavy cream
- ⅛ teaspoon ground nutmeg
- Salt and pepper to taste
- 1 cup shredded Swiss cheese

Directions

Preheat oven to 400°F. | Place asparagus in a steamer over 1 inch of boiling water. Cover and cook until tender but still firm, about 2 to 6 minutes. Drain and cool. | Place bacon in a large, deep skillet and cook over medium high heat until evenly brown. Drain, crumble and set aside. | Brush pie shell with beaten egg white. Sprinkle crumbled bacon and chopped asparagus into pie shell. | In a bowl, beat together eggs, cream, nutmeg, salt, and pepper. Sprinkle Swiss cheese over bacon and asparagus. Pour egg mixture on top. | Bake uncovered until firm, about 35 to 40 minutes. Let cool to room temperature before serving.



Tuna Chickpea Salad

Makes 4 servings

Nutrition Information

1 serving:

280 calories

15 grams protein

Ingredients

- 1 can (6 ounces) tuna packed in water, drained
- 1 can (15 ounces) chickpeas (garbanzo beans), drained and rinsed
- 2 hard-boiled eggs, chopped
- 1 small cucumber, peeled and chopped
- 4 cups romaine lettuce

Directions

In a large bowl, combine all ingredients. Mix and toss well with salad dressing of your choice. Serve right away.



Decadent Scrambled Eggs

Makes 1 servings

Nutrition Information

1 serving:

467 calories

22 grams protein

Ingredients

- 2 tablespoons butter
- 3 mushrooms, chopped
- 2 large eggs
- 1 ounces Swiss cheese, shredded
- 1 cup baby spinach, chopped
- Salt and pepper to taste

Directions

Melt butter into a pan. Sauté the mushrooms on medium-high heat until almost completely cooked. | While the mushrooms are cooking, mix together eggs, cheese, and spinach into a bowl. Add this mixture to the pan. Cook through, stirring occasionally to scramble.



Nutrition Information

1 serving:

300 calories

15 grams protein

Chicken Salad

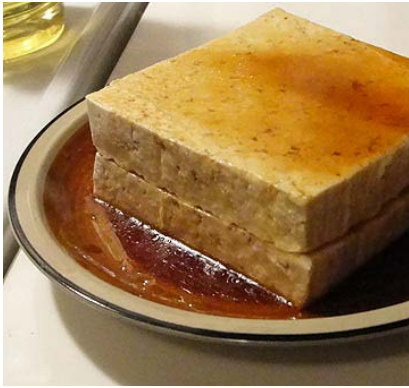
Makes 4 servings

Ingredients

- 1 can (10 ounces) fresh or canned chicken chunks, drained
- $\frac{1}{4}$ cup chopped celery
- $\frac{1}{3}$ cup mayonnaise
- $\frac{1}{2}$ cup sweet relish
- $\frac{1}{4}$ cup raisins (optional)

Directions

Combine all ingredients and mix well.
Serve right away.



Marinated Tofu

Makes 2 servings

Nutrition Information

1 serving:

145 calories

10 grams protein

Ingredients

- 3 tablespoons soy sauce
- 1 to 2 cloves garlic, minced
- 2 teaspoons fresh ginger, minced
- 1 tablespoon honey
- 7 ounces firm tofu, sliced

Directions

Combine the soy sauce, ginger, and honey in a small bowl. Add tofu slices, cover, and refrigerate overnight for best flavor. (If you are short on time, marinate a minimum of 3 hours before cooking.) | Preheat oven to 350° F. | Place slices of tofu in a shallow baking dish. Bake or broil tofu for 8 to 10 minutes. Drizzle with the rest of the marinade before serving.



Creamy Macaroni and Cheese

Makes 8 servings

Nutrition Information

1 serving using whole milk:	1 serving using Fortified Milk:
198 calories	217 calories
7 grams protein	11 grams protein

Ingredients

- 1½ cups homemade cheese sauce or 2 cans (11 ounces) condensed cream of cheddar cheese soup
- 1⅓ cup whole milk or Fortified Milk (see recipe for “Fortified Milk” in *Special Solutions* section)
- 2 teaspoons mustard
- ¼ teaspoon pepper
- 3 cups pasta (rotini, elbows, or shells)
- 2 tablespoons breadcrumbs
- 1 tablespoon butter, melted
- ¼ cup grated extra-sharp cheddar cheese

Directions

Preheat oven to 400°F. | Cook pasta in a large pot of salted, boiling water until *al dente*. Drain. | In a large bowl, combine soup, milk, mustard, and pepper. Stir in noodles and transfer the mixture to a greased 2-quart casserole dish. | In a small bowl, combine breadcrumbs, melted butter, and grated cheese. Sprinkle over macaroni mixture. | Bake 25 to 35 minutes until bubbling.

Dips, Spreads, and Side Dishes





Creamed Corn

Makes 2 servings

Nutrition Information

1 serving:
260 calories
6 grams protein

Ingredients

- 5 ounces frozen corn kernels, thawed
- $\frac{1}{4}$ cup heavy cream
- $\frac{1}{4}$ teaspoon salt
- $1\frac{1}{2}$ teaspoons sugar
- $\frac{1}{8}$ teaspoon freshly ground black pepper
- $1\frac{1}{2}$ teaspoons butter
- $\frac{1}{4}$ cup whole milk
- $1\frac{1}{2}$ teaspoons all-purpose flour
- 1 tablespoon freshly grated Parmesan cheese

Directions

In a skillet over medium heat, combine the corn, cream, salt, sugar, pepper and butter. Whisk together the milk and flour, and stir into the corn mixture. | Stir over medium heat until the mixture is thickened and corn is cooked through. Remove from heat, and stir in the Parmesan cheese until melted. Serve hot.



Nutrition Information

1 serving:

470 calories

10 grams protein

Hummus

Makes 2 servings

Ingredients

- 1 can chickpeas (garbanzo beans)
- 1 clove garlic
- 5 teaspoons tahini paste (sesame seed butter)
- 4 teaspoons lemon juice, freshly squeezed
- 3 tablespoons olive oil
- ¼ cup water
- Paprika to garnish

Directions

Drain and rinse the chickpeas. In a food processor, purée the chickpeas with garlic, tahini, lemon juice, and olive oil until smooth. Add salt and pepper to taste. Add water to thin the hummus as needed. | Garnish with olive oil and paprika. Serve with pita bread and sliced vegetables.



Classic Mashed Potatoes

Makes 4 servings

Nutrition Information

1 serving:
400 calories
9 grams protein

Ingredients

- 2 pounds baking potatoes, peeled and quartered
- 3 tablespoons butter
- 3 ounces cream cheese
- 1 cup whole milk
- Salt and pepper to taste

Directions

Bring a pot of salted water to a boil. Add potatoes and simmer until tender, but still firm (about 30 minutes). Drain. | In a small saucepan, heat butter and milk over low heat until butter is completely melted. | Add milk mixture to potatoes and blend using an electric mixer or potato masher. Season with salt and pepper.



Nutrition Information

1 serving:

585 calories

19 grams protein

Secret Recipe Mashed Potatoes

Makes 2 servings

Ingredients

- 1 pound unpeeled red potatoes, quartered
- 5 tablespoons butter, room temperature
- 1 ounce Romano cheese, grated
- 2 cloves garlic, chopped
- ½ teaspoon salt
- 2 tablespoons chopped bacon

Directions

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 45 minutes; drain. | Stir in butter, cheese, garlic, salt, and oregano. Mash with a potato masher or an electric mixer. Serve right away.



Butternut Squash Purée

Makes 3 servings

Nutrition Information

1 serving:
375 calories
4 grams protein

Ingredients

- 1 large butternut squash
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- 3 small shallots, halved (skins still on)
- 2 tablespoons honey
- 3 sprigs fresh thyme
- 3 tablespoons unsalted butter
- ¼ cup whipping cream

Directions

Heat oven to 400° F. Partially cook the whole squash in the microwave for 4 to 5 minutes to make it easier to cut. | Trim the ends from the squash, then cut in half lengthwise. Scoop out and throw away the seeds. Place the squash, cut-side up, in a rimmed baking sheet lined with parchment paper or foil. Season with the salt and pepper and top with the shallots, honey, thyme, and butter. | Cover the squash with foil. Roast until softened, 45 to 60 minutes. Uncover and set aside until cool enough to handle. | Scoop the softened squash and shallots from the skin and place in a food processor. Purée the squash mixture with whipping cream until smooth. Serve warm.



Nutrition Information

1 serving:
260 calories
4 grams protein

Guacamole

Makes 4 servings

Ingredients

- 3 avocados, peeled, pitted, and mashed
- Juice of 1 lime
- 1 teaspoon salt
- ½ cup onion, diced (optional)
- 3 tablespoons fresh cilantro, chopped
- 2 Roma tomatoes, diced
- 1 teaspoon garlic, minced
- 1 pinch ground cayenne pepper (optional)

Directions

In a medium bowl, mash together the avocados, lime juice, and salt. Mix in onion (if using), cilantro, tomatoes, and garlic. Stir in cayenne pepper (if using). Refrigerate 1 hour for best flavor, or serve right away. | If you like tangy guacamole, stir in more lime juice.



Artichoke Dip

Makes 4 servings

Nutrition Information

1 serving:
193 calories
6 grams protein

Ingredients

- 1 can (14 ounces) artichoke hearts, drained and chopped
- ½ cup regular mayonnaise
- ½ cup grated Parmesan cheese

Directions

Preheat oven to 375° F. | In a small mixing bowl, combine artichoke hearts, mayonnaise, and cheese. Mix well. Spread mixture in a 9-inch by 13-inch baking dish. Bake for 15 to 20 minutes, or until bubbly and golden brown. | Serve with pita bread, crackers, or raw vegetables.



Nutrition Information

1 serving:
70 calories
4 grams protein

Edamame Spread

Makes 4 servings

Ingredients

- ½ cup frozen, shelled edamame (green soybeans)
- ½ avocado, peeled, pitted, and cubed
- 1 garlic clove, minced
- ½ teaspoon olive oil
- ½ teaspoon fresh lime juice
- Salt to taste

Directions

Preheat oven to 375°F. | Bring a pot with salted water to a rolling boil and add edamame. Cook for 5 minutes. Drain beans in a colander and rinse with cold water to stop the cooking process. | Put edamame, avocado, garlic, olive oil, lime juice, and salt in a blender or food processor. Pulse until smooth.



Kalamata Olive Tapenade

Makes 4 servings

Nutrition Information

1 serving:
70 calories
1 gram protein

Ingredients

- 2 garlic cloves, peeled
- 1 cup pitted Kalamata olives
- 2 tablespoons capers
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons lemon juice
- 2 tablespoons olive oil

Directions

Place the garlic gloves in a blender or food processor. Pulse to mince. Add the olives, capers, parsley, lemon juice, and olive oil. Blend until everything is finely chopped. Season to taste with salt and pepper.

Additives and Special Supplements

*Protein supplements, calorie enhancers,
and fiber supplements*





Protein Supplements

Unflavored choices

- Beneprotein
- Dried milk powder
- Dried egg whites
- Pasteurized liquid egg whites



Calorie Enhancers

Adding calories to your meal plan

Foods to Buy

- Flaxseed oil
- Canola oil
- Whipping cream
- Half-and-half
- Butter

Benecalorie

Benecalorie comes in a small, concentrated, 1.5-ounce serving that can be mixed easily into most liquids or foods. It has a neutral flavor, so it blends well into savory or sweet foods.

- Available online at www.nestlenutritionstore.com
- For phone orders, call 888-240-2713



Fiber Supplements

Products to add fiber to your diet

- Benefiber
- Metamucil

Special Solutions





***To Boost Calories
and Protein***

Fortified Milk

Use in place of regular milk

Ingredients

- 1 cup dried milk powder
- 1 quart whole milk

Directions

Whisk together milk powder and milk.
Refrigerate and use as needed in recipes.
| Use “Fortified Milk” in place of regular
milk in recipes to boost calories and
protein.



To Help with **Thick Secretions**

Makes 1 serving

Drinks to Buy

- Mango nectar
- Papaya nectar
- Pineapple juice
- Ginger and lemon tea
- Lemon-lime soda
- Seltzer water

Tropical Saliva Buster

- $\frac{1}{4}$ cup orange-flavored sparkling water
- $\frac{3}{4}$ cup pineapple juice
- Squeeze or twist of lemon

Mix water and juice in a glass full of ice.
Squeeze in the juice of 1 lemon wedge.

Lemon-Lime Spritzer

- 6 ounces lemon-lime soda (Sprite, 7-Up)
- $\frac{1}{4}$ cup ginger ale
- Splash of cranberry juice
- Squeeze or twist of lime

Mix soda and ginger ale in a glass full of ice.
Add a small amount of cranberry juice and
squeeze in the juice of 1 lime wedge.

Caribbean Burst

- $\frac{1}{4}$ cup mango nectar
- $\frac{1}{4}$ cup papaya nectar
- $\frac{1}{4}$ cup pineapple-orange juice
- $\frac{1}{4}$ cup seltzer water or lemon lime soda

Mix all juices and soda and pour into a glass
filled with ice.



To Help with **Constipation**

Drinks to Buy

- Senna tea (“Smooth Move,” made by Traditional Medicinals)

Wendy’s Wicked “The Bomb” Fruit Paste

- 8 ounces dried prunes
- 8 ounces dried figs
- 2 ounces dried senna leaves (found in bulk section or packaged as loose tea)
- 2½ cups prune juice
- 8 ounces raisins
- 4 tablespoons lemon juice
- 4 tablespoons brown sugar

Place all ingredients in blender or food processor and purée. | Spread on toast, muffins, or crackers, or add as a topping to hot cereal.



To Help with **Dry Mouth**

Foods to Buy

- Ice pops
- Italian ice
- Fruit purées
- Fruit
- Yogurt
- Sugar-free gum
- Lemon drops
- Mints
- Xylitol lozenges
or gum

Berry Fruit Slush

- 1 cup frozen mixed berries
- 1 tablespoon sugar
- ½ cup protein water or plain water
- ½ cup ice

Place all ingredients in blender and purée.



To Help with **Taste Changes**

Cleaning “Swish”

- ¼ teaspoon salt
- ¼ teaspoons baking soda
- 1 cup warm water

Combine all ingredients and swish some in your mouth for 1 minute. Do **not** swallow. Rinse your mouth with this solution before meals.



To Help with **Nausea**

Foods to Buy

- Fresh, juicy fruit such as watermelon and honeydew and cantaloupe melon
- Bland, cool, or room-temperature foods such as cottage cheese, string cheese, or turkey lunch meat
- Yogurt, yogurt drink (or kefir), broth
- Peppermint tea, chamomile tea

Ginger Tea

- 1 cup freshly boiled water
- 2 teaspoons fresh ginger, grated
- 1 tablespoon honey
- Squeeze of fresh lemon juice (optional)

Three Low-Sugar, High-Calorie, High- Protein Smoothies





Zeus Berry Smoothie

Makes 1 serving

Nutrition Information

280 calories

14 grams protein

35 grams carbohydrate

Ingredients

- ½ cup plain whole milk yogurt
- ½ cup mixed frozen fruit or berries
- ¼ cup Fortified Milk (see recipe for “Fortified Milk” in *Special Solutions* section)
- 1 banana
- 1 tablespoon almond butter
- 1 teaspoon cinnamon
- 1 teaspoon honey

Directions

Place all ingredients in blender and purée. Serve right away.



Peanut Butter and Berry Smoothie

Makes 1 serving

Nutrition Information

500 calories

32 grams protein

28 grams carbohydrate

Ingredients

- ½ cup cottage cheese
- ½ cup Fortified Milk (see recipe for “Fortified Milk” in *Special Solutions* section)
- 2 tablespoons smooth peanut butter
- ¼ cup raspberries (or other berry if you prefer)
- 2 teaspoons honey

Directions

Place all ingredients in blender and purée. Serve right away.



Banana Smoothie

Makes 1 serving

Nutrition Information

280 calories

15 grams protein

44 grams carbohydrate

Ingredients

- ½ cup plain whole milk yogurt
- ¼ cup Fortified Milk (see recipe for “Fortified Milk” in *Special Solutions* section)
- 1 banana
- 1 teaspoon vanilla extract
- 1 package sugar-free vanilla Carnation Instant Breakfast

Directions

Place all ingredients in blender and purée. Serve right away.

Convenience Supplements

*Drinks and drink mixes you can buy
to fortify your diet*





Nutrition Information

1 serving:

350 calories

13 grams protein

Ensure Plus

To gain or maintain weight

The Plus variety of Ensure shakes is formulated to help you gain or maintain weight.

- Flavors: Dark Chocolate, Vanilla, Milk Chocolate, Strawberries & Cream, and Butter Pecan
- Available at drugstores, grocery stores, and online at www.abbottstore.com
- For phone orders, call Abbott Store at 800-986-8502



Nutrition Information

1 serving:

360 calories

14 grams protein

Boost Plus

To help you gain or maintain weight

The Plus variety of Boost drinks is formulated to help you gain or maintain weight.

- Flavors: Vanilla, Chocolate, and Strawberry
- Available at drugstores and grocery stores
- Shop online at:
 - www.target.com
 - www.amazon.com
 - www.drugstore.com
 - www.walmart.com
 - www.walgreens.com
 - www.nestlenutritionstore.com
- For phone orders, call Nestle Nutrition Store at 888-240-2713



Nutrition Information

1 serving:

300 calories

42 grams protein

EAS Myoplex

A meal replacement

- Flavors: Chocolate Fudge, Strawberry Cream, Cookies & Cream, French Vanilla, Rich Dark Chocolate, and Mocha Latte
- Available at QFC and other grocery stores
- Shop online at www.abbottstore.com
- For phone orders, call Abbott Store at 800-986-8502



Nutrition Information

1 serving:

475 calories

20 grams protein

TwoCal HN

High-calorie, high-protein

TwoCal HN is a nutritionally complete, high-calorie, high-protein drink supplement. It is lactose-free.

- Flavors: Vanilla and Butter Pecan
- Shop online at www.abbottstore.com
- For phone orders, call Abbott Store at 800-986-8502



Nutrition Information

1 serving:

480 calories

20 grams protein



Nutrition Information

1 serving:

250 calories

14 grams protein

Resource 2.0

Complete nutrition

High in calories and protein, this drink offers complete nutrition.

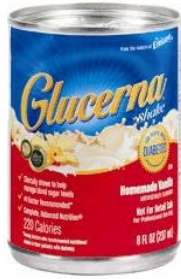
- Flavors: Vanilla Crème
- Available at Walmart
- Shop online at www.nestlenutritionstore.com
- For phone orders, call Nestle Nutrition Store at 888-240-2713

Carnation Instant Breakfast Essentials

Ready-to-drink shake or powder

Carnation Instant Breakfast Essentials is a milk-based product. It is available in an 11-ounce can or as a powder mix.

- Flavors: French Vanilla and Rich Milk Chocolate
- Available at drugstores and grocery stores
- Shop online at www.nestlenutritionstore.com
- For phone orders, call Nestle Nutrition Store at 888-240-2713



Low-Sugar Shakes

Glucerna, Premier Protein, Boost Glucose Control, and Carnation Instant Breakfast Sugar Free

Glucerna and Boost Glucose Control shakes are formulated for people with diabetes.

- Glucerna flavors: Chocolate Delight, Strawberries & Cream, Homemade Vanilla, and Butter Pecan; available online at www.abbottstore.com
- Boost Glucose Control flavors: Chocolate and Vanilla; available online at www.amazon.com

Premier Protein Drinks and Carnation Instant Breakfast Sugar Free provide high-quality protein.

- Premier Protein Drink flavors: Chocolate, Vanilla, and Strawberry
- Carnation Instant Breakfast Sugar Free flavors: Rich Milk Chocolate and Vanilla
- Available online at www.amazon.com



Nutrition Information

1 serving:
190 calories
15 grams protein

Isopure Plus

Fruit flavored

Isopure Plus is a clear, fruit flavored nutrition drink that is high in protein. It contains all 8 essential amino acids, and is cholesterol-free and fat-free.

- Flavors: Alpine Punch and Grape Frost
- Available at Super Supplements, Rite-Aid, and GNC
- Shop online at www.amazon.com



Nutrition Information

1 serving:
240 calories
9 grams protein

Ensure Clear

High-quality protein and nutrients

Ensure Clear is a clear liquid drink that provides high-quality protein and essential nutrients. These fruit-flavored drinks are a good choice if you do not want the creamy texture and flavor of other high calorie, high-protein drinks.

- Flavors: Apple, Mixed Berry
- Shop online at www.abbottstore.com
- For phone orders, call Abbott Store at 800-551-5838



Nutrition Information

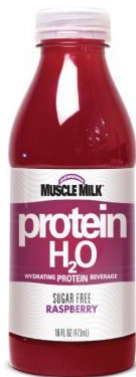
1 serving:
250 calories
9 grams protein

Resource Fruit Beverage

Balanced nutrition

A fruit-flavored, clear liquid beverage that provides balanced nutrition and extra calories and protein.

- Flavors: Orange, Peach, and Wild Berry
- Available online at www.nestlenutritionstore.com
- For phone orders, call Nestle Nutrition Store at 888-240-2713



Nutrition Information

1 serving:
60 calories
10 grams protein

Muscle Milk Protein H₂O

With fiber and electrolytes

A hydrating and replenishing fruit-flavored protein water that also contains fiber and electrolytes. Naturally flavored and sugar-free.

- Flavors: Grape and Raspberry
- Available at GNC, Costco, Super Supplements, and online



Nutrition Information

1 serving:

110 calories

8 grams protein

Gatorade G3 Protein Recovery

With electrolytes

A hydrating and replenishing fruit flavored protein water that also contains electrolytes.

- Flavors: Mixed Berry, Strawberry Kiwi, Tropical Orange
- Available at Walgreens and online at www.amazon.com and www.gatorade.com